

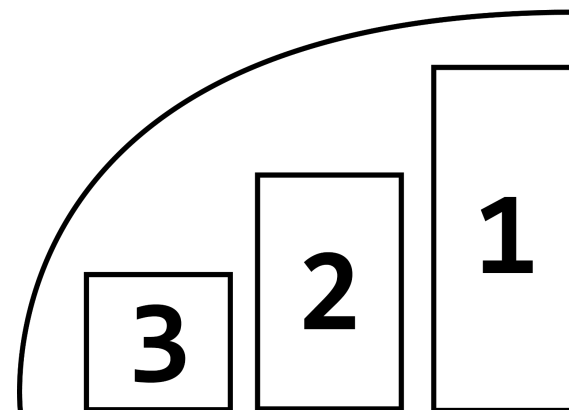


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WELCOME

ATHLET'E HEALTH AND WELFARE



FROM
SMALL
TO
GREAT

BASIC RULES OF TODAY



We want to see you...



...but we don't want to hear your dog...



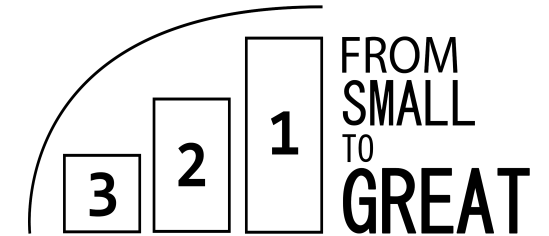
...if you have something to say please raise your hand



...maybe you prefer to write instead of speaking

From small to great – The development of high-level gymnastics in small European countries

Five small countries will share their problems, exchange good practices and will explore strategies to improve the wellbeing of gymnasts in their country, to increase their international performance level. We believe in our own strengths and possibilities, and we will use that as a fundament for building a healthy gymnastics society with high-performance levels in our countries.



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AGENDA

09.00-09.45 *Introduction, presentation of Swedish gymnastics and Järfällagymnasterna (Board members Emilia Tell & Marie Darsenius Obert)*

09.45-10.30 *Psychological aspects of stress in coaches (Janja Lavbic, master of kinesiology)*

10.30-10.45 Break

10.45-12.15 *SafeGuarding and safe environments in sports (Åsa Ekdahl, medical coordinator, Swedish gymnastics federation, Helen Åkerman, Club Management Support, Swedish gymnastics federation)*

12.15-13.15 Lunch

13.15-13.45 *Promoting mental health in competitive gymnasts- reducing risk- and increasing protective factors (Pia Bodén bachelor of Social Work)*

13.45-14.15 *Discussion: Can we increasing young athlete's protective factors through reducing stress in their coaches?*

14.15-14.35 Break

14.35-15.00 *A virtual tour of our facility & What is Teamgym?*

15.00-15.30 *Aerobic gymnastics (AER) What is it and what can we learn from a gymnastics discipline with roots in a physical wellness context (Hayley Brice Nicolson MAG/ WAG/ AER coach and judge, licensed teacher)*

15.30-16.00 Summary



Marie Darsenius Obert

Vice president of Järfällagymnasterna and Teamgym coach

***Presentations of Swedish gymnastics
and Järfällagymnasterna***



Janja Lavbic

Master of kinesiology

***Psychological aspects of stress
in coaches***

BREAK
Be back at 10.45

Love for gymnastics in
Järfällagymnasterna





Åsa Ekdahl

Medical coordinator, Swedish gymnastics federation

Helen Åkerman

Club Management Support, Swedish gymnastics federation

***SafeGuarding and safe
environment in Sport***

STAND UP

Its time to move you body



Dansa Pausa

Anna Lindgren Wahlgren

BREAKOUT SESSION

WHAT TO DO?

1. *Start with a quick presentation: say your name, nationality and profession within gymnastics*
2. *Decide who takes notes (okay to write notes in your language and it doesn't have to be perfect)*
3. *Decide who has control of the time*
4. *Discuss the questions*
5. *Send the notes to styrelsen@jarfallagymnasterna.se*

LUNCH

Be back at 13.15





Pia Bodén

Bachelor of Social Work

***Promoting mental health in
competitive gymnasts- reducing risk-
and increasing protective factors***

BREAKOUT SESSION

WHAT TO DO?

1. *Start with a quick presentation: say your name, nationality and profession within gymnastics*
2. *Decide who takes notes (okay to write notes in your language and it doesn't have to be perfect)*
3. *Decide who has control of the time*
4. *Discuss the questions – **Can we increasing young athlete's protective factors through reducing stress in their coaches?***
5. *Send the notes to styrelsen@jarfallagymnasterna.se*



BREAK
Be back at 14.35

Teamgym Bromma 2018

Teamgym EC-Final 2018,
Odivelas, Portugal

THIS IS OUR FACILITY

A virtual tour



WHAT IS TEAM GYMNASTICS?

Team Gym Sweden

Team Gym Järfällagymnasterna



Hayley Brice Nicolson

MAG/ WAG/ AER coach and judge, licensed teacher

Aerobic gymnastics (AER) What is it and what can we learn from a gymnastics discipline with roots in a physical wellness context

Summery

Swedish gymnastics and Järfällagymnasterna Marie Darsenius Obert

Psychological aspects of stress in coaches Janja Lavbic

SafeGuarding and safe environments in sports (Åsa Ekdahl and Helen Åkerman,

Promoting mental health in competitive gymnasts- reducing risk- and increasing protective factors Pia Bodén

Breakout session

A virtual tour of our facility & What is Teamgym?

Aerobic gymnastics (AER) What is it and what can we learn from a gymnastics discipline with roots in a physical wellness context Hayley Brice Nicolson

SUMMARY

- *Presentation of Järfällagymnasterna and*
- *A virtual tour of our facility*
- *What is Teamgym?*
- *SafeGuarding and safe environments in sports (Åsa Ekdahl, medical coordinator, Swedish gymnastics federation)*
- *Promoting mental health in competitive gymnasts- reducing risk- and increasing protective factors (Pia Bodén bachelor of Social Work)*
- *Psychological aspects of stress in coaches (Janja Lavbic, master of kinesiology)*
- *Discussion: increasing young athlete's protective factors through reducing stress in their coaches?*
- *Aerobic gymnastics (AER) What is it and what can we learn from a gymnastics discipline (Hayley Brice Nicolson MAG/WAG/AER coach and judge, licensed teacher)*