

Active in Sport Again!

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BEST PRACTICE EXAMPLES

INCLUSION OF FORMER ATHLETES AND THEIR REACTIVATION THROUGH PARTICIPATION IN RECREATIONAL SPORTS ACTIVITIES

Croatia















INCLUSION OF FORMER ATHLETES IN RECREATIONAL ACTIVITIES

No.	1.
TITLE	VETERAN SPORTS
SUMMARY	Veteran sport is an indicator of the so-called "extended" sports careers where former top athletes strive to remain in the continuity of training processes, but also in sports competitions. Veteran sports can be characterized as recreation, although, sometimes the training processes in which veteran athletes participate are much more than recreation. Indicators of this are their excellent results in international competitions. Veteran sports are financed exclusively from the veterans' own funds, which makes it difficult to participate in sports competitions that require financial resources for registration fees, travel, accommodation, equipment and props. Great enthusiasts, former top athletes who still want to stay in sports, sports activities with their own engagement or funds from sponsors, manage to participate in competitions. DSVR member Mr. Rade Krnjeta is still actively involved in veteran judo and is achieving commendable results: 2016 - 3rd place at the WC in JUDU for veterans, USA, 2018 - 1st place at the WC in JUDU for veterans, Mexico, and in 2019 he won 3rd place at the World Championships in JUDO for veterans, Marrakech. Also, Mr. Branko Peašinović is actively involved in veteran volleyball at Academic Volleyball Club Mladost Veterans 1977 and the team wins solid results nationally and internationally.
LINK	http://www.drustvosportasaveterana.hr/vijest.php?id=106
	https://sportnet.rtl.hr/vijesti/516575/ostali-sportovi-borilacki/rade-krnjeta-postao-svjetski-prvak-u-meksiku/ https://www.ijf.org/index.php/judoka/33477/results?results_rank_group=all

VETERANS JUDO CHAMPIONSHIP – 2016. Rade Krnjeta – 3rd place



VETERANS JUDO CHAMPIONSHIP – 2018. Rade Krnjeta – 1 st place



VETERANS JUDO CHAMPIONSHIP – 2019.:

Rade Krnjeta – 3rd place



AOK Mladost Veterani 1977 Branko Peašinović – Former top volleyball athlete





No.	2.
TITLE	"SPORT FOR ALL" – FREE SUMMER PROGRAMMES
SUMMARY	Association SPORT FOR ALL- Zagreb for over twenty years, organizes and implements the city project SUMMER SPORTS PROGRAMS FOR ALL, where during the months of July and August in various locations of the city of Zagreb, offers citizens free programs of health exercise, Nordic walking, outdoor fitness, demonstration and training new sports and exercise systems, presentations and counselling or trainings and competitions for recreational athletes.
LINK	https://www.krenizdravo.rtl.hr/korisno/najave/sport-za-sve-besplatni-ljetni-program-2018- od-1-07-do-31-08
PHOTOGRAPHS	

No.	3.
TITLE	"SPORT FOR ALL" – FREE SPORTS AND RECREATIONAL PROGRAMS DURING THE YEAR BY LOCAL COMMUNITIES
SUMMARY	The implementation of the Program of public needs in sports of the City of Zagreb, in the part related to the promotion of sports recreation, is realized by the Zagreb Association of Sports Recreation "Sports for All". The Association brings together 18 Sports Recreation Associations from the entire area of the City of Zagreb, together implements about two hundred sports programs for all, at 50 city locations and includes 7,000 members and over 20,000 users. "Sport for all" takes the position that sports recreation is a necessary need of modern man, especially in urban areas. The Zagreb Association of Sports Recreation implements a free recreational program "Sports for all in local communities" in city districts of Zagreb. The program includes various forms of recreational exercise, tailored to individual user groups, namely: aerobics, Pilates and functional training (for youth and middle age), corrective gymnastics (for retirees), corrective gymnastics for people with disabilities. In addition, users of the program can join the Nordic walking program every Saturday from 9.00 am at three locations: Maksimir Park, Bundek Lake and Jarun.
LINK	https://www.sportzasve-zagreb.hr/
PHOTOGRAPHS	

No.	4.
TITLE	4.1. BAWLING TOURNAMENT AGAINST SMOKING - SPORTS - HEALTH - ENTERTAINMENT EVENT - ACTIVITY 4.2. HUMANITARIAN ACTION SHOT PUT WITHIN THE INTERNATIONAL ATHLETICS MEETING -
	MEMORIAL OF IVAN IVANČIĆ
SUMMARY	Former top athletes, members of the DSVR are happy to participate at sports-health-cultural events. Examples are:
	I. Tournament – Bawling against smoking organized by BC Medveščak and DSVR under the
	auspices of the City of Zagreb. The goal is sports-recreational bawling competition between
	current and former athletes, showing the harmfulness of smoking, primarily among young
	people to provide them with more information about the harmfulness of various addictions,
	and emphasize that sport and recreation, as a way of life is the best choice to avoid such vices.
	II. As part of the International Athletics Rally and the Ivan Ivančić Memorial, humanitarian
	events are being held - a shot-put competition with the participation of former top athletes
LINK	and people from cultural life. 4.1 https://www.zagrob.hr/15 turnir protiv ovisnosti kuglom protiv pusopia/140055
LIINK	4.1. http://www.zagreb.hr/15-turnir-protiv-ovisnosti-kuglom-protiv-pusenja/140955 http://www.zgsport.hr/2019-4-15-odrzan-15-turnir-kuglom-protiv-pusenja.html
	4.2.https://sportske.jutarnji.hr/sportmix/foto-zvijezde-na-fontanama-bacale-kuglu-u-
	humanitarnoj-akciji-prkacin-i-bubalo-obranili-cast-sportasa-koliko-sam-trenirao-evo-ovo-sto-
	ste-vidjeli/7789485/
	<u>500 Majori/ / 700 mouj</u>

4.1. Nikola Dragaš - former top bowling athlete, Ana-Marija Bujas Čelan – former top athlete in karate, Klaudija Bubalo - former top handball athlete, Valent i Martin Sinković - Olympic rowing winners, Mario Možnik - European gymnastics champion, Filip Hrgović – former top boxing athlete



4.2. Klaudija Bubalo - former top handball athlete, Ivana Brkljačić –former top athletics athlete, Željko Grabušić – former top athletics athlete



o.		5.
TITLE	RECREATIONAL ACTIVITIES ORGANIZED BY DSVR:	
	MOUNTAINEERING, BOWLING, NORDIC	WALKING, CHESS, SKIING FOR FORMER TOP
	ATI	HLETES
SUMMARY	In accordance with the annual plan and p	rogram of the DSVR, the association organizes
	recreational activities on an annual basis f	or its members. It is done with an interest of
	developing and preserving the psychophysic	al status and preserve health of their members.
	The activities are free of charge, and are carri	ed out in closed and open facilities.
	The activities are as follows:	
	- MOUNTAINEERING - MEDVEDNICA PARK	
	- SKIING - MEDVEDNICA PARK	
	- NORDIC WALKING - SRC JARUN, PARK BUND	PEK, PARK MAKSIMIR
	- BOWLING - BC MEDVEŠČAK - BOWLING, KRA	ANJČEVIĆEVA 5
	- CHESS - PREMISES OF DSVR, VOJNOVIĆEVA	
	- TABLE TENNIS - ACADEMY DRAGUTIN ŠURBI	EK, SAVSKA CESTA 137
LINK	CHESS - http://www.drustvosportasaveterana	a.hr/vijest.php?id=185
	TABLE TENNIS - https://www.youtube.com/w	vatch?v=r-OViNG0q5o
PHOTOGRAPHS	ALOJZIJE JANKOVIĆ	DRAGUTIN ŠURBEK
	Grandmaster in chess	Former top table tennis athlete





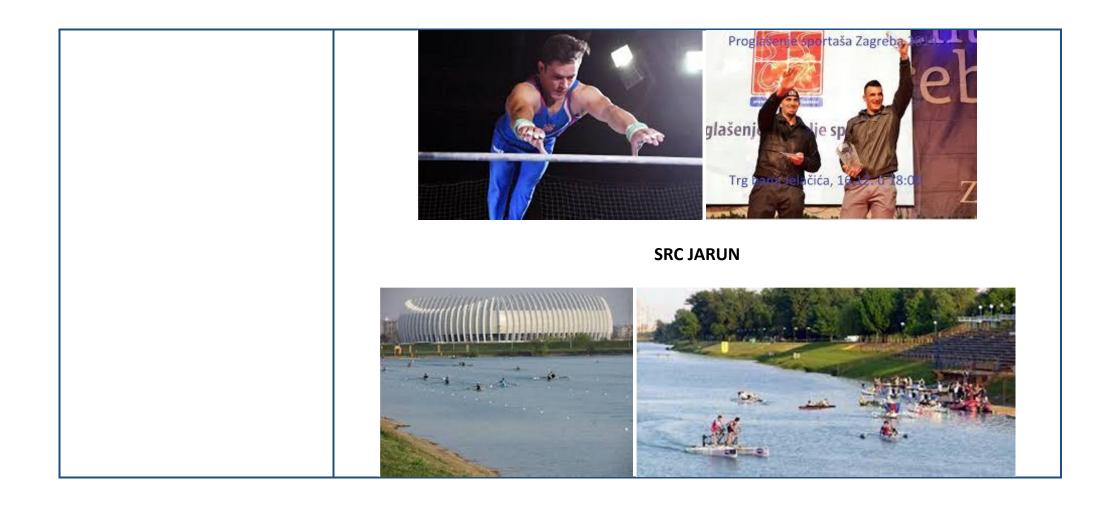
RESEARCH ON THE BEST EXAMPLES OF IMPLEMENTATION OF RECREATIONAL - SPORTS ACTIVITIES (FREE, OUTDOOR, IN THE LOCAL COMMUNITY, ALL AGE GROUPS...)

No.	1.
TITLE	FREE RECREATIONAL ACTIVITIES FOR CHILDREN FROM 1ST TO 4TH GRADE OF PRIMARY SCHOOL - PROJECT: UNIVERSAL SPORTS SCHOOL (USŠ) - NATIONAL LEVEL
SUMMARY	The program of the Universal Sports School (USŠ) has been implemented for the tenth year, it is free and recreational, implemented in indoor and outdoor sports facilities, and as a program of the Croatian School Sports Association at the national level it was launched in 2007. Universal Sports School is intended for pupils from the first to the fourth grade of primary school. The goal of the universal sports school program is to include as many of the youngest pupils as possible in sports activities, i.e. to create the habit of daily physical exercise. Children under the professional supervision of a licenced trainer, playing in an interesting and pedagogically and kinesiologically appropriate way for their age, learn the basic forms of movement, as well as the basic elements of many sports. The Universal Sports School program is conducted twice a week for 45 minutes throughout the school year. Statistical data for the City of Zagreb: - 2007. /2008 22 departments - 2016. /2017 38 departments - 2018. /2019 58 departments

LINK	- 2019. /2020 65 departments (planned) - In the school year 2016/2017 The program was implemented in 419 classes and 318 schools in which 9,180 lower grade primary school students in all counties of the Republic of Croatia practiced, with the intention of increasing the number of classes in all counties. In 2019/2020 The inclusion of more than 10,000 children in the program is planned for this year. https://skolski-sport.hr/uss
PHOTOGRAPHS	višnjik

No.	2.
TITLE	SPORTS ASSOCIATION OF THE CITY OF ZAGREB - PROGRAM OF PUBLIC NEEDS IN SPORTS OF
	THE CITY OF ZAGREB - 70 SPORTS - ALL AGE GROUPS (SPORTS AND RECREATION)
SUMMARY	SSGZ is the umbrella sports organization in the City of Zagreb that monitors program activities
	and financial parameters and the entire work of all city sports federations through the Public
	Needs Program in the sports system of the City of Zagreb. The total number of city sports
	federations is about 70 and they have the right to vote in the Assembly of SSGZ and participate
	in making important decisions for the development and survival of the sports system at the city level.
	The united members of the city sports federations are sports clubs, of which there are approximately 1,200.
	Children - athletes from the earliest age to the senior team train at sports clubs.
	Age groups go through training processes and enter the competition system depending on the
	age of the athlete and the prescribed criteria of the competition system with previously
	performed mandatory sports health examinations. The sports system of the City of Zagreb is developed at the highest level, and has a total of approximately 48,000 athletes in all age
	categories + approximately 30,000 recreational athletes. The work of training processes includes professional staff - coaches who have a degree in accordance with the Sports Act of the Republic of Croatia.
	The statistics below show that in the 15-year period there was an increase in the number of sports, the number of sports clubs, the number of athletes and professional staff.
	Statistical data:
	2005.
	- No. of sports: 58
	- No. of clubs: 654
	- No. of Athletes: 38995
	- No. of coaches: 121
	2011.
	- No. of sports: 69

PHOTOGRAPHS	
LINK	http://www.zgsport.hr/ https://www.zagreb.hr/program-javnih-potreba-u-sportu-grada-zagreba-za-2/156148
	about 700 (sports halls of national and city importance, sports halls at primary schools, indoor and outdoor sports facilities, private sports facilities).
	The total number of sports buildings / facilities in which training processes are carried out is
	- No. of. coach: approx. 410
	- No. of sport. clubs: 1184 - No. of Athletes: 47,362 (72,209)
	- No. of sports: 70
	2019.
	- No. of coaches: 353
	- No. of. sport. clubs: 891 - No. of athletes: 44349



No.	3.
TITLE	ACTIVE CROATIA - NATIONAL PROJECT
SUMMARY	Active Croatia is the leading Croatian recreational-sports-educational project that began in 2013. As many as 35,000 people of all ages have been actively involved in physical exercise through this project for 7 years in a row. Prominent Croatian experts across the country educate citizens about the importance of regular physical activity and healthy living habits. They come to numerous cities for joint trainings and educations, and media appearances send messages and advice on how to be healthier and in good physical shape. Experts involved in the implementation are: kinesiologists, trainers, nutritionists, sports medicine doctors and other professionals. The professional partners of the project are the Faculty of Kinesiology, University of Zagreb, the Croatian Medical Chamber, Biotrening and Definicija Hrane. In addition, the Croatian Olympic Committee supports the project. The project is free of charge implemented in indoor and outdoor facilities. Statistical data: - As many as 65% of citizens are not active enough, but it is a worrying fact that as many as 92% of adolescents do not engage in regular physical activity. - * 62% of the Croatian population over the age of 15 do not engage in sports, recreational or other physical activity at all - ** Croatia ranks 8th in the number of obese people (body index greater than 30) among the 28 members of the European Union (EU) - ** Most obese (EU) - Malta (26%), Latvia (21.3%), Hungary (21.2%) and the United Kingdom (20%) - ** Least obese (EU) - Romania (9.4%), Italy (10.7%), Netherlands (13.3%), Belgium and Sweden (14%) - *** Croatia ranks 5th in the percentage of obese children from 38 countries in the survey - *** 35% of children in the Republic of Croatia are overweight and obese between the ages of 8 and 9 (14% more boys) - *** From 2007 until today, the share of overweight and obese children has increased by

	 * 60% of obese children become obese adults The World Health Organization confirms that as many as 50% of adults in Europe he is overweight and 20% of them are obese Every third 11-year-old is overweight or threatened Sources: * Croatian Central State Office for Sport (SDUŠ) research 2018 for the purpose of drafting the NPŠ 2019-2026, 2018
	* Eurostat survey *** Croatian Institute of Public Health, 2015
LINK	https://www.aktivnahrvatska.hr/info/ https://sdus.gov.hr/istaknute-teme/nacionalni-program-sporta-2019-2026/nacionalni-program-sporta-2019-2026-1075/1075 https://www.hzjz.hr/sluzba-promicanje-zdravlja/odjel-za-prevenciju-debljine/
PHOTOGRAPHS	

INCLUSION OF FORMER ATHLETES INTO THE SOCIAL COMMUNITY AFTER A SPORTS CAREER

No.	1.
TITLE	MANAGING STAFF AT LOCAL, NATIONAL AND INTERNATIONAL LEVEL
SUMMARY	Tomislav Paškvalin - former top water polo athlete, two-time Olympic winner, and in the period from 2015 to 2017 he was Assistant Minister of Science, Education and Sports - Department of Sports - participated in drafting the Law on Sports and adopting all important strategic documents for sports system at the national level. From the academic year 2019/2020 he is an external associate at the Business Polytechnic of Zagreb, where he teaches as part of the course Marketing in Sports at the specialist graduate professional study of Marketing and Communication. Nikola Dragaš - former top bowling athlete, president of the Sports Association of the City of Zagreb (mandate: from 2016 to 2019 and from 2019 to 2022) of the umbrella sports organization in the City of Zagreb. Nikola Dragaš has extensive experience in management functions in the sports system of the City of Zagreb and in making important decisions in order to develop the sports system. Alojzije Janković - Grandmaster in chess. At the 89th Congress of the International Chess Federation (FIDA) in 2018, he was appointed to the highest body of world chess - the FIDE
	Executive Board. This is an exceptional achievement of Alojzije Janković, because so far no Croat has been in FIDE bodies.
LINK	https://www.tportal.hr/vijesti/clanak/evo-sto-bivsi-kolege-kazu-o-novom-doministru-sporta-20140722 https://pvzg.hr/vijesti/upoznajte-nase-nove-vanjske-suradnike-tomislav-paskvalin/https://www.tportal.hr/sport/clanak/kuglacki-veteran-s-pulsom-mladog-maratonca-20110207/print https://www.hoo.hr/hr/hrvatski-olimpijski-odbor/nacionalni-sportski-savezi/151-savezi-neolimpijskih-sportova/hrvatski-sahovski-savez/5406-alojzije-jankovic-izabran-u-izvrsni-odbor-medunarodne-sahovske-federacije-fida

TOMISLAV PAŠKVALIN

Former top water polo athlete,

two-time Olympic winner

NIKOLA DRAGAŠ

Former top bowling athlete

ALOJZIJE JANKOVIĆ

Grandmaster in chess







No.	2.
TITLE	WORK IN THE SPORTS SYSTEM AT THE SPORTS CLUB OR THROUGH ASSOCIATIONS IN THE INTEREST OF THE DEVELOPMENT OF SPORTS AT THE CITY AND NATIONAL LEVEL
SUMMARY	Klaudija Bubalo - former top handball athlete. President of DSVR, President of the DSVR Foundation and President of the Lokomotiva Zagreb Handball Club, a club that brings together about 400 athletes (300 handball sports schools), a club of special importance for the City of Zagreb. Mrs. Claudia is a lecturer at VERN and other institutions in the interest of the development of the sports system at the city and national level. Marija Anzulović - former top volleyball athlete. Head of volleyball sports schools at the Zagreb Volleyball Association - she works with talented young volleyball players. Lecturer at University of Kinesiology and other institutions in the interest of the development of the sports system. Dario Šimić - former top football athlete. The President of the Croatian Association "Football Union" is committed to the development and improvement of the status of players, coaches and professional staff in the sports system.
LINK	https://www.facebook.com/RKLokomotivaZagreb/photos/a.515254475198709/2925917334 132399/?type=1&theater https://www.youtube.com/watch?v=CvPbhuvi78Y https://zos.hr/ https://www.huns.hr/

KLAUDIJA BUBALO Former top handball athlete

MARIJA ANZULOVIĆ
Former top volleyball athlete

DARIO ŠIMIĆ Former top football athlete













No.	3.
TITLE	CAREER AFTER SPORTS CAREER - ECONOMIC SEGMENT
SUMMARY	Vjekoslav Šafranić - former top athlete in karate and full contact. Manager of the DSVR Foundation. At the end of his sports career, he founded a security company and developed his business in that segment very successfully. Today, he holds managerial positions in the bodies of the sports system of the City of Zagreb and beyond. Željko Mavrović - former top boxing athlete. Member of the Board of Directors of the DSVR Foundation. After finishing his sports career, he started his career in the economic segment and founded a private company for the production of healthy food in Croatia. He was also a prominent lecturer at the university - VERN.
LINK	https://www.24sata.hr/sport/dan-prije-borbe-za-europski-naslov-betonirao-sam-stenge-626843 https://www.index.hr/vijesti/clanak/zeljku-mavrovicu-je-proizvodnja-zdrave-hrane-omogucila-novi-zivotni-uspjeh/423841.aspx?mobile=false
PHOTOGRAPHS	VJEKOSLAV ŠAFRANIĆ – Former top athlete in karate and full contact