



From Small to Great Järfällagymnasterna Sweden



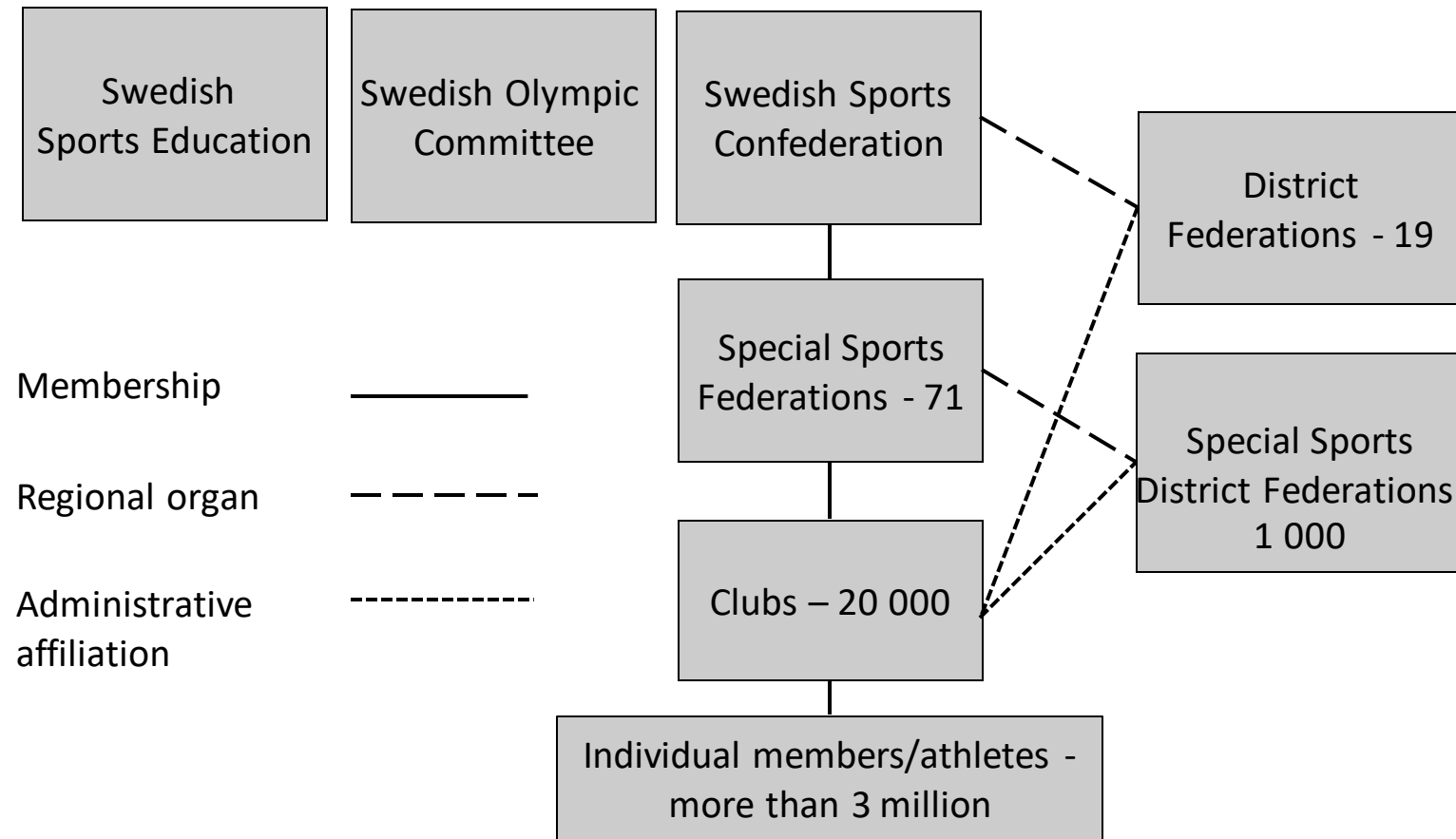
SWEDEN – a sporting nation

- Approximately 10 million inhabitants
- More than 3 million are members in a sports club
- Some 2,4 million are ACTIVE in a sports club
- Swedish sport focuses particularly on youth sport and sport for all
- Half a million coaches of whom the majority are volunteers
- Our voluntary coaches are crucial for our day-to-day activities



Riksidrottsförbundet
Swedish Sports Confederation

Organisation of Swedish sports



The idea of Sport in Sweden

“We are involved in non-profit sports clubs to have fun, feel good and develop throughout life”

Sport for all, through-out life is the main focus for sports in Sweden.

- 73% of sport clubs organise sport-for-all for adults
- 86% of sport clubs have activities for children and young people
- less than one in four sports clubs have activities for elite sport



Riksidrottsförbundet
Swedish Sports Confederation

Sport in a sports club

**Voluntary societies play a major role in Swedish life.
We have the highest ratio of societies and clubs to
population in the world.**

- There are around 20 000 sports clubs in Sweden
- Almost two in three boys and one in two girls between the ages of 6 and 18 are members of a sports club



Riksidrottsförbundet
Swedish Sports Confederation

Characteristics of the Swedish sports movement

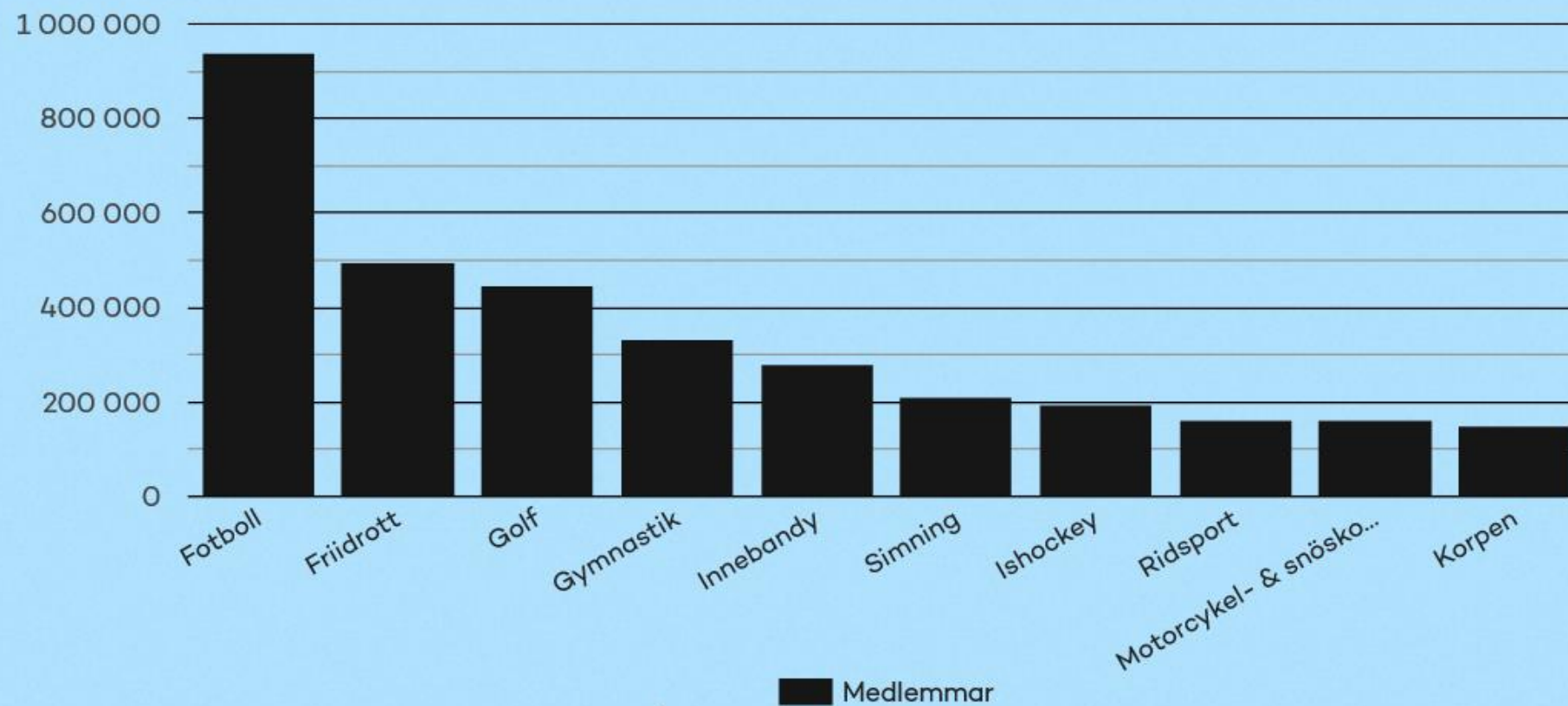
- Open for all
- Independent
- Nonprofit
- Democratic
- Based on voluntary leadership and work
- A co-operating force in developing society
- Support from government and society



Riksidrottsförbundet
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The ten largest sports in Sweden 2018

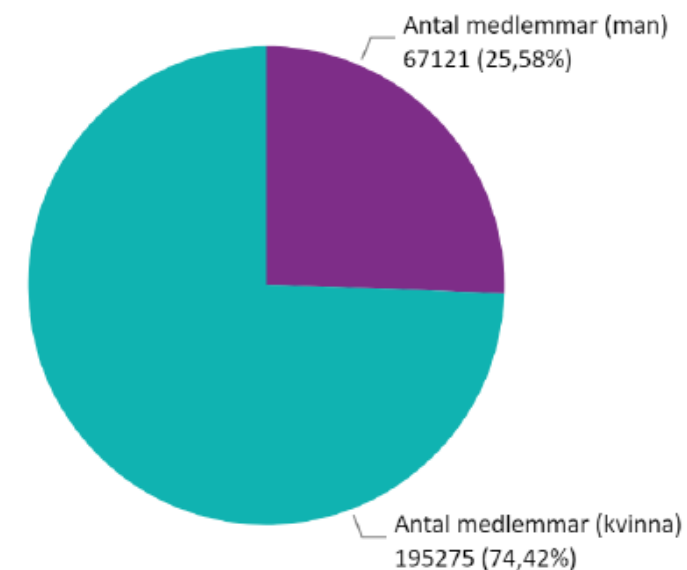
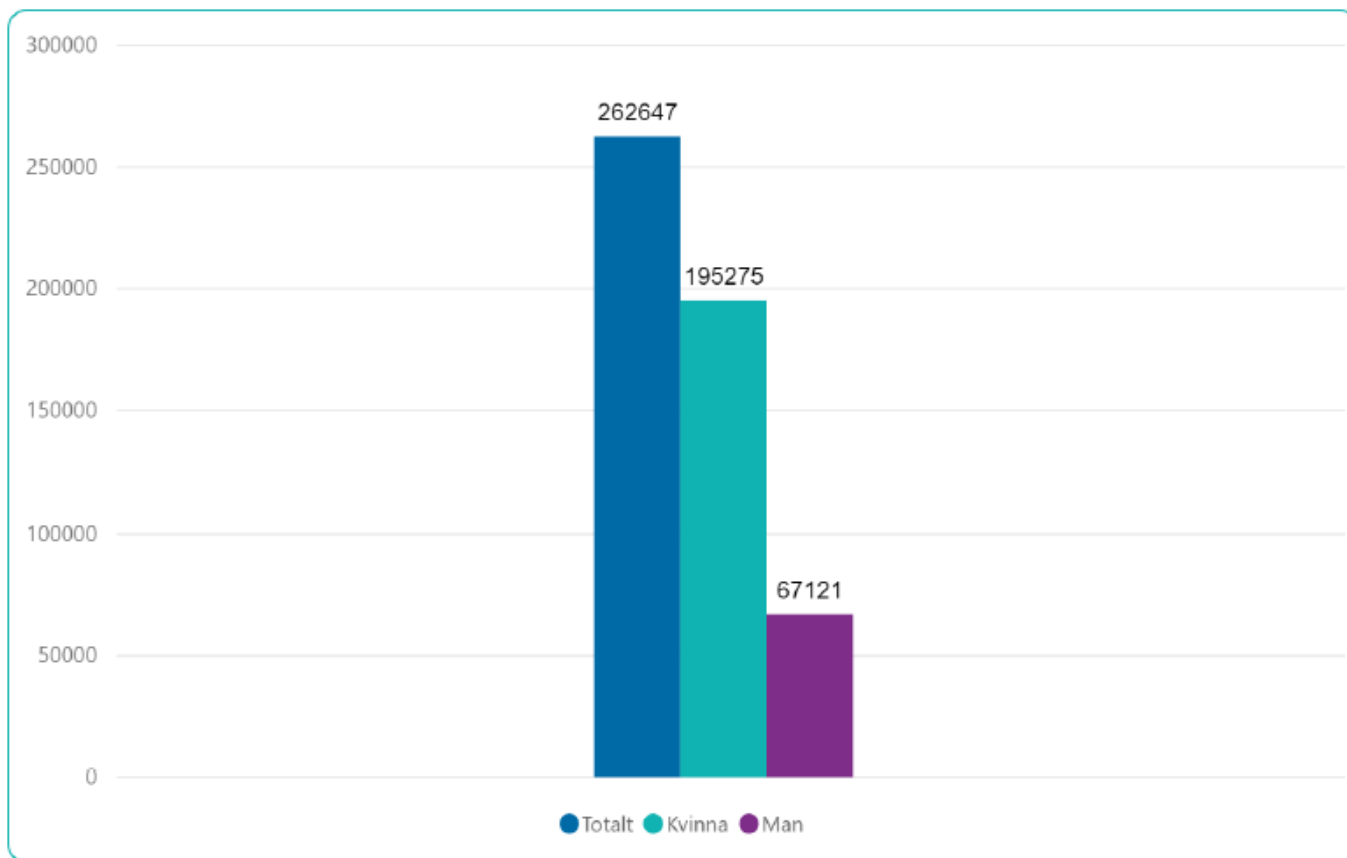
Medlemmar i de tio största förbunden



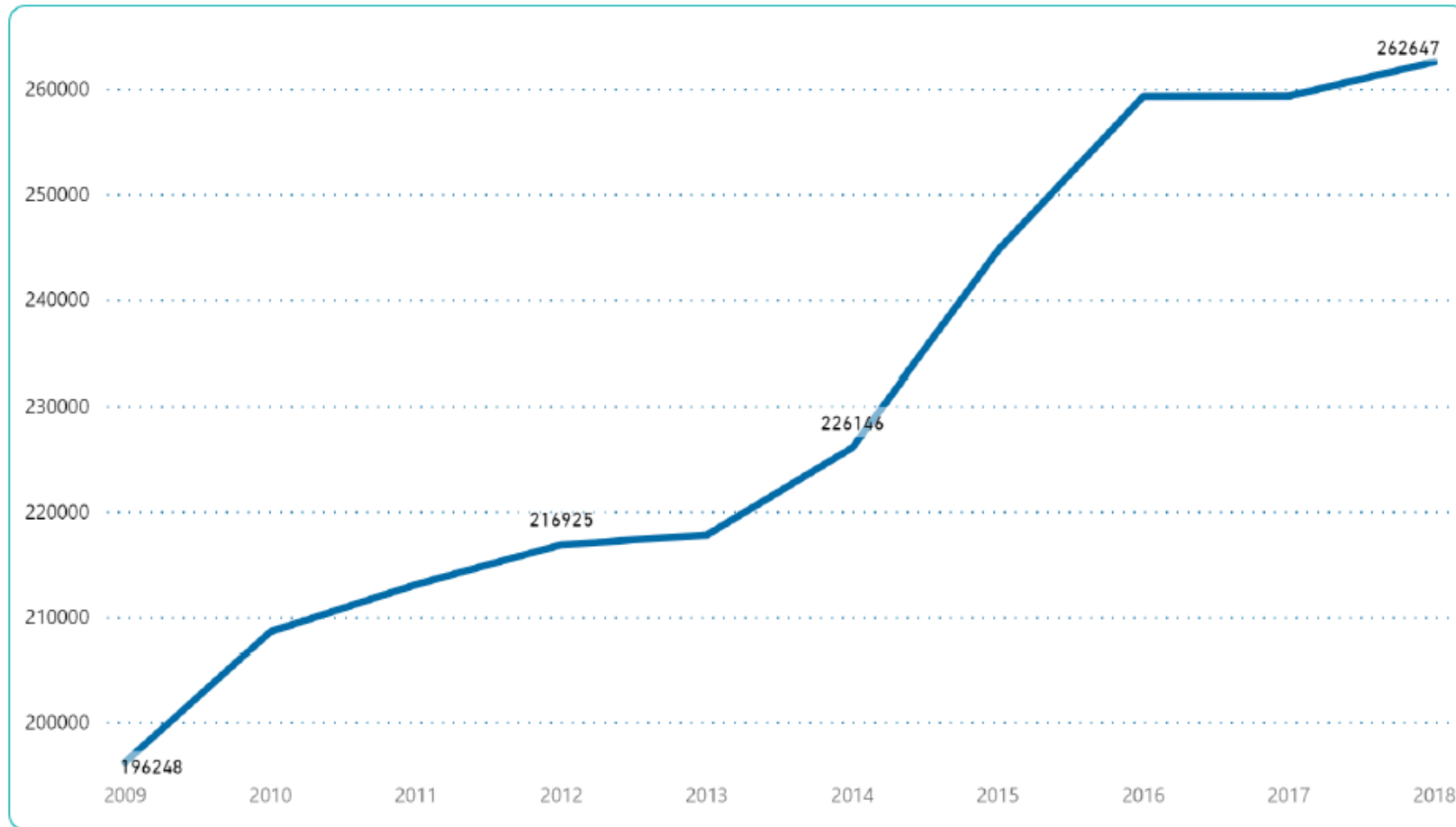
Antal medlemmar i de tio största specialidrottsförbunden. År 2018.

Källa: Riksidrottsförbundet

Members of the Swedish Gymnastics Federation 2018



Members of Swedish Gymnastics Federation Development 2009-2018

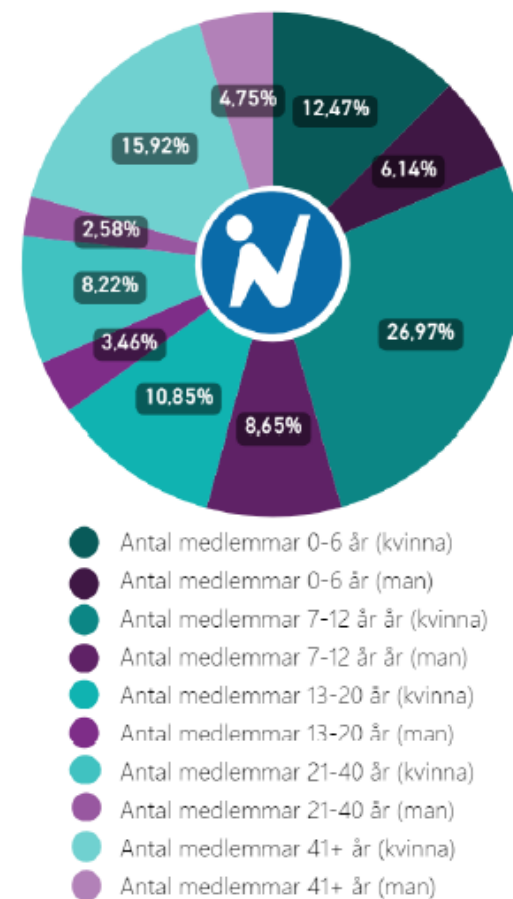
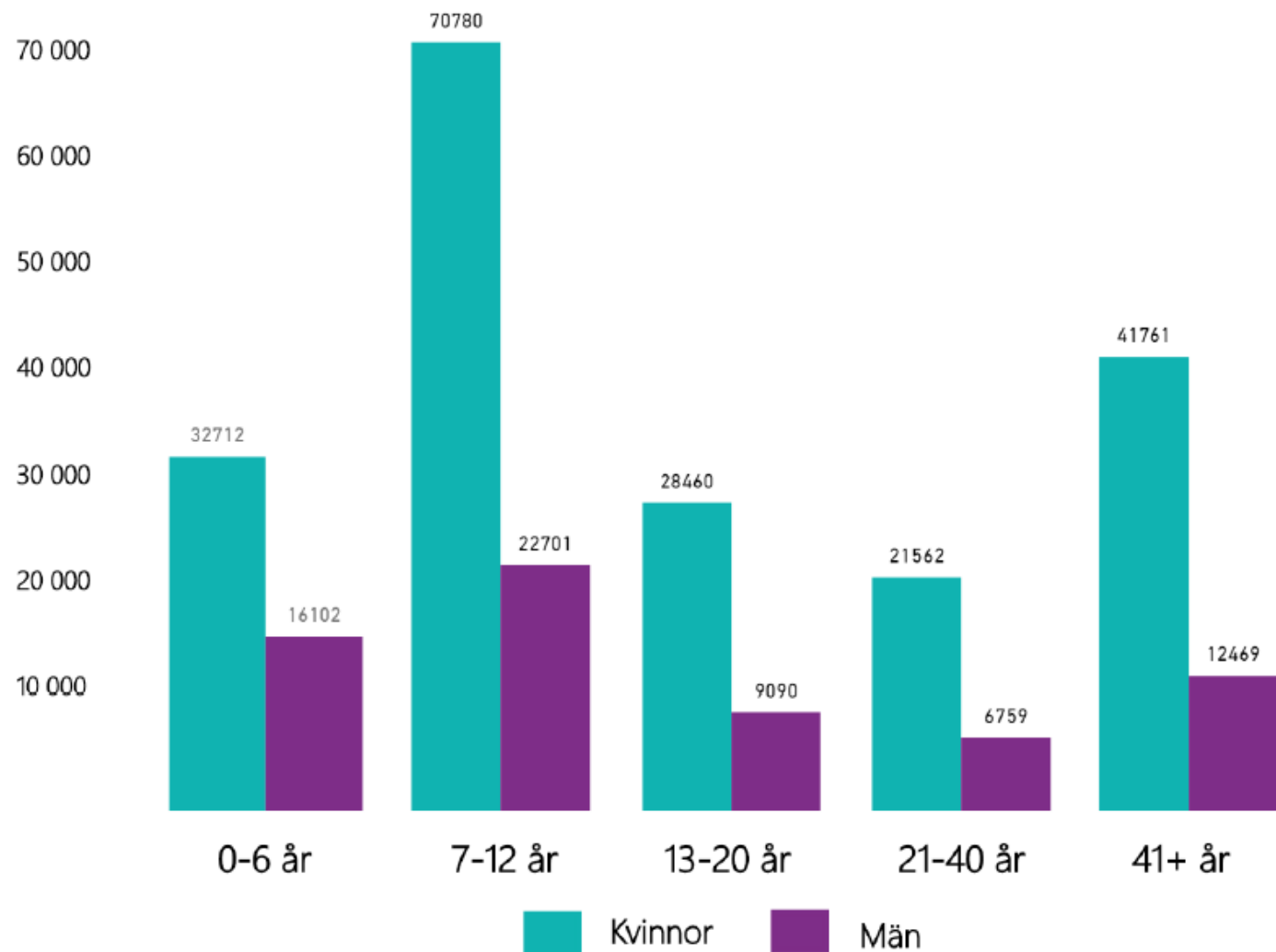


Development of members per sport in the 20 largest sports 2010-2016

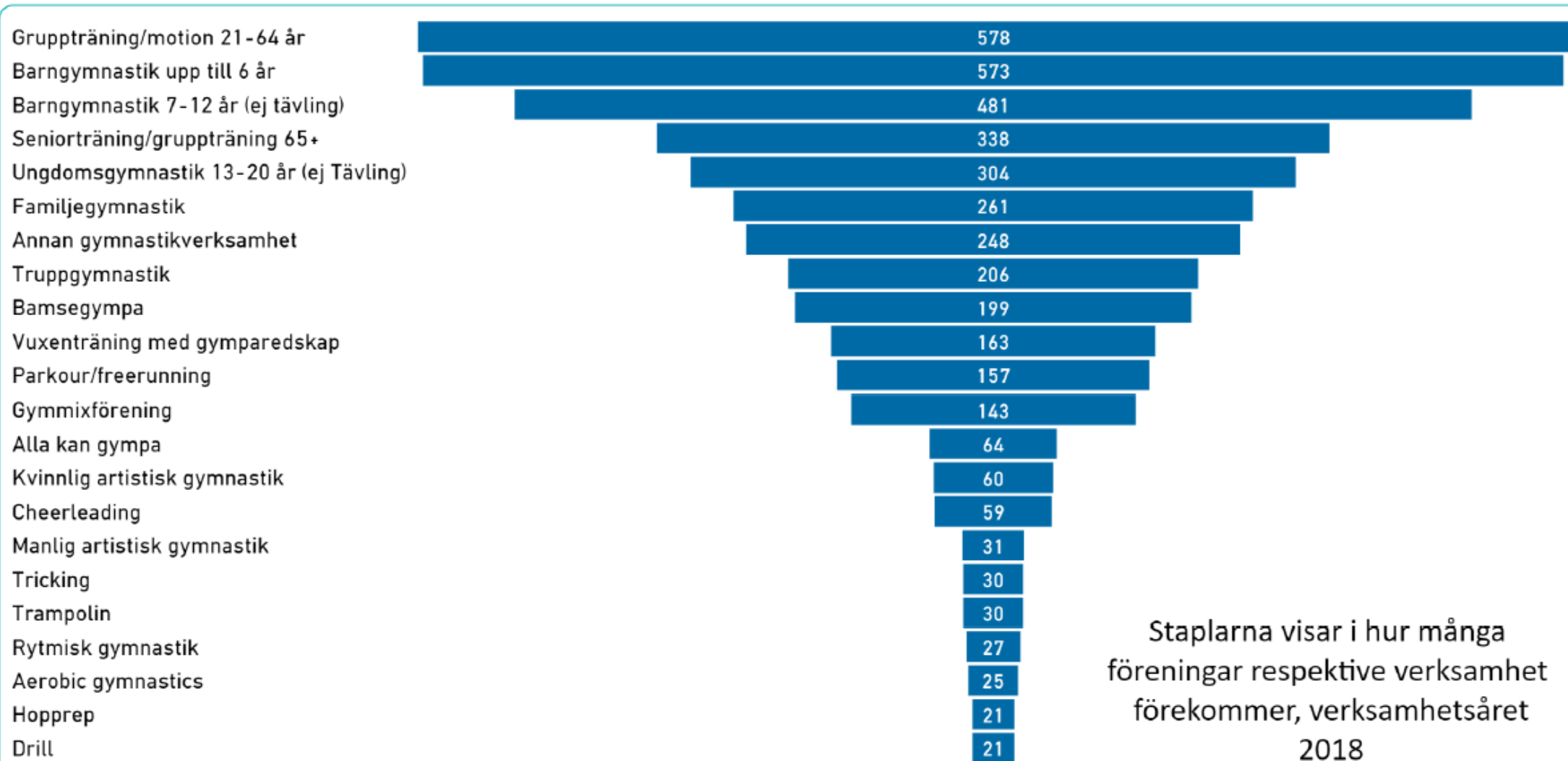
Gymnastics is growing more than anyone!

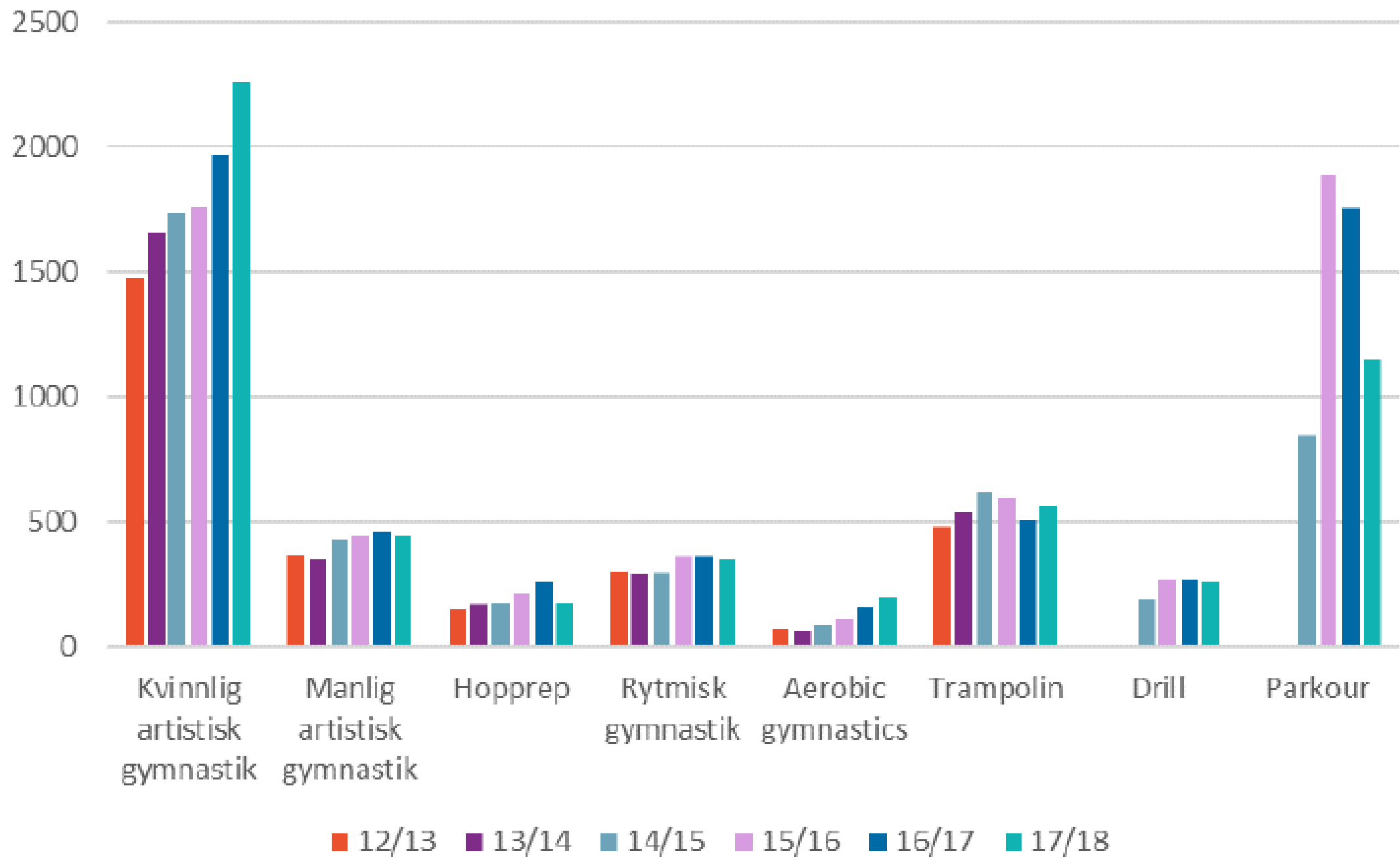


Members, age and gender 2018

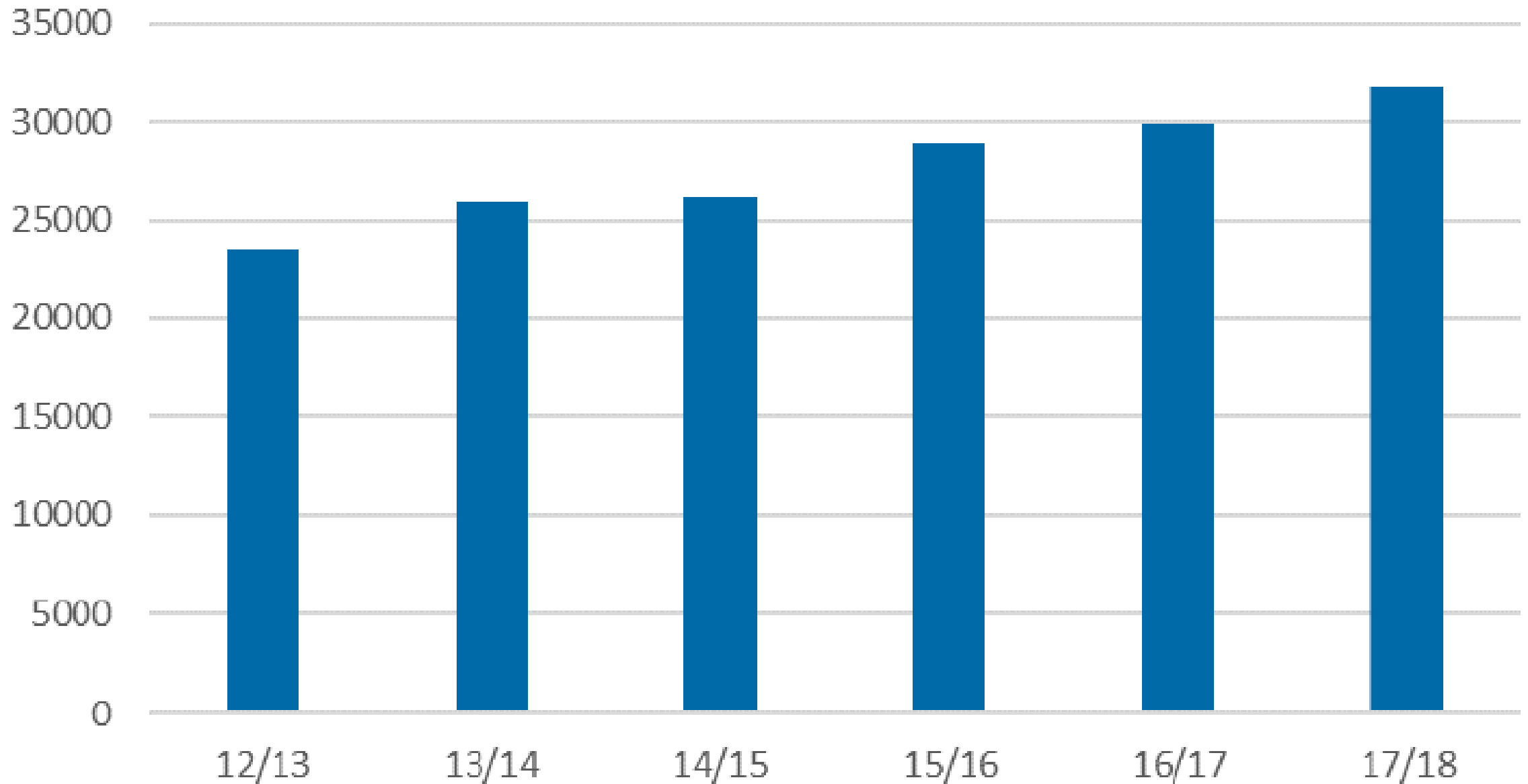


Number of Swedish clubs offering different disciplines 2018





Teamgym – number of gymnasts competing



This is Järfällagymnasterna

Teamgym

**Recreational
gymnastics
for kids,
teens and
adults**



**Gymnastics for
all – kids with
disabilities**

Parkour

Aerobic gymnastics

Womens Artistic Gymnastics



Järfällagymnasterna

Values: Joy, Safe sport, Cooperation, Development



Situated in Järfälla, north of Stockholm

Nonprofit club started in 1976

Approximately 1300 members

Voluntary coaches: 300

Hired coaches: 1 full time teamgym coach, 2 part time recreational coaches

Administration and facilities: 2 full time

Arranges two national teamgym competitions per year, crucial for finances. Since 2006, we have our own facility of 2500 m2, JG-hallen. Also trains in twelve school sports facilities within Järfälla.

Recreational gymnasts: 643

Teamgym gymnasts: 257

WAG gymnasts: 62

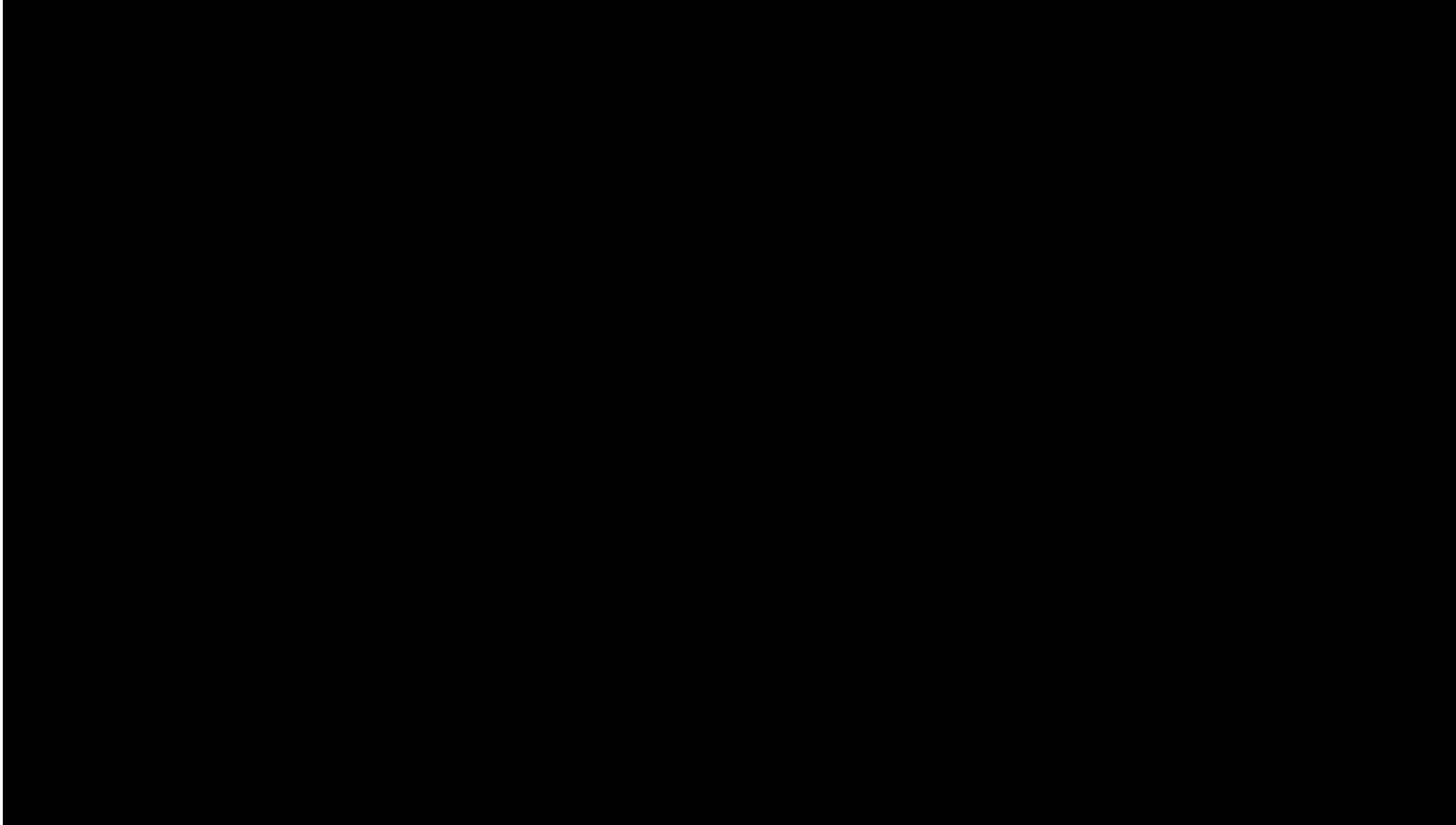
Aerobic gymnastics gymnasts: 21

Parkour: 18

Gymnastics for all, with disabilities: 10

Teamgym in Järfällagymnasterna

Trupp Röd 0405 (Instagram trupprod0405_JG)



Aerobic Gymnastics in Järfällagymnasterna

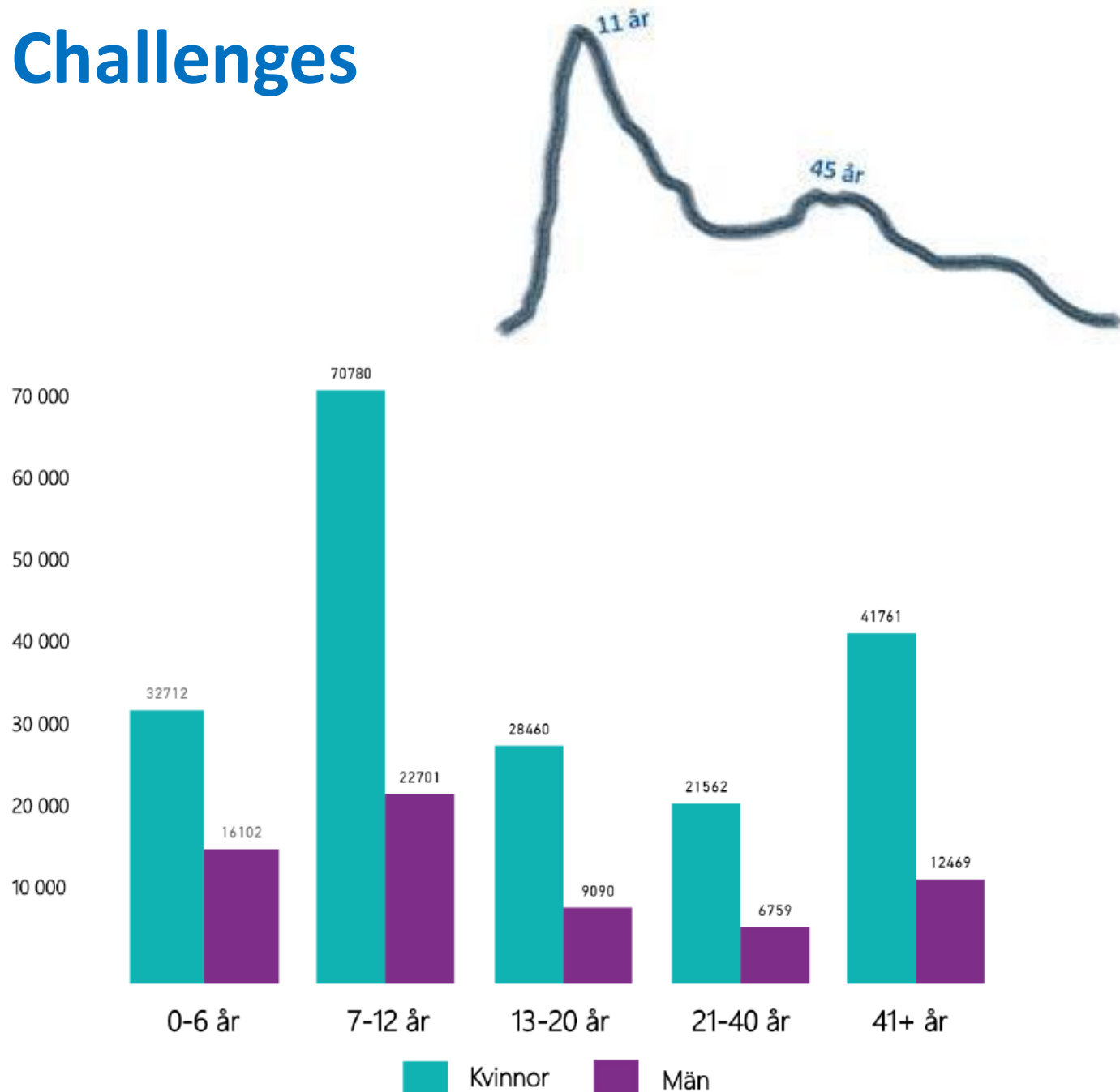
Aerobic Gymnastics
younger girls





- In 2012 Sweden's largest daily newspaper, Dagens Nyheter, published a number of articles on the state of affairs in Swedish national level gymnastics in WAG.
- In these articles, ex-gymnasts, coaches, parents and physicians stepped forward and testified about recurrent wrongdoings and abuse against young (particularly) female gymnasts.
- In response to the criticism, the accused coaches and representatives of the Swedish Gymnastics Federation downsized or dismissed the criticism as inaccurate.
- An independent investigation later found:
 - *“undemocratic culture, characterized by military discipline and punishments”* and that
 - *“an alternative Swedish model is needed for elite gymnasts, a model that challenges traditional approaches to how hard-working elite training in gymnastics needs to be driven to achieve international success.”*
- Later, the coach was fired and the Swedish Gymnastics federation started to change, including intensive value-based work, building up a medical council, strengthening the organization with a coordinating national team manager and international exchange of expertise.

Challenges



Some coaches have trouble adjusting to the new ways, still problems with abusive coaching (mainly in RG, MAG and WAG).

Problems with both coaches hired from other countries with different values and Swedish volunteer coaches who coach as they were coached as children themselves – hard to break patterns.

We train less hours than many other countries. Problems combining public schools with many hours of training. Hardly no homeschooling in Sweden.

Many gymnasts leave the sport as early as 11 years old. How do we keep them in the sport?

Development of competitive gymnasts in Sweden

Teamgym is by far the largest discipline in the Nordic countries (Sweden, Denmark, Norway, Finland, Iceland).

Going from selecting "talented" small children for competitive gymnastics to focusing on the child's own goals and drive.

Research shows that early selection often leads to selecting children born early in the calendar year - since they are older they have an advantage over children born later in the year. Hard to predict early.

Focus on joy, a non-competitive atmosphere (everybody wins), keeping as many gymnasts as possible longer in the sport, for health reasons and late bloomers. "99 % never reach elite level, so let's focus on them most."

Focus on health and joy, stating that very few of the children starting in gymnastics reach (or even try to reach) elite level.

Järfällagymnasterna colour codes our training groups to prevent coaches to focus on fun and learning for younger children (under 13) and results only in purple training groups.



Thank you for listening!



Marie Darsenius Obert, Pia Bodén, Jenny Persson



Ages of gymnasts competing in Swedish nationals

Average age of medalists on Swedish Nationals 2013-2017:

- Mens Artistic Gymnastics: 20,3
- Womens Artistic Gymnastics : 20,1
- Rythmic Gymnastics: 18,5
- Trampoline
 - Male: 20,7
 - Female: 19,9
- DMT
 - Male: 20,5
 - Female: 18,7
- Teamgym
 - Mens: 21,6
 - Womens: 19,7
 - Mixed class: 19,8

EXTRA INFO