



# ***SPORTSWORLD***

F R E E M O N T H L Y M A G A Z I N E

## FREE SPORTS IN EUROPEAN COUNTRIES

Basketball is a sport that is commonly played in Macedonia. There are basketball courts in every single city which are free to use and are available for everyone. There are also many other sports that are free and available to everyone. Such as football, tennis, outdoor gym, etc.

In Turkey there are also many free sports such as football and basketball. Some people are also able to use swimming pools in some cities. Moreover, whoever wants can take yoga, aerobic, and tennis classes provided by the local municipality.



Latvia also has many free sports to offer, but the most popular are basketball, volleyball and football. You only need your own ball and enough players. There are also outdoor gyms. So if someone really wants to be fit he/she can exercise and not to spend too



much money. The only thing you need is a lot of patience and persistence. Stay motivated and fit.

Cycling is a sport that can be done for free in Greece, but not in all towns. The only thing you have to is to give your ID card, or your

first and last name. This depends on the rules that a city sets. It has an advantage and a disadvantage. The advantage is that anybody poor or rich can have fun with it. And the disadvantage is that if you are in a city, they do not ask for an ID card, so anyone can give fake details and steal a bike.

## COOPERATION VS. COMPETITION IN SPORTS



People are by nature competitive creatures. With that being said, they are also very competitive when it comes to sports. Sometimes even too much.

On the other hand, competitiveness only is not enough to be successful. Cooperation in the team, and with the trainers is also important. It is essential to achieve a balance between cooperation and competitiveness to get long-term success.

Cooperation helps to build self-esteem and improves communication skills. It does not depend on the ability to beat others.

Competitiveness may provide opportunities for the development of motor, social, and emotional skill. It also teaches discipline and communication.

As long as people who are doing any kind of sports should be careful not to set their minds on "winning at all costs" only, some competition can't be bad. The stress should not always be on winning, but on participating. It is all about the process, not the end result. If we don't enjoy the process, the end result won't give us the satisfaction we are looking for.



## DOPING

In competitive sports, doping refers to the use of banned athletic performance-enhancing drugs by athletic competitors, where the term doping is widely used by organizations that regulate sporting competitions.

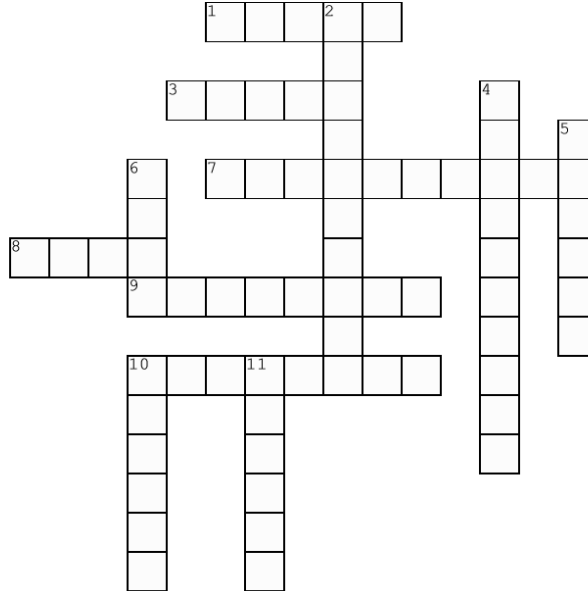
The use of drugs to enhance performance is considered unethical, and therefore prohibited, by most international sports organizations, including the International Olympic Committee.

The origins of doping in sports go back to the very creation of sport itself. From ancient usage of substances in chariot racing to more recent controversies in baseball and cycling, popular views among athletes have varied widely from country to country over the years. The general trend among authorities and sporting organizations over the past several decades has been to strictly regulate the use of drugs in sport. The reasons for the ban are mainly the health risks of performance-enhancing drugs, the equality of opportunity for athletes, and the exemplary effect of drug-free sport for the public. Anti-doping authorities state that using performance-enhancing drugs goes against the "spirit of sport".



# GUESS THE SPORT

Complete the crossword below



## **Across**

1. The defending team must tackle a player by grabbing a hold and pulling them to the floor.
3. Bulls eye.
7. Teams can only retain the ball up to 30 seconds without shooting at the goal
8. The black ball has to be put in the hole last.
9. You can't score if you are in offside position.
10. A winter sport that combines cross-country skiing and rifle shooting.

## **Down**

2. Three points shot.
4. Players must rotate one position clockwise every time they score.
5. Major penalties will result in a player being removed from the ice for up to five minutes.
6. Players can only use up to 14 clubs.
10. You can't hit your opponent when he is down.
11. The player is challenging the ball.



1 rugby, 2 basketball, 3 darts, 4 volleyball, 5 hockey, 6 golf, 7 waterpolo, 8 pool, 9 football, 10 boxing, 11 tennis, 12 biathlon

**YE Winning at what price**

**London, Gilwell Park**

**TEAM MEMBERS:**

**Eliza Jansone (Latvia)**

**Marcela Vefl (Croatia)**

**Menelaos Filkas (Greece)**

**Andrei Huica (Romania)**

**Jeton Vinca (Macedonia)**

**Cem Turesoy (Turkey)**