



STAKEHOLDERS FEEDBACK ON JUGA VERD METHODOLOGY AND ITS IMPLEMENTATION

GREEN PLAY INDIVIDUAL – FUNDAÇÃO SPORTING

1. How do you think our context could benefit from the Juga verd methodology for both team and individual sports?

Competitiveness is a fundamental part of sport, and unfortunately, athletes have to be extremely competitive in order to succeed in the sports world. It is a fact that there is too much competition among the young athletes, and that bullying situations exist as a result of this competitive spirit among gymnasts. Most of the coaches share this extreme competitive attitude for two reasons: first of all the majority of the coaches use to be athletes, and second they believe that the competitive spirit is proportional to the athlete quality and dedication. The coaches, play along with this spirit once it's their interest. That spirit is also fed by the relatives.

It's common for a parent, who attends to the child's gymnastics competition, not play as much attention to the fair play, but rather to watch their child win. Sometimes parents' obsession for their children influences the sports in a negative way, since they have less appropriate behavior - such as cheering when another child falls or a fall because it means that their child has more chances to win - end up being reflected in the children, generating attitudes anti-fair-play, or competitiveness and bullying. In this sense our context could benefit from the project in the way that it can help changing these behaviors, however it seems to me that those behaviors, although inappropriate, are normal because they are parents.

2. How do you think the Juga verd methodology for both team and individual sports could be implemented in our context? Do you think we need to tailor some parts to our context? If yes, which parts, why and how?

We have never applied any methodology of this type in our department, so I do not know if it will be necessary to adapt or change something of the existing methodology. Maybe after its implementation we will know if there are any details that need to be changed.

3. Do you think the methodology fits better certain team and individual sports in our context? Which ones and why?

Contrary to what most people believe, most of the gymnastics disciplines are team sports, and within the gymnastics disciplines in Sporting Clube de Portugal and where there is openness to implement this project, I think the best hypothesis is with the trampolines gymnastics.

For logistical reasons, we will choose to develop the project only in the individual methodology, and, depending on the way it runs, we will consider whether or not to expand to other gymnastics disciplines.

We chose those disciplines because it is the only individual sport in Sporting Clube de Portugal gymnastics department and, since there was already a discipline to implement the project in team sports, we chose to implement the individual methodology – it seems an interesting challenge.



Co-funded by the
Erasmus+ Programme
of the European Union



- 4. In your opinion, are the main target groups identified by the Joga verd methodology (teachers, coaches, children, referees, parents) suitable to our context? Can you explain why? Otherwise, can you indicate on which additional or different target groups we have to focus on?**

Not all elements of the target groups identified fit in our context.

For instance, sports competitions are exclusively for sports clubs and we don't involve school teachers. The referees, are also not the target of intervention, since they have specific training to judge gymnastics competitions.

This training is taught by the Portuguese Gymnastics Federation and requires that the referees accomplish with certain parameters. Gymnastics is a subjective sport, there is no goal to evaluate, what is evaluated in gymnastics is the execution of the exercise and this implies that the attention is completely geared towards the exercise that the gymnast performs. However, as in other sport disciplines, like football or hockey, judges are also aware of the White Card - which is encouraged by the National Program for Sports Ethics.

In this context, the main target group will be the athletes and their families, and the secondary target group will be the coaches and referees.

- 5. How many persons in the identified target groups do you think could participate in the testing of the methodology Joga verd for both team and individual sports?**

At this point we do not have the ability to give a proper answer to this question, the number of people involved will depend on the application of the methodology. We will have to study the best way to implement the methodology and only after the implementations design we will be able to predict how many participants we can involve.

- 6. Which do you think are the most relevant actors we should involve in the adaptation and implementation of the Joga verd methodology for both team and individual sports?**

Definitely the coaches!

NB: *The identification of the target groups and the numbers of people to be involved should be done within the proposal framework knowing that any differences from the proposal should be discussed and explained to the Commission if substantial.*

BARRIERS AND OPPORTUNITIES

- 7. In your opinion, are there any risks we could face in the implementation of the the Joga verd methodology for both team and individual sports? If yes, which are? What should we do in order to prevent/limit them?**

In this context, social and Fair Play issues are not highly valued, so the greatest risk of this project is the adherence of coaches and athletes. Coaches focus on training



Co-funded by the
Erasmus+ Programme
of the European Union



athletes at sports level, and, like has been previously said, this discipline is especially competitive, and the excess of competitiveness comes from all participants - athletes, coaches and family members.

To minimize the risk of sabotage and non-adherence, we will hold conscientious awareness sessions with the coaches, however, because the coaches are not exclusive to Sporting Clube de Portugal and only teach in the club at the end of the day, it will be a process that will take some time.

8. Are there any opportunities we could exploit in implementing the Juga verd methodology for both team and individual sports?

This project will require some persistence and resilience, but there are some opportunities that can facilitate its implementation, one of them is the opening of gymnastics disciplines for new challenges and the realization of annual open exercises – which, in the last case, can be used as a test to the Implementation.