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PROJECT MANAGEMENT PLAN

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1. Project background (overview, objectives, outputs to be produced)

Objective: to promote voluntary activities in sport, together with social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to, sport for all

Due to the fact that children in the period of transition from childhood to adolescence have sensitive motor skills (such as speed, agility, strength and power), the plyometric training, besides being suitable for the development and improvement of motor performance of jumping and running, can be a serious issue if the training process overdoses.

It is therefore important to support the exchange of good practices among sport stakeholders on measures intended to improve injury prevention, to raise awareness of the protection of the health of young athletes.

The general objective of the action is to prevent injuries and protect health of young athletes at the grass root level through involvement of coaches with extensive experience in training youth. The coaches are the first and the most important figures in sports careers development of all athletes. Their influence is the foremost in formation habits and technique of young in training. They are in position to prevent injuries during the whole career of an athlete.

The specific objective of the action is to exchange the best practices in athletic training and to improve practical training methodology conducive to prevention of injuries and health protection of young athletes in close cooperation with medical profession.

Jumping/plyometric training is an integral part of the preparation of many athletes and amateurs that regardless of age and sex, has a positive effect on: strength, speed, power, agility, balance, jumps, throws, punches and bone density. Plyometric training in children's age has been used for many years and has proven to be particularly suitable for the development and improvement of motor performance of jumping and running. It is important to note that the children in this developmental period markedly differ in their motor skills due to the different stages of maturation, so they should be divided into groups according to biological age. Unfortunately, most coaches still divide children - athletes on the basis of chronological age, which is absolutely unjustified.

The objective of the project is to point out the biological age as an important determinant of motor achievements of children in the age range 10-16 years. In addition, we want to contribute to a better understanding of the ways in which plyometric training changes jumping and sprinting performance in children of different biological age. The selection of children or young athletes based on biological age contributes to the overall sports development, within which the care about health and prevention of injury of young people plays an important role. For this reason, and the fact that at the present time young talented athletes face increasing demands not only for achieving top results, but also for the realization of this goal in the shortest possible time, constant education of sports and sports health professionals is crucial.

The action will mainly consist of exchange of information and good practices and common training initiatives. It will result in production of training manual and video for coaches in track and field (athletics).

Insufficient level or lack of any education/training of sports coaches is an aggravating circumstance in the quality long-term development of children - athletes. Superficial approach to the methodology of sports training of inadequately educated sports staff leads to a lack of motivation to work, progress and achievement of quality results of children - athletes. Unfortunately, such work often leads to early giving up from training and enjoying the chosen sport. Sports injuries is non-small number of times stop children - athletes in achieving their goals. Therefore, sports coaches training/education should be an integral part of its annual work plan.

With this in mind, the project partners decided to offer an additional form of non-formal education for coaches, to acquire new skills and, what is especially important, to educate them through practical exercises that will be carried out by experts-demonstrators.

High quality training professional work is important for young athletes to start sporting careers are be adequately treated.

Project is divided in 4 work packages:

WP0: Project management

WP1: Development of training material

WP2. Exchange of best practices

WP3: Dissemination and visibility

Type and number of outputs to be produced

3 transnational project meetings // training material developed // organization of the 3-day Exchange of best practices in Turkey and Croatia // 1 logo and slogan produced // 4 radio broadcasting on regional and national level // 4 press conferences // 10 press releases in online or printed newspaper // 1 web page // 3 roll-up banners (1 per partner country) // 300 printed brochures (100 per partner) // 150 Project t-shirts, 60 certificates of attendance.

2. Activities and tasks with timeline

Activities and tasks are clearly and consistently divided between project partners according to their field of responsibility as defined by founders as well as specific expertise and references.

Overview of all activities with timeline:

| No. | Activity and venue (including Transnational Project Meetings, Intellectual Outputs and Multiplier Sport Events) | Start date | End date | Target group(s) | Description of activity |
|------|---|-------------|-------------|--|--|
| 0. | Project management /all project countries | 01.01.2018 | 31.12.2018 | Project partners | RSS is applicant will be in charge of coordination of the whole project team an project partners and their activities during the implementation period. The project team will be responsible for implementing activities listed below, meeting deadlines and envisaged results and indicators. |
| 1. | Development of training material | 01.01.2018. | 30.05.2018. | Project partners and experts, coaches | The second set of activities will include all preconditions to assure a successful implementation of the project activities among target group. |
| 1.1. | Survey and analysis of existing documents | 01.01.2018. | 15.02.2018. | Experts and coaches | Existing documents developed by different organizations (scientific, sport association, national federations) will be analysed in order to recognize efforts and best practices in education in the partner countries and to sort out topics most relevant for the project. Project partners will consult their national sport associations and Universities in order to discuss best practise at global and EU |

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| | | | | | levels and the best way of their transfer at national, regional and local levels. |
| 1.2. | Creation of the questionnaire for coaches | 01.02.2018. | 31.03.2018. | Project team members | Questionnaire for potential coaches who will participate in the training/education. The purpose is to obtain information on their formal and informal education, which age groups are they coaching, what is their status in the club (full-time, part-time employed), which are their best sport results etc. The obtained data will be used to do quality preparation training/education. |
| 1.3. | Development of educational materials | 01.04.2018. | 31.05.2018. | Coaches | Project partners will develop education materials for coaches in athletic clubs. Development will be based on the assessment of capacity building needs for target group. The educational programme will be developed by Bulgarian partner, BSDA. Educational materials will contain basic information about the physiology and biomechanics, the training methods, exercises, explosive strength, plyometric exercises, etc. |
| 2. | Exchange of best practices | 01.06.2018. | 30.11.2018. | Coaches, representative of athletic clubs, sport association, national federation, general public, decision makers | Project activities will be held in Turkey and Croatia. Project partners will create the content of exchange of best practices meeting that will consist of various thematic areas which are related to the activities of the project |

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| 2.1. | Organization of the 3 days' Best practices exchange meeting – in Turkey and Croatia | 01.06.2018 | 15.11.2018. | Coaches, representative of athletic clubs, sport association, national federation, general public, decision makers | <p>The organization of the five-day camp in Turkey and Croatia. The education in camp will consist of theoretical and practical parts.</p> <p>In the theoretical part of the present will be familiar with basic information: biomechanics, physiology, training methodology, injuries and treatment. Lecturers on the training and the practical part will be 3 experts from each country, and it:</p> <ul style="list-style-type: none"> biomechanics Physiology Injuries - orthopaedist Healing - physiatrist Methodology training - a two day practical part <p>- In the practical part the coaches will undergo a training at the athletic stadium or hall and i In the practical part the coaches will work with groups of athletes. One group ages from 10 – 13, and another one from 14 till 16 years. The group will consist of a minimum of 10 athletes.</p> |

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| | | | | | <p>Turkish and Croatian partner are obliged to ensure the presence of the athletes in the practical part of the project.</p> <p>One-day round table for the representative of athletic clubs, national athletic federation, university of kinesiology, stakeholder and decisions maker on local, regional and national level and coaches</p> |
| 3. | Evaluation/ all project partner countries. | 01.06.2018. | 31.12.2018. | Coaches, other sport associations, decision makers | <p>The evaluation of the educational workshops will be done by surveying the target group in order to ensure sustainability of the project and to have indicator of success and relevance of the project. Received survey data be used for future activities to promote non formal education among athletic coaches. The results of the survey and results of the whole project will be summed up and presented during the second round table.</p> |
| 4. | Dissemination and visibility/all project partner countries | 01.01.2018. | 31.12.2018. | Coaches, athletes, other sport associations, decision makers on local, regional and national level, general public | <p>A set of activities is designated to assure proper dissemination of information about project results and impacts as well as the visibility of the EU contribution.</p> |
| 4.1. | Communication and Dissemination Strategy development and implementation in all project partner countries. | 01.01.2018. | 31.12.2018. | Coaches, athletes, other sport associations, decision makers on local, regional and national level, general public and EACEA | <p>The strategy includes description of tools to be used to achieve the dissemination objectives. Our communication activities will be based on Digital communication, e.g. social networks, web site, online</p> |

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| | | | | | community building on Facebook page etc. |
| 4.2. | Production and dissemination project promotional materials (Croatia) | 01.01.2018. | 31.12.2018. | Coaches, athletes, other sport associations, decision makers on local, regional and national level, general public and EACEA | <p>During project implementation all project partners will share information and news through their channels (networks, mailing list, press, social networks) and on project web platform. All outputs and deliverables will be promoted the relevant target group. The web platform of the project will be created and basic parts and news will be translated by all partner in all respective languages. The web side will have app.100 views. The campaign will be built using primary social media, rather than traditional ones. By using social media, we will get direct feedback from our target group. The interactivity of social media gives our target group the opportunity to ask questions, receive answers and feel they are being heard. The project will be promoted through. Web sites, Facebook, You Tube. We are expected at least 300 likes 100 shares and 50 contacts. Each partner will share at least 10 photos from the local activities in the social media and d in the project web platform.</p> <p>- Promotional materials will be prepared and translated as following: 300 printed brochures in 3 partner</p> |

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| | | | | | <p>languages: 100 Croatia, 100 Turkey and 100 Bulgaria</p> <ul style="list-style-type: none"> - 90 project posters (30 per country) - 6 project penguins (2 per partner country) - 150 project t-shirts (50 per partner country), 20 certificates of attendance (10 per partner country) - Creation of 1 project logo |
| 4.3. | Local dissemination – Camp in Turkey and Croatia | 01.06.2018. | 30.11.2018. | Coaches, athletes, other sport associations, decision makers on local, regional and national level, general public and EACEA | <p>2 round tables in 2 countries will be organized. The round tables will be maximum 2 hours duration, targeting media, local bodies and other representatives and experts of the sector to inform about the project.</p> <p>Based on our calculations more than 100 will participate in promotional events, 10 news articles both online and print media, 2 media broadcasts TV and radio.</p> <p>Altogether 4 press conference will be organized: Bulgaria- one during kick of meeting, Croatia- 2, one at the begging of the project and second one during the camp, Turkey – one during the camp.</p> <p>Press releases will periodically be prepared by the project team to inform general public about project progress (minimum 3 press releases per partner country). The web site will be used to</p> |

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| | | | | | promote the project, to contribute to an efficient communication among partners ant to act as an info point on project objectives. |
| 4.4. | Web platform | 01.01.2018. | 31.12.2018. | Coaches, athletes, other sport associations, decision makers on local, regional and national level, general public and EACEA | New interactive web platform will consist of news feeds, event announcements, forums relevant to project topics |