



## SPORT CHART

### ○ FUN

#### *Description*

Sport is gaming and thus, by definition, it is fun. This type of fun grows out of any competition, any challenge one takes part in and, from time to time, can win or lose.

#### *Examples of good practice*

Singing the team anthem before each match; turning the most difficult moments of the training into a game.

### ○ INCLUSION

#### *Description*

Sport unifies people: it helps disabilities, cultures, and different realities get closer through gaming. Any diversity (physical, cultural or spacial) represents a treasure and not a limit or a social barrier. Sport is a game and, thus, it is not strict, but it is changeable and adaptable to each situation.

#### *Examples of Good Practice*

Organizing competitions of integrated sport; setting up information signs and banners written in different languages to support teams; working hard to focus strongly on accessibility to infrastructures.

### ○ INTEGRITY

#### *Description*

Integrity is honesty and respect for others and for yourself, for everyone's abilities and limits. It allows to soften relationships and rivalry as well as to create a positive environment that could boost the amusement of all participants: the athletes, the audience and those who join on the sidelines.

#### *Examples of Good Practice*

Organizing a welcoming time for the supporters (e.g., a welcoming coffee); spotting two 'cheer leaders' who will commit to be positive entertainers in order to be a role model to be followed in the stands; promoting self-incrimination of an obvious foul when not seen by the referee.





- EDUCATION TO EMOTIONS

**Description**

Joy and anger, excitement and anxiety, satisfaction and frustrations: sport amplifies emotions. Learning to recognize and handle them, without getting emotional during a competition, allows you to get positive behaviors in the field as well as outside.

**Examples of Good Practice**

Appointing a person as 'observer' of the cheering to monitor the different behaviors in the stands, to talk with the 'cheer leaders', and to advise the sport club on any potential managerial improvement; collecting, at the end of a competition, the emotions felt by the players in order to recall them during the next training.

- GOOD RELATIONSHIPS

**Description**

Sport increases the possibility to have diversified relationships: with teammates, with trainers, with rivals, with supporters, with referees and with managers. Recognizing the different roles, that is looking after different relations, is essential not only for the success of a sport event, but also for the personal growth of each person.

**Examples of Good Practice**

Organizing, at least once a year, a social themed lunch or dinner or a sporting event where to award the best supporter and the player with the highest number of 'Fair Play'; organizing open meetings with professional educators as well as leading athletes in order to focus on the value of shared experiences to build up positive relationships.

- CITIZENSHIP AND SPACE

**Description**

Taking care of the areas where the sporting events occur (that is, fields, stands, changing rooms, common areas) is essential for the good performance of the game and to guarantee accessibility to everybody. Indeed, a welcoming, clean and healthy location favors participants' flow and enjoyment.

**Examples of Good Practice**

Setting up information signs to locate the different places within the sporting center (changing rooms, administration office, etc.); carrying out refurbishment (e.g., painting the stands, fixing the play grounds); organizing shifts to clean the facility.





- TRUST

**Description**

Trust is at the heart of sport and gets stronger thanks to it. Trust can take different forms: self-confidence, believing in personal skills and strength; faith in the teammates, in the trainer and in the managers, who are united to achieve the same goal, and also in the supporters, in their positive support; trust in the rivals who play at their highest giving the highest respect.

**Examples of Good Practice**

Giving little responsibility to the young (e.g., managing some equipment or using some areas for a party) and/or to parents (e.g., proposals of out-of- the-field initiatives such as a dinner out in a pizzeria).

- COMMITMENT

**Description**

Sport requires constant commitment during both trainings and competitions. Practice and professionalism are hard work, but they are necessary to boost personal improvement, to go beyond personal limits, to achieve the goal and be rewarded for all the efforts.

**Examples of Good Practice**

Filling out a register to monitor attendances during trainings and competitions as well as to implement the good practices; establishing a fine for delays and absences: the total earnings could be invested in needed sport equipment or to organize a dinner at the end of the sport season.

- SPORT CULTURE

**Description**

Sport has an educational value and plays a social, cultural and recreational role.

Anyone who takes part in any sporting activity must be aware of what it represents.

Learning a single discipline does not, in fact, only mean learning a technique to perform it properly. It also means being able to experience and learn a sports culture that helps the development of the person and significantly increases his knowledge.

**Examples of Good Practice**

Organize a meeting at the beginning of the year on this theme with the parents of the athletes; invent a game "to discover the values of sport" to be proposed to children to teach them what are the true values of sport



## ○ HEALTH

### *Description*

Our ancestors used to say that "Mens sana in corpore sano" (healthy mind in healthy body) is fundamental for the psycho-physical well-being of the individual.

Sport has always been considered a great ally of our health. Recommended for all ages, it brings great benefits to our entire body.

Physical activity is useful for muscles, bones and joints: it promotes height development in adolescents, increases bone strength, strengthens joints and increases muscle endurance, and finally prevents cardiovascular and respiratory diseases.

Sport, moreover, is fundamental for the health of our mind, thanks to the endorphins released during the activity.

### *Examples of Good Practice*

Organise a "health day" in your sports club where a series of motor activities are organised for children and parents/adults (e.g. small multisport tournaments), with the possible presence of a doctor/expert, to raise awareness of the theme of sport & health.

## ○ TRAINING

### *Description*

Sport is an opportunity for training. It spans from an essential technical one to a more complex education to all the values listed above. Managers, trainers and educators can play a role to help all the people involved raise and spread those values, selecting the good practices to fulfill and the common ones to promote.

### *Examples of Good Practice*

Scheduling annual meetings to discuss the values of this very paper; subscribing to sport education projects (such as Novis); spreading the good practices also through social networks using the official and shared hashtag #lebuonepratiche.

