



Sportinator



Together for a higher purpose

Achieving greatness is one of the basic needs of the human individual. We are ready to risk everything we have in the process and we're not afraid of anything.

One of the most common and direct ways is through sport competitions. Our bodies go through massive changes, from mechanical levels, the movement of our limbs, to the physiological ones in the inside. We all want to win and prove that we're better than the next person. However there isn't always a fierce competitively, and for greater reasons than oneself, opposite actors in the games of sports can come together to try and fix certain issues.



Some good examples of this I found in the North-American basketball league, the NBA and its close environment. The most important would be the NBA Care programme, where officials of the NBA and players from different teams participate regularly in various events helping communities across the USA. They're targeting poverty and less developed families, increasing the level of education or developing the youth and the family institution.

A more specific example, also from the NBA comes from the city of Chicago, Illinois, one of the most violent cities in the US. There, the foundation of, now former player of the Chicago Bulls, Joakim Noah is trying to combat the massive problem of gun violence. For the past 5-6 years, once a year, the foundation is organising a charitable game between young residents of the Chicago's south and west side, the two sides in the Chicago street war. The event is very promoted by the Chicago media, especially because usually different NBA players are coaching the two teams.

That was the case, several years ago when the coaches were, the former Bull, Derick Rose and the Houston Rockets player, Patrick Beverley, both of them born In Chicago (shown in picture), which came together for a great goal.

Finally, a small and a bit different example comes from my home country of Romania. One of the oldest football teams from the country, Rapid Bucharest, recently went bankrupt, continuing a long series of teams that disappeared, some of them totally unjust. In a very dark time for all the teams' fans, something a bit strange for the country happened. The fans for opposing teams, some of them, "dead rivals" started to show messages of support for all the teams in trouble. During the years, teams like Poli Timisoara, U Craiova, Otelul Galati or Rapid received many messages from the rest of the teams in the league, that, by their opinion were losing a competitive rivalry and, in some cases, a distant friend.



Proving the impossible

"I want to win at the Para-Olympics in Tokyo, in 2020", said my friend to me when we were in a sport camp together. Natalia does not have her right forearm since birth, but that did not stop her from finding a passion in sport - the table tennis.

I met her when we were about nine years old. We met each other on many competitions and became friends. I spent a lot of time with her and I have never seen her as a disabled person. The competitive girl with positive energy, strong will and a big smile on her face became an inspiration for other kids in her hometown and not necessarily for the disabled ones. After all, in the end we all are quite the same - everybody has hopes, unspoken dreams and ideas how our live could look like.

Natalia always wanted to be the best. On every training she was focused and trying to impress her older sister - who convinced her to start a sport activity for the first time.

It is amazing how small things count like that. How fearless personality and positive thinking can make you stronger as a person, even if you are disabled. How important your attitude about yourself can be and how greatly it can impact your development.

Although Natalia does not have a hand, she has a big talent and more importantly a great passion about the sport. Furthermore she is helping young people who are not strong enough to start doing activities on their own or they're lacking self-confidence to begin one she's trying to teach youngsters what she now knows very well.

Natalia became a successful sportswoman with a big heart and a beautiful passion. She won Para-Olympics four times and I was extremely satisfied when I witnessed her dream come true.

Natalia Partyka

Natalia is a Polish table tennis player. Born without a right hand and forearm, she participates in competitions against able-bodied athletes. She has competed in 3 consecutive Olympic and Paralympic games, where she won gold and silver medals in individual and pair competition.

Source: Wikipedia.com



Your daily dose of exercise



Sport is one of most important things in our life. But why? For example, you improve your immunity if you live an active life. Our generation says that we do not have enough time for sport. Maybe they think that they can only do sports in a sport centre or in a gym or a stadium. However that it is not completely true. You can live an active life without wasting that much time and going to these places. Also you could not buy expensive equipment or seasonal memberships because you can find everything you need in your daily life.

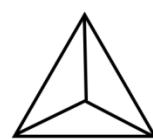
You can choose going to work by bicycle, for example or you can start walking on a regular basis. Also, if your current workplace is at a considerable distance from your home you have the possibility to get out of the public transportation one or two stops before and walk till the office. The same can be applied if commuting with your personal car. You can choose parking it at a certain distance from the office and just walk the rest of the distance. Also, I think that everyone can go and buy the groceries more times per week, giving them plenty of walking/biking time to the supermarket and back. And if you think about it, you can use your full shopping bags as lifting weights. I also believe that there is an advantage for those who live in a multi-storey building, because you can do some activities on the stairs all for free.

Last but not least, if you find a sport that you greatly enjoy it is also a good method of relaxing for you that can also help you have a more easy and comfortable sleep. My opinion would be that we all should search for that sport that gives us tone of pleasure and relaxation for the purpose of improving our health and having a nice, balanced life.



1

4



2

3

The Broom Game – Game Description

The broom game is a nice and easy game for everybody even for people with some disability in case of blind people there are some modifications that can be done such as adding different sounds at the score holes and the ball.

The ball is a triangular prism of rubber and each player holds a broom in their hands, the two teams that are playing has 3 players each and they can score in any of the four holes in the field which has different amount of points!

Also the players have to wear their shoes reversed and at last the game has 3 set of 12 minutes each

Credits:

1. Stavros Stavrou
2. Paul Petcu
3. Beata Heger
4. Bence Rajcsanyi