

# Safe Jump



Erasmus+



Klub priateľov skoku  
na lyžiach  
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1  
9  
4  
3  
Banská Bystrica



11  
Team

# Safe Jump - Erasmus+ Sport 2020 project



## ABOUT PROJECT



# Safe Jump - Erasmus+ Sport 2020 project

## Project Partners:

SSK Ilirija, Slovenia

TJ Dukla Frenstat, Czech Republic

Klub Priatelov Skoku na Lyziach Banska Bystrica, Slovakia

TEAM11, Slovenia

Zavod Didona, Slovenia



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## Aims of the Project:

- Exchange of best practices, enhanced international cooperation, development of a transnational network of clubs
- Increased skills and competences of coaches and staff, improved work with young athletes
- Protecting young athletes from dangers, dual careers
- Social inclusion and Equal opportunities in Sport
- Intercultural cooperation, focus on common European values



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## TRAINING CAMP PROGRAM:

- Joint training activities
- Discussions and debate – exchange on coaching methods, approaches, best practices (all coaches, in formal and informal settings); job-shadowing
- Educational modules for the coaches
- Educational modules for the athletes
- Intercultural experiences and informal learning



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## Project activities:

Project Partners will organize three international training camps for all three clubs.

- Athletes will train together, participate in educational modules, address the issues pertaining to their sport and to their careers, develop intercultural skills and benefit from an international set of coaches and staff.
- Coaches and staff will cooperate in trainings, learn from each other and exchange methods, approaches and best practices.
- Clubs will develop a lasting cooperation on an international level.



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## EDUCATIONAL MODULES:

- Marketing and media presence  
in Banska Bystrica (SK)
- Nutrition and dangers of physical enhancement drugs (doping)  
in Frenstat (CZ)
- Psychology in sport and dual careers of athletes  
in Ljubljana (SI)



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## Coach staff:

- **SSK ILIRIJA, Slovenia**

Žiga Mandl, Samo Gotiša, Ožbej Mulej, Kristjan Deternik

- **TJ Dukla Frenstat, Czech Republik**

Jaroslav Sakala, Jakub Suchacek, Zdenek Zidek, Roman Klima

- **Klub Priatelov Skoku na Lyziach, Banska Bystrica, Slovakia**

František Vavrinčík, Adrian Kapusnik, Jan Tanczos, Igor Pohle

- **TEAM11 (Društvo EKIPA11), Slovenia**

Gregor Bizjak, Klemen Kobal, Emerik Horvat, Eva Peklaj

- **Didona Institute, Slovenia**

Ana Vučković



# WELCOME IN SLOVAKIA



# WELCOME in Banská Bystrica, Slovakia city of European Youth Olympic Festival 2022 (EYOF)



# Program in Banska Bystrica

## DAY 1

- Light condition training in nature
- Presentation of participants
- Theoretical education
- Marketing and media presence
- How technology can support you in training proces (guests)

## DAY 2

- conditioning preparation
- special technical trainings
- endurance hike
- Theoretical education
- SKI Jumping Logbook (guests)

## DAY3

- preparation for the jumps
- preparation of equipment, measurements
- exchange of experience, introduction of theoretical knowledge into practice



# Klub Priateľov Skoku na Lyžiach Banská Bystrica



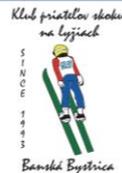
(welcome speech) Mr. FRANTIŠEK VAVRINČIK, president of KPSL, BB



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## EDUCATIONAL MODULES 1:

## Marketing and media presence

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o safejump\_eu

Presented by: TEAM 11 Slovenia



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“Being active in social media maintains your relevancy long after your sports career is over (...) Being involved in social media a great way to increase your humanize yourself and increase your brand affinity (...) social media gives you the power to influence, facilitate, and protect your brand on your terms (...) Instead of one autograph at a time you can take 15 seconds to send a tweet out to all of your fans at once thanking them for their attendance, their support, whatever. You can say what you want to say post-game on YouTube, in a blog post. You can sit down and craft the message you want to convey, not what you were forced to come up with on the spot with a microphone shoved in your face”.

Lewis Howes

American author, entrepreneur, and former professional Arena League football player



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**Personal branding** is a vital part of professional sports performers' careers. It's how you're viewed in the public eye and how your fans perceive you. Personal branding is also an important aspect for potential sponsors who work with athletes. Luckily, we live in the era of social media; it has never been easier to connect with thousands of fans from all around the world. And a consistent social media strategy can help monetize athletes' careers, as well as promote their sponsors.



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**Personal values** are one of the most important aspects of an athlete's personal brand. Social media helps to not only promote the values but also differentiate the athlete from the crowd. Sacrifice and constant work are common for all professionals. That's why it's so important to put emphasis on the aspects that diversify one athlete from another. Carlota Molas reveals that social media strategies are often based on the aspects that make their clients unique and desirable for audiences and brands. She emphasizes the importance of a strong strategy, regular analysis, and consistency when it comes to social media communications. "It's crucial to be authentic", she adds.

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The most popular social media platforms for athletes and personal branding

Instagram is the most popular social media platform for sports performers, while YouTube also plays an important role. Younger athletes have no presence on Facebook but they're likely to engage users on TikTok, even though many of their sponsors are not active on that platform.

sskilirija

205 Posts 356 Followers 46 Following

**SSK Ilirija, Ljubljana**  
Smučarski skakalni klub iz Mosteca  
Delujemo na področju športne vzgoje otrok... more  
sskilirija.com  
Večna pot 150, Ljubljana, Slovenia  
Followed by majaa.kovacic, matija.vidic and 31 others  
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team11.si

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Tools and resources just for businesses.

103 Posts 182 Followers 299 Following

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## EDUCATIONAL MODULES 1:

Marketing and media presence

12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS



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EDUCATIONAL MODULES 1: Marketing and media presence

12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

1.

Create key messages or goals: As an athlete, you know the importance of planning. By creating a few key messages or goals to guide your social media efforts, you'll remain focused and communicate with a purpose. Brainstorm a few goals or key messages and check in periodically to ensure that you're staying on track.

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EDUCATIONAL MODULES 1: Marketing and media presence

12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

2.

Create a distinction between your personal and public life: To maintain your privacy and limit potential social media controversy, create a professional Twitter account and Facebook page and adopt strict privacy settings for your personal accounts. Remember, however, that nothing is truly private on social media and everything can be screencapped. If you wouldn't want to see it posted on a billboard in Times Square, don't post it. Many bloggers and other social media personalities take the distinction between their private and public lives one step further by creating a persona that runs their public accounts. By creating a persona who's like you but polished/more professional/more focused, you can add an extra filter between yourself and your keyboard, preventing social media gaffes and allowing you to stay focused.

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EDUCATIONAL MODULES 1: Marketing and media presence

12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

3.

Tell a story: If you've ever seen cave paintings or watched a child demand that her favorite book be read one more time, you know that humans are hardwired to love stories. Whether you're communicating through video, blogging or just tweeting, your audience will feel more emotionally connected with you if you use stories. Your stories don't have to be epic in scope. You could, for example, talk about how you got involved in sport, tell a funny anecdote about a training mishap, or share what you've learned about a recent loss.

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

4.

Show yourself in action both on and off the field of play: While it's important to show yourself competing, many athletes who are active on social media report that their most popular social media content documents their day-to-day life: waiting at airports, training in the gym, enjoying a sunset or hanging out with teammates.

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

5.

Let your personality shine: Many athletes and celebrities are so scared of social media controversy that they edit their accounts down to the point that they feel inauthentic. If your tone reminds people of a robot or a telemarketer, your followers will grow bored. Remember: having personality doesn't mean putting on an act. If you're funny, let your sense of humour come out. If you're more cerebral, engage your followers in thoughtful conversation. After all, the most popular social media accounts feel authentic.

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EDUCATIONAL MODULES 1: Marketing and media presence

12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

6.

Use correct spelling and grammar. On Facebook, correct spelling and grammar goes a long way, especially in improving your professional tone. On Twitter, however, it is more common to shorten words, use abbreviations and fit in hashtags, as long as you don't get too carried away. Not everyone is familiar with the latest abbreviations, especially ones that are sport related, so keep it simple and legible or else you may lose your followers in translation.

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EDUCATIONAL MODULES 1: Marketing and media presence

12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

7.

Engage with the larger sports community. Social media is a dialogue not a monologue. Take advantage of social media's connectivity by engaging in conversations with your followers. To increase your social media reach, remember to connect with your allies by tagging them in your posts, share their content and engage in conversations with them. Your provincial sports organization, national and international governing body, teammates, and even your competition and training venues are excellent allies that can help you spread your reach.

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

8.

**Be consistent:** One of the biggest mistakes that athletes make is only updating their social media accounts at big events. Unfortunately, building a social media following is a slow, incremental process. You'll have more success posting a few times a week than you will if you post only when you have big news to share. In fact, idle social media accounts can actually hurt your efforts because you appear disinterested and stagnant. For more information on how to increase your social media followers

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

9.

Don't reveal too much: Check with your coach and support staff to understand what aspects of your training or life shouldn't be posted online. Training plans, game plans, training results and injuries should generally be left off social media. Remember: high-profile tournaments like the Paralympics or Olympics often have specific guidelines around social media use.

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

10.

Focus on the process: Young athletes have a tendency to focus on results/medal counts and make bold predictions about their success on social media. At best, this behaviour makes you appear boastful. At worst, your tweet will write a cheque that your performance can't cash. Instead, focus on the aspects of your performance that are under your control. For example, instead of saying "I can't wait to get out on the track and win a gold medal," you could say, "I've been training hard and I can't wait to perform today."

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

11.

Be appropriate: As a social media manager, I sometimes have to intervene when athletes cross the line on social media. (Given that 94% of employers use social media in their job searches, this is an issue that can impact you outside of your athletic life, so it's best to learn the lesson early). Though it's common sense to the vast majority of athletes, it bears repeating: your social media account is not the place to fight with your boyfriend, or share unflattering photos of yourself intoxicated, or to send appreciative tweets to adult entertainers. Before you post, remember that you're a representative of your sport.

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12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS

12.

Remain positive: Studies show that positive social media content gets more views, shares and likes than neutral or negative content. This doesn't mean that you have to put a ray of sunshine on every tweet - after all, it's not easy to be cheerful when you're dealing with a tough loss or setback—but when in doubt, choose positivity.

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**EDUCATIONAL MODULES 1: Marketing and media presence**

**12 WAYS FOR ATHLETES TO FIND SOCIAL MEDIA SUCCESS**

Sources:

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<http://podiumplatform.com/2013/01/01/sponsorship-snapshot-strong-twitter-roi-for-canadian-freestyle-skier-eddie-hicks/>

<http://podiumplatform.com/category/social-media-for-athletes/>



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20 posts 69 followers 126 following

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kraft



Planica



world cha...



Safe Jump



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[sskilirija.com](http://sskilirija.com)  
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# WELCOME IN CZECH REPUBLIC



# WELCOME in Frenstat , Czech Republic city of Ski Jumping Champions



# Program in Frenstat

## DAY 1

- Team Buling; Motokáry Go Kart
- condition training before going to the ski jumping hill
- getting to know the ski jump hill in Rožnov pod Radhoštěm
- training on ski jumping hill Rožnov pod Radhoštěm

## DAY 2

- conditioning preparation
- special technical trainings
- getting to know the ski jump hill in Frenštát pod Radhoštěm
- Training on ski jumping hill Frenštát pod Radhoštěm
- Theoretical education - Nutrition and dangers of physical enhancement drugs

## DAY 3

- conditioning preparation
- participation in an international competition Memorial Jiriho Rašky



# TJ Dukla Frenstat , Czech Republic



(welcome speech) Mr. Roman Klima, president of TJ Dukla Frenstat



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## EDUCATIONAL MODULES 2:

Nutrition and dangers of physical enhancement drugs (doping)

Presented by: TEAM 11 Slovenia

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## EDUCATIONAL MODULES 2:

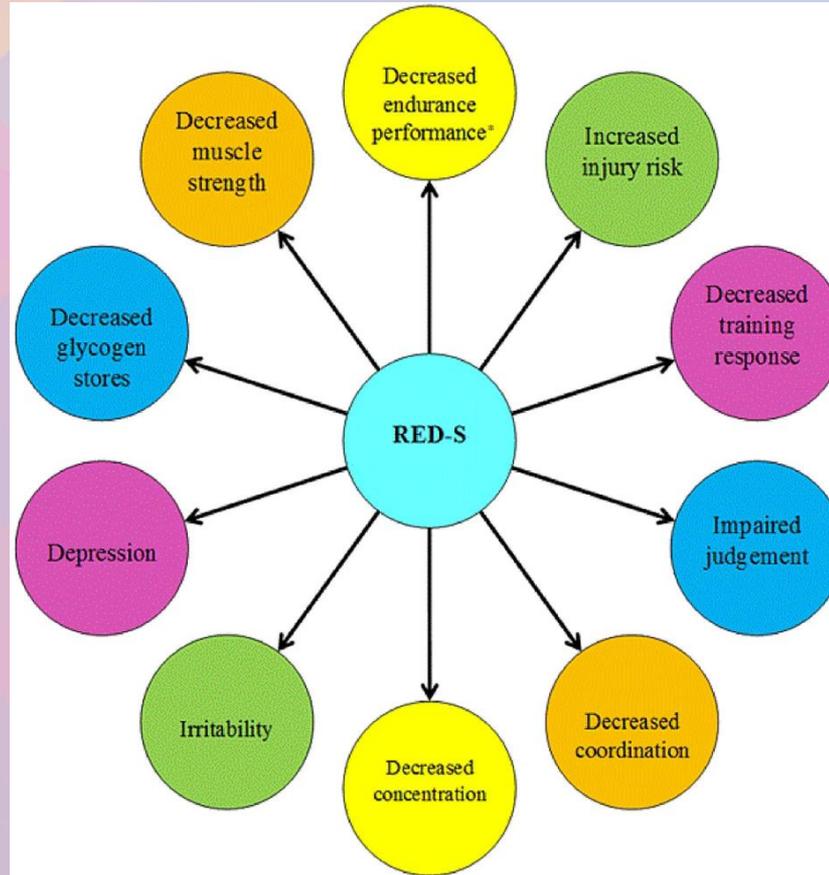
### Nutrition and dangers of physical enhancement drugs (doping)

Ski jumping is a specific sport where even the smallest impacts play a major role in the final result. One of the factors behind the end result is jumpers' body weight. Therefore, jumpers have problems with their body weight, nutritional disorders and in some cases even severe eating disorders. Because of that FIS (Fédération Internationale de Ski) introduced new rules about maximal ski length according to jumper's body mass index. Since optimal nutrition is one of the factors to prevent injuries and illnesses and allow for smooth training and competition, sports dietitians have begun to become involved in the diet of ski jumpers. The goal of proper nutrition is to make ski jumpers very slender and lightweight, allowing them low air resistance and longer jumps. Ski jumpers' diet is based on general sports diet recommendations, But is accordingly changed in order to fit each individual. While ski jumpers are nutritionally endangered, it is important that they get individual nutritional counselling by a professional sports dietitian in case of health or training issues. A coach and a doctor are also involved in nutritional care process.

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## EDUCATIONAL MODULES 2:

Nutrition and dangers of physical enhancement drugs (doping)



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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

**Table 1** Relative Energy Deficiency in Sport risk assessment model for sport participation (modified from Skårderud *et al*)<sup>140</sup>

High risk: no start red light	Moderate risk: caution yellow light	Low risk: green light
<ul style="list-style-type: none"> <li>▶ Anorexia nervosa and other serious eating disorders</li> <li>▶ Other serious medical (psychological and physiological) conditions related to low energy availability</li> <li>▶ Extreme weight loss techniques leading to dehydration induced haemodynamic instability and other life-threatening conditions</li> </ul>	<ul style="list-style-type: none"> <li>▶ Prolonged abnormally low % body fat measured by DXA or anthropometry using The International Society for the Advancement of Kinanthropometry ISAK<sup>141</sup> or non-ISAK approaches<sup>142</sup></li> <li>▶ Substantial weight loss (5–10% body mass in 1 month)</li> <li>▶ Attenuation of expected growth and development in adolescent athlete</li>   <li>▶ Abnormal menstrual cycle: FHA amenorrhoea &gt;6 months</li> <li>▶ Menarche &gt;16 years</li> <li>▶ Abnormal hormonal profile in men</li> <li>▶ Reduced BMD (either from last measurement or Z-score &lt; -1 SD).</li> <li>▶ History of 1 or more stress fractures associated with hormonal/menstrual dysfunction and/or low EA</li>   <li>▶ Athletes with physical/psychological complications related to low EA/ disordered eating - ECG abnormalities- Laboratory abnormalities</li> <li>▶ Prolonged relative energy deficiency</li> <li>▶ Disordered eating behaviour negatively affecting other team members</li> <li>▶ Lack of progress in treatment and/or non-compliance</li> </ul>	<ul style="list-style-type: none"> <li>▶ Healthy eating habits with appropriate energy availability</li>   <li>▶ Normal hormonal and metabolic function</li>   <li>▶ Healthy BMD as expected for sport, age and ethnicity</li> <li>▶ Healthy musculoskeletal system</li> </ul>

BMD, bone mineral density; DXA, dual-energy X-ray absorptiometry; EA, energy availability; FHA, functional hypothalamic amenorrhoea; ISAK, International Society for the Advancement of Kinanthropometry

Adapted from Mountjoy, 2014

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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

#### Nutritional support in sports

- Provide right quantity and at the right time for specific sport training
- Provide the energy for competition
- Support recovery from training and competition
- Promote training adaptations, including muscle hypertrophy
- Help maintaining well-being and health

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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

Nutritional strategy is a process !

- Periodized
- Personalized (individual adaptation)
- Is not „a diet“ !
- Monitoring (standards!)
- Part of regular health examination
- (a preventive tool)

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## EDUCATIONAL MODULES 2: Nutrition and dangers of physical enhancement drugs (doping)

### CARBOHYDRATE INTAKE

#### DAY

- personalized approach: periodization of training and volume, intensity and type of training
- 3-12g/kg/BW

#### DURING EXERCISE

- CHO mouth rinse (6% solution)
- Sport drink ( f.e. 30g CHO/h)
- Duration and intensity of exercise

#### AFTER EXERCISE

- 1.0-1.5 g CHO/kg BW ( IOC, ISSN, ACSM )
- high training volume, exercise with a higher intensity more than once a day, resistance exercises by the same muscle group again on the same day



# Safe Jump - Erasmus+ Sport 2020 project

## EDUCATIONAL MODULES 2: Nutrition and dangers of physical enhancement drugs (doping)

### PROTEIN INTAKE

#### DAY

- 1.6 -1.7 g/ kg BW/day (IOC) (table)
- timing, type of proteins, athletic routine
- 20 g of protein per meal several times during the day (5x), preferably in close proximity to exercise

#### BEFORE AND DURING EXERCISE

- 0.15-0.25 g/kg BW of protein with the recommended 1-2 g/kg BW carbohydrates in the pre-event meal 3-4 hours before training or competition (ISSN)
- 10-20g before exercise (IOC)

#### AFTER EXERCISE

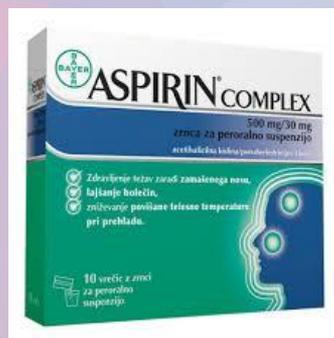
- 20-25g (IOC)
- Up to 40g elderly!
- Combination with CHO (0.4 g P/kg combined with a 0,8 g/kg CHO)



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## EDUCATIONAL MODULES 2: Nutrition and dangers of physical enhancement drugs (doping)

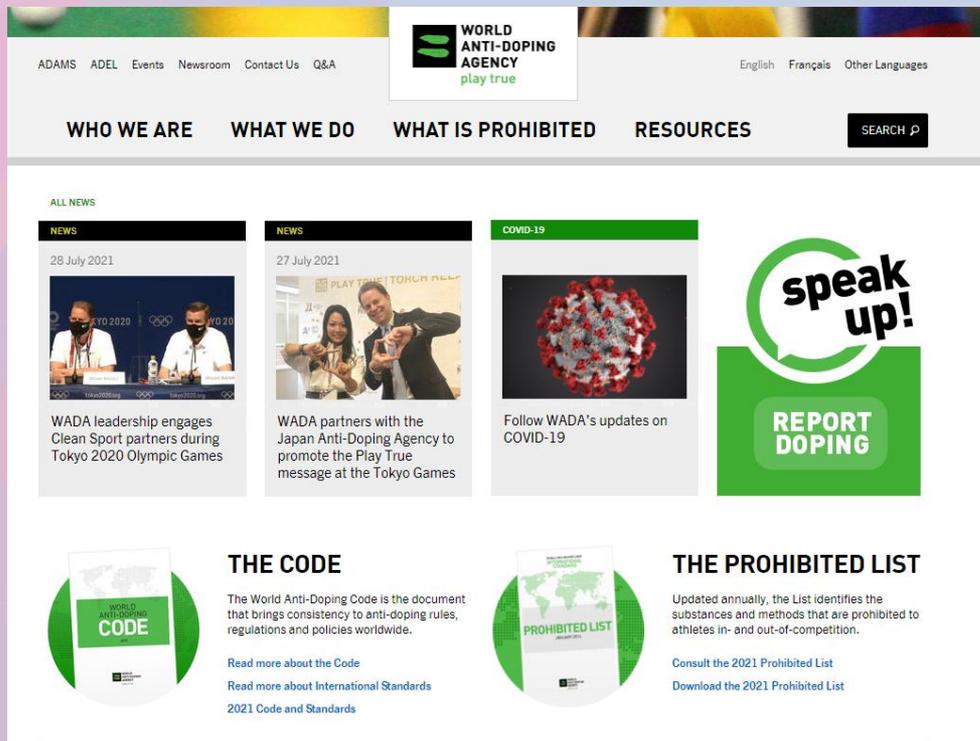
Which of the following products is on the positive doping list?



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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)



ADAMS ADEL Events Newsroom Contact Us Q&A

WORLD ANTI-DOPING AGENCY play true

English Français Other Languages

WHO WE ARE WHAT WE DO WHAT IS PROHIBITED RESOURCES SEARCH

ALL NEWS

NEWS

28 July 2021

WADA leadership engages Clean Sport partners during Tokyo 2020 Olympic Games

NEWS

27 July 2021

WADA partners with the Japan Anti-Doping Agency to promote the Play True message at the Tokyo Games

COVID-19

Follow WADA's updates on COVID-19

speak up!

REPORT DOPING

THE CODE

The World Anti-Doping Code is the document that brings consistency to anti-doping rules, regulations and policies worldwide.

Read more about the Code

Read more about International Standards 2021 Code and Standards

THE PROHIBITED LIST

Updated annually, the List identifies the substances and methods that are prohibited to athletes in- and out-of-competition.

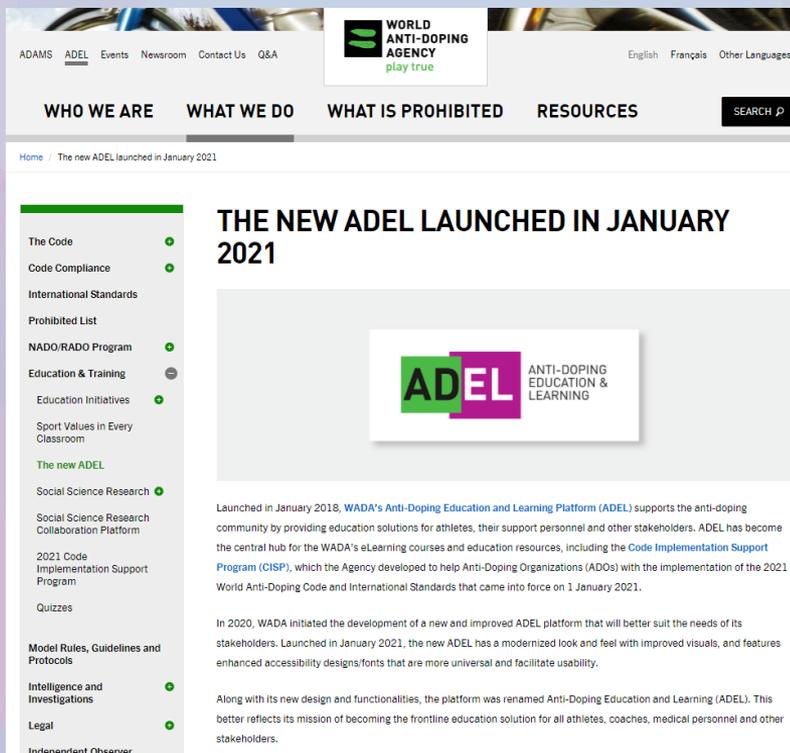
Consult the 2021 Prohibited List

Download the 2021 Prohibited List

# Safe Jump - Erasmus+ Sport 2020 project

## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)



The screenshot shows the ADEL website homepage. At the top, there is a navigation bar with links for ADAMS, ADEL, Events, Newsroom, Contact Us, and Q&A. The ADEL logo is prominently displayed, featuring the text 'WORLD ANTI-DOPING AGENCY' and 'play true'. To the right of the logo, there are links for 'English', 'Français', and 'Other Languages'. Below the navigation bar, there is a secondary menu with links for 'WHO WE ARE', 'WHAT WE DO', 'WHAT IS PROHIBITED', and 'RESOURCES', along with a search button labeled 'SEARCH'. The main content area features a breadcrumb trail: 'Home / The new ADEL launched in January 2021'. The primary headline is 'THE NEW ADEL LAUNCHED IN JANUARY 2021'. Below the headline is a large image of the ADEL logo, which consists of the letters 'ADEL' in a stylized font with a green and purple color scheme, and the text 'ANTI-DOPING EDUCATION & LEARNING' to its right. The article text begins with: 'Launched in January 2018, WADA's Anti-Doping Education and Learning Platform (ADEL) supports the anti-doping community by providing education solutions for athletes, their support personnel and other stakeholders. ADEL has become the central hub for the WADA's eLearning courses and education resources, including the Code Implementation Support Program (CISP), which the Agency developed to help Anti-Doping Organizations (ADOs) with the implementation of the 2021 World Anti-Doping Code and International Standards that came into force on 1 January 2021.' The text continues: 'In 2020, WADA initiated the development of a new and improved ADEL platform that will better suit the needs of its stakeholders. Launched in January 2021, the new ADEL has a modernized look and feel with improved visuals, and features enhanced accessibility designs/fonts that are more universal and facilitate usability.' The final paragraph states: 'Along with its new design and functionalities, the platform was renamed Anti-Doping Education and Learning (ADEL). This better reflects its mission of becoming the frontline education solution for all athletes, coaches, medical personnel and other stakeholders.'

Home / The new ADEL launched in January 2021

## THE NEW ADEL LAUNCHED IN JANUARY 2021



Launched in January 2018, WADA's Anti-Doping Education and Learning Platform (ADEL) supports the anti-doping community by providing education solutions for athletes, their support personnel and other stakeholders. ADEL has become the central hub for the WADA's eLearning courses and education resources, including the [Code Implementation Support Program \(CISP\)](#), which the Agency developed to help Anti-Doping Organizations (ADOs) with the implementation of the 2021 World Anti-Doping Code and International Standards that came into force on 1 January 2021.

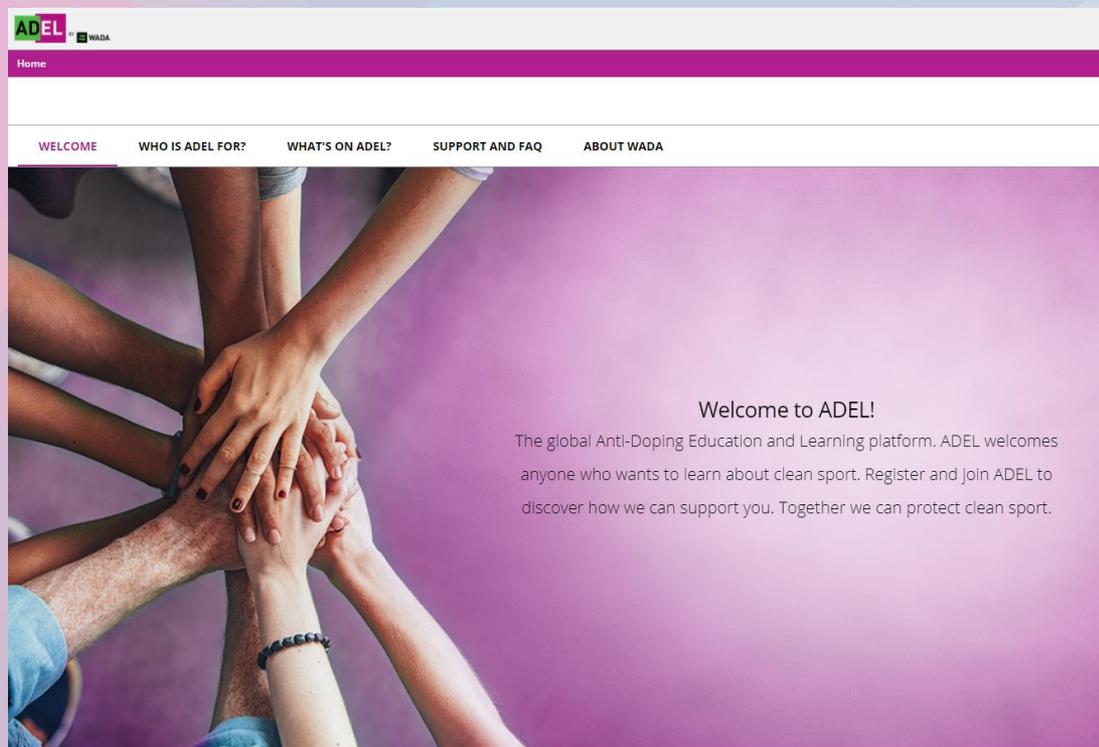
In 2020, WADA initiated the development of a new and improved ADEL platform that will better suit the needs of its stakeholders. Launched in January 2021, the new ADEL has a modernized look and feel with improved visuals, and features enhanced accessibility designs/fonts that are more universal and facilitate usability.

Along with its new design and functionalities, the platform was renamed Anti-Doping Education and Learning (ADEL). This better reflects its mission of becoming the frontline education solution for all athletes, coaches, medical personnel and other stakeholders.

# Safe Jump - Erasmus+ Sport 2020 project

## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)



**ADEL** WADA

Home

[WELCOME](#) [WHO IS ADEL FOR?](#) [WHAT'S ON ADEL?](#) [SUPPORT AND FAQ](#) [ABOUT WADA](#)

**Welcome to ADEL!**

The global Anti-Doping Education and Learning platform. ADEL welcomes anyone who wants to learn about clean sport. Register and join ADEL to discover how we can support you. Together we can protect clean sport.

# Safe Jump - Erasmus+ Sport 2020 project



## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

The screenshot shows the ADEL website interface. At the top left is the ADEL logo with 'WADA' next to it. Below the logo is a purple navigation bar with the word 'Home'. A white navigation menu contains the following items: WELCOME, WHO IS ADEL FOR? (highlighted in purple), WHAT'S ON ADEL?, SUPPORT AND FAQ, and ABOUT WADA. The main content area features a section titled 'WHO IS ADEL FOR?' with a purple underline. The text below reads: 'ADEL is a global platform that provides education and learning opportunities for those who need to know about all things clean sport and anti-doping.' This is followed by a paragraph: 'If you're an athlete, coach, parent, medical professional or play another role in supporting athletes then we have education programs for you. And if you're an anti-doping practitioner we have learning opportunities and resources for you too. So, whether you're here to get educated or to find resources to help you develop your anti-doping programs, ADEL can help.' Below this text are two columns. The left column has a photo of a smiling Black woman in a blue athletic top, with the heading 'For Athletes' and a sub-heading 'For Athletes'. The right column has a photo of a man in a white polo shirt and blue cap looking at a device, with the heading 'For Athlete Support Personnel' and a sub-heading 'For Athlete Support Personnel'. At the bottom right of the screenshot, there is a logo for 'Safe Jump' featuring a stylized figure in a red and blue jumpsuit, and the Erasmus+ logo.

**WHO IS ADEL FOR?**

ADEL is a global platform that provides education and learning opportunities for those who need to know about all things clean sport and anti-doping.

If you're an athlete, coach, parent, medical professional or play another role in supporting athletes then we have education programs for you. And if you're an anti-doping practitioner we have learning opportunities and resources for you too. So, whether you're here to get educated or to find resources to help you develop your anti-doping programs, ADEL can help.

**For Athletes**

From school sport to the Olympic Games, ADEL has education programs for athletes of all levels to help them play their part in

**For Athlete Support Personnel**

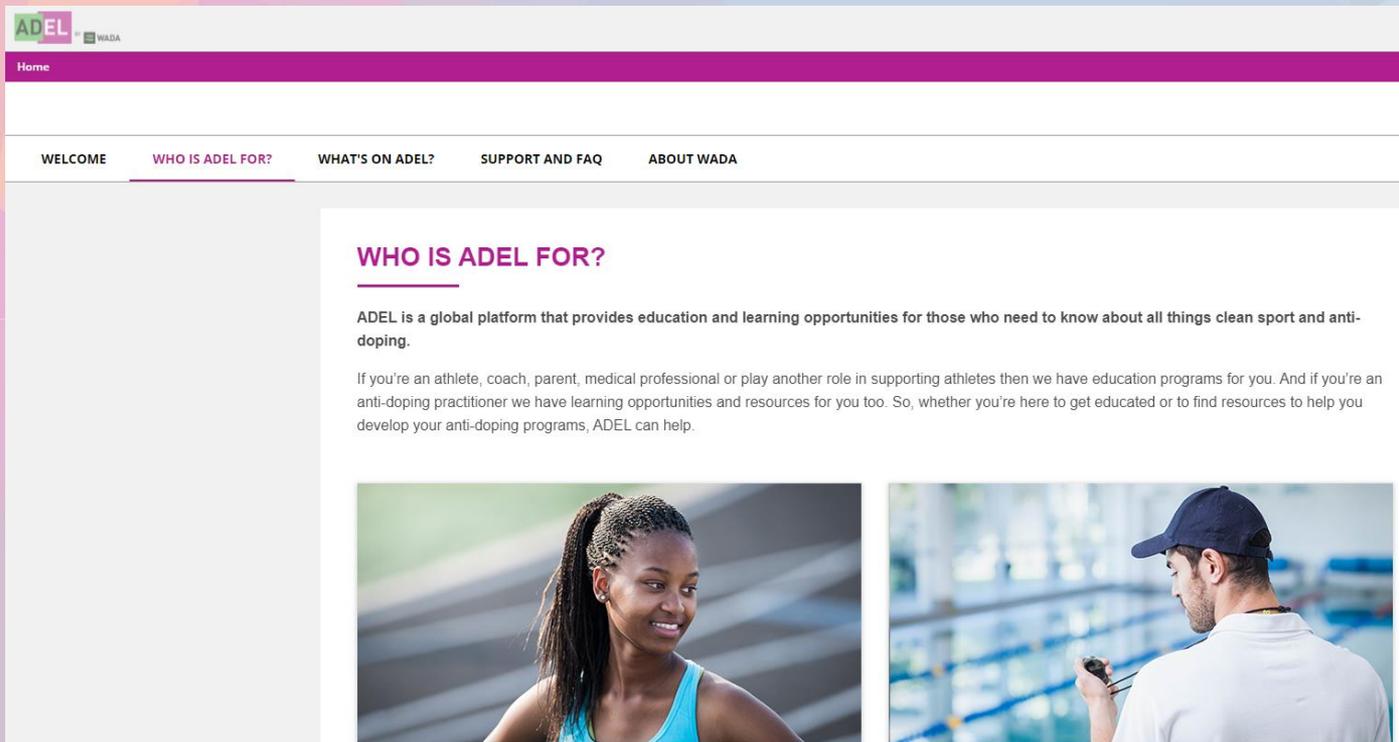
Anyone supporting or working with athletes, or children involved in sport has a duty to instill and reinforce the values of clean sport.



# Safe Jump - Erasmus+ Sport 2020 project

## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)



The screenshot shows the ADEL website interface. At the top left is the ADEL logo with 'WADA' next to it. Below the logo is a purple navigation bar with the word 'Home'. A white navigation menu contains the following items: 'WELCOME', 'WHO IS ADEL FOR?' (which is underlined in purple), 'WHAT'S ON ADEL?', 'SUPPORT AND FAQ', and 'ABOUT WADA'. The main content area features a section titled 'WHO IS ADEL FOR?' with a purple underline. Below the title is a paragraph: 'ADEL is a global platform that provides education and learning opportunities for those who need to know about all things clean sport and anti-doping.' This is followed by another paragraph: 'If you're an athlete, coach, parent, medical professional or play another role in supporting athletes then we have education programs for you. And if you're an anti-doping practitioner we have learning opportunities and resources for you too. So, whether you're here to get educated or to find resources to help you develop your anti-doping programs, ADEL can help.' At the bottom of the page, there are two side-by-side images: on the left, a close-up of a young Black woman with braided hair wearing a blue athletic top; on the right, a man in a white shirt and dark cap looking at a smartphone in a swimming pool setting.

# Safe Jump - Erasmus+ Sport 2020 project

## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)



#### For Athletes

From school sport to the Olympic Games, ADEL has education programs for athletes of all levels to help them play their part in keeping sport clean.

Learning about the values associated with clean sport as well as the details of the anti-doping system is **essential for any athlete participating in sport.**



#### For Athlete Support Personnel

Anyone supporting or working with athletes, or children involved in sport has a duty to instill and reinforce the values of clean sport.

Whether you're a coach, medic, parent or even an agent for an athlete you need to be aware of the anti-doping rules, policies and procedures to help keep sport clean.

ADEL can help you **gain confidence with your anti-doping responsibilities.**



#### For Teachers

Sport is a great teaching tool that can support the delivery of character education and the development of values in young people.

Development of ethical behavior is the foundation we want all future potential athletes to have.

ADEL offers **resources for teachers** that can help enhance your education curricular.



#### For Anti-Doping Practitioners

One core strength of the anti-doping system is its people.

ADEL offers Anti-Doping practitioners and those working in sport a range of resources to support the **development of anti-doping programs** and the **implementation** of the World Anti-Doping Code and International Standards.

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EDUCATIONAL MODULES 2:

Nutrition and dangers of physical enhancement drugs (doping)

## The Winter Olympic Nutrition Plan: What the Athletes Eat



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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

You probably think the typical Olympic athlete's big nutritional concern is eating enough to make it through the day's workout(s). That's certainly true for some. Cross-country skiers, particularly women, have a difficult time consuming the 4,000 or 5,000 calories they may need to replace what they're burning off, says Susie Parker-Simmons, a sports dietitian with the United States Olympic Committee.

But then there's the poor Olympic ski jumper.

The physics of that sport dictate that he (a bid to add a women's event in Vancouver was rejected) be tall (5-11 and up) but weigh in the vicinity of 135 pounds, says Parker-Simmons. And because it's a power sport, endless hours of fat-burning running is counterproductive athletically—explosive power demands fast-twitch muscle fibers, not the slow-twitch fibers developed by endurance sports. That means caloric restriction, not extra exercise, is the primary means of keeping body weight low. Is it any wonder eating disorders are common? (Authorities actually require a minimum BMI in order to discourage self-starvation and anorexia.)

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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

Between these two extremes—the ski jumper Jack Sprat and his wife the cross-country skier—lies an incredible diversity of nutritional needs that depend on the athlete's sport, gender, competition conditions, and other factors. The starting point for addressing them is no different from the one for civilians. "Athletes do not need a diet substantially different from that recommended in the 2005 Dietary Guidelines" or the Canadian equivalent, says a 2009 position statement on nutrition and athletic performance issued by the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine. That means a diet that meets at least the RDA for micronutrients such as vitamins and minerals; doesn't eliminate or drastically reduce intake of carbohydrates, protein, or fat; and is generally healthful, centered on plenty of fruits and veggies, whole grains, lean protein sources, and "good" fats such as olive oil.

From that baseline healthful diet, the tinkering starts. Here are some of the eating considerations faced by the athletes in Vancouver. If you're particularly active or athletic yourself, some of them may apply to you, too. A sports dietitian can offer advice.

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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

Sport of choice. Generally, dietitians will prescribe a certain number of grams of carbs, protein, and fat per kilogram of an athlete's body weight to match the particular demands of her workout—i.e., its length, frequency, and intensity. Nanna Meyer, the nutritionist for United States Speedskating and an assistant professor of health sciences at the University of Colorado—Colorado Springs, says an intense training day for a skater demands about 7 to 10 grams of carbohydrate per kilogram of body weight, at least 1.5 g/kg of protein, and about 1g/kg of fat. (Less intense exercise means fewer carbs—more like 5 to 7 g/kg.) For average folks, macronutrient recommendations are usually expressed in percentage of daily calories. The acceptable range is 10 to 35 percent protein, 45 to 65 percent carbohydrates, and 20 to 35 percent fat. For a 2,000-calorie diet, that would mean between 50 and 175 grams protein, 225 to 325 grams carbohydrate, and 44 to 78 grams fat per day. To keep calories constant, obviously, the more you have of one nutrient, the less you'll have of another.

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## EDUCATIONAL MODULES 2:

### Nutrition and dangers of physical enhancement drugs (doping)

Weight and body composition goals. Athletes whose sports require a relatively small energy expenditure—like ski jumpers—or who are above their ideal competition weight need to lose pounds without chipping away at the muscle that makes them successful. For a skater attempting to drop a few pounds, Meyer says she will continue to match the carbs to training needs, since that's the main fuel for performance, but will increase the protein to 2g/kg and reduce fat consumption. She says that combination will protect against losing lean muscle mass as weight declines.

And then there are those who can't take in enough. Women are susceptible because they typically have a smaller appetite than men, says Parker-Simmons, who helps the U.S. ski and snowboarding team with nutrition. And it doesn't take long for a caloric deficit to result in amenorrhea—a cessation of the menstrual cycle. (Losing your period is not necessarily a function of body fat, says Meyer, but can happen simply from eating 500 or so fewer calories than you need for five days in a row.) For athletes struggling to keep weight on, Meyer says she'll stick with healthful, good-quality foods but just prescribe more of them to boost calories.

# Safe Jump



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# WELCOME IN SLOVENIA



**WELCOME in Planica , Slovenia**  
**Sports paradise under the Ponce mountains**  
**The Slovenian cradle of ski jumping and flying**



# Program in Frenstat

## DAY 1

- conditioning preparation
- Training on ski jumping hill in Planica
- Theoretical education - Psychology in sport and dual careers of athletes

## DAY 2

- conditioning preparation
- Training on ski jumping hill in Kranj

## DAY 3

- conditioning preparation
- Training on ski jumping hill in Ljubljana
- Participation in an international competition SSK Ilirija - Mostec



# SSK ILIRIJA, Slovenia



(welcome speech) Mr. Žiga Mandl, director of SSK Ilirija, Slovenia



# Safe Jump - Erasmus+ Sport 2020 project



## EDUCATIONAL MODULES 3:

Psychology in sport and dual careers of athletes

Presented by: TEAM 11 Slovenia

[WWW.didona.si/safejump.html](http://WWW.didona.si/safejump.html)

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f Erasmus+ SafeJump

o safejump\_eu



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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

#### Project activities:

When playing sports at the highest level, young athletes often face the challenges of a dual career, namely how to combine a sports career and education. On the one hand, hard training, which is necessary to achieve the best possible results in competitions, on the other hand, the importance of schooling and education.



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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

Athletes often face the challenge of how to combine their sports careers with schooling or work. Success at the highest sports level requires intensive training and competitions both at home and abroad, which is difficult to reconcile with the challenges and limitations in the education system and the labor market. Not only a high level of motivation, dedication, perseverance and responsibility, but also special measures are important so that talented and top athletes would not be forced to decide between education and sports or work and sport. "Double career" agreements should be useful for the athlete's sports career, while providing education or work, promoting a new career after a sports career and protection and protecting the position of athletes (EU Expert Group Education & Training in Sport, 2012).



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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

Various authors cite the following definitions of a dual career:

A dual career is a career that includes two areas important to the athlete, such as schooling and sports (Stambulova, 2010 in Engstrom, 2011). An athlete student in a sports high school has a dual career while competing in his/her sport and attending classes in parallel to successfully complete high school (Uebel, 2006 in Engstrom, 2011). A dual career is a phase of coordination and transition in an athlete's educational and athletic development and his or her psychosocial and psychological development (Stambulova, 2010 in Engstrom, 2011).

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### Psychology in sport and dual careers of athletes

Given that one of the developmental tasks of adolescence is independence from parents, family interactions also change accordingly. Modern studies show that adolescents do not reject their parents, but want advice, protection and help from them (Zupančič and Svetina, 2004b). Adolescents mostly have similar attitudes, values, and moral principles as their parents. Adolescents spend less free time with their parents and at the same time spend the same amount of time talking to them as before (Papalia, Wendkos Olds, and Duskin Feldman, 2004). Relationships with parents become more personal, and at the same time, frequent conflicts arise regarding the establishment of adolescent autonomy. The authority of parents is becoming more and more tied to specific areas of a young person's life, most often school, and for young athletes also sports (Cecić Erpič, 2007).

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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

#### MOTIVATION OF YOUNG PEOPLE IN SPORT

Motivation does not arise at the moment, it is a process that requires systematicity and a certain amount of time. It is a dynamic process that directs the athlete's behavior towards certain goals, increases his perseverance and intensity, and "equips" the person with the energy needed to achieve the goals. In order to properly motivate an athlete, it is first necessary to get to know in detail his motives, which are different and affect his participation in sports. Among the most important are: the desire for success and achievement, the desire for group activities, the desire to create a beautiful figure, the desire to use excess energy and release daily tensions, the desire to make friends and the desire to have fun and enjoy. It is important that the coach finds the main desires and needs of the athlete and organizes his training so that the athlete will satisfy his motives and enjoy. The coach must be aware that the athlete's motivation is a process that is constantly changing under the influence of many factors, so it is very important that the athlete satisfies his motives gradually, as in this way his motivation remains high for a long time (Tušak, 2001).

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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

#### MOTIVATION OF YOUNG PEOPLE IN SPORT

In psychology, motivation is divided into internal and external. Internally motivated should be the behavior that the child acquires when experiencing a sense of certain abilities or ability and mastery of an activity, with the possibility of self-determination. Externally motivated, however, is supposed to be behavior that is the result of a desire for a reward, and sometimes it is also the result of fear of punishment or failure. As a rule, the motivation of children and young people in sports is distinctly internal. They want to enjoy the activity in the sport itself, sport is a game that relaxes and makes them happy. The shift of motivation from internal to external is not only a consequence of material rewards for the best in the competition, but also that children and young people often work hard because of the desire to please parents and the desire for their attention and love (Tušak, 2001).

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EDUCATIONAL MODULES 3:

Psychology in sport and dual careers  
of athletes



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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

#### Advantages of dual career athletes

According to international research, every year a third of young people between the ages of 10 and 17 stop playing sports because they believe that sport takes up too much of their time and prevents them from achieving other things in life (for example studying). In order to keep talented young people in sport and the education system, more effort needs to be put into coordinating and supporting the dual careers of athletes. This would increase the responsibility of young athletes, who would at the same time be aware of the benefits of a dual career. The benefits for athletes participating in dual career programs (compared to athletes facing a lack of coordination between sport and education) are clearly identified in some research to date and include:

- health benefits
- development advantages
- social benefits (wider social network, social support, better interpersonal relations);
- benefits related to sports retirement and adjustment to life after a sports career
- greater employment opportunities (better employability, access to well-paid jobs).

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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

#### Support Services

Most athletes can develop a dual career if they have effective support services in addition to a good professional team. Due to the conflicting demands of sport, education and work, different legal and financial frameworks, the general lack of time and exposure to strong pressures due to the expectation of extraordinary achievements in the field of sport, the availability of support services is a prerequisite for success. Academic research emphasizes the importance of a strong support structure for top athletes to fulfill their sporting ambitions as part of a lifelong strategy. Support structures must be fully integrated into the sports, education, occupation and lifestyle systems of athletes and must not remain outside the sports environment. They should be based on direct contact with athletes, parents, coaches, the professional team and other stakeholders. In order to ensure that the obligations under the individualized action plans are met, consultation between counselors, physiotherapists, doctors, trainers and education representatives is needed. Arrangements should also be made with parents or family representatives of young athletes who are not only the legal representatives of their children, but often also invest heavily in their development.

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## EDUCATIONAL MODULES 3:

### Psychology in sport and dual careers of athletes

#### Psychological help

In addition to predictable transitions, athletes also face extraordinary transitions such as serious and long-term injuries, change of coach, interruptions due to changed priorities (pregnancy, consequences of a positive doping test; athletes may also be victims of sexual harassment); athletes want them but don't make them come true, such as going to the Olympics. Athletes are thus sometimes forced to end their careers. Such transitions have a strong impact on the quality of an athlete's life and participation in competitions. Therefore, athletes need to learn to master career transitions. Education and preventive measures help athletes to become aware of transitions more quickly and to deal with them in a timely manner. Crisis management measures help athletes assess the crisis situation and find the best way out of the crisis. Psychological help, which is a key part of support services, is a rapidly evolving field of applied sports psychology, which aims to help athletes with special measures in managing the transitions in and out of a sports career. The essential principles of career help are combining sport with other activities in life, a balanced lifestyle to reduce stress and well-being, and the perception of sport as just a part of life. The emphasis in such assistance should be on learning the life skills that athletes need in and out of sport and providing improvements, support and counseling.

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### Psychology in sport and dual careers of athletes

#### Medical care

Medical care is crucial and should include regular monitoring and comprehensive medical examinations to identify signs of health problems that may not be visible at first glance. Some EU Member States have detailed legal provisions for medical examinations, while others do not have mandatory rules and examinations and leave the medical care of athletes to the decisions of sports organizations. As for nutrition, only a few countries have rules in place, and they are usually set by sports organizations. Attention should be paid to eating disorders of young athletes, especially girls, in sports such as gymnastics, figure skating, endurance sports and sports with weight categories, where low body weight is an advantage. Monitoring the development of young athletes, especially primary school children and the disabled, must be a priority. It is therefore necessary to take measures to ensure that athletes receive regular medical care and nutrition control, as well as the prevention of doping. Due to the probable changes and monitoring of the course of athletes' careers, the responsible institutions should take care of the medical records that all top athletes would receive at the beginning of sports training and would remain in their possession.

# Safe Jump



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# About TEAM11

We are a team of experts of various profiles and fields, professionally engaged in the 360 degree preparation of athletes that leads to the improvement, development and integrity of the person.

TEAM11 consists of international experts from specific fields:

special technical coaches, conditioning coaches, physiotherapists , psychologists and kinesiologists, general practitioners, occupational and sports medicine specialists, nutrition counselling experts, clinical nutrition, nutritionists etc.

A dark blue banner with a geometric, low-poly background. On the left, the text 'COMPREHENSIVE SUPPORT FOR ATHLETES' is written in white, bold, uppercase letters. Below it is the website 'www.team11.eu'. In the center, there are three circular icons representing different fields: 'HEALTHCARE' (with icons for a microscope, heart, stethoscope, DNA, and bandage), 'SPORT' (with icons for various athletes), and 'EDUCATION' (with icons for books, a graduation cap, and a brain). Each icon set is centered around the 'TEAM11' logo.

# TREATMENT PROGRAMS of TEAM11



The work in clubs and teams level are appropriate and, as a result, athletes are competitive at the international level Nevertheless, the athletes perceive the possibility of further progress through key details, the sum of which is shown at the top level. Such upgrades can only be achieved with an individual approach. Program for athletes, clubs and associations with clear goals



# EDUCATION PROGRAMS

Psychotherapy in sports requires special knowledge, which a psychotherapist urgently needs in order to be able to function properly in the field of sports. Therefore, we decided to fill the gap in the field of sports psychotherapy and together with KO-DAM Institute, offer all those interested a study in the field of sports psychotherapy based on existential analysis and logotherapy, also known as the »Third Vienna School of Psychotherapy«. It introduces something new and unique into psychotherapy the realization that human is not only a physical and mental being, but also a spiritual being, and that it is precisely the spiritual dimension that determines the fundamental human essence.



# Contact details



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**COMPREHENSIVE  
SUPPORT  
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**HEALTHCARE**



**SPORT**



**EDUCATION**