



Co-funded by the
Erasmus+ Programme
of the European Union



PYS D

PREVENTING YOUTH SPORT DROPOUT

18th JULY 2019



comune di
PRATO

**18th July****AGENDA**

- 1) *10.00 -10.30 am* - Welcoming opening and introduction of the meeting
- 2) *10.30 -11.30 am* - Description of preventing sport dropout best practices of each partner:

- CGFS Best practices and coach story telling involved in dropout prevention model
- BFU best practices
- CBG best practices
- Description of SDCS proposal

- 3) *11.30 am -12.30 pm* - Discussion time

12.30 -13.30 Lunch Time (Hotel Restaurant)

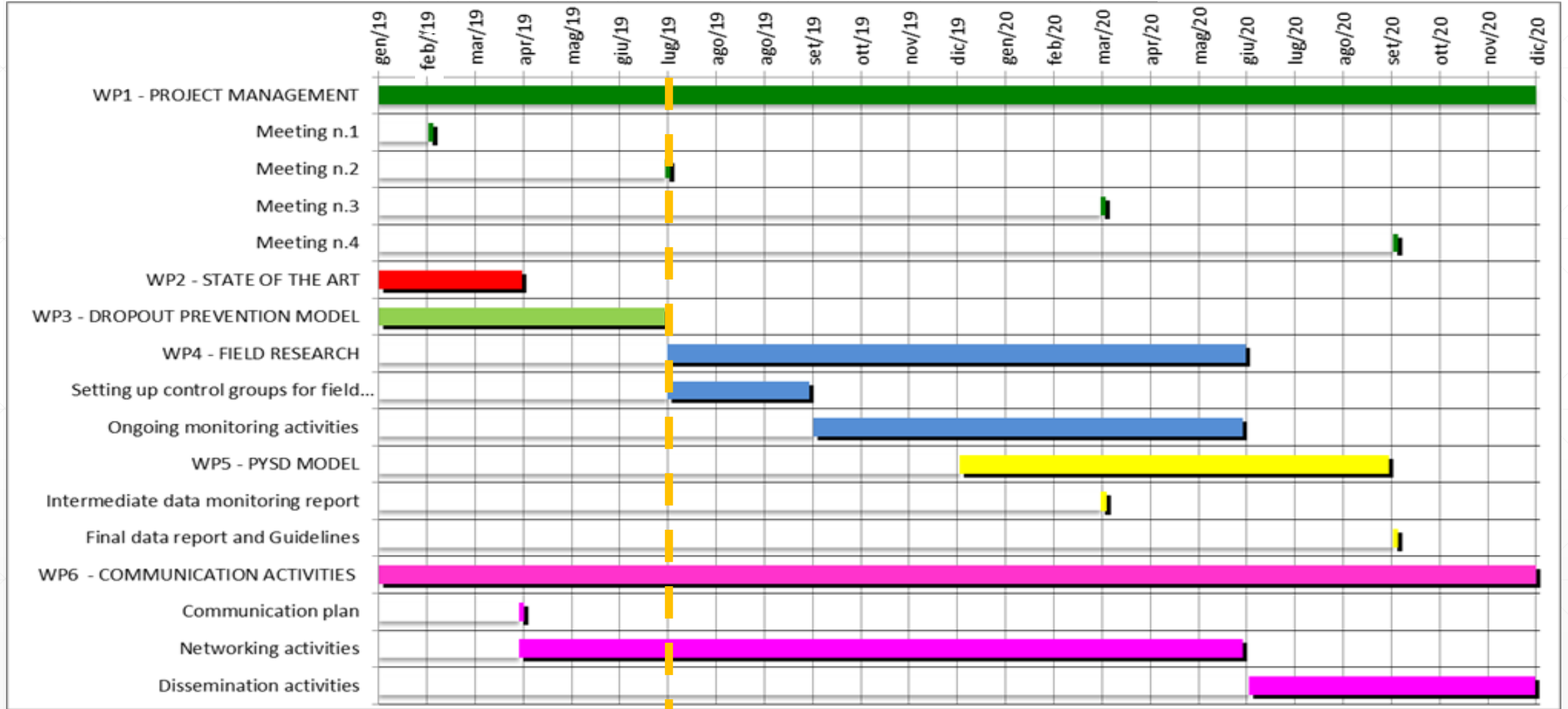
- 4) *15.30 – 17.30 pm* - Drafting PYSD methodology and PYSD test indicators



19th July

AGENDA

- 1) *10.00 -10.30 am* - Review and updates on the project time schedule
- 2) *10.30 -11.00 am* - Finalization of wp3 activities
- 3) *11.00 – 11.30 am* - Implementation of activities of WP4:
 - i. Management of test group of WP4 (group's features, group's width, procedure of selection of test groups)
 - ii. Procedure of PYSD methodology test application (launch phase, methodology test phase, collection data test phase)
- 4) *11.30 -12.00 am* - Communication and dissemination activities:
 - i. Communication plan
 - ii. Planning of partners communication activities
- 5) *12-00 -12.30 pm* - Financial management and administrative procedure





Description of preventing sport dropout best practices of each partner:

CGFS Best practices and coach story telling involved in dropout prevention model (1/4)

CGFS CONTEXT

- No professional young athletes
- Since 2009 CGFS is developing a teaching sportive model preventing the sport dropout of young people
- Towards the problem solving, CGFS established specific swimming groups, called in Italian language GS “Gruppo sportivo” in order to prevent the water sport dropout
- The range identified is from 12 to 19 years old, just since few years ago the range is wider and the sportive groups are open also for the children from 9 to 12 years old

NUMBER OF ATHLETES INVOLVED IN GS

Swimming: 105

- N. 70 young athletes from 12 years old
- N. 35 under 12 years old

Finswimming: 80 - this group includes also a little portion, about 10 young professional Finswimmers



Description of preventing sport dropout best practices of each partner:

CGFS Best practices and coach story telling involved in dropout prevention model (2/4)

THE INTERNAL IDENTIFICATION AND SELECTION OF YOUNG PEOPLE

- Communication between sport educators of GS and other CGFS swimming sport educators.
- The steps are:
 - The identification of a burn out ongoing phenomenon among young people of CGFS swimming courses at the end of learning process
 - Creation of new sport and human relationships for the athletes within a new group and grounded on new motivations for the young people
 - Communication with the parents of the young people involved



Description of preventing sport dropout best practices of each partner:

CGFS Best practices and coach story telling involved in dropout prevention model (3/4)

THE EXTERNAL IDENTIFICATION AND SELECTION OF YOUNG PEOPLE

- Communication between parents of burn out young people, young people themselves and educators of GS and professional swimming sport trainers
- The steps are:
 - The identification of a burn out ongoing phenomenon among young people of CGFS swimming courses at the end of professional sport season
 - Creation of new sport and human relationships for the athletes within a new group and grounded on new motivations for the young people
 - Communication with the parents of the young people involved



Description of preventing sport dropout best practices of each partner:

CGFS APPROACH

PROS

1. **Human capital:** program training for coaches focuses on human relationship and also technical skills at the service of life skills abilities of our athletes (one of our final outcome, beside sport values, beside capabilities)
2. **Feeling of CGFS identity**

CONS

1. **Lack of perception** about the young athletes not intercepted through our best practice (identification of dropout problem)
2. **Lack of perception about the standardized** quality of our process, because it works well in our specific context but we don't have a strong comparison with external context



USEFUL (v) OR NOT USEFUL (x) CGFS PRACTICAL TOOL FOR PYSD MODEL

TRAINING ACTIVITIES:

- «one day teacher» (v) (x)
- video making activities (v) (x)
- free talking time (v) (x)
- change sport activities (1 h per month) (v) (x)
-

ALTERNATIVE TRIANING PATTERNS

- sport experts (psychologist, sport doctor, nutrition experts, vip testimonial) (v) (x)
- soft sport turism (v) (x)
- summer camp (v) (x)
- recreational sport activities with family (v) (x)

TOOLS not only useful for a recreational approach but to reach sport results and values also in competitive frame



“My name is Mirko Bassi

I’m a Swimming coach until September 2004, when I started my work in CGFS Prato.

As I started working in CGFS so my vocational training process started. In fact, once or twice a year, me as like my colleagues, are involved by CGFS in vocational training where we deal with technical and psychological themes of swimming and teaching. Only a continuous update allows us to maintain a high level of teaching.





2008

I started to collaborate with CGFS's agonistic partner AZZURRA NUOTO PRATO, like Swimmers' coach of a group of child (about 7/8 years).

This wasn't so simple 'cause I think that to be a good agonistic coach you have to have, first of all, the desire to win, while, I have always privilege, together with a good swim success, the human side of my work.

For a person like me is most important that child are glad to swim than win...off course, if we can win is better, ma it isn't necessary, and CGFS taught me that if you fell good in a place you can reach goals more easily.





2009

CGFS asked me and other colleagues to trying to create something that can solving one problem that we had at time:

we had some guys that wanted to try the agonistic way but they were too old to try in our agonist partner AZZURRA NUOTO PRATO.

Furthermore, some guys of our agonistic partner didn't like to goes on in the agonistic life cause too hard: too many trainings, too many swim's competition, too many pressure on them.





My ideal ambient

The CGFS's ongoing training course over the years would have been put to the test by me and my colleagues for the first time.

The first aim remains continuing to coach (and to teach) swimming well, but putting guys first.

I had the possibility to goes on with my work. I could try coaching a group of guys by putting into practice what I had learned and in which I recognized myself.

The first thing we did was to decrease trainings and theirs length.

The second thing we chose an alternative championship, easier but with a good standard.

Lastly, we decided to be a coach that was like an older brother to whom you can tell everything rather than an iron man.





Could I do it?

- *I had the support of all the two team so I tried.*
- *I could bring what I learned in CGFS into a competitive team. At the beginning wasn't so easy. Some parents didn't understand why, if a guy wasn't good in a competition I wasn't angry, but I tried to support him, with a great smile and a big hug, he would be another chance.*
- *If during trainings a guy isn't feeling emotionally well, in my opinion, he have to stop training, and talk with me if he wants or fell free to do the thing that makes him feel better.*

From 2010 until now, my group was always among the first three society in their Swimming Tuscany championship.

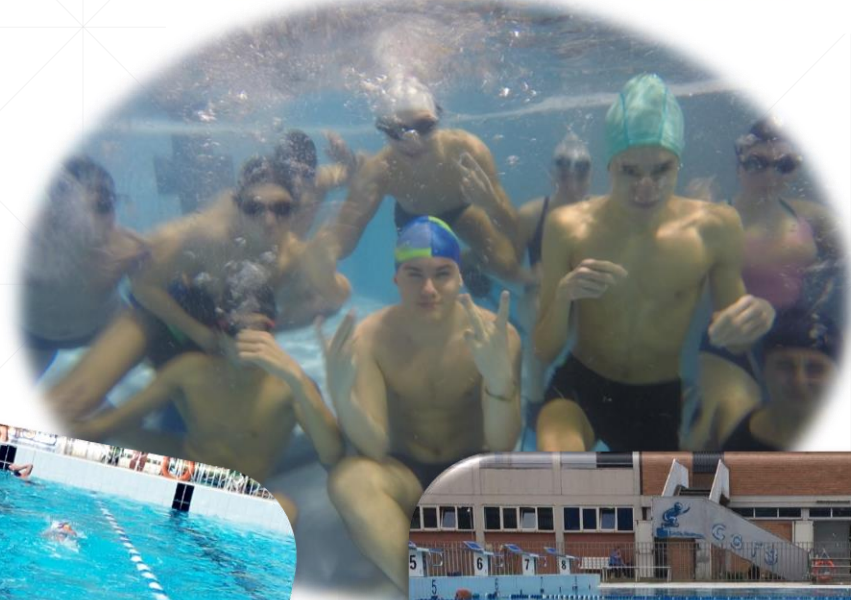
Now a lot of guys wants to come with me both in GS that in AZZURRA NUOTO PRATO, a different view maybe is possible, and this is CGFS's view.

PYSD



INTERNATIONAL MEETING 18-19 JULY 2019

Co-funded by the
Erasmus+ Programme
of the European Union



18th JULY 2019



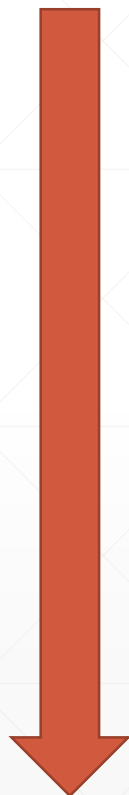


Discussion time

- Pros&Cons of each best practice?
- How to recognize the problem?
- How to standardize the identification of burnout athletes?
- Which indicators?
- Which targets (i.e. age)?

?!

?



?!

!

- How to involve, besides athletes, parentes and coaches
- Which actions to implement in the methodology?
 - Before/during/after training session
 - Which ones involving coaches/athletes/parents?
- Need of external consultants?
- Which is the importance of the personal evaluation of the coaches?

Drafting PYSD methodology and PYSD test indicators

PYSD

Co-funded by the
Erasmus+ Programme
of the European Union



Thank you!

See you tomorrow...

PYSD

PREVENTING YOUTH SPORT DROPOUT

18th JULY 2019



comune di
PRATO



Co-funded by the
Erasmus+ Programme
of the European Union



PYSO

PREVENTING YOUTH SPORT DROPOUT

19th JULY 2019



comune di
PRATO



AGENDA

18th July

- ✓ **1. Welcoming opening and introduction of the meeting**
- ✓ **2. Description of preventing sport dropout best practices of each partner:**
 - ✓ CGFS Best practices and coach story telling involved in dropout prevention model
 - ✓ BFU best practices
 - ✓ CBG best practices
 - ✓ Description of SDCS proposal
- ✓ **3. Discussion time**
- ✓ **4. Drafting PYSD methodology and PYSD test indicators**



19th July

AGENDA

- 1) *10.00 -10.30 am* - Review and updates on the project time schedule
- 2) *10.30 -11.00 am* - Finalization of wp3 activities
- 3) *11.00 – 11.30 am* - Implementation of activities of WP4
 - i. Management of test group of WP4 (group's features, group's width, procedure of selection of test groups)
 - ii. Procedure of PYSD methodology test application (launch phase, methodology test phase, collection data test phase)
- 4) *11.30 am -12.00 pm* - Communication and dissemination activities:
 - i. Communication plan
 - ii. Planning of partners communication activities
- 5) *12-00 -12.30 pm* - Financial management and administrative procedure



- 1. Review and updates on the project time schedule

DELIVERABLES

**WP 2
STATE OF ART**

**REPORT FOR INTERNAL USE
- EUROPEAN PROJECT
ON THE FIELD OF
DROPOUT PHENOMENON**

**UPDATES WITH NEW
RESEARCHES IDENTIFIED FOR
PYSD APPROACH**

Deadline: Sept 2019 ???

**WP 3
DESIGNING OF
DROPOUT PREVENTION
MODEL AND COMMON
INDICATORS**

**REPORT FOR INTERNAL USE
- ANALYSIS OF BEST PRACTICES
OF EACH PARTNER
- CREATION OF PYSD STANDARD
BEST PRACTICE**

Deadline: Sept 2019 ???

**WP 4
FIELD RESEARCH AND
COLLECTION OF DATA**

- 2 control test groups young people
- 1 control test group parents/families
- 1 control test group trainers/coaches
- Collection quantitative data and qualitative data (reports and video storytelling)

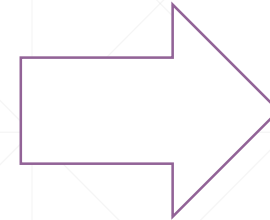
REPORT FOR INTERNAL USE

Deadline: Jun 2020



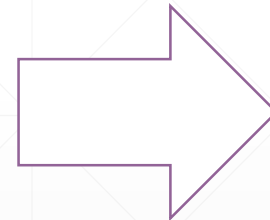
▪ **2. Finalisation of WP 3**

Monitoring of the psychic-physic satisfaction rate of the young athletes involved



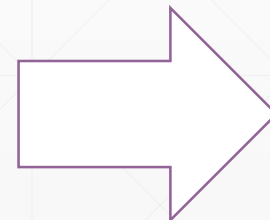
To be evaluated

Enhancing of an innovative sport model grounded on goals, awards and training methods not bound to the direct relationship “age-capacity-skills-award”, which usually leads to the exclusion of the sportive young people who are out of this scheme



Launched and to be completed with Final report for internal use

Spreading of instruments useful to aid the young people to be aware about wellness derived from sport activities in terms of health, way of life, development of personality and relationship with the others.



Launched and to be completed in the next phase



▪ **3. Implementation of activities of WP4**

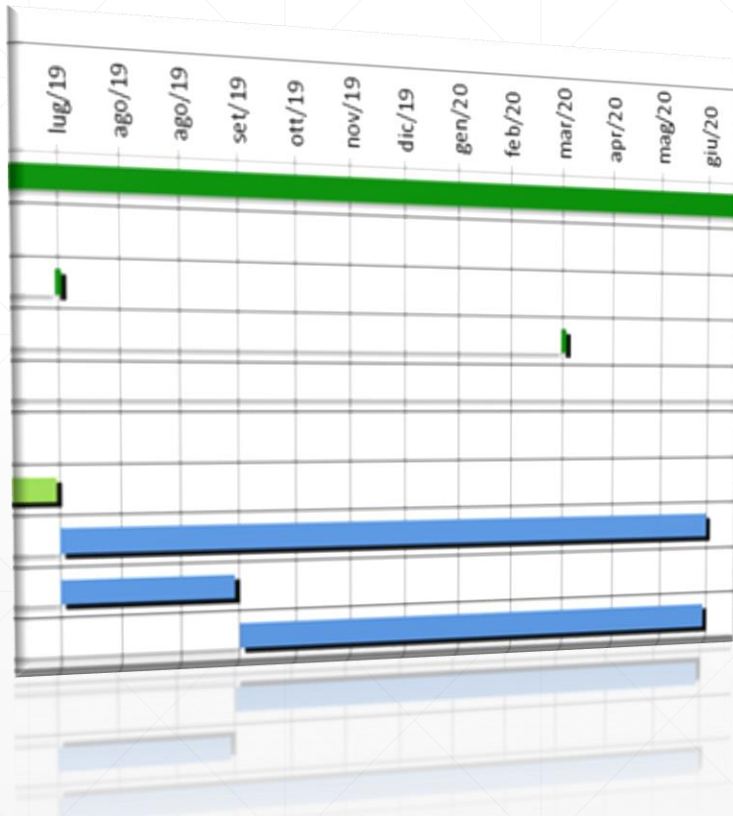
- i. Management of test group of WP4 (group's features, group's width, procedure of selection of test groups)

Aspects to be decided:
When... How many... Who?

- **PROJECT EXPECTED RESULT OF WP4**
- **2 control test groups of athletes composed in total by at least 36 young people** (minimum of 6 youngsters for each group, 12 in each of the involved countries)
- **1 control test group of parents/families (minimum of 36 parents/families in totals),**
- **1 control test group of trainers/coaches (minimum of 3 trainers/coaches from each country, so at least 9 in totals)**
- Collection quantitative data and qualitative data (reports and video storytelling)



▪ **3. Implementation of activities of WP4**



**1st
TEST GROUP OF
ATHLETES**

WHO?
Target, experiences,
selection procedures

HOW MANY?

**WHEN AND FOR HOW
LONG ?**

**2nd
TEST GROUP OF
ATHLETES**

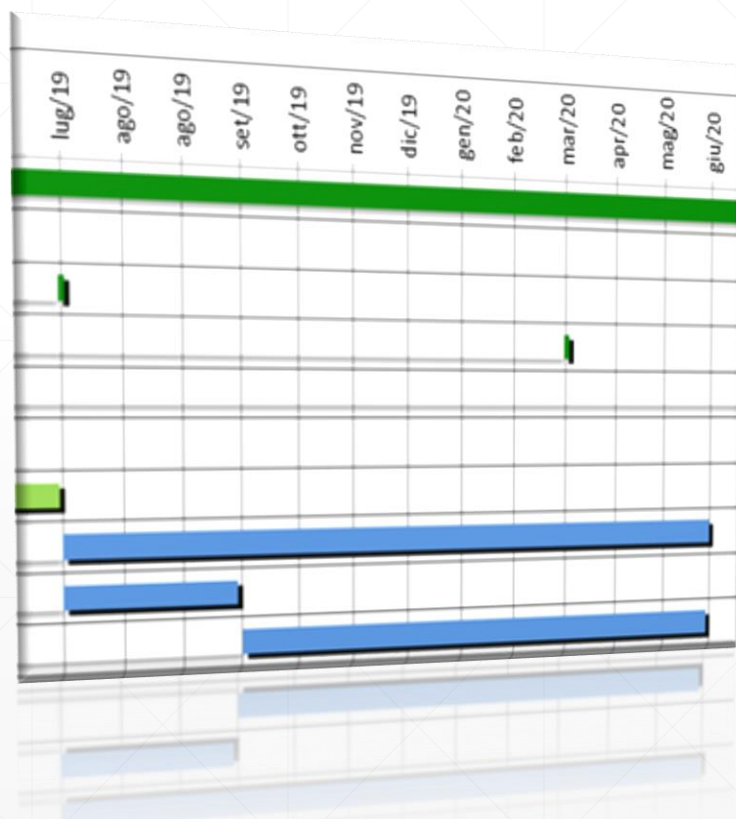
WHO?
Target, experiences,
selection procedures

HOW MANY?

**WHEN AND FOR HOW
LONG ?**



▪ **3. Implementation of activities of WP4**



**1st
TEST GROUP
PARENTS**

WHO?

HOW MANY?

**WHEN AND FOR HOW
LONG ?**

**1st
TEST GROUP OF COACHES**

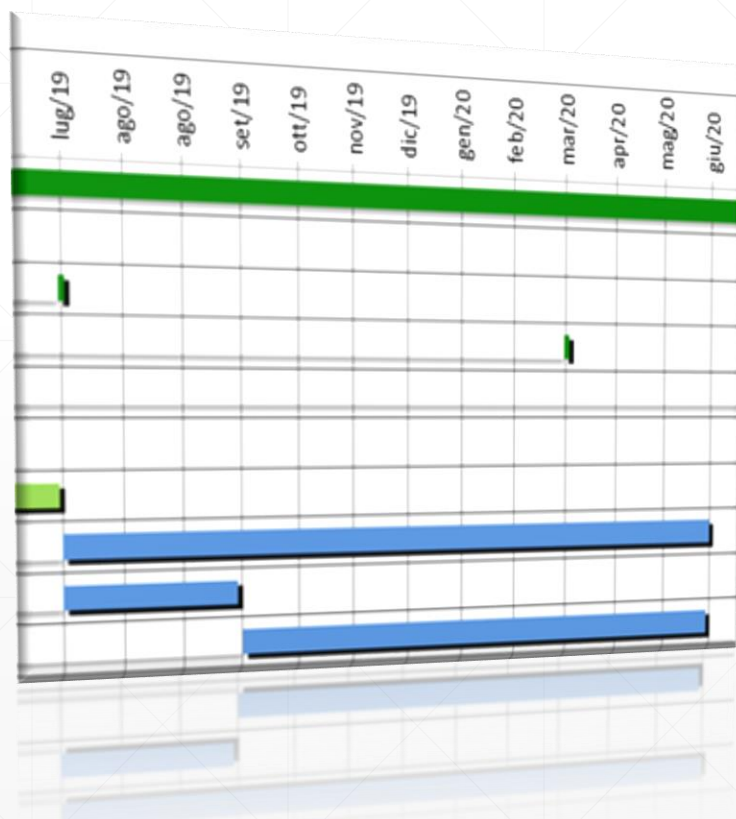
WHO?
Target, experiences, selection procedures

HOW MANY?

WHEN AND FOR HOW LONG ?



3. Implementation of activities of WP4



Procedure of PYSD methodology test application (launch phase, methodology test phase, collection data test phase)

- How we translate the «action» of PYSD methodology in test group practice?
- How many steps of implementation of «action» phase?
- How do we collect «action» data?



- **4. . Communication and dissemination activities:**
 - i. Communication plan
 - ii. Planning of partners communication activities



Communication Plan PYSD



THE MAIN GOAL OF THE PROJECT
“PREVENTING YOUTH SPORT DROPOUTS”
(PYSD) IS TO ENCOURAGE SOCIAL
INCLUSION AND EQUAL OPPORTUNITIES IN
SPORT, FIGHTING THE EARLY ABANDONS OF
SPORT ACTIVITIES BY THE TEENAGERS.



PYSD Partners



DEVELOPED BY

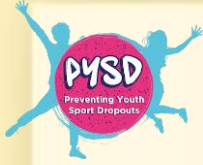




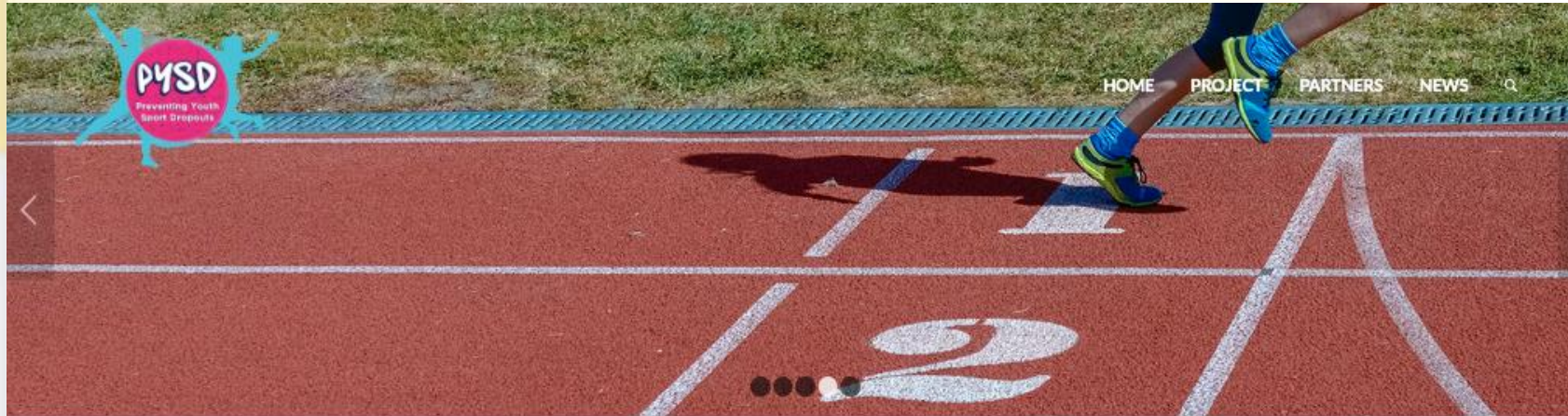
What's PYSD



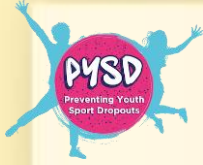
WE SHOULD EXPLAIN IN THE EASIEST WAY
WHAT'S THE PROJECTS IS ABOUT AND HOW
IT WORKS



PYSD Editorial calendar

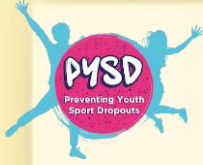


WE SHOULD FIND, ORGANIZE AND
CATEGORIZE THE CONTENTS WE PLAN TO
PUBLISH IN THE FUTURE.



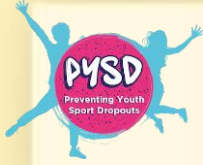
PYSD Target Audience

- 1) YOUNG PEOPLE 10 to 18 YEARS OLD
- 2) SPORT STAKEHOLDERS
- 3) SPORT CLUBS
- 4) FEDERATIONS
- 5) SPORT ASSOCIATION
- 6) SPORT ORGANIZATION
- 7) LOCAL AUTHORITIES
- 8) SCHOOLS
- 9) RELIGIOUS ORGANIZATION
- 10) GENERAL PUBLIC



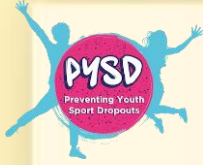
PYSD Communication Tools

- 1) LOGO
- 2) FB PAGE (<https://www.facebook.com/PYSD-2364057723650648/>)
- 3) WEBSITE (WWW.PYSD.EU)
- 4) NEWSLETTER
- 5) PRESS RELEASE ON SPORT DROPOUT
- 6) BIBLIOGRAPHY ON SPORT DROPOUT
- 7) BOOKLET – GUIDELINE
- 8) LEAFLETS
- 9) ARTICLES
- 10) PRESS RELEASES
- 11) PARTICIPATION IN PUBLIC EVENTS
- 12) EU DISSEMINATION PLATFORM



PYSD Communication Opportunities

- 1) MEETING N.1: PYSD KICK OFF 20/02/19
- 2) NOVIS CONVENTION 21/02/19
- 3) MEETING N.2: WORKSHOP INT. MEETING SOFIA 17/07/19
- 4) CGFS TRAINING: SEPTEMBER '19
- 5) MEETING N.3: SERBIA MARCH '20
- 6) MEETING N.4: SPAIN SEPTEMBER '20
- 7) CGFS TRAINING: SEPTEMBER '20
- 8) Others opportunities you should communicate us



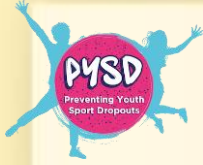
PYSD Target contents

- 1 press release for each partner, each quarter
- 1 or more dissemination event for each partner



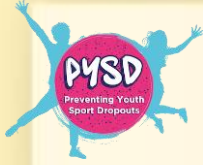
CGFS Communication Opportunities

- 1) CGFS TRAINING: SEPTEMBER 2019
- 2) PROVA LO SPORT 2019: SEPTEMBER 2019
- 3) PRATO URBAN RUN OCTOBER 6th 2019
- 4) PRATO KID SPORT MARATHON DECEMBER 2019
- 5) ITALIAN SCHOOL CONVENTION: APRIL 2020
- 6) CI GARBA FARE SPORT MAY 2020
- 7) CGFS TRAINING: SEPTEMBER 2020
- 8) PROVA LO SPORT 2019: SEPTEMBER 2020
- 9) PRATO URBAN RUN OCTOBER 2020



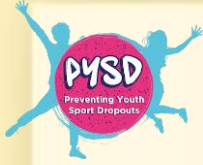
BFU Communication Opportunities

Fill it with the BFU's communication opportunities



CBG Communication Opportunities

Fill it with the CBG's communication opportunities










SDCS Communication Opportunities

Fill it with the SDCS' communication opportunities

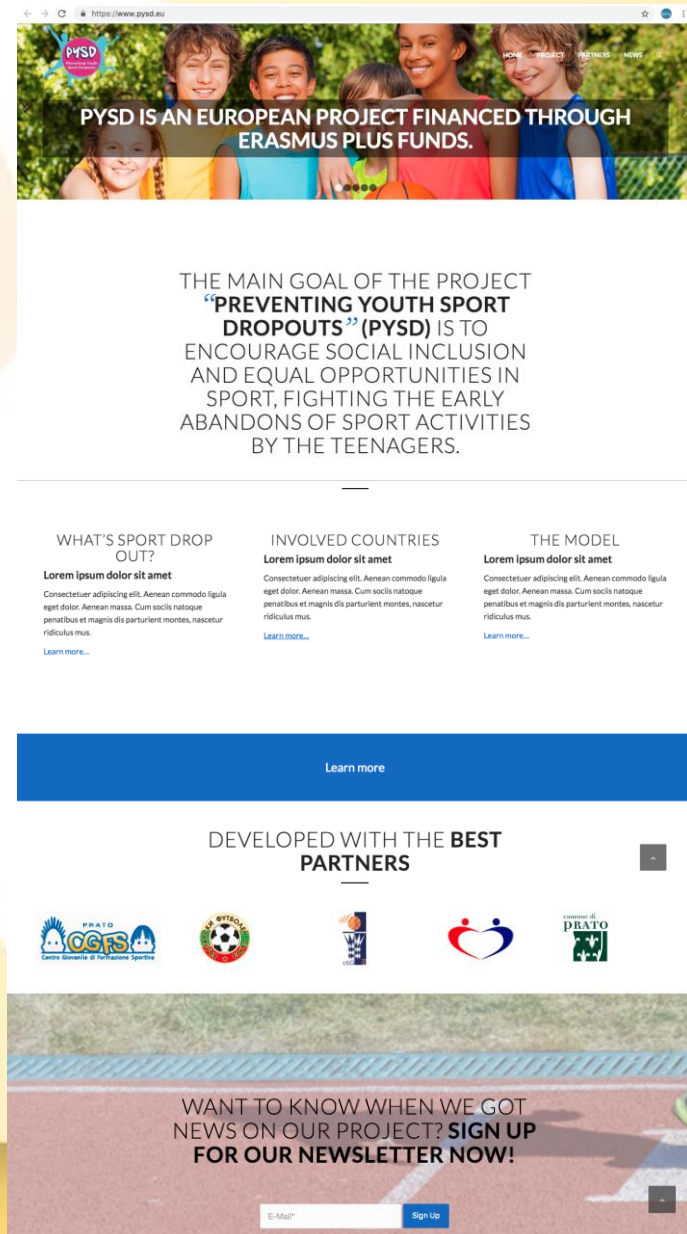
PYSD Logo



PYSD letterhead

 Co-funded by the European Programme of the European Union  www.pysd.eu - info@pysd.eu	
OBJECT 	TO:
<p>A project developed by</p>     	

PYSD website



PYSD FB page

Pagina Posta Notifiche Insights Strum... Centro... Altro ▾ Impostazioni Assistenza ▾

PYSD
Preventing Youth Sport Dropouts

Preventing Youth Sport Dropouts

Co-funded by the Erasmus+ Programme of the European Union

Segui Condividi Modifica informazioni della Pagina ...

+ Aggiungi un pulsante

Crea In diretta Evento Offer

Invita i tuoi amici a mettere "Mi piace" alla tua Pagina
Le Pagine con 10 o più "Mi piace" per ottenere più interazioni.

0/10 "Mi piace"



- **5. Financial management and administrative procedure**

Reminder of documents to be collected by each partner and uploaded on AdminProject platform (<https://www.adminproject.eu/>) or sent CGFS

- About the international meeting: accommodation and transport/meals receipts

(This is important to prove the participation of the partners at the project activities in the case of EU audit)

- About the deliverables: the final deliverables have to be uploaded to AdminProject platform
- This is necessary condition for the transfer of 2nd tranche of EU financing



MANAGEMENT (financial rules and project management online tools)

Co-funded by the Erasmus+ Programme of the European Union



» PYSD - Preventing Youth Sport Dropout » Tools

Quick jump:



Discussion



Files



Tasks

Project's summary

Tools

Finances

Dissemination

Evaluation

Settings



Work packages



Tasks



Files



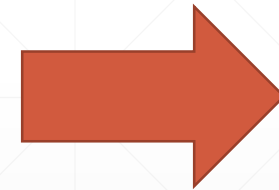
Discussion



Gantt



Galleries



PYSD

Co-funded by the
Erasmus+ Programme
of the European Union



Thank you!

See you soon

PYSD

PREVENTING YOUTH SPORT DROPOUT

19th JULY 2019



comune di
PRATO