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UNITED IN SPORTS

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COMPETITION VS COOPERATION



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IN SPORTS

FAIRPLAY

Competition vs Cooperation

While sports are competitive by nature, two aspects of a healthy balance between cooperation and competition are important to take into account.

First, it is inevitable that in a competition, only one wins while the rest fail. Competition leads people, especially young athletes, to define themselves by the outcome. When this happens, their self-esteem and self-worth will be dependent on their ability to beat others. This, in turn, will lead to motivational problems, but also to unethical behavior (cheating) and unhealthy behavior (illegal performance enhancing drugs).

Cooperation, on the other hand, helps build self-esteem, helps children learn to communicate, and does not depend on the ability to beat others. Cooperative activities also teach people about discipline and cooperation while helping them build skills in a challenging environment.

Competition and cooperation are not mutually exclusive alternatives that coaches need to choose between. It is most likely that someone who is only cooperative is not able to cope with the competitiveness of sport environment. As long as competition does not stress only a “win-at-all-costs” mentality, some competition can’t be all

that bad. This happens when coaches and parents help focusing more on mastery and cooperation during childhood. A gradual shift toward competition allows young athletes to build skills and focus on playing rather than winning. Once they have developed a necessary range of skills, self-competence, and an understanding of the game, then competition can be introduced



Free sports for everyone

Sports are very important for life and everyone should have free access to them. One way it could happen is through municipality's free social programs. Some of them are dancing, yoga, aerobic, outdoor gymnastic and more. Another way of free access to sports is by athletic companies sponsor people or donate money for building facilities and provide equipment. Otherwise there is one more simple way, like hiking mountains, jogging or walking in city parks, or even swim in nearby lakes, rivers or sea.

More specifically, we are going to make a refer to our countries free access in sports and our countries are the following: Latvia, Macedonia, Romania, Bulgaria, Greece, Turkey, Italy and Croatia.

To begin with, in **Latvia**, citizens can have free access to street workout, such as bars for physical exercise. Moreover people are able to, whenever they want, to go for a walk on city parks, jogging around city or either go hiking in the mountain.

As for **Macedonia**, people can take part in municipality's social courses such as dancing, aerobic or yoga. Moreover there are many multicourse facilities such as volleyball basketball or tennis and have a free access. Again here, people can use nature to exercise both body and mind by walking, jogging or hiking. Moreover there it is a great idea for citizens to visit Ohrid's lake for swimming.

Concerning **Greece**, citizens have unlimited access to the sea, which means swimming, jogging on the sand or play beach volley or soccer. Furthermore an increasing number of cities in Greece, provides free bicycles to citizens (for some hours) just by giving your personal information. Many municipality's social courses are also available such as yoga, dancing aerobic and gymnastics.

In **Bulgaria** people have a unique advantage of Nike+ project, which motivates citizens go jogging and then awards them either with athletic outfit or with discount in shopping. In addition in summer are held free "summer for kids" programs which include sports activities. The same here, people enjoy nature in combination with exercise in city parks, sea or mountains.

In addition, in **Romania**, there many football, basketball and volleyball courts which provide free access to citizens. Besides, people have the chance to go swimming in a lake or choose go hiking in the mountains and enjoy both exercise and nature.

To continue, in **Turkey**, many municipalities have established free social courses for citizens such as dancing, aerobic, gymnastics or zumba. It is free and everyone can join as many times as he want. Also Turkey has a great coastline and so citizens can enjoy sea whenever they want. They can either go swimming, jogging or enjoy beach sports.

In the country of **Italy**, people and especially poor families have easy and totally free access to football, volleyball and basketball courts. Especially football, is a very popular sport and everybody has access to it. Moreover, Italy is surrounded by sea, so Italians can enjoy sea and go swimming, jogging or play beach volley.



Last but not least, Croatia has many free access in football, volleyball and handball courts for citizens. Moreover, everyone can go for a walk on city parks, go hiking in a mountain or running around city. At the end, there are available chess and backgammon sets in local libraries.

In conclusion, citizens have totally free access to individual sports and they can do their own exercise every day. But isn't it to have company in life? So that's why everybody is looking for a team sport with low or no cost.

RESPONSIBILITY FOR FAIR PLAY

What is Fair Play?

Fair play is a complex concept that comprises and embodies a number of fundamental values that are not only integral to sport but relevant in everyday life.

Respect

For Every of us respect is the key for a good understanding between each other and most

Important thing for gaining respect is to give respect.

For every athlete, playing by the written rules is mandatory, and respecting the unwritten ones is a must. Fair play requires unconditional respect for opponents, fellow players, referees and fans.

Sport is a social and cultural activity which practiced fairly enriches society and the friendship between nations. Sport is also recognized as an individual activity which in played fairly offers the opportunity for self knowledge self expression and fulfillment.



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Involvement and participation in sport among children and young people takes place within a wider social environment. The potential benefits to

society and to the individual from sport will only be maximized where fair play is moved from the peripheral position it currently occupies to centre stage. Fair play must be given the highest priority by all those who, directly or indirectly, influence and promote sporting experiences for children and young people. These include:

Sports and Sports-Related Organizations including Sports Federations and Governing Bodies; Physical Education Associations, Coaching Agencies and Institutes, Medical and Pharmacological Professions and the Media. The commercial sector, including sports goods manufacturers and retailers and marketing agencies, also has a responsibility to contribute to the promotion of fair play.

Individuals including Parents, Teachers, Coaches, Referees, Officials, Sports Leaders, Administrators, Journalists, Doctors and Pharmacists; and those role models who have achieved levels of sporting excellence and fame; those who work on a voluntary or on a professional basis. Individuals may also have responsibilities in their capacity as spectators.

Each of these institutions and individuals has a responsibility and a role to play. This Code of Sports Ethics is addressed to them. It will only be effective if all involved in sport are prepared to take on the responsibility identified in the Code.

"Fair play gives sport the character of beauty. Fair play is a common language, the cement of sports that is capable of gathering together the whole sports world. There are many champions, but the champion of champions is the one who trains, competes and lives in the spirit of fair play. " Jenő Kamuti, President of the International Fair Play Committee.



To make this article more real and apply in real life we would like to refer to Rio's 2016 Olympic games example of two runners helping each. More specific the first one felt and got injured and the other one fell down and felt dizzy because of heating her head. At the end they managed to finish the race together but they did not qualified to the finals. So the Olympic committee decided to award them for their behavior and qualified them to the finals.

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