

## **SEEYOU PARTNERS HELD FIRST YOUTH PARA-SPORT TRAINING CAMPS**

*South-East European Youth Parasport Exchange project partners have implemented three Youth Para-Sport Training camps for young para-sport athletes. The camps were implemented in Croatia, Serbia and Greece. Main purpose of the camps was to include sports training as well as parallel educational, cultural and social activities. The total number of participants in all three camps was 55 young athletes and 26 coaches.*

*The first camp was held in October 2021 in Rijeka, Croatia, by the Rijeka Sport Association for Persons with Disabilities. The camp activities were implemented at the Kantrida swimming pool and were attended by 17 young athletes and 6 coaches. The primary activities of the camp were: getting used to the new sporting environment, the swimming pool and water, breathing exercises, floating, horizontal exercises and skating. The secondary activities were: games, jumps, turns, foot work, hand work, and hand and foot coordination for swimming. In addition to sports activities, the children also engaged in parallel educational activities where the topics of inclusion, nutrition and fair play were addressed.*

*The second camp was held in January 2022 in Voždovec, Serbia, by the Paralympic Committee of Serbia. The camp activities were implemented at the swimming pool Banjica. The camp was attended by 15 young athletes and 3 coaches. The main activities were testing of swimming skills, getting used to water, and learning new swimming techniques. The camp's education program consisted of: Inclusion in sports, nutrition in sports, psychological preparation of athletes, plus reflection activities.*

*The third camp was held in February 2022 in Athens, Greece, by the Hellenic Paralympic Committee. The camp activities were implemented at the Marousi Olympic Athletic Center of Athens. The camp consisted of three elements: (1) Sports Training in the swimming pool of the Olympic Center, (2) an Education Program and (3) a Cultural Program. The young swimmers were trained together with 3 Paralympians and were taught swimming techniques in all 4 strokes, complemented by turns and starts from the blocks and from inside the water. Additionally, the Paralympians led 3 breakout groups in which they worked on the different*

strokes of the swimmers, and, at the end, they all competed in a mixed relay competition. All training elements were supervised by 3 national / federal coaches as well as the sport clubs' coaches of the young athletes. As highlight of the educational program of the young athletes, the coaches, and assistants/parents, was a guided visit to the Olympic Museum of Athens.

### **IMPRESSIONS OF THE YOUTH CAMPS**





### **ABOUT THE PROJECT**

*The main aim of the project South-East European Youth Para-Sport Exchange is to promote youth parasport participation in South-Eastern Europe. With it, the EU co-funded project addresses social and economic barriers of youth parasport participation through developing exchange of knowledge and experiences as well as cooperation in South-Eastern Europe. Our consortium includes partners from Croatia, Serbia, Greece, Bulgaria, France, and Germany. Our work is co-funded by the Erasmus+ Sport Programme of the European Union.*

### **CONTACT**

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