Latvian Sport for All Association



Founders of the grasroot sports movement in Latvia





Latvian Sport for All Association

Established in 1991 on 20th of June **Status**: organisation of public benefit since 2005

Main goals:

- ["] to promote grassroot sport development in Latvia, involving inhabitants of all age and social groups, irrespective of their race, political or religious status ó sport for all,
- " promote the development of united, cohesive society in Latvia via participation in sport for all activities, establishment of cooperation network with similar organisations to coordinate sport for all development in Latvia,
- " stimulate international collaborations with similar organizations in Europe and worldwide,
- " to educate the society about the importance of healthy lifestyle,
- " to organize and support the organization of sports events.





LTSA ir valsts atzītā sporta organizācija, kurai ir tiesības vadīt un koordinēt darbu tautas sportā Latvijā kā arī pārstāvēt valsti starptautiski



International Workers and Amateurs in Sports Confederation Since 1993 CSIT member



European Federation for Company Sport Since 1993 EFCS member



International Sport and Culture Association Since 1996 ISCA member



The Association For International Sport for All Since 2005 TAFISA member



International Nordic Walking Federation

> Since 2007 INWA member







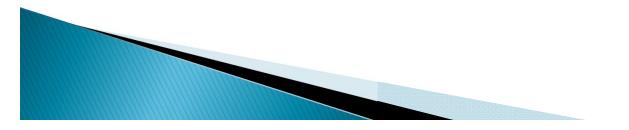
Latvian Sport for All association History

- From 1993 till 2016 LTSA has organised Latvian workers sports games (12 sports disciplines, special programme for families):
 Riga, Ogre, Bauska, Ozolnieki, Aizkraukle, Priekuli, Kuldiga, Jekabpils, Ventspils, Kandava, Sigulda, Valmiera, Jekabpils and other places.
- From 1996 to 2017 LTSA has organised sports games winter championships: basketball, volleyball, (male, female, mixed) different age groups, minifootball, hockey.
 Participated tems from municipalities, companies, ministries, clubs.



Events of Latvian Sport for All Association

- Since 1999 organised LTSA Beach volleyball championship
 * may-september 8 stages (male, female, mixed teams, different age groups)
- 2014.-2017.g. LTSA International beach volleyball tournament «Beach maniaki Cup» (male, female, mixed teams, different age groups)
- LTSA collaboration with SIA «O-Sands»: 2014.-2019.g. õB maratonsö 24h / 3 tournaments ó juniors (M/F) 2 groups (age 15 and 16-18), max 32 teams, seniors 40+ / MIX (female+ male), max 24.
- Since 2018 Vec u Beach fest: 2020.g. participated 666 people. In the tournaments: 530 juniors, 128 amateurs and 8 professional beach volleyball players. Countries: Latvia, Lithuania, Estonia, Belarus and Ukraine.









LTSA organises disease prevention, health enhancing and educational grassroot sports events where main participants are Latvian inhabitants, that do not practice nenodarbojas professional sports.

GOALS:

- Encourage people to pay attention to their and their family health, as well as get kids acquainted with physical activity from early age;
- " Educate society about the options of physical activity and their meaning in disease prevention, encouraging people participation in physical activity;
- "Promote family interest about active leisure activities, physical and mental health preservation, as well as provision of necessary information about enhancement practices, which is relevant for all generations;
- Encourage families to spend more time together, engage together in sports and leisure activities.









Family sports festivals



Since 2007 LTSA organised Family sports festivals to enhance coherence and promote physical activity as essential part of healthy lifestyle, promotion of sports disciplines, by inviting Olympic athletes.



Lemantovi i family about participation in one of the festivals: «We participated for the first time, but both kids and me and my husband were fascinated! Relays were fantastic! For the first time I have seen the kids participating with such enthusiasm! I think, they over-reached themselves!"



Nordic walking

LTSA ó only organisation in Latvia, that has right to manage Nordic walking movement in Latvia, organise educational seminars and Latvian Nordic walking shampionship.

- From 2007 till 2021: organised 3000 Nordic walking mass events.
- Latvian Nordic walking championship:
- * organised every year,
- * 5 6 stages,
- * Open class ó 5 km,
- * Sports class ó 10 km (4 age groups), 21 km (3 age groups)
- Developed Nordic walking instructor education programme
- regularly organised educational seminars for instructors, upskilling seminars for trainers
- Prepared: 255 Nordic walking instructors.
- Currently in Latvia 35 certiffied Nordic walking trainers.
 - Organised **3 Nordic walking World Cups**: 2017, 2018,2022







Latvian Helth sports week (MOVE Week)

- Since 2011 organised Latvian Health sports week (MOVE Week).
- MOVE Week is part of ISCA iniciative: engage in physical activity 200. millions of European inhabitants.
- Participating: pre-schools / kindergartens, schools, municipalities, organisations, state institutions, sports clubs etc.
 - 2018 68989 participants
 - 2019 69689 participants
 - 2020 42834 participants (Covid-19, restrictions)
 - 2021 31261 participant (Covid-19)



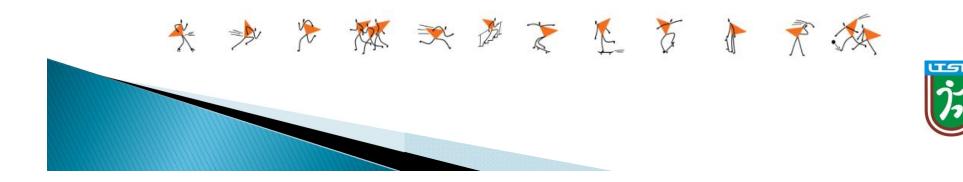




Latvian Helth sports week (MOVE Week)

Media coverage of the event (radio, TV)





LTSA events



Latvijas prezidentūra Eiropas Savienības Padomē

Latvian sport for all association in collaboration with the Ministry of Education and Science in the framework of Latvian Presidency in EU Council in Riga on 16th of February 2015 organised international conference **"Sport and physical activity for development of the Human capital".** Event was devoted to the Presidency of Latvia in EU Council substantive priority in sport area ó

grassroot sport development for interbranch skill development, especially for kids and young people.

- Participated 130 sports life leaders, representatives of sports organisations and enthusiasts.
- > 29 European countries.
- Emphasized role of grassroot sports in social inclusion, reduction of social inequality, development of employment skills.
- Three tematic seminars ó "Sport and social environment", "Sport for life quality enhancement", "Education and learning through sport".







First European Week of Sport (7-13.09.2015)

Latvij Eiropas Sporta ned as ietvaros tika sasniegti – di rezult ti:

- more than 300 applications from different organisations
- more than 1000 different events all over Latvia
- ► Total number of participants: **109 000**,
- European Week of sport was organised by 400 agents (organisers),
- engaged more than 2000 volunteers,
- prepared excercise complexes for kids and adults,
- organised conference: õBe active! ó motto for engaging kids and juniors is sports and physical activityö

Ambassador:

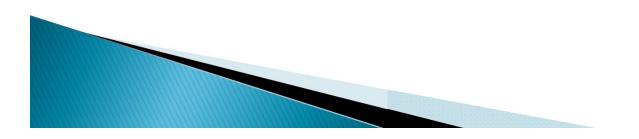






LTSA participation in sports and health policy planning document development

2020. Participation in development of Sports policy guidelines 2021 - 2027 2020. Participation in development of Public health framework 2021 - 2027 2019. ó 2020. Sports policy framework 2013 - 2020 Participation in development of National development plan 2021ó2027 (NAP2027) priorities õCulture and sport for active and quality lifeö. Action direction õPeople participation in cultural and sports activitiesö. Participation in development of guidelines for development of grassroot sports. 2015. ó 2016. 2008. - 2009. Work in Onkologycal disease control programme 2009. Ministry of Education and Science Sports administration project competition 2007. - 2008. "Sport promotion in mass media", "About sports facility availability to inhabitant groups that have social exclusion risk", «Development of sports literature, translation and issue". 2005. Participation in development of National sport development programme 2006 - 2012 2003. Work in development of Sports policy gidelines 2004 - 2009





LTSA organised international events in Latvia

organised 27 events, with 9000 participants from 50 countries

Year	Event	Year	Event
2001.	European Workers Summer sports games	2010. g.	World boat spinning championship
2002.	World Workers volleyball championship and European sitting volleyball championship	2011.g.	TAFISA international grassroot sport (sport for all) seminar
2002.g., 2004.g., 2017.g	World ice-fishing championship	2011.g.	ISCA International seminar on volunteering in sport
		2012.g.	EFCS 50. anniversary General Assembly
2003.g., 2004.g, 2005.g, 2006.g.	International hockey tournaments õICE OPENö	2012.g.	5th EFCS Conference šActive workplaceö on topic šSports clubs for healthö
2006.g.	Pasaules Strongest men cup	2014.g. 2015.g. 2016.g.	International beach volleyball championship
2007.g.	CSIT Workers beach volleyball Championship	2010.g. 2017.g.	
2007.g.	CSIT General Assembly	2016.g.	38th World Workers and Amateurs confederation (CSIT) Congress Riga
2007.g.	TAFISA 2. World Forum	2017.g.	CSIT World Sports Games
2008.g.	World Latvian 15 year anniversary Three star sports games in Valmiera	2017.g.	INWA Convention
2009.g.	2nd European Company Sport Federation (EFCS) conference «Physical activity in workplace and in everyday lifeõ	2017.g. 2018.g. 2022.g.	Nordic walking world cup

LTSA organised international events in Latvia

European Workers sports games (Eurofestiv 12001)

- More than 3000 participants
- ▶ 19 European countries
- 23 sports disciplines







"On behalf of all sportsmen from the Netherlands I thank you from the bottom of my heart for the well — organized festival. Transport was always on time, hotels and food were great, opening and closing ceremonies were impressive, all was super, super, super!" (Harry Burghoorn, the Netherlands)







CSIT Congress Riga 2016, 17-23 October

> 135 participants



► 32 countries



▶ 37 sports organisations

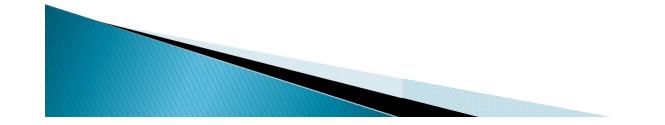


















5. CSIT World Sports games 2017 13.-18. June, Riga

- More than 4000 participants
 - ▶ 36 countries
 - 45 unions
- competition in 32 sports facilities
 - ▶ 15 official championships
 - ▶ 55+ activities for seniors
 - **8** other championships
- Mamanet World Championship









LTSA events during Covid-19

Methodical material: Easy excercise complex for Workplace and home, Nordic walking Published on 16th March 2020









20 Years of Leadership in Nordic Walking !





December, 2020: first Nordic walking / walking challenge, more than 300 participants, 20000 km

 2021 from 5th of March to 5th of April : Second Nordic walking / walking / running challenge,
 With goal to collect 30 000 km for LTSA 30-year anniversary

Result: 150 000 km, more than 1200 participants

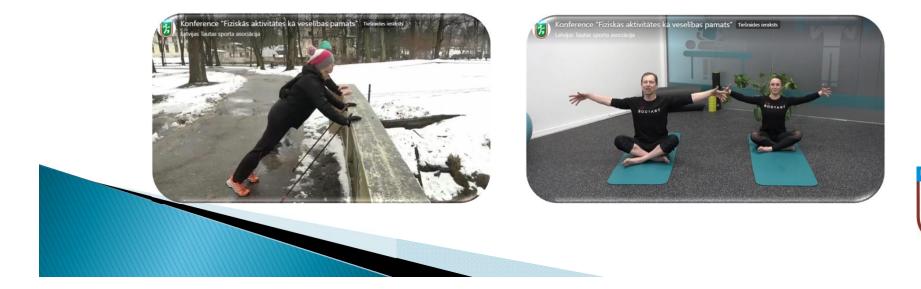


LTSA events during Covid-19

LTSA online conference «Physical activities as health basis" watched ~ 80 000 Latvian inhabitants







European Mile

In 2021 (1st ó 5th of June) was organised first European mile.

- ▶ 12 000 participants,
- 120 pre-schools and kindergartens, relays, hikes, orienteering and other activities,
- ▶ Online challenge õCollect milesö.



MAMANET game

New game Mamanet – Every mother can! Catch ball!

- ["] LTSA is developing in Latvia new game Mamanet
- "MAMANET is team game, based on volleyball rules, with minor changes ó e.g. players should catch the ball before passing it to the next player.
- " MAMANET started in Israel in 2004 and is currently developing rapidly in different countries all over the world. The main motto is: õevery mother canö. Playing Mamanet, women promote in their families sport, healthy lifestyle, the culture of team play.
- " Main idea engage mothers (women) that have never practiced sports.
- In 2017 in Latvij during CSIT WSG took place First Mamanet World Championship with 34 teams from Israel, Austria, Mexico, Italy, Latvia etc.
- LTSA is has organised several Mamanet Championships in 2021 and 2022, and even Mamanet Beach Cup.







Thank you!



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