



SUPKID 2.0 MANUAL



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ERASMUS-SPORT-2023-SSCP

Number: 101133312







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CONSORTIUM



ERASMUS-SPORT-2023-SSCP

Number: 101133312

Project title: Positive Kid's Supporter 2.0 Parents



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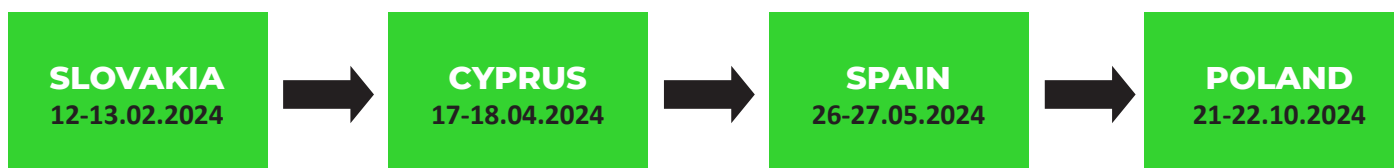
INTRODUCTION

The aim of the project is to implement the selected priority - Dissemination of education in and through sports. The main goal of the project is to educate parents of young athletes on proper behaviour during regular activities with their children, as well as during training and matches. Promoting the right attitude is very important for the development of sports. The project will promote good practices among parents, increase awareness and knowledge, increase competence in the field of sports. Implementation of the project will allow a better understanding of practices and strategies and training systems in the field of sports in other countries. It will also allow the promotion of physical activity and healthy lifestyles.

The project will ensure the implementation of results: innovative approaches to addressing its target groups, by providing, for example: more attractive educational programs for parents, in line with individual needs and expectations, a more modern, dynamic, committed and professional environment within the organization: ready to integrate good practices and new methods, including digital capabilities, into daily operations, increased knowledge and awareness of sports and physical activity, increased awareness of the role of sports in promoting social inclusion, equal opportunities and healthy lifestyles, increased motivation and satisfaction in daily work, increased practicality of sports and physical activity. We will compare the behaviour of parents during observation, who have a direct impact on the formation of a young athlete in the physical and mental spheres.

Preparation of meetings in each country of the participating organizations will allow the development of best practices. After conducting a series of meetings with partner organizations, a set of best practices for parents will be developed in the form of a manual. The manual will be the second part, as the first part under the "SUPKID" project (101089849) focused attention on the education of trainers. Ultimately, we want to implement three parts of the manual and use all the material in a huge dissemination and awareness-raising campaign.

MEETINGS



As part of our project, we held a series of meetings to observe parents' behaviour during children's sports activities and to summarize the lessons learned and develop a manual of good practices. The series of meetings began in February 2024 in Slovakia, and subsequent meetings were held in April 2024 in Cyprus and May 2024 in Spain. The final meeting took place in Poland in October 2024.

The first three meetings were devoted to direct observations of parents' behaviour in various sports, involving children of different ages. Each of these meetings provided us with valuable conclusions and interesting experiences, which served as a foundation for our further activities.

During our project meetings, each focused on a different key aspect of supporting children in sports. Each meeting included detailed observations and analysis in the following areas:

Training and Physiotherapy - Slovakia, February 2024

Psychology and Pedagogy - Cyprus, April 2024

Nutrition - Spain, May 2024

The last meeting, held in Poland, was the culmination of our joint efforts. We focused on summarizing the collected observations, working on the manual and exchanging good practices that can be implemented in different sports contexts.

All these meetings were an invaluable opportunity to see how different families, in different cultural contexts, approach raising children athletes. Through direct conversations with parents, grandparents and siblings, we were able to deeply understand their perspective and gather many interesting insights. Each meeting enriched our knowledge and contributed to a comprehensive understanding of the topics we covered in our project.

Our project not only enriched our knowledge of parents' and children's interactions during sports activities, but also laid a solid foundation for further work on improving the quality of these relationships.



OBSERVATION REPORTS

1st Meeting

TOPIC	TRAINING & PHYSIOTHERAPY
DATE	12-13.02.2024
PLACE	BRUTY, SLOVAKIA

SPORTS	AGE OF PARTICIPANTS	OBSERVATION SITUATION
<ul style="list-style-type: none">- ice hockey- handball- football	8-12 years	training session

Training and Physiotherapy

Slovakia, February 2024

Our first meeting in Slovakia focused on training and physiotherapy. We observed children's sports activities in various disciplines, paying special attention to the approach of parents. We also had the opportunity to speak with parents, grandparents and siblings to understand their perspective and motivations.

Three people from the organization took part in the observations. Observations were carried out in various sports, age groups, and skill levels. During each observation, notes and photo/video documentation were taken to prepare conclusions and a report at the highest possible level of quality and reliability.

The people who made the observations were people connected with sports in the sense of a coach, a technical director specialized in sports and one physical education teacher.



FUNDACIÓN FÚTBOL MÁS ESPAÑA (SPAIN)

TRAINING

FOR EXAMPLE: TRAINING STRUCTURE, GROUPS, NUMBER OF PARTICIPANTS, FORM OF TRAINING, ELEMENTS OF TRAINING, EXERCISES, DIVISIONS OF PARTICIPANTS, ETC

HOCKEY

In this training, we find a large number of good practices and many examples of how to perform a proper training. We find a club that has well defined values, in which parents have at their fingertips a lot of information about how to help the development of their children and in which the quality of training and good treatment plays a fundamental role.

Planification: The fact that before the kids arrive the pitch it's already set up and with a lot of material. That helps the kid enter in a space which transmit order but also encourages you to participate.





Number of participants: There were a lot of them, around 20, but perfectly organized, there was always one coach per 10 alums maximum.

Different activities were carried on with the perfect combination of intensity, variety and challenge.

The coaches were leading the session without having troubles, all the times they speak, they do it without interruptions and all the kids seems to respect them. His way of speaking and body language were formal and assertive, never aggressive.

In terms of values, we found that they put a lot of emphasis on the process of educating their students but not so much in the outcome when we talk about formative categories. They had several slogans in the locker room in which we saw how failure is not seen as something negative and in which traditional positive values of sport such as respect or effort were extolled.

Finally, a great example of good practices it's their website. There you could find a lot of information for the parents about different information related to education, behaviour, psychological aspect, nutrition, etc.

FOOTBALL and HANDBALL:

Both of them were similar. They have less kids in the team, not being able to play even a full match. In neither case the parents are able to assist to the training (in the hockey team they were allowed but they can't speak to them until the training was finished). In the handball team, they reported some bad behaviours from the parents in the past.

In both teams the trainers are the referents, children listen to them and don't cause trouble. The use of material and the preparation of the session have quality but less than the Hockey team. Maybe the lack of resources there it's the main reason for that.

In the handball team we saw how there were two girls who had much lower level than the rest of the team, however, the coach kept them with the group and tried to integrate them.

In the handball training, the trainer corrected the posture of the participants even during the warm-up, which caught my attention because she corrected very subtle elements that are not usually paid attention to.

We observed in field hockey training that having a larger number of coaches and such a well-designed session also allowed us to perform improvement exercises and correct a lot of different aspects during the session.



PHYSIOTHERAPY
FOR EXAMPLE: PREVENTION
OF POSTURE DEFECTS,
IMPROVEMENT EXERCISES,
TAKING CARE OF NO INJURIES,
CORRECT POSTURE, ETC.

FUNDACJA ROZWOJU SPORTU ESPANOLA (POLAND)

TRAINING

FOR EXAMPLE: TRAINING STRUCTURE, GROUPS, NUMBER OF PARTICIPANTS, FORM OF TRAINING, ELEMENTS OF TRAINING, EXERCISES, DIVISIONS OF PARTICIPANTS, ETC.

The coaches organise the training, the parents are in the stands and cannot take an active part in the training. Some parents watch the session, while others do their own thing (use the computer, talk on the phone). Children do not communicate with their parent. Parents do not interfere in the training in any way, neither cheering nor prompting. The sports club website provides information and recommendations on how to support the child in various aspects according to the club policy. The parent does not do pressure. At handball training the parents was absent due to bad behaviour and pressurising got a ban from the coach. Parents drop off and pick up children from training sessions. During football training, parents often wait in cars. Parents talk to their children about football training and their sport every day. Parents play e.g. 1x1 football on the field with their children as a leisure activity.



PHYSIOTHERAPY

FOR EXAMPLE: PREVENTION OF POSTURE DEFECTS, IMPROVEMENT EXERCISES, TAKING CARE OF NO INJURIES, CORRECT POSTURE, ETC.

The parent is supposed to be a role model, a role model, so if we take care of the child's posture or motor preparation then the parent must also take care of this in themselves. Parent does not put pressure. Parents involve their children in extra activities or training depending on what is needed or what they want to achieve. If they are aiming for world class then they have extra individual activities, if they want to promote healthy development then coaching is enough or they have other recreation-oriented activities. On the website, parents have information on how to support their child in terms of physical development. Coaches provide information to parents on what they can do with their children after classes. Parents sign their children up for other sports activities and another practice is to entrust everything to one club e.g. activities 4 times a week (including a match).

MINDSPIN (CYPRUS)

TRAINING

FOR EXAMPLE: TRAINING STRUCTURE, GROUPS, NUMBER OF PARTICIPANTS, FORM OF TRAINING, ELEMENTS OF TRAINING, EXERCISES, DIVISIONS OF PARTICIPANTS, ETC



ICE HOCKEY

There were 30+ kids with 4 coaches. Each of them had 7-10 kids making it easier to plan their training and progress. Kids were split into teams for better organisations of the practice as shown in Figure 1.

Figure 1. Ice Hockey Training



The fact that there is an elite men ice hockey team in first league makes kids try even harder since they have role models. The professional locker rooms of the male ice hockey team that is in the first league is shown in Figure 2.



Figure 2. Locker rooms of the Ice Hockey team

Kids were encouraged to have extra trainings for strength and conditioning to achieve their goals. The guidance and support of parents is of paramount importance and determines in great extend if the kid will continue, dropout or become an elite athlete.

HANDBALL (girls)

The coach used handball as a tool for integration. Compared to other sports, she actively participated (as shown in Figure 3.) became a positive example.

She tried to show that participation matters that the winning itself.



Figure 3. Active participation of the coach in the Handball Training.

FOOTBALL (boys)

Boys that participated in the training were competitive but disciplined. The coach was more distant than the handball coach giving only instructions for the game. Maybe the approach is affected by the gender since the male football coach was more distant.



PHYSIOTHERAPY

FOR EXAMPLE: PREVENTION OF POSTURE DEFECTS, IMPROVEMENT EXERCISES, TAKING CARE OF NO INJURIES, CORRECT POSTURE, ETC.

ICE HOCKEY

Special attention was paid in the proper warm up of the kids as shown in Figure 4.

Training was very structured to avoid injuries



Figure 4. Warm up of the goalkeep of the ice hockey team.

HANDBALL

Less formal warm-up with games. Continuous improvement of the posture of the athletes for following the rules as well as avoiding injuries as shown in Figure 5.



Figure 5. Improvement of posture of a handball athlete.

FOOTBALL

Informal warm-up and training focusing primarily on the game itself as shown in Figure 6.



Figure 6. Football warm-up before the training.

Pimpimparé – užitočné využitie voľného času pre deti (SLOVAKIA)

TRAINING

FOR EXAMPLE: TRAINING STRUCTURE, GROUPS, NUMBER OF PARTICIPANTS, FORM OF TRAINING, ELEMENTS OF TRAINING, EXERCISES, DIVISIONS OF PARTICIPANTS, ETC.

The focus was on the parents during our observations not on the quality or structure of the training.

ICE HOCKEY

In the case of ice hockey training the parents were allowed to enter the stands of the ice hockey rink. Since we observed the training of the children – mainly boys but also some girls - from 3rd and 4th grade (8–9-year-old) the parents could stand next to the ice hockey rink as well.

In the case of the older children or youth they are allowed to follow the training only from the stands. With the smaller kids they can also enter the changing room too to help them to get dressed. During the training some parents were talking with each other, some had phone call, some just watched the training but there was one woman who recorded parts of the training. One thing is sure they cannot shout at the children and give instructions.





They respect this and their presence is not disturbing at all. There are also such parents who leave the child there and during the training do shopping. So, it is not obvious that the kids have a family member present.

Sometimes the kids have training also in the morning. In such case the parents of those children who live 30-35 km far away from the city make sacrifices for their child since they bring them to the training early in the morning, wait for them then take them home to school because they go to school in the home villages.

HANDBALL

On the handball training of 6–10-year-old girls there were no parents. They are not let in because of their behaviour. There was even a short period of time when they were not allowed to watch neither the matches of the children. They put stress on the kids and they set high expectations for their children.

There was a girl who stopped playing handball due to parental pressure during the match. At least they don't instruct and blame other parents' kids only their own but even this is very harmful and causes difficulties. They don't respect the work; the preparedness and professional knowledge of the coach and they think they are smarter. Sometimes they do a lot of harm to their kids. They give the child protein, causing her an allergy.

Out of 7 children 3 kids had drink prepared next to the handball court. Some had it in the dressing room. 4 of them had knee protector. This shows that the girls who are from children's home are not so much supported than the ones who grow up in families. This affects not only their equipment but also their development. The coach cannot discuss it with a parent as in other cases since all the time other house parent is coming with them. Out of the 46 children that they have in the club 25 are from the neighbouring villages not from the city. Their parents need to take the kids by car and wait for them in the car or they do the shopping in the meantime.



FOOTBALL

On the football training of 8–9-year-old boys there were also no parents. There are not allowed to enter the place where the children train. If the kids have a training in the gym parents cannot go upstairs, they need to wait for the children downstairs next to the changing rooms. It was not a problem to them; they respect this decision and also the coach. The boys are also respectful towards the coach. I noticed that they don't call him by his name, but call him „coach”.

All the boys had a drink prepared on a bench during the training. They all had water bottle. Not only this but the whole football equipment (jersey, shorts, socks, cleats) were bought by the parents. It was their idea to buy it for the children. They are really supportive according to the coach's words. They used to organize a season closing party for the team. They share the tasks and prepare everything for that event. This is a really good teambuilding occasion.







The coach also told that they have no problem with the parents neither on the matches. The parents give a lot of feedback to them. We had the possibility to speak also with a father. He told us that they are speaking about the training and matches in the car on the way back home. They used to play or practice football together at home.

PHYSIOTHERAPY

FOR EXAMPLE: PREVENTION OF POSTURE DEFECTS, IMPROVEMENT EXERCISES, TAKING CARE OF NO INJURIES, CORRECT POSTURE, ETC.

HANDBALL

Sometimes they make him perform exercises that are not suitable for his developing body without consulting the trainer causing her injuries. For this reason, the coach doesn't give „homework“ for the children or instructions what to do at home on the days they don't have training (they have a training twice a week + sometimes friendly matches because of lack of place where they could train). They are afraid of that they were perform it in wrong way and causing harm. They have complex trainings which include all aspects of the preparation (conditional, rules, theory, correct posture, etc.)



2nd Meeting

TOPIC	PSYCHOLOGY & PEDAGOGY
DATE	17-18.04.2024
PLACE	CYPRUS

SPORTS	AGE OF PARTICIPANTS	OBSERVATION SITUATION
Football Handball Montessori methods	7 13-14 3-5	training sessions pre-school activity

PSYCHOLOGY AND PEDAGOGY

Cyprus April 2024

The second meeting in Cyprus focused on sports psychology. We observed how parents support their children emotionally during competition and how they deal with the pressure of sports achievement. We paid special attention to communication between parents and children and methods that help children cope with stress. Conversations with parents and other family members provided us with valuable lessons about their role in shaping a healthy approach to sports.

Three people from the organization took part in the observations. Observations were carried out in various sports, age groups, and skill levels. During each observation, notes and photo/video documentation were taken to prepare conclusions and a report at the highest possible level of quality and reliability.

The people who made the observations were people connected with sports in the sense of a coach, a technical director specialized in sports and one physical education teacher.



FUNDACIÓN FÚTBOL MÁS ESPAÑA (SPAIN)

PSYCHOLOGY/PEDAGOGY


FOR EXAMPLE: PSYCHOLOGICAL ASPECTS, APPROACH TO CHILDREN, BEHAVIOUR OF PARENTS DURING GAMES OR TRAINING, SHOUTING, REACTION TO DEFEAT/WIN, EMOTIONS, BEHAVIOUR

We have identified individual differences in resilience, motivation, and focus among children but a great attitude in general with their team.

In the training sessions of the youngest players at the university's football field, we have observed parents and families coming to watch and support their children. Most of them behaved appropriately, without shouting, simply observing. The only comments they made to their children were positive ones, cheering them up.

We have observed that in the handball club, parents were not allowed to attend training sessions in order to avoid interfering with their children's performance. Parents understand that perfectly and it doesn't interfere in their relation to the club, who in fact are very committed to attend weekend games.

In the handball club, the coach informed us that workshops and talks on nutrition are conducted within the club itself to help parents understand how to assist their children in maintaining a proper diet.



The club takes care of the players on a psychological and personal level, attending to and nurturing the needs of each player. This ensures their involvement in training sessions and games, even if they are injured or unable to play, either from the sidelines or by accompanying the team.

FUNDACJA ROZWOJU SPORTU ESPANOLA (POLAND)

PSYCHOLOGY/PEDAGOGY

FOR EXAMPLE: PSYCHOLOGICAL ASPECTS, APPROACH TO CHILDREN, BEHAVIOR OF PARENTS DURING GAMES OR TRAINING, SHOUTING, REACTION TO DEFEAT/WIN, EMOTIONS, BEHAVIOR

During the soccer training, a division of parents into several groups was noticeable:

- The first group was characterized by their involvement in the training: they expressed positive words towards their child in order to motivate them to continue, observed the training course while they did not interfere in the training structure.

- The second group of parents sat at a greater distance from the field and were not interested in the course of the training and the actions of their children. They spent most of their time on the phone watching a movie or talking on the phone.

- Another group of parents came for social purposes and were more interested in talking to other parents than cheering on their children.

It is very common for kindergartens to have sports activities to increase a child's motor skills and fitness. Parents do not put too much pressure on their children when performing various tasks. They try to let the child make their own choices about how to perform the assigned task.

Parents were not allowed to participate in some training sessions because their presence distracted the children and prevented the coach from conducting the activities properly.

Children eagerly participated in training, very often parents shared among themselves the duty of bringing their children to training, so each child had the opportunity to participate in training. This attitude can also testify to a good relationship between parents who help each other. In addition to parents, a group of observers included grandparents of children, which testifies to good multi-generational relations in the family.

The lack of expression of negative emotions towards the children meant that the charges did not fear punishment for a poorly performed task or a worse day. As a result, the children were not afraid to take on new challenges and participate in training sessions. Parents' expression of negative emotions could lead to a disturbed sense of security, which is an important factor in every child's development.



Lack of a sense of security can lead to social withdrawal and a decrease in intrinsic motivation, which is needed to achieve goals and develop the child. A sense of security also affects the degree of expression of emotions. When a child does not have a sense of security it is likely that he will not express emotions even when there is a strong intensity. When a child feels secure, he will not inhibit the expression of emotions even when their intensity is low. An equally important factor is the child's level of self-esteem. If the level is low, the child will be reluctant to take on new challenges because he will feel that he cannot handle the task. At this point, the parent should support the child in taking action and praise, for the initiative taken. At such moments, the parent's presence is very important and necessary.



Parents tended to adopt relaxed attitudes, which had a positive effect on the child's functioning, as the mentee did not take on tension that could badly affect his activity during training. It is very common for children to be tense or sad because the parents are in a bad mood and do not devote enough time to the child. This situation can lead to the child's bad mood during training and thus worse activity.

The lack of parental presence during training can positively affect the child's activity during the class, because the mentee does not see the parent's reaction to his or her specific action and can only rely on his or her own opinion and that of the trainer. Children can very often judge facial expressions and behaviour in their parents as a negative reaction to their actions, which can result in inhibition in action. On the other hand, the presence of a parent can motivate the child to engage in various activities during training. Very often, in the case of children with low self-esteem, the presence of a parent helps them gain self-confidence and achieve higher goals.

MINDSPIN LTD (CYPRUS)

PSYCHOLOGY/PEDAGOGY

FOR EXAMPLE: PSYCHOLOGICAL ASPECTS, APPROACH TO CHILDREN, BEHAVIOUR OF PARENTS DURING GAMES OR TRAINING, SHOUTING, REACTION TO DEFEAT/WIN, EMOTIONS, BEHAVIOUR

FOOTBALL

There were 60+ kids (6-9 years old) with 6+ coaches. Each coach was responsible for 10 kids making it easier to plan their training and progress. Kids were split into 6 teams into 6 different football fields for better organisations of the practice as shown in Figure 7.



Figure 7. Football Training for kids 6-9 years old.

Kids were accompanied by some parents that waited outside the football field to pick them up. Although they were allowed to watch the training, they were encouraged not to comment loudly during the training or make suggestions how the kid should have played after the training and the match.

Based on the comments of the coach, many children dropout often due to the criticism of the parents.

Figure 8. Observation of the football training by the Supkid 2.0 team members and the parents sitting on the bench.



HANDBALL

Supkid 2.0 team observed 2 trainings for girls 9-13 and 13-18 years old. The president of the team as well as 2 coaches were present during the training. The president and the coach of young girls (9-13 years old) discussed for over an hour with the project team on the proper training and nutrition for kids as well as the interaction with parents (Figure 9.)



Figure 9. Discussion with the president and the coach for girls 9-13 of the handball club.

Parents are strictly forbidden to enter the stadium during the training so the kids train freely. All parents were waiting in the parking lot to pick up their kids.

The president of the club informed us that they regularly have seminars with the nutritionist, the physiotherapist and the psychotherapist consultants of the club which are running sessions both for athletes but also for their environment (e.g parents, family etc). In that way, they want to promote an holistic approach to fitness and exercise.

Figure 10. Starting of Warm-up of kids 9-13 years old.



PHYSICAL ACTIVITY IN NURSERY SCHOOL

The consortium team visited Little Alchemists nursery school in Nicosia and observed a typical physical exercise session of the educator and the 10 toddlers (2-4 years old). Some kids were a little bit disoriented by the presence of so many adults but after a bit they concentrated in their activity.

Educators mentioned the importance of starting any form of physical activity in the age of 2, so that bones and muscles start to build smoothly and therefore kids are ready to participate in sport activities in the ages of 5,6.

Moreover, they highlighted the importance of not always cheering up and encouraging the kid during a continuous achievement in sports since the kid will not enjoy the sport itself but will start doing it to please the parents and the educators.

The educators highlighted the importance of proper nutrition and that's why the kids are eating a homemade food in school prepared by the cook of the school.



Figure 11. Physical exercise for kids 2-4 years old.

Figure 12. Preschool educators discussing with Supkid 2.0 team on pedagogy, sports, nutrition, parenting, etc



Pimpimparé – užitočné využitie voľného času pre deti (SLOVAKIA)

PSYCHOLOGY/PEDAGOGY

FOR EXAMPLE: PSYCHOLOGICAL ASPECTS, APPROACH TO CHILDREN, BEHAVIOUR OF PARENTS DURING GAMES OR TRAINING, SHOUTING, REACTION TO DEFEAT/WIN, EMOTIONS, BEHAVIOUR

Our visit to Cyprus gave us an insight into the sporting environment of local children, which was both a valuable experience and a learning experience. In particular, the infrastructure in Cyprus seemed to be much more developed and modern than in our country. A modern environment can be an incentive to exercise, so this is a big plus.

FOOTBALL

Despite the weather conditions, we were pleased to see the children happily developing their skills in a playful way during the football training sessions. In one part of the football pitch children's parents were seemingly uninterested as they waited for the end of the session, half of them sitting with their backs to the pitch: talking on the phone, chatting, although those turning towards the pitch did the same, but at least they glanced at the child occasionally. They didn't disturb the training, they didn't give instructions to the kid, they didn't shout at him, they waited quietly.

At the training session on the other side of the pitch, where 7-year-olds were training, parents were more active in watching the training. Nice movements were praised and rewarded with applause. The children also did not seem embarrassed by the presence of their parents. Failures were hard for the children to bear and the coach left them to experience them.

One boy was crying, another was writhing on the floor in simulated pain, but the parents did not intervene, did not run to their child. Only a few parents gave encouragement in case of a difficulty, which did not bother neither the coach, nor the children. At the end of the training session the coaches evaluated the training, which the young athletes listened to attentively. The evaluation was at the level of the children, constructive and positive. We think this is important from a pedagogical point of view because it helps the children to understand the expectations placed on them.

After saying goodbye, the parents happily welcomed their children, there was no sign of disappointment, accountability or any negative interaction. Neither praise was given, training was practically not a topic, they left quietly with the children. At the end of the training, we had the opportunity to speak a few sentences with the coach of the latter team, from whom we learned that there was a problem with the parents, they put pressure on the child, so they were asked to just take the children and leave.

HANDBALL

An insight into the life of the handball club showed similar problems to those encountered in our country, especially the difficulties of recruitment. Children's interest in exercise, in movement is decreasing, and the solution is not only to be found at the level of sports institutions. Physical education teachers in schools are also coaches in sports clubs, which has the advantage of working with a well-known person, but at the same time, in case of a bad relationship, this is also a disadvantage, because the coach cannot be bypassed.

Consequently, the coach's personality is a very important aspect for the club. Since we could go to the training of 13-14-year-old girls in terms of age group, we did not experience the presence of parents. It is true that the sports club asked the parents to do this, so they are not allowed to attend the training. They just bring the kids, sometimes one parent more children and wait outside in the car. They are not banned, but the club prefers when they are not present at training. They are present at the matches, cheering their daughters.

The club tries to teach them to manage this situation, not to interfere in the coach's work. That's why they organize a parent-child tournament, so that parents can also play and see what this sport is all about. At the beginning of the season a dietician visits the team who tells them what to pay attention to and how to eat. She checks the children's body fat individually and recommends a diet based on the measurements. Sometimes they used to go to Greece to play matches there, but the children pay for it themselves. These trips are occasionally organised by parents.



MONTESSORI METHODS

Getting used to play sports in kindergarten based on Montessori principles can serve as a positive example for all of us. The Montessori method often emphasises the child's autonomy and the respect for the child's own pace and interests. In this way the importance of the healthy lifestyle and physical activity can be more easily integrated into everyday life in kindergarten and children can have a positive experience of physical activity that can shape their lives in the long term.



3rd Meeting

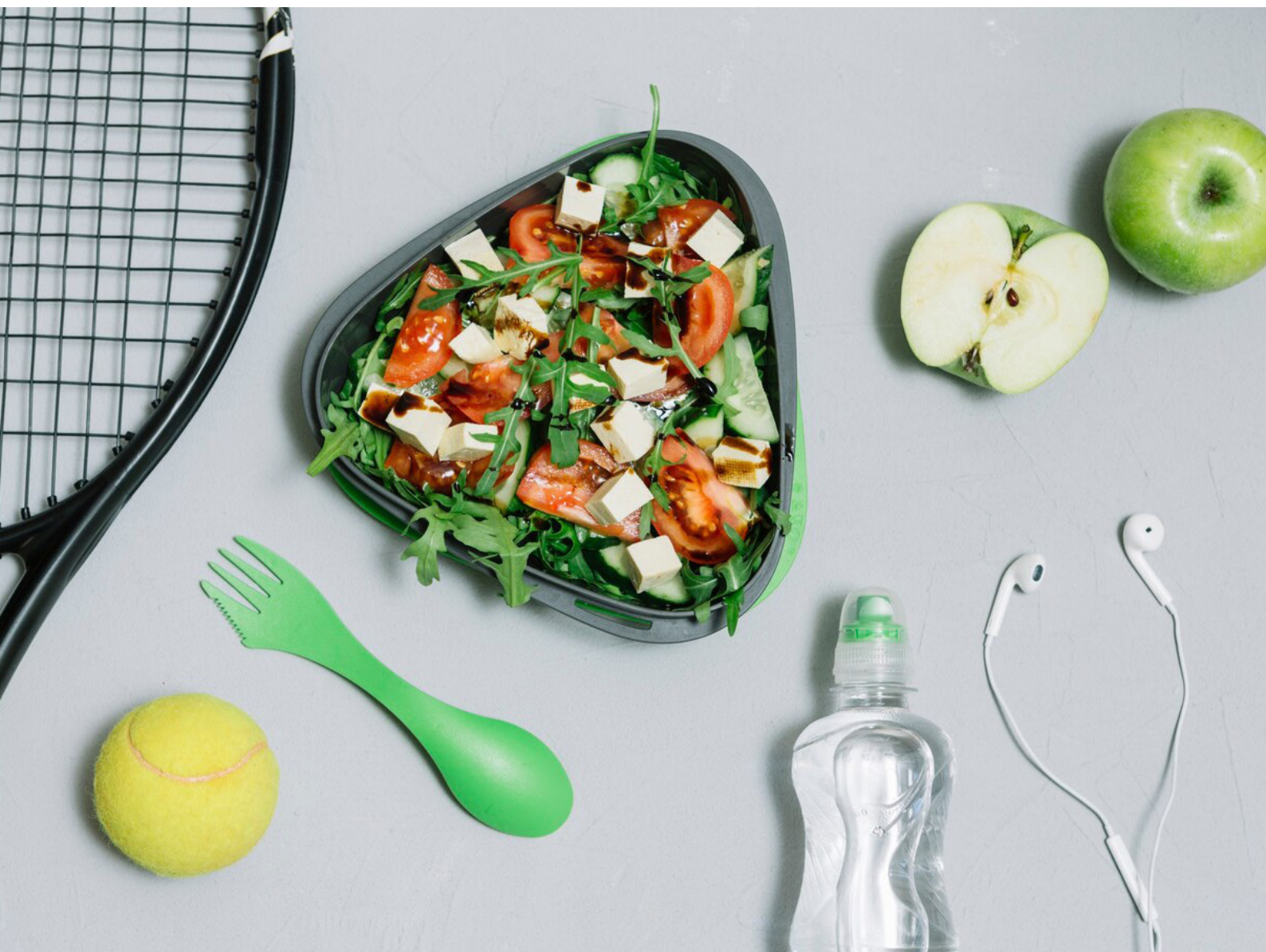
TOPIC	NUTRITION
DATE	26-27.05.2024
PLACE	SEVILLA, SPAIN

SPORTS	AGE OF PARTICIPANTS	OBSERVATION SITUATION
- pentaque - football	8-80	intergenerational pentaque tournament (Andalusian championships) and football training in Real Betis youth groups.

NUTRITION

Spain, May 2024

The third meeting in Spain focused on nutrition. We observed how parents take care of their children's athletes' diets and their attitudes on the subject. We paid attention to the variety of meals before and after training, and how families deal with the challenges of maintaining a proper diet. During interviews with parents, we were able to inquire about their knowledge and eating habits and exchange experiences.



FUNDACIÓN FÚTBOL MÁS ESPAÑA (SPAIN)

NUTRITION

WHAT PARENTS GIVE THEIR CHILDREN TO EAT, WHAT TO DRINK, WHETHER THEY TALK ABOUT HEALTHY EATING, WHETHER THEY SET A GOOD EXAMPLE THEMSELVES, ETC.



Petanque session:

- The group could attend and observe a community tournament in the district of Parque Alcosa-Sevilla Este. This was an intergenerational encounter in which only one teenager participated. The rest were all adults. Nevertheless, we had the chance to speak with the Secretary General of the Andalusian Petanque Federation, who very kindly answered our questions related to the habits of children and youths playing petanque in clubs.
- As he is also coach of children and adolescents engaging in petanque clubs, the Secretary General explained the importance of mental health focus and concentration. Drinking water in the morning and before the sessions is key, but not having very heavy breakfast before tournaments. Conversations with parents are held.



Football Training Sessions at Real Betis Balompié:

- During the football training session, we had the opportunity to speak with the parents of children aged 8-15. They informed us that the team has a nutritionist and that the club provides a nutrition guide and guidelines for families to follow at home at the beginning of the season. Additionally, they mentioned that nutrition relies on the involvement of families and the children's responsibility for their own development.

- Most parents accompany their children to both practices and games, bringing snacks for them to eat afterward. They also ensure that the children drink plenty of water before, during, and after the training.

- Parents assured that on many occasions it is the children themselves who are aware that they must eat healthily to achieve good results and that they are not opposed to eating healthily at home.

- The families and children pay special attention to what they eat before important matches and tournaments to ensure maximum performance. On the other hand, there were also teenagers participating in the Liga Educa, which is a football league that has an educational perspective, promoting values, and a few parents were also present at the session. In this case, coaches also provide some recommendations, but it is mostly up to the parents to provide food or snacks. Children generally bring their own water to the training.

FUNDACJA ROZWOJU SPORTU ESPANOLA (POLAND)

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During the pentaque tournament, we were able to observe younger and older participants who could act as role models, and a conversation with the coordinator of the tournament and the games as a whole brought many lessons in observation.

Pentaque:

- Recommending drinking water to hydrate the body especially in terms of maintaining mental performance as the sport requires a lot of concentration
- children are supported by demonstrating good eating habits throughout the family (e.g. grandfather still playing sport).
- during the tournament we observed a break of 30 minutes to replenish fluids and rest from the sun (high temperatures)

At the Real Betis football academy, we were able to observe many youth groups and also interview parents.

In addition, Real Betis provides all parents with information on the diet and nutrition rules for the children who attend the academy (different rules for training time and different rules for match day). Thanks to the receipt of these materials, we have a large observation base:

- Children's nutrition recommendations vary depending on whether it is a training day, a rest day, or a match day.
- On a rest day, the plate is divided into 50% vegetables and fruits, 25% proteins and fats, and 25% carbohydrates.
- On a training day, the plate is divided into 25% proteins and fats, 37.5% carbohydrates, and 37.5% vegetables and fruits.
- On a match day, the plate is divided into 50% carbohydrates, 25% proteins and fats, and 25% vegetables and fruits.
- Recommendations for meals on a match day:
- Last meal about 4.5-5 hours before the match

HYDRATION:

- Consume 2.5-3 liters of water/sports drink (10-12 glasses) daily.
- 3-4 hours before the match, drink 400-500 ml of fluid (about two glasses of water).
- In the hours after the match, drink 1-1.5 liters of water.
- Recommendations for parents to support young athletes in nutrition during the season:
 - Promote appropriate body composition (weight, muscle, and fat) to achieve the best performance during training and matches.
 - Ensure optimal health to perform daily activities and achieve the best results in football.
 - Adjust energy needs for each player.
 - Balanced intake of carbohydrates, healthy fats, and proteins, as well as dairy, fruits, and vegetables for optimal performance in football.
 - Food intake must be appropriate and balanced in quantities consistent with different food groups.
 - Recommendations for parents to support young athletes in nutrition on a match day:



- MATCH AT 12:00
 - BREAKFAST: 8:00 - 8:30
- MATCH AT 13:00
 - BREAKFAST: 9:00 - 9:30
- MATCH AT 14:00
 - BREAKFAST: 9:30 - 10:00
- MATCH AT 17:00
 - BREAKFAST: 8:00 - 10:00
 - LUNCH: 13:00
- MATCH AT 18:00
 - BREAKFAST: 8:00 - 10:00
 - LUNCH: 13:00
 - SNACK: 15:30
- MATCH AT 19:00
 - BREAKFAST: 8:00 - 10:00
 - LUNCH: 13:00
 - SNACK: 15:30
- MATCH AT 20:00
 - BREAKFAST: 8:00 - 10:00
 - LUNCH: 13:30
 - SNACK: 16:30

MINDSPIN LTD (CYPRUS)

NUTRITION

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Petanque:

- We were very happy to observe a petanque tournament where people from all ages can participate equally. Petanque is a sport that improves significantly motor function skills and creates a sense of community. Unfortunately there were no kids present in this tournament.



Figure 13. Observation of petanque training in Seville, Spain.

FOOTBALL

- We observe trainings from the academies of Real Betis of children of 7+ years old and there were some trainings of teenagers as well.
- Each team was guided by 2 trainers in order to maximize the efficiency of the training.
- Many parents were participating in the trainings and were willing to respond to our questions.
- All of the parents highlighted the importance of nutrition both for the development of their child as well as for the improvement of their physical activity and sport progress.



Figure 14. Observation of football training in Real Betis Academy.

PIMPIMPARE UZITOCNE VYUZITIE VOLNEHO CASU PRE DETI (SLOVAKIA)

NUTRITION

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Petanque competition:

We had the possibility to have a talk with the coach of 9-17 year old children. Concentration, coordination of the body and the arm movement are important, these skills matter the most. It is suggested to drink a lot, drinking water as well as eating fruit before and during training is very important for clear thinking. Before the competition, however, only a light breakfast is advisable, because this also affects the body. Eating is more important from the point of view of concentration, not because of the physique or muscles. It is the most intergenerational sport, so physique is the least important. Because of the concentration, breathing exercises are also performed during the competition.

The advised nutrition for kids who come to training is:

- they usually bring some fruit
- it is important to have the body fully hydrated during training
- when they have a competition they usually have a light breakfast
- honestly, this game is more mental than physical, so nutrition does not have an essential role in it
- this game does not require a certain body type, just adequate clothing, that does not disturb them in the concentration
- it is a traditional sport, inherited through the generations – also vary in playing/ game styles
- they walk kilometers during a game





Betis youth football team:

- At the beginning of the season, there is a consultation with the parents (with children of the same age) about the nutrition of the kids
- There are some official recommendations that the nutritionist of the club describes to them
- type of foods, diet they need to follow, based on their age and body type – parents are present at this meeting (they also do a casting of hundreds/thousands of kids to select the youth teams)
- before a match they usually eat foods that contain a lot of protein and fruits (as desert they usually eat yoghurt with fruits, or dried fruits, seeds, nuts – there was a parent who explained that they follow this diet very strictly, even the youngest players- they have a lot of will power)
- besides nutrition is important for them to have enough rest to be able to recover and concentrate





-sometimes they suffer because they can't eat certain foods that their classmates or friends can – it is a huge sacrifice for them

- if a child has any special needs, nutrition problems or any disease, injury basically, there are specialists and sport doctors with the team to treat them and give them special treatment, diet, recommendations...

- most of these nutritional factors are responsibilities of the families, as the club can not control what they put on the table at home, or what they pack for their children for after training

- but they are supporting these habits because it builds the bases of a healthy lifestyle for their children, and teaches them discipline which are very useful even if they don't turn out to be professionals

- it is a process of learning even from a very small age, even the youngest ones take it very seriously, nutrition is relevant in all ages

- in conclusion it is a co-ordinated team work between families/parents and the club in order to offer the best circumstances for the players on the field of nutrition

Observations on the training: on the training all kids whom we saw had water with themselves to drink but the child sitting next to us – he was before or after training – drank Pepsi.

BEST PRACTICE COLLECTION

The best practices we jointly selected at the 21.10.2024 meeting in Poland are:

- ▶ Children take on new challenges and participate in training sessions.
- ▶ Praise and reward with applause for successful movements.
- ▶ Organization of parent-child tournaments.
- ▶ Workshops and discussions on nutrition for parents to help support their children in maintaining a proper diet.
 - ▶ Balanced intake of carbohydrates, healthy fats, proteins, dairy, fruits, and vegetables for better sports performance.
 - ▶ After training, children consume fruits or nutritional bars.
 - ▶ Creating role models for children.
 - ▶ Guidance and support from parents.
 - ▶ Training parents on how to be a good example for their children.
 - ▶ A club with clearly defined values and access to information that supports children's development.
 - ▶ Communication and body language were polite and assertive, never aggressive.
 - ▶ The club's website as a source of information for parents about education, behavior, psychology, and nutrition.
 - ▶ Parents as role models in terms of posture and motor preparation.
 - ▶ Providing parents with information on activities they can do with their children after classes.
 - ▶ Organizing additional sports activities or entrusting all activities to one club (e.g., 4 times a week, including a match).

COCLUSION

With this manual, the “SUPKID2.0” project has made significant strides in identifying and promoting good practices for parents of young athletes. By emphasizing overall motor development, providing specialized equipment, and fostering a positive atmosphere, the project aims to create an environment conducive to the well-rounded growth of young athletes. The incorporation of individual attention, creative exercises, and inclusivity further contributes to a supportive culture. However, there are areas for improvement that the project recognizes.

In moving forward, the “SUPKID 2.0” project stands as a valuable resource for parents seeking to enhance their skills and knowledge in nurturing young athletes.





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