

Latvian Sport for All Association



Founders of the grassroots 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 grassroots 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



**The World Federation
for Company Sport**
Since 2015
WFCS 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 teams 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. **oB maratons** 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 **Vecāku 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 grassroots 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’s 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.

Latvijas Ģimeņu Sporta Festivāls 2011

SOK Prezidenta ZAKA ROGES uzruna Latvijas Ģimeņiem

Festivāla pasākumu norises vietas un laiki

- 14. maijs – Rēzelse, Valsts Robežsardzes katedra
- 3. septembris – Talsi, Talsu Sporta halle
- 8. oktobris – Rīga, Vokarbūji
- 17. decembris – Rīga, Olimpiskais sporta centrs

vasaras ĢIMENŪ SPORTA FESTIVĀLU

Jaunpiebalgas estrādē 2014.gada 13.jūlijā

11.00–12.00 Dalībnieku reģistrācija
12.00 Akklamācija
15.00 Apbalvošana un nosēgums

Dažādas veida pilsētā un reģionālās sporta aktivitātes: visa ģimene! Pieņemamās atrakcijas gan maziem gan lieliem. Badmintonu turnīrs. Regbija spēles paraugdemonstrējums. Jaunums Latvijā – spēle "Darn". Ciemos Soču olimpiētāji ar visu ekipējumu. Tas bus lielisks piedzīvojums: mums visiem!

Unikāla iespēja izmantot šīs Festivāla laikā darbosies mobils stacijas: atpūšanās maiņā, glāzēs šņorka sarīci, hokejkaru 6x6, ģimenei masveida rēķināšana.

Mobilā Laciņa Kepariņa Sīmaņa (bērniem būs iespēja redzēt šādu tēmi) kopā ar medicīnas speciālistiem, pariem šīs visu mācību stundu laikā.

Visas aktivitātes bezmaksas!
Iepriekš pieteikšanās, līdz 11.jūlijam
pa tālruni 2640732 email: egita@lvibvib.lv info: www.sportvisiem.lv



24. augusts, plkst. 12.00
Rēzeknes pilsētas pludmalē pie Kovšu ezera

Olimpisko spēļu, Pasaules un Eiropas Čempionātu dalībniece rēzekniete **Aiga Grabuste**, Latvijas Tautas sporta asociācija un Rēzeknes pilsētas dome

ĢIMENŪ SPORTA FESTIVĀLĀ

PROGRAMMA:
13.00 Čempionāta atvēršana
13.30 Atpūstāšanās un uzkodas
14.00 Izpildītāji: ar atbalstu sporta darbinātājiem un treneriem
14.30 Izpildītāji: ar atbalstu sporta darbinātājiem un treneriem
15.00 Izpildītāji: ar atbalstu sporta darbinātājiem un treneriem

PIRMO REIZI BURBULBOLA TURNĪRS

VISAS AKTIVITĀTES BEZMAKSAS!

INFORMĀCIJA:
LĪCĒMĀKŠĒS TĪS
www.sportvisiem.lv

Pasākuma notiek sociālā projekta „Es zinu - Tu to vari!” ietvaros

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 Health sports week (MOVE Week)

- ▶ Since 2011 organised Latvian Health sports week (MOVE Week).
- ▶ MOVE Week is part of ISCA initiative: 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 Health sports week (MOVE Week)

Media coverage of the event (radio, TV)



LTSA events



Latvijas prezidentūra
Eiropas Savienības
Padomē

EU2015.LV

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 grassroots 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 grassroots sports in social inclusion, reduction of social inequality, development of employment skills.
- ▶ Three thematic 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 nedēļas ietvaros tika sasniegti – di rezultāti:

- ▶ 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 exercise complexes for kids and adults,
- ▶ organised conference: "Be active!" motto for engaging kids and juniors is sports and physical activity

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.
2015. ó 2016. Participation in development of guidelines for development of grassroots sports.
2008. - 2009. Work in Onkological disease control programme 2009.
2007. - 2008. Ministry of Education and Science Sports administration project competition "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 grassroots sport (sport for all) seminar
2002.g., 2004.g., 2017.g.	World ice-fishing championship	2011.g.	ISCA International seminar on volunteering in sport
2003.g., 2004.g., 2005.g., 2006.g.	International hockey tournaments «ICE OPEN»	2012.g.	EFCS 50. anniversary General Assembly
2006.g.	Pasaules Strongest men cup	2012.g.	5th EFCS Conference «Active workplace» on topic «Sports clubs for health»
2007.g.	CSIT Workers beach volleyball Championship	2014.g. 2015.g. 2016.g. 2017.g.	International beach volleyball championship
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 life»	2017.g. 2018.g. 2022.g.	Nordic walking world cup

LTSA organised international events in Latvia

European Workers sports games (Eurofestiv 1 2001)

- ▶ 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 exercise complex for
Workplace and home, Nordic walking
Published on 16th March 2020



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



20 Years of Leadership in Nordic Walking !

► 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 òCollect 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: “every mother can“. 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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