BIGGEST CSIT WORLD SPORTS GAMES ever

LIGNANO

Mamanet
social sportive project for women

News

Edition 1/16

International Workers and Amateurs in Sports Confederation
Sport is a fascinating social phenomenon in society. Sport is seen to play an important role as a promoter for peace and social integration in different geographical, cultural and political contexts. Has sport prevented conflicts and tensions? The answer is no, because it is not sport that can do so; it is us, writes Dr. Marion Keim, Professor at the University of the Western Cape and an Advocate of the High Court of South Africa. Worker sport movements are a part of the above mentioned social phenomenon. This Festschrift book describes the 100 years development, the current state and the future international sports partnerships of the International Workers and Amateurs in Sports Confederation (CSIT). It also predicts that women might be the future of sport. This book tells us how and why the world organization having more than 208 million registered clients and members in 44 member organizations from 34 countries has grown to a player in sport for all movement in Europe, Americas, Africa and Far East.

This book is a necessary read not only for the members of the CSIT but also for everyone interested in the multidimensional functions of sport in society.

“SPORT, PEACE AND DEVELOPMENT – INTERNATIONAL WORKER SPORT, 1913 – 2013”
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Dear sport friends in CSIT,

The year 2015 has been full of top-sport activities worldwide and sport interested people as we all are could follow the excellence and the high performance of top-level athletes all over the world. These athletes are the idols for millions of amateur sports people of all ages around the globe. A close cooperation between grass roots sport organizations and world sport federations is essential for the benefit of all athletes. Not less important are the symbioses with organizations that carry and promote the values of sport like the European Fair-Play Movement or Panathlon International, the new cooperation partner of CSIT in terms of Sport Values and Sport Ethics.

The City of Lignano in northern Italy and organizer AICS have shown the quality and the high standard of CSIT sport events during the 4th edition of our World Sports Games in June 2015. AICS President Bruno Molea and his committed and enthusiastic team have performed excellent and shown, how to handle such a mega event that has satisfied 5,000 amateur and workers athletes from all parts of the world. An unforgettable opening ceremony with a parade of more than 30 nations, seminars and workshops deepening and strengthening the efforts and values of our movement and the bridge-building friendship between the different cultures of the world showcase the integrative power of sports. 50 energizing mothers from Israel enriched the sports program with the presentation of Mamanet, which will make a big wave around the world, especially for all mothers and women over 35 years of age. Read more about Mamanet in our main story of this magazine.

The 37th CSIT Congress held in Cancun – Mexico in October 2015 has elected a new leadership and I am very grateful for the big support that my team in the Executive Committee and I have received. The way that we have decided to lead the CSIT is being appreciated and new members are joining us year by year. We are glad to welcome our new friends from Slovenia and from Iran in our sports family. Big thanks for excellent Mexican hospitality during our stay in Cancun to our fellows and friends from INDET that have made an brilliant job. Just one week after the congress we have received the sad information that our former Vice-President - Prof. Jorge Gonzalez Meza - has passed away. The whole CSIT family has lost a great supporter. We will keep our Mexican friend in our best memories.

Looking to the future of CSIT it becomes more and more visible that our vision of being a major organization in the international Sport for All Movement has already become reality today. More than ever our mission and core values are the right tools for a peaceful and respectful way of meeting with people from other social origins, religions and cultures. These pedagogic tasks will support efforts to improve a healthy lifestyle of the individual in a world of conflicts, social and economic crisis.

Let’s all contribute to a more tolerant world that creates less conflicts and a better understanding among all peoples and ethnizes worldwide. A peaceful, healthy and successful year 2016, these are my cordial wishes to you all!

Harald Bauer
President
EDITORIAL

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MAMANET
A HUGE SOCIAL-SPORTIVE PROJECT FOR WOMEN

by Ofra Abramovic

“MAMANET HAS THE POTENTIAL TO CHANGE THE SPORTS SOCIETY FOR BETTER AND CHANGE THE LIFE OF WOMEN AS WELL”, SAYS CSIT PRESIDENT HARALD BAUER. “CSIT WILL BE AN ACCELERATOR FOR THIS MOVEMENT ALL OVER THE WORLD.” THE CSIT CONGRESS LAST OCTOBER IN CANCUN DECIDED UNANIMOUSLY THAT MAMANET WILL BE OFFICIALLY INCORPORATED IN THE CSIT AS TECHNICAL COMMISSION AND AS A CONSEQUENCE IN THE 5TH CSIT WORLD SPORTS GAMES 2017 IN RIGA, LATVIA.

Last October HAPOEL and the MAMANET – Mothers Cachibol League managed the 1st International MAMANET Seminar in Israel. This convention took place from 23rd–27th October in Eilat, Israel, and was hosted by Hapoel. Training sessions were organized for delegates from Italy, Austria, Belgium, Bulgaria, France and the USA. Special show games were designed, with the Mamanet Arad team. The seminar offered an overview of both the structure and the philosophy of Mamanet and showed the roots and essence. Mamanet league is the largest women’s league in Israel and the largest sports association founded by mothers for mothers.

It is more than a sportive league; Mamanet affects the entire family, as it enhances healthy and active lifestyle for the whole family. Mamanet league in Israel holds the key to change society for the better. In addition, and most importantly, there was an excellent brainstorming and teamwork at the Mamanet Congress in Israel. The delegates constructed the basis upon which Mamanet could be formed in each of the participating countries.

Nowadays, many countries ask to implement the Mamanet model. Mamanet league is being established in Cyprus and following the international convention in Eilat, France, Austria and Italy have invited Israel to conduct Mamanet workshops to instruct the participants, train judges and coaches, and build a proper professional staff, who could operate and manage the league. They would all show at the training camp on May 2016 in Barcelona – the qualifying tournament prior to the CSIT World Sports Games in Riga 2017.
MAMANET INITIATED AND LED MANY PROJECTS AND CONTRIBUTED TO THE SPIRIT OF ENTERPRISING AND THE DOING FOR THE GOOD OF THE COMMUNITY. MAMANET WAS CHOSEN BY ISRAEL’S MINISTRY OF FOREIGN AFFAIRS TO TAKE PART IN A NEW BRANDING OF THE ISRAELI IMAGE, AS A REPRESENTATION OF ENTERPRISING IN THE COMMUNITY FOR THE COMMON GOOD, DISTRIBUTED TO ALL THE ISRAELI EMBASSIES. IN ORDER TO ENHANCE MAMANET SOCIAL-SPORTIVE VISION, MAMANET COLLABORATES WITH VARIOUS BODIES AND CREATES MEANINGFUL COOPERATIVE PROJECTS:

by Ofra Abramovich

ACADEMIC COOPERATION

On a research conducted by Dr. Eyal Rechter, together with Columbia University NY and the Ono Academic College in Israel, the reasons why mothers join Mamanet were empirically examined. The results indicate contribution to the community, personal growth, health, and fitness. These days a follow-up research is being conducted by Columbia University, NY.

ADOPTION OF FEMALE PRISONERS FROM NEVE TIRTZA PRISON FOR WOMEN

Mamanet players adopt the prisoners at Neve Tirtza prison for women, and allow them every week to sense and experience the sportive concept by playing Cachibol. Mamanet players coach the prisoners, and act as a bridge on their first steps in the outside world, before they are released from prison. The game and attitude set the ground for building trust and renewed relations with their children waiting for them outside the prison walls.

“I AM AWARE TOO” EVENT

Each October Mamanet holds the “I am aware too” – event for promoting awareness to breast cancer. This was initiated by Mamanet players who got sick with breast cancer and supported by the Rishon-Lezion municipality. The main event was held in the athletics stadium in Rishon-Lezion, with a thousand women from all over Israel playing Cachibol. VIP’s and members of Parliament are delighted to join this remarkable powerful event.

COORDINATION WITH THE JEWISH AGENCY – NEWCOMERS ABSORPTION

Aiming to contribute to the absorption of Aliya (immigration) in Israel, Mamanet Karmiel initiated
cooperation with the Jewish Agency. Newcomers are assimilated in the Mamanet teams all over Israel, and gain informal and much smoother absorption, for themselves and for their families. The newcomers report that blending in the Mamanet local team almost immediately led to a bonding with the local community, and assisted their children to feel welcome in their new surroundings.

**COOPERATION WITH JDC ISRAEL – CACHIBOL TRUSTEES FOR THE THIRD AGE**

This cooperation with JDC Israel involves the third age generation in Israel. In Mamanet academy Mamanet players train the Ladies to become the league trustees, and to participate in the 60+ Cachibol players growing community. Mamanet players give lectures on health and nutrition, wishing to reach more people in this age group.

**WOMEN’S SHELTERS**

Mamanet players adopt women at women’s shelters in several places in Israel. They coach the women in Cachibol, which has a tremendous impact on their self-confidence. Moreover, the game and the playing create a new basis for trust and stability for them and their children who live with them in the shelter.

**YOUTH AT RISK**

Mamanet supports youth at risk, boys and girls from low socio-economic groups in Israel. Through the game and the league sportive values, they experience success, and are empowered. In Mamanet academy, they acquire professional training, which opens possibilities to integrate in working places in the sports field.

**COOPERATION WITH KOKHAV HATZAFON – A NON-PROFIT ORGANIZATION TO PROMOTE MENTALLY CHALLENGED ADULTS**

In this cooperation with “House in the Forest” in Kfar Vradim, on the Western Galilee, the rather independent residents of the hostel have training together with Mamanet Kfar Vradim team. The hostel team, named “Starts”, for being part of the Kokhav (Star) non-profit association, takes part in the league events and on special Mamanet games. The Kokhav association, via donations, takes care for all the required clothing and shoes. Once a month, Mamanet players and their families visit the hostel and join the Kiddush and Kabbalat Shabbat (receiving the Sabbath).
THE MAMANET LEAGUE WAS FOUNDED 2005 AS A NON-PROFIT-ORGANIZATION BY ENTREPRENEUR OFRA ABRAMOVICH WHO WISHED TO HAVE SOMETHING THAT WOULD CONNECT MOTHERS TO ONE ANOTHER, BOTH SOCIALLY AND SPORTIVELY. TODAY THE MOTHERS’ CACHIBOL LEAGUE GATHERS ABOUT 7,000 PLAYERS COMING FROM 90 DIFFERENT CITIES AND TOWNS IN ISRAEL AND IT IS SPREADING WORLDWIDE. IN THE MEANTIME YOU CAN FIND MAMANET LEAGUES IN SEVERAL EUROPEAN COUNTRIES AS WELL AS IN CANADA AND IN THE USA. AND IT IS GROWING FAST.

MAMANET HISTORY

The original sport is called “Catchball”, played on a Volleyball court. The ball is not hit, it has to be caught and thrown over the net. The second advantage is mothers come together with other women. “Mamanet has the chance to change the life of women”, says CSIT president Harald Bauer who played himself in one of the demonstration sets in the CSIT Lignano Games.

The players are mothers to children, ranging from kindergarten children through elementary school, junior-high until high school teenagers. Each such school has a team, or teams, of 8-12 mothers, who practice and play together. All the teams take part and compete during the season league games, all having the league T-shirt, and a player card which entitle them to play in the local league games, in national and international Mamanet events, as well as in the Sportiada, the festive yearly event of Hapoel in Israel.

Mamanet teams integrate sportive activity with fitness, education for sports, social gathering, and a sense of belonging. It is growing steadily, and today it is spread nationally and worldwide, providing an opportunity for each working mom to be active in sports. In addition, the league forms a foundation to future volleyball players – the children. The Mamanet league is open to all and is designed for anyone with a sportive spirit. There is no need for prior knowledge, special skills, or even sportive talent. Women who are not mothers can join if they are aged 35 and over.

Hapoel is Mamanet’s main partner and grants scholarships to the graduates of Mamanet instructors courses.

CSIT decided that Mamanet will be in the official program at the 5th CSIT World Sports Games 2017 in Riga Latvia!
assists in Mamanet’s academic courses for judges and registrars, and welcomes Mamanet players to participate in the Hapoel events both in Israel – the Sportiada, and in the CSIT games. Recently Mamanet model was chosen to be part of the CSIT World Sports games in Latvia 2017.

In 2013 CSIT President Harald Bauer accepted the invitation of CSIT Vice-President Yoram Arnstein, the general manager of Hapoel Center, and visited the Sportiada yearly games in Eilat – the amateur athletes’ leagues final games. When he attended a Mamanet league game, Harald Bauer was deeply impressed. Hundreds of players with uniforms playing, teams that were not playing were cheering.

The vibe, the joy, the special and distinct sound – there was no doubt in his mind; he realized this is a new bubbly field, with unique energies.

MAMANET LEAGUE MODEL EXPOSURE IN THE 4TH CSIT WORLD SPORTS GAMES 2015 IN LIGNANO

“You don’t write history, you DO history”, said Ben-Gurion, Israel’s great leader and first prime minister. In such pioneer spirit, a delegation of 50 Mamanet players went out on June 7th 2015 to the 4th CSIT World Sports Games 2015 in Lignano / Italy, to make history, and to turn Mamanet model from a local Israeli success story to an international one. Oh YES! They have made it, and Mamanet is now on the world map!

In his final speech at the World Sports Games CSIT president Harald Bauer deeply touched the players with his words and sincere belief that Mamanet is an unstoppable wave that would reach the entire world and will gather thousands and hundreds of thousands of new players, who will join this amazing social revolution. There were warm thanks to the professional team headed by Chairman Ziv Sedbon, to the judge Gilad Naaman Perry, who did a great job on rather challenging conditions.

Visit Mamanet on facebook or at www.mamanet.org.il

MAMANET is shifting from a local association to an international federation!
Mamanet league model is a success.
Mamanet founder Ofra Abramovich was invited to the CSIT congress in Cancun, Mexico, where she presented Mamanet unique model and swept the audience almost off their feet.
Dozens of CSIT representatives asked to join-in and create a Mamanet structure in their countries. It then was decided to constitute a Technical Sports Commission of Mamanet, whose role would be to form rules and regulations for the CSIT World Sports Games 2017.
Ziv Sedbon was appointed as head of the CSIT Mamanet Technical Commission. Its representatives would take part officially in the CSIT Congress 2016 in Riga (calendar week 42).
Lignano games is indeed a milestone in the evolution and growth of Mamanet. The objectives for the congress were clear: professional training of the Mamanet model, and exposure to the unique Mamanet spirit and philosophy.

A taste of Mamanet enterprises:
- BUSINESS NETWORKING: Mamanet’s networking platform is a rich ground for business contacts and relations among the mothers-players, which in fact compose a strong business community. They can promote their businesses in this wide international Mamanet community, market their business and recruit workers.
- MAMANET ACADEMY: Mamanet Academy qualifies players and their children to varied professional roles: registrar, judge, coach. In addition, the academy provides wide enrichment studies and activities, such as social and sportive education, empowerment and leadership, tolerance, acceptance of the other, and strengthening of the family unit. This is a kind of academy that is unique for Mamanet; a volunteering body, for the good of the community, supporting and embracing youth at risk, assisting them to achieve a profession and diploma, and assisting them to integrate in working places in the sports field.
- ABANET (PAPANET) – FATHERS’ CACHIBOL: Following Mamanet league success, and as a gesture to the husbands who come and cheer their wives – the mamas, it was decided to have a yearly Cachibol tournament, every year on Purim holiday, for fathers. Here, the opposite occurs: fathers are playing, mothers and children cheering, and performing as judges, registrars etc. Abanet became popular and in many places where they have Mamanet league teams, Abanet was adopted.
- KIDNET – CACHIBOL FOR KIDS: This is children of the Mamanet players’ tournament, where they compete in teams per ages and schools. Each Hanukkah, Mamanet kids gather in the local sports hall and have various games for the younger ones and a Cachibol tournament for the older children. In the end, each child gets a medal and a participation certificate.

Isaac Ofek passed away

Isaac Ofek, for many years Secretary General of CSIT member union HAPOEL – Israel, President of the Israel National Olympic Committee and for a long period member of the CSIT Executive Committee has passed away 2105 after a heart disease at the age of 84. Just last spring Isaac has been honored with the CSIT Plaque of Merit in Gold within the frame of the CSIT ExCom meeting in Tel Aviv. CSIT will Certainly keep Isaac in best memory.
LIGNANO 2015
the biggest CSIT World Sports Games ever

CSIT HELED SPECTACULAR WORLD SPORTS GAMES (WSG) IN LIGNANO IN JUNE 2015. THE BEST GAMES SO FAR WITH MOST PARTICIPANTS AND UNIONS AS WELL AS NATIONS INVOLVED. A NEW QUALITY FOR ALL PARTICIPANTS GREW DUE TO AN EXCELLENT COLLABORATION BETWEEN CSIT, THE ORGANIZING UNION AICS AND SEVERAL COOPERATION PARTNERS. LIGNANO PUT THE CSIT WORLD SPORTS GAMES TO THE NEXT LEVEL AND EVERYBODY IS ALREADY LOOKING FORWARD TO THE 5TH CSIT WSG TO BE HELD IN RIGA – LATVIA FROM JUNE 11TH-18TH, 2017.
It was an atmosphere of friendship, peace and brotherhood. The delegations came from 33 different countries all over the world.

PERFECT ORGANISATION IN AN IDEAL LOCATION

A perfect surrounding plays an important role in creating a perfect atmosphere for games of this size. AICS, the most powerful Italian CSIT member organisation and organiser of the 4th CSIT World Sports Games recognized this fact and did a perfect job: Lignano, an ideal location for sport festivals.

Nearly all venues were within walking distances. Many athletes, fans, referees and coaches had also discovered the perfect bike path system of the city. Medical care, accommodation and gastronomy left nearly no wish unfulfilled. And the events in many different disciplines were very well organized as well. “This event was a treasure for us. I am sure it will boost our tourism”, said Debora Serracchiani, President of the region Friuli Giulia Venezia.

BIGGEST GAMES EVER

4000 athletes and 1000 coaches and accompanying persons turned Lignano Sabbiadoro during the 4th CSIT World Sports Games into a pulsating sports city. It was an atmosphere of friendship, peace and brotherhood. The delegations from 33 different countries came from all over the world: From Argentina to Cameroon, from Finland to the USA or from Iran to Mexico. 49 Sports Unions were participating in Lignano in 14 official championships and 19 demonstrative sports plus 18 activities for the +55 generation. Six days full of sports on the northern Adriatic coast.

PEACE, TOLERANCE AND FAIR PLAY

CSIT President Harald Bauer pointed out the peaceful mission of the Amateur sports movement at the
closing ceremony: “Our CSIT World Sports Games are not for competition only, but also for peace, tolerance and most of all fair play in sports and in daily life. Sport is the best method of connecting people of different countries, attitudes and religions. We spread our mission despite of conflicts and refugee problems around us.”

GREEN CARD – FULL SUCCESS – POSITIVE MOTIVATION FOR FAIR PLAY

In a cooperation of CSIT and the European Fair Play Movement, the Green Card has been tested at the 4th CSIT World Sports Games 2015 in Lignano Sabbiadoro for the first time. And it was a great success, too: “At the next CSIT Games in Riga 2017 the Green Card will be visualized”, says Henk Bouchoms, CSIT sports director. “The criteria for receiving a green card are: Exceptional sportsmanlike behaviour and outstanding respect of the rules.”

Everybody knows Yellow Cards and Red Cards in sports, shown to athletes for breaking the rules in whatever way. This is important and unfortunately necessary. But those negative reactions do not affect fair play by positive motivation. The Green Card supports fair play by positive motivation.

In Lignano the Green Card was not visually shown to the athletes yet, but the jury consisting of members of CSIT and the European Fair Play Movement already presented the overall fair play awards.

Jorge Luis Alfaro – part of the Cuban High Jump Wonder in the 1980s

AICS President Bruno Molea
Spectacular Opening Ceremony in Lignano: 4000 athletes plus 1000 coaches and accompanying persons took part in the WSG 2015.
These were handed over to a single athlete and to a team right after the games during the Closing Ceremony. The awardees in Lignano were Rooho Mohammadi Mirzaei, a male track athlete from Iran and the ASKOE men’s team “Volleyball I” from Austria.

**PERFECT “BODY SERVICE” BY 39 CHIROPRACTORS**

FICS President Sheila Wilson from Indianapolis is the head of the Federation Internationale de Chiropratique du Sport. 26 professional chiropractors and 13 trainees from eight different countries - even from Australia - were working at the CSIT World Sports Games for the wellbeing of all participants. Lignano 2015 was their first job in collaboration with CSIT.

“It is significant for sports chiropractors, that we can deal with every part of the body, not only with the neck and the spinal column”, said Sheila Wilson at the Sabbiadoro beach venue. The chiropractic team brought half a ton of equipment to Lignano. Athletes, coaches, referees, officials and fans were offered a perfect “body service” in almost every venue of the Lignano Games.

Finally a big applause to AICS President Bruno Molea, LIGNOC Head Valeria Gherardini and their teams for a wonderful and successful collaboration and friendship!

**AFTER THE GAMES IS BEFORE THE GAMES**

Latvian capital RIGA will be the host city for the 5th CSIT World Sports Games to be held from June 11 – 18, 2017 organized by LTSA (Latvian Trade Sport Association) under the leadership of President Guntis Mace.

The kick-off meeting for the Games 2017 was in September. RIGA starts getting ready. RIGOC, the organizing committee for the Games 2017, held its first presentation during the CSIT congress in Cancun/Mexico in October. RIGA is in close connection with Lignano for a detailed know-how-transfer concerning processes, local transportation, accommodation, information, technical support, public affairs and all other necessary details for a perfect games organization. CSIT is looking forward to visiting the pulsating region in the Gulf of Riga at the Baltic Sea in 2017.
Prior to the election congress in Cancun the Technical Commissions of the CSIT met for their annual meeting. Discussion points were sport items, the developments towards the World Sport Games of 2017 and the evaluation of the Games 2015. The result of the evaluation is a clear order to every single TC to develop their activities by adding additional sports and even open their current sports for more categories and ages.

Championships are only successful when there is enough participation of CSIT unions, clubs, guest unions or companies. The aim of CSIT must be to focus on popular and attractive championships that guarantee lots of participants. It makes no sense to put energy in organising events that could be cancelled due to lack of participating unions or athletes.

### Inventory of Sports

In the upcoming months all CSIT unions will be asked to inform CSIT about sports which are practiced in their union. The outcome of this evaluation will be important for the future of CSIT: Which sports are worth to be focussed on. The invested energy must generate and guarantee representative championships with lots of competitions. The extension of the sports program will result in more CSIT championships during World Sports Games and even in single championships in the years between two World Sports Games. However an important factor is finding hosts to organise the single championships.

At the moment CSIT receives input by the Technical Commission which sport in their opinion is possible to adopt. The TCs are eager to proof if CSIT is able to organise more championships starting with the World Sports Games 2017 in Riga, Latvia.

2016 the TC will work on the conditions to implement the sports within their commissions by adding the sports regulations, eligibility criteria and organisational structures for actual or new championships. At the CSIT congress 2016 the unions will be informed about the progress.

### Fair Play Award

At the Games 2015 CSIT launched the Green Card into its championships. A Green Card awards an athlete for Fair Play and an award is handed over during the closing ceremony of the World Sports Games. The Fair Play award is an initiative of the European Fair Play Movement.
EPFM) and CSIT. An excellent initiative that shows the values of sports in CSIT amateur sports organisation and respects the aims of CSIT.

CSIT has seen the real value of the Green Card and TC has established a specific working group for the Green Card. The coming year this working group will develop the Green Card and the specific articles in the CSIT regulations. CSIT is looking forward to present the outcome of the working group during the congress 2016. The executive committee will be updated regularly about the progress.

VACANCIES – EXPERTS NEEDED

Being ambitious and extending sports in the Technical Commission will lead to more vacancies. It is really hard for two persons to organise and manage the organisation of more than one championship. The more sports will be added into a commission the more support will be demanded from sport experts out of the full members of CSIT. CSIT is open for those experts who really want to work for the values of CSIT and contribute in the best way the goals of the Technical Commissions. Experts from unions not represented yet in the Technical Commissions are requested to contact the sports director or the office of CSIT.

TWO SPORTS DIRECTORS TO STRENGTHEN CSIT

The result of the elections of the new executive committee strengthened the work of the Technical Commissions. In the future CSIT will have two sports directors: Henk Bouchoms on behalf of NCS - the Netherlands and Yves Richard on behalf of AFSTB – Belgium. The work in managing the Technical Commissions will be divided and will lead to more control of organisation of championships and a better cooperation with organising committees for World Sports Games. It has proven a strong cooperation between the bodies of the host and CSIT results in better and bigger World Sports Games. For both sports directors there is a big challenge to make the expectations come true.

Besides the support of the sports directors and executive committee CSIT needs the commitment of the affiliated unions in participating and hosting championships. In this case it is so true that CSIT unions and the bodies within CSIT have the power to make the difference for workers and amateur sports and athletes worldwide. By joining forces this game will only have winners.

The Technical Commissions had fruitful discussions for the development towards the Games in Riga 2017
A WONDERFUL WEEK for the seniors 55+
AT THE WORLD SPORTS GAMES IN LIGNANO


Beside the official championship and competitive activities of CSIT, the participants in the seniors 55+ had a various program and lots of fun.

The entire group had 56 participants coming from Austria (ASKOE), Denmark (DAI), Israel (HAPOEL), Italy (UISP and AICS), Iran (AFWSI), Mexico (INDET), Estonia (KALEV and JOUD) and Finland (TUL) with the age range 55 to 76 years. The group was split into two parts, so the seniors could work in groups of 28.

The program was various and contained 12 different physical activities outdoor and indoor: every morning “good morning gymnastics”, Krolf (a mixture of Krocket and Golf), aqua fitness, You.fo (a new team-game with stick and ball coming from the Netherlands), self-defence, Bike’n’fit, coordination with brain-fit, senior gymnastics, new games, Cross Boccia, dance and a real CSIT Krolf Championship (unofficial).

The weather was marvellous, so most of the activities were organized outdoor. The hot spot and centre was
the sport village GETUR in Lignano Sabbiadoro, a wonderful place with a lot of sport facilities like swimming pools (indoor and outdoor), football fields, tennis fields, basket and volleyball fields, the beach, the sea and a lot of hotels and infrastructures for hosting groups.

The program was set up by the members of the “CSIT 55 + Working Group”:

Poul Solvstein [DAI], Uschi Mortinger [ASKOE] and Anne-Lise Kooreman [UISP], all perfectly coordinated. The proposals for the seniors 55+ at the 4th World Sports Games were in the reach of all the seniors with respect of the rhythms of every participant. Everybody during the valuation asked to continue this experience with new activities and even more participating unions.

**WORKING GROUP PHYSICAL ACTIVITY FOR SENIORS 55**

“Sports for Seniors” in the CSIT is organized by a working group with members coming from ASKOE, DAI, UISP and FSGT. The members of this group are opinion leaders, multipliers and actually make a great difference, do a very good job and are always looking for new possibilities to develop new activities.

Beside the organization of formation courses and activities for seniors during the World Sports Games it’s also an important task to encourage more unions to invite seniors to participate in their own festivals and games, etc. (open for international participation). The aim is to encourage the unions to exchange senior groups.

**ACTIVITIES FOR SENIORS 55+ SINCE THE LAST ELECTION CONGRESS 2011**

2012: Formation course in Austria with participants from 9 member unions: AICS, ASKOE, DAI, FROS, FSGT, INDET, SATUS, UISP, HAPOEL.

2013: World Sports Games in Varna with 50 – 60 people, coming from Austria, Denmark, France, Israel, Estonia, Belarus and Finland with 11 different activities.

2014: Formation course in Denmark with participants from 8 member unions: FROS, UISP, TUL, ASKOE, DAI, HAPOEL, KALEV, FSGT.

2015: World Sports Games in Lignano with 40-50 people, coming from Austria, Denmark, Israel, Mexico, Estonia, Finland with 12 different activities.

**BORDERLESS IDEA SHARING AT CSIT SENIOR FORMATION COURSES**

The idea with the formation courses is sharing ideas and learning activities that can be used for the seniors. The courses are a great success and each time people learn something to take home and use in their daily work with activities for seniors. Instead of just talking about the activities everybody had to participate, so these are very practically orientated courses.

The purpose with the courses is also to try some new activities and if we find an activity attractive for the next World Sports Games it will be on the program.

**NETWORKING WITH SENIOR ACTIVITIES**

From the participation in the World Sports Games in Rimini, Tallinn, Varna and Lignano and the formation courses in Austria in 2012 and Denmark 2014 a strong network is build up. People/instructors from the different unions are in contact with each other during the year to exchange experiences. We have a kind of “CSIT Senior Family” and this movement grows bigger and bigger and we have room for more “family-members”.

**SPORT FOR ALL IN THE FUTURE**

We have in common to set up some objects for Sport for all in CSIT, but to choose some concrete initiatives we need to know more about the member unions readiness to take part.

We hope to organize a very active and successful week during the 5th CSIT World Sports Games 2017 in the Latvian capital Riga.

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The participants in the seniors 55+ had a various program and lots of fun.
The CSIT (International Workers and Amateurs in Sports Confederation) held its 37th Ordinary Congress from October 12th to 18th in Cancun Mexico for the election of its President and the Executive Committee. Actual President Mr. Harald Bauer was re-elected with the overwhelming majority of 27:3 votes for his third period as CSIT President for the next term of four years. There was only one change in the Executive Committee. Almost 120 CSIT-delegates of 28 member organisations took part in the Election-Congress hosted by the Mexican CSIT member INDET.

"Thank you very much for your trust in me and in my work. I am looking forward to continuing what we have started together in 2008 and look very positively into the next upcoming four years of my third period as CSIT President," said Mr. Bauer right after his re-election in Cancun. "I am happy that the Executive Committee did not change too much and we can continue with an experienced and well-functioning team. I want to thank our Mexican friends from INDET, who organised a perfect congress and let me also welcome our new friends from Iran and Slovenia, who achieved the full CSIT membership here in Cancun. This is a proof for the work of CSIT and makes again our organisation bigger and stronger."

"Speaking about sports we cannot neglect that there are also quite many negative aspects that have seized power amongst sports federations.
and their athletes, no matter of being professional or amateur. Corruption, doping and match fixing are dangerous developments and realities that are being guided and controlled by criminal gangs worldwide. I see a big responsibility and challenge on a national level, in your national organizations to prevent sports from these insulations. CSIT implemented fair-play activities through the initiatives of the European Fair-Play Movement and is about to start a close cooperation with Panathlon International."

“We need to have solidarity among the sport family more than ever. Our world is full of violence, conflicts and wars. We cannot close our eyes or stay inactive knowing that 60 million refugees around the globe are challenging the so called developed world; I am convinced that sport has the power to contribute to a better international understanding and to achieve a peaceful co-existence. Your national efforts in these aspects will facilitate a better time in this difficult periods.”

THE NEW CSIT EXECUTIVE COMMITTEE

President  Mr. Harald BAUER [ASKOE/Austria]  
President 3rd period until the CSIT Congress 2019
Vice-Presidents  Mr. Christian VIFIAN [SATUS/Switzerland]  
Treasurer & Strategic Development
Mr. Yoram ARNSTEIN [HAPOEL/Israel]  
Enlargement & New Memberships
Mrs. Desislava YAGODIN [BWSF/Bulgaria]  
Organising Director CSIT World Sports Games
Mr. Bruno MOLEA [AICS/Italy]  
Organising Director CSIT World Sports Games
Mr. Palle THOMSEN [DAI/Denmark], “Sport for All” for elderly people and non-competitive sports
Mr. Henk BOUCHOMS [NCS/Netherland]  
Sports Director
Mr. Yves RICHARD [AFSTB/Belgium]  
Deputy Sports Director
Mrs. Anu RAJAJÄRVI [TUL/Finland]  
Youth Activities
AICS President Bruno Molea and the LIGNOC representatives
Sirpa Paatero steps back from CSIT Excom

In the recent years Mrs. Sirpa Paatero President of the Finnish CSIT member organisation TUL was working in the CSIT Executive Committee responsible for international projects and funding in the European Union. As politician in Finland she held the contact to her European colleagues and opened doors for the CSIT. Due to her very busy profession as parliamentarian Mrs. Paatero unfortunately has decided to leave the CSIT ExCom: “I am very proud being part of the CSIT for eight years. During that time we made a big progress in developing the CSIT World Sports Games and sports for all in our organisation. Sometimes there comes a day to make decisions like this. This day has come for me now. But I will follow the way of CSIT as President of TUL and look forward to come back occasionally and meet all my friends again. All the best for CSIT and its future projects.” Sirpa Paatero is replaced in the ExCom by Mrs. Anu Rajajärvi, TUL Vice President.

Award: Plaque of Merit in Bronze to Thomas Unger (ASKOE)

After 10 years of intensive work in the Technical Commission responsible for swimming in the CSIT, Thomas Unger had to quit and is leaving the organisation. 2014 Thomas Unger has signed a contract as Secretary General for the Austrian Swimming Federation OSV and is no more able to fulfil both obligations with the necessary strength. Thomas Unger was awarded from CSIT President Harald Bauer for his perfect job in the last decade and was very thankful for his time in CSIT: “Thank you for so many years in friendship and the great atmosphere. My wish for the future in CSIT is: Stand close together against racism, against different philosophy of life, stand close for an open organisation of friendship and brotherhood. CSIT is not the platform to make politics. CSIT is the platform to make sports and build friendship. Stand close for the further development of CSIT!”
INDET

PHYSICAL ACTIVATION PROGRAM

by INDET

TWICE A MONTH INDET IS MAKING “PHYSICAL ACTIVATION EVENTS” TO REACH MORE AND MORE INDIVIDUALS OF ALL AGES AND OFFER THEM PHYSICAL EXERCISES, DANCE CLASSES, FUNCTIONAL TRAINING WITH CERTIFIED INSTRUCTORS THAT TEACH ALL OF THEM EXERCISE ROUTINES AND SHARE IMPORTANT CONCEPTS OF HEALTH AND WELL-BEING BASED ON FOCUSED CORPORAL MOVEMENT TO REVERT BAD MODERN BEHAVIORS AS SEDENTARY AND INAPPROPRIATE NUTRITION.
INDET is taking these events to many different towns like Mexico City and to other Mexican States, through INDET’s delegates.

Physical Activation Program has been highly improved since its new characteristics: clinic measures are now taken like: weight, high, waist, among others. The program named “100 Fit” is accompanied of sports monitors who do the follow up of people group assigned.

More recently, INDET has joined, as a strategic partner, the newly launched program “Move in Thirty – 30M” by the Sport Federal Government Agency CONADE. It is a simple but powerful program that INDET is applying in all of its activities. All individuals will activate and move their body 30 minutes every day in order to attack sedentary life style, obesity and chronic degenerative disease risks among the population. The purpose is not to form sportsmen or sportswomen. The purpose is to create active habits and behaviors that reflect in public good health.

TRAINING PROGRAM

INDET Training Program this year has developed two main courses: 1 - “National Training Program for Sport Leaders” with specialization in 5 different categories: Certified Lifesaver; Basketball, Volleyball, Football or Swimming Coach; Physical Activator; Labor Activator and Sports Manager. 152 Mexican participants from all country finished this important training realized in Oaxtepec, Morelos Mexican State in July, 2015. 2 - “Sport training focused in health objectives”. A two day course oriented for teenagers, adults and elderly people. More than 30 people successfully attended this training in Mexico City.

NATIONAL GAMES 2015

43rd National Games 2015 were a complete success with more than 1600 participants from 25 Mexican Estates, practicing eight different sports disciplines: chess, regional dance, table tennis, athletics, basketball, volleyball, football and Miss Sympathy contest.

National Games sponsored by INDET is the most highly social content event for Mexican Workers and their families. National Games promote the physical activation and healthy life style through the sports practice during the whole year in the different stages: municipal, estate and national games. 2015 has involved more than 4 million participants all around the country.

As a result of this long strategy, some of the National Games winners have the opportunity to participate at international competitions. Very good results were achieved in Lignano, Italy, during the IV. CSIT World Sport Games in June 2015.

Mexico’s Delegation ranked 11th with 14 medals: 6 in Gold, 4 in Silver, 4 in Bronze. These good results are the impulse for both the INDET and for the Mexican Workers, men and women, who have in the sport the motivation for a healthy and better life, not only for them, but also for next generations.

WHEN DREAMS COME TRUE

Read two unbelievable stories about a Mexican woman and a Mexican man. How their lives have been touched by sports through unbelievable events.

Maria del Carmen Cervantes Manzo is a Mexican woman, working as a secretary in an elementary school. She also is a mother, wife and home responsible. Her childhood was very far from sports in a rural community with very low expectations. At the age of 12 she had the opportunity to work for a teacher, cleaning her house and baby-sitting her children. Two years later she asked for a new job in a town close to Mexico City.
That was the beginning for a new horizon in her life.

Being married and with her own children many years later, her life changed one day as she could not expect it. She and her husband went to Chapultepec Park, the main green park in Mexico City that also has a fairground. They didn’t plan to stay long but when walking through the park, they saw a race that was about to start. Her husband surprisingly told her “What if I register you at the race?” She was thrilled but also terrified. She accepted and run the race completely and this was her major achievement in that moment.

Her husband used to be a high performance runner before he got an injury that keeps him off the competitions. He shared with his family his stories, photographs and experiences. Carmen admires him and he is her example to follow.

After that first run she began to train more seriously when she was 30 years old. In 2010, after 8 months of training, she had a main challenge: the estate playoffs to win the ticket for National Games. She got it. She run 5K and 10K winning the silver medal on both in 2011. Then she went to Varna, Bulgaria in 2012 where she won again two medals. She was better prepared each day and she participated again in the Mexican National Games winning gold in 5K, 10k and silver in 1600m race. New achievements came for her in 2013 in Mexico and Varna and dedicated training in 2014.

In spite of an injury in 2014, she was successful to win a ticket for the 4th World Games in Lignano, Italy. A dream came true when she won gold medal in 5k race.

Her life and family have been deeply touched by sports. Maria del Carmen says: “Now, not only me, but my entire family, specially my kids, have different opportunities and an open horizon for a better life”.

Alejandro Chávez Serrano was born in Puebla, México. He is a professional graduate in Linguistic and Hispanic literature. He is also a long distance runner.

It was in his family circle that he received the first approach to sports. He practiced running and, in fact, he participated when younger in National Games. He was the example for his kids. Every day he woke up earlier Alejandro and his sister Laura to go for a run. Suddenly this practice was a need for Alejandro. Running became, step by step, an important part of his life to the degree of leading him to compete.

University races were the first scenario for him to run, both track and route. In 2007 he participated for the first time in state playoffs, winning 5k and 10k competitions. He got first place in both races and also won the right to participate at Livorno, Italy in November, 2007. It was the first time he went out of Mexico, the first time he had the honor and big responsibility to represent his country.
Livorno, Italy, was his first time winning a World Marathon Championship. His triumph repeated in Rimini, 2008, for the 10k race. He remembers: “It was a very strong race. I tried myself to keep near the squad to attack when 5 laps were remaining. My sister Laura was entering to the track, because she was running the 5k race. She shouted to me “It’s yours, no one can reach you!” I ended first and the emotion I felt hearing my name as the winner and Mexican National Anthem was surpassing”.

Nowadays he is both athlete and coach. He started at the CSIT World Sports Games 2015 Lignano 2015 where he made third place in the 10k race. Sports and specially running has been the activity that impacted his life. His parents have been his inspiration and his own family is now his motive. One of his most caressed dreams is to become a successful coach, to share his knowledge and experience especially with children. He is specially coaching his two sons. The story may repeat.

**IT WAS A VERY SAD MOMENT FOR THE WHOLE CSIT FAMILY WHEN MEXICAN MEMBER UNION INDET INFORMED CSIT ABOUT THE DEATH OF A VERY CLOSE FRIEND – INDET GENERAL SECRETARY, PROF. JORGE GONZÁLEZ MEZA – WHO PASSED AWAY END OF OCTOBER AT HIS HOME IN QUERETARO. PROF. MEZA WAS VICE PRESIDENT UNTIL 2008 AND ACTUALLY AN IMPORTANT LINK BETWEEN THE AMERICAN CONTINENT AND THE CSIT MOVEMENT.**

Prof. González started his work life for Labour Sports in Mexico’s Governmental Agencies and later in the main workers’ organization in Mexico, Work Congress (Congreso del Trabajo - CT), where he initiated the sport program called “Labour Union National Games”, the “Workers Sport Leagues” and the “Sport Training Program for Leaders of Labour Sport Unions”.

In 1986 the National Labour Sport Institute (INDO by the initials in Spanish) was created that gave a major impulse to labour national sports in Mexico. Prof. Jorge González was elected as General Secretary. Under Prof. González Meza’s administration, National Workers Sport Games for the labour sector were strengthened as the principal sport event for the working class in Mexico, with millions of workers athletes.

In 1990 the Work Congress changed, based on Prof. González initiative, the naming INDO to “Workers Sports Institute” (INDET – Instituto del Deporte de los Trabajadores), because that first name caused some misinterpretations that only low level workers were allowed in the different events organized. The scope was extended and new programs were developed to strengthen labour sports.

Later, Prof. González Meza had the vision to sign an agreement to integrate INDET Mexico to CSIT. Year after year, Mexican national winners in the National Games have had the opportunity to represent Mexico in different competitions and international events in members’ countries. Moreover, since the first edition of the CSIT World Sports Games in 2008, Mexico has been present with a delegation proudly portraying National and Union colours, bringing home medals in the different sports practiced.

Prof. González Meza was invited to be part of CSIT’s Executive Committee. He was CSIT Vice President for more than 10 years. Since 1999, Prof. González Meza was elected President of COPADEX (Pan American Workers Sport Confederation). He was confirmed in that position even until a few weeks before he passed away, during the COPADEX meeting celebrated while the CSIT Congress in October 2015, in Cancún, Mexico.

Prof. Jorge González Meza dedicated his life to the promotion of sports for the Mexican labour class. His passion was to inspire workers all around Mexico to practice a sport to keep both health and spirit in good shape. He was a great human being, excellent friend and teammate.

He passed away on October 27th, 2015 in Querétaro City, Mexico, while he was proudly serving as INDET’s Executive Secretary and COPADEX’s President.

The whole CSIT family wants to forward the sincere sympathy to the family, the friends and the colleagues of our dear friend Jorge. RIP!
In 2017 the Austrian workers sports movement will celebrate its 125-year anniversary, the year of the coming CSIT World Sports Games [WSG] in Riga/Latvia. After the last edition of the World Sports Games in Lignano/Italy, it is the opportune time to draw up an interim balance.

With 170 gold medals ASKOE won the medal ranking ahead of AICS from Italy and NCS/Netherlands even as delegation with the second most athletes. The biggest ASKOE delegation ever – 175 athletes and all in all almost 240 delegation members – participated in the last edition of the CSIT World Sports Games [WSG] in modern times.

The ASKOE leadership is actually not only very satisfied with the sport results of Lignano 2015, but also with the general development and the outcome of the CSIT within the recent years. Indeed the structural development should be more advanced, but especially an old organization as the ASKOE knows best the motto: “more haste, less speed”.

EVALUATION

Traditionally directly after this major event the responsible ASKOE Sports Department is inviting all its WSG delegation leaders to an evaluation meeting. Due to the increasing positive feedback of the Austrian participants and the ASKOE community over the last years, it has been decided to lay the focus of the international sports activities on the biennial CSIT World Sports Games. Meanwhile this decision can be considered as strategically correct! Both, the ASKOE and the CSIT (with its World Sports Games) are recognized increasingly as brand in Austria.

The extensive ASKOE evaluation illustrates that the performance of the Italian WSG organizer AICS has been assessed as the best ever since the 1st CSIT WSG in 2008. Furthermore this result shows that the CSIT leadership has taken the right measures to develop the WSG and it has been favorably noticed from the Austrian opinion leaders that feedback of participating unions from the WSG 2013 has tried to be considered and implemented in the best possible way.

ASKOE participants were especially delighted from the Italian sports venues, the summer vacation spot Lignano as well as the GETUR-Area as center of the WSG; furthermore
from the improved work of the media as TV-broadcast, ongoing new stories on the CSIT webpage, the presence in social media like Facebook, Twitter, Instagram; also from the cameraman from FastCast, who placed short videos of Lignano on the YouTube Channel “CSITMedia” in order to get event-impressions at home, and finally not to forget the wonderful WSG photo-book by AICS as well as the 20 minutes WSG 2015 video by a professional Italian TV-producer.

**FINANCIAL MANAGEMENT**

From an economical point of view it is a fact that those kinds of international activities are definitely cost-intensive for CSIT member unions. Therefore it has been decided by ASKOE to reduce markedly international activities in an interim year of the World Sports Games, in order to set aside financial reserves on the balance sheet (provisions) for the year of the next WSG edition; additionally financial contribution of all athletes between 10% until almost 100% of the total costs according to their age. Those two measures combined have the effect that ASKOE is able to dispatch a delegation of this size to CSIT World Sports Games anyway.

**FUTURE AND EXPECTATIONS**

The online registration system was definitely future orientated! ASKOE expects that this system will be used further on with few amendments like registering big delegations easier and faster.

The potential of the well promoted “CSIT WSG App” in the run up of the games could be recognized by the Austrian participants, but it was unfortunately not working satisfying. Nevertheless for ASKOE this is the future! Information on the smartphone for every participant without paperwork; available everywhere, for everyone and about everything!

Furthermore it is a major concern of all ASKOE WSG delegation leaders to improve the working style and the competences of several CSIT Technical Sports Commissions. The coordination between those CSIT sports bodies and the specialists of the local organizer is considered as indispensable, even the coordination between Technical Commissions in order to provide all participating athletes a satisfying program for the whole CSIT World Sports Games week.

**RÉSUMÉ**

Despite the fact that the CSIT is led by volunteers, also the World Sports Games as big sport for all event is organized mostly by volunteers, the overall organization of the CSIT World Sports Games 2015 was satisfying to a high degree for the ASKOE community.
WHICH WERE YOUR IMPRESSIONS BY WATCHING THE LIGNANO GAMES?

Besides the fact that the location was an ideal place for this kind of sport festival, I realized that the organization of the event was highly professional. Everything worked out well and what’s most important for me: all the athletes have been truly motivated and were exited! Within the big ASKOE delegation I realized that everyone was proud to wear the national outfit and to represent Austria. I paid a visit to nearly all facilities and I saw exited and motivated athletes all around. Of course the WSG cannot be compared with Olympic Games; but this is not the sense and the objective in amateur sport. The participants had a wonderful party time and enjoyed the different cultures. It has been a great event with good sportive performances and from my point of view it was just a big success.

A PERFECT PLATFORM FOR THE ASKOE CLUBS AND ATHLETES?

When CSIT organizes Games the athlete is in the centre of interest and not the sport leaders. I want to emphasize this. It is a successful sport festival where the financial means are not invested in huge side events, but mainly in sports and physical activity. Our members have the unique chance to breath international air in sports. Everywhere I could feel the joy and the happiness, no matter if it was volleyball or athletics or the tug of war show on the beach. In fact these games are Amateur Olympics in Sport for All.

CSIT DEVELOPMENT HAS BECOME VISIBLE

LIGNANO HAS BEEN AN IDEAL LOCATION FOR THE CSIT WORLD SPORTS GAMES IN 2015. DUE TO THE CLOSE DISTANCE TO AUSTRIA SOME LEADERS OF ASKOE VISITED THE GAMES, AMONGST THEM PRESIDENT MP HERMANN KRIST. HE MADE HIMSELF AN IMPRESSION OF THE FESTIVAL - AND HE WAS IMPRESSED.

HOW DO YOU SEE THE CHANCES OF DEVELOPMENT FOR THE CSIT?

It was the right decision to open the access of the Games to new groups from trade unions and other organizations. And it is important to bring together Workers sport and Company sports. Harald Bauer had an idea and this is the next step into the right direction. When talking about sports we also talk about health. Only a healthy and fit worker will work with 100 % power.

I also like the offer of sport for all activities for elderly people. I do not know any international sport events, where seniors have the possibility to meet each other, play against each other and share their experiences. This is a social value and a nice offer of CSIT. The offers should not be too
widespread, but sports and physical activity are an important factor for elderly people and for the whole society. The CSIT is on a very good way in this aspect, too.

HOW DO YOU SEE THE FUTURE OF CSIT?

The confederation has lots of individual members and many big nations on board. I think that concerning the membership fees there is room for improvement in order to master all the challenges for the future and in order to keep a good financial basis. The membership fees should be more corresponding to the size of the unions, but I think there are already discussions on that subject. I wish the CSIT could have a proper financial and economical power in order to also allow a constant growth of the WSG. There is already a wide offer in terms of sports activities that is permanent enlarged, for example with Mamanet, a sports activity program for mothers and women over 35.

MAMANET CAN BECOME A WORLDWIDE MOVEMENT?

I was fascinated from the very first moment. This is a unique chance for women after the birth of kids and their raising to come back to sports and social life in sports. Mamanet is a new perspective for mothers. It is not sports on top level, it is a program for each mother to participate. This is the power of Mamanet. I enjoy being a pioneer of Mamanet in Austria and erecting structures.

I am convinced to have good success with that. We will have a new sport and a wonderful activity platform and network for women. The men and the kids shall motivate the women from the tribunes in the halls and make them the stars of Mamanet.

HOW DO YOU SEE THE POTENTIAL FOR MAMANET IN AUSTRIA?

The movement has just started, but it has big potential. Austria is one of the first countries to be on board. Now we have to erect the structures, by educating coaches and trainers and referees, by forming the first teams and then we will present Mamanet with a big campaign to the Austrian society. It a challenging project, but I am truly sure that we will offer Mamanet all over the country soon. The goal is – similar to Israel - to found a national league of Mamanet and to participate with teams in the 5th CSIT WSG in Riga in 2017.
Since 1996 Danish organization DAI is running different initiatives to open sports activities to these special target group and include them in the Danish tradition of sport clubs.

If you have mental health problems like anxiety, depression or schizophrenia it can be very difficult to walk into an ordinary football club and blend in right away. And that is too bad because this target group could really benefit from being in a sport club where they can get friends, get regular exercise and maybe overcome some of their mental issues. Fortunately, since 1996 The Danish Workers Sports Federation DAI has been doing a strong effort through the program "Sport for the Mind (IFS)" to create clubs that are fitted to people with mental health problems and their need for comfort.

“We feel it’s important that everybody has the opportunity to be a part of the Danish sporting life. The NOC and Sports Confederation of Denmark asked us to help this target group, as we already had some experience helping socially vulnerable. And now that we have seen what a difference the initiative makes we are proud to support a group of people who have a lot to fight within their daily lives,” says General Secretary of DAI Palle Thomsen, who is also Vice-President in CSIT.

The initiative has been very successful and today the effort is present in more than sixty of the 98 Danish municipalities. There are approximately 40 clubs with 2,500 athletes in total; many of them have good experiences with sports every week.

The agenda is to offer a treatment-free zone for people who perhaps need a break from medicine and therapy. But this doesn’t mean that sport doesn’t do a lot of good if you have mental health problems. In Denmark it’s a fact that people with mental illness die 15 to 20 years earlier than the average citizen and it’s partly due to lifestyle diseases caused by unhealthy habits like inactivity, so here does attending regular training in a club make a difference. It also helps against the isolation, that people with mental health problems often feel, because in a IFS-club you usually get new friends and interact with people who understand what you are going through.

“I usually have to be at least three meters away from people I don’t know. It’s only when I’m doing sports that I can overcome to be close to other people and forget my anxiety,” says one of the members, Britt Nikolajsen, from the Danish city Varde.

As we see in the quote above, sport does not only affect health and number of friends for the participant - it also helps people with mental health problems.

The IFS-clubs resemble the ordinary sports clubs and have a wide variety of activities like football, floorball, krof and tennis. The members of the club decide the activities and also usually work as instructors in different sports and constitute most of the boards in the clubs. Most notable difference from ordinary clubs

MOST PEOPLE PRACTICE SPORTS FOR COMPETITION, EXERCISE AND SOCIAL CONTACTS. FOR PEOPLE WITH MENTAL HEALTH PROBLEMS SPORT IS MUCH MORE THAN HAVING FUN WITH TEAMMATES. THERE IS A MEDICAL BACKGROUND OR THERAPY AS WELL AS THE COMBINATION WITH SPORTS AMBITION.

by Mikkel Bonnesen, Press Officer DAI

ORDINARY CLUBS WITH SMALL MODIFICATIONS

The IFS-clubs resemble the ordinary sports clubs and have a wide variety of activities like football, floorball, krof and tennis. The members of the club decide the activities and also usually work as instructors in different sports and constitute most of the boards in the clubs. Most notable difference from ordinary clubs
is that the municipality contributes with a sports coordinator who helps the club getting new members and also makes sure that the club doesn’t collapse if there are problems in the board or other difficulties.

Beside the clubs DAI also has a couple of annual events where members of those clubs from all over the country have the chance to compete and get to know each other. The most well known is a three-day sports festival in the city of Vejle with 250 participants competing in everything, from volleyball to krolf. It has been running for twenty years and is extremely popular. The development of the festival has also shown that IFS is moving from a very comforting format to one which challenges the contestants to find their physical limits through disciplines as cross running and triathlon.

“The festival mirrors the activities in the clubs, so when we see people more motivated at the festival it’s because they are doing a good job in the IFS-clubs around the country. Our aim is to make the municipalities prioritize sports and development and try not to see comfort as the single most important thing,” said Mogens Damgaard who is a member of the board in DAI with responsibility for Sport for the Mind.

DAI helps create new IFS-clubs, and gives the existing guidance and offer them education. Right now there are two very popular courses that people involved with sports in the psychiatry can attend. The instructor course is targeted at both employees in the municipalities as well as members of the IFS-clubs and qualifies to become an instructor in the club. The Physical Activity Consultant-course qualifies people from municipalities and regions to drive change projects where the goal is to implement sport in their workplace’s culture.

In 2015 IFS has been really focused on cycling, as it encapsulates a great deal of the things that people with mental health problems can gain from sports. It enables social interaction, physical exercise and an easy and cheap way to get around without the need for busses or trains, which sometimes can be quite challenging for people with mental illness. It’s not road cycling on expensive gear, but everyday cycling and in some instances mountain bike. Today many of the IFS-clubs have cycling as an activity, and in October on World Mental Health Day, The National Cycling Union of Denmark and DAI had bicycle trips on 10 km in 11 different Danish cities with a total of around 500 participants.

Sport for the mind is financed with support from The Ministry of Culture and The NOC Sports Confederation of Denmark, and has just been renewed for three more years. It’s a hope that the initiative will find a permanent solution to the financing so it can become more stable and able to focus less on where the next financing will come from.

Every year around 20 % of the Danish population experience mental health problems like anxiety, depression or schizophrenia so it’s actually quite normal. Usually you can’t tell if someone has mental health problems unless you know them well. Mental Health problems shouldn’t be confused with intellectual disabilities like Down syndrome. In Denmark the public system strive to cure people from their mental health problems, so they can continue their life as usual.
This is how a working day could start in every company. Sports exercises in a friendly atmosphere with the performance of Mr. Hosein Hamedian, the pioneer in health and wellness in Iran's Sport. All together with workers and officials in Minoo Company. A coordinated movement to start the workers day with morning exercises simultaneously broadcasted from Sport Radio all over Iran.

A symbolic exercise for the gathering together of workers and managers, AFWSI’s members, members of Ministry of Labour, Ministry of Sport and Youth, welfare and cooperative, happy and as energetic gesture with the hope, that workers society will see a much better atmosphere as it was in the past. It was a big step of Amateur Federation of Workers Sport to bring together all the people and promote the happiness and energy of Iran’s workers.

It was an event with no sign of formal appreciation and compliments and show off, unlike many other sport events and conferences held in the name of Sport for All, just Mrs. Sakht Baz, the manager of the company, welcomed the guests and workers for a couple of minutes before Mr. Hamedian started the stretching movements.

AFWSI hopes that with the encourage of the government and the authorities Iran and even other countries bring up more time and budget for the healthiness of the workers and ring the every day sport bell for workers in all other companies too.

Many VIP took the opportunity to participate in Minoo Company. Dr. Firoozabadi, the deputy of Ministry of
Labour, Welfare and Cooperative took part in this kick-off event as well as Mr. Shabani Bahar, deputy of Development of Sport for All in the Ministry of Sport and Youth, Lotfali Nezhad, general manager of Labour, Welfare and Cooperative, AFWSI president Ahmad Hoseinzadegan and Mr. Hasan Hamidi, the head of the Tehran Sport board.

170 Worker Climbers participating from 30 Provinces of Iran conquered the Sabalan Peak (4811 meters) in Ardabil. In order to promote and develop sport and health and also to protect the labor, worker climbers had a national ascent to Sabalan mountain hosted by Ardabil celebrating the Governments Day.

“Due to good weather conditions and according to the background of this climbing board in holding summer ascent, the request for hosting of this national event was accepted by the Mountaineering Association of the Federation”, said Ahad Purirani, the chairman of the board of workers sport of Ardabil. 170 climbers were more than twice as much as expected.

TEHRAN WON THE WORKERS NATIONAL CYCLING CHAMPIONSHIP

Also 170 cyclists in 20 Teams started at the Iran’s Workers and cycling championships in Tibriz. The competition lasted for three days with the slogan of restoration and saving Urmia Lake. At the end of the Celebration for Iran’s Government Day competitions Tehran Team made the first place (104 points) ahead of Azarbaijane Sharghi (102) and Khorasan Razavi (73,5).

Ahmad Hoseinzadegan
First President of AFWSI

Achieving the majority of Workers Sport Federation Assembly votes, Mr. Ahmad Hoseinzadegan became the FIRST president of the Iranian CSIT member organization AFWSI for the next four years. Five candidates were competing though Kaivan Ashourian Moghadam, Davood Salyanchi and Ebrahim Abasi withdrew from the election. In contest with Reza Khani, Ahmad Hoseinzadegan achieved 32 votes out of 32, getting hundred percent of the votes.

The new president provided an explanation on the function of AFWSI, its accomplishments, its active participation in various games and competitions in recent months as CSIT World Sports Games 2015. Mr. Hoseinzadegan also pointed out AFWSI’s participation in Workers Cultural and Sport Olympiad and the agreement signed between Iraqi Workers Federation and AFWSI.
In times of a massive wave of refugees and migration period the topic of the Congress for sports coaches organized by SATUS Swiss in Gurten/Berne gets a very special meaning and importance. “Integration and sports” or even better “Sports for integration” becomes more and more important in our changing society. The discussions on these topics were actually fruitful with some possible solutions for a peaceful future, integration and migration with positive aspects for living cultural diversity in the clubs.

Cultural diversity means the value of living together with people from different origin, religion, language and culture in the clubs all around the globe, not only in Switzerland. The discussions of this important issue and the arguments and implementation of all the participants enriched the congress. One of the guests was CSIT-president Harald Bauer, who stated a very important message: “It needs big splits to reconcile religions, cultures and linguistic variety. Nevertheless the eyes may not be closed. Every year becomes more important to concern the subject actively and to get cooperation. A lot of efforts at persuasion are required.”

In the different workshops for integration in clubs the participants of the congress discussed intensively and came to a long list of necessary steps and possible solutions:

**How can a club in general handle “other cultures”?**

Most clubs are interested in new members with cultural diversity and can help to organise the society and transport values and rules. But the clubs cannot and will not do the first step. It needs ambassadors who gather refugees, who get to know cultural differences and their requirements and transmit the knowledge.

**Result**

The “cultural diversity” in the clubs causes openness and curiosity to tread new ways. Acceptance, tolerance, solidarity and respect may not be absent. Everybody has to diminish the fears. There is a big chance for the clubs to integrate people of different origin and culture and help our new society to find a new and better organisation concerning Integration in Sports.

**Proven tips for the integration of person with migration background**

- Openness, acceptance, tolerance, respect and open-minded
- Promote parental integration
- Make promotion in the village and in the schools
- Use Media (homepage, Facebook etc.)
- Create offers without obligation
- Organise common events and occasions (sporty and cultural)
CONTRACT WITH PANATHLON INTERNATIONAL

It is not just a signature, it is a strong sign: A historical partnership contract between CSIT and Panathlon International has been signed on the day of the opening ceremony of the 4th CSIT World Sports Games in Lignano Sabbiadoro. The two presidents Harald Bauer (CSIT) and Giacomo Santini (Panathlon) supported this contract of collaboration with strong words: “Sports is our lives. But above all sports there are values. Panathlon and CSIT share the same values. Together we will raise a strong voice against doping, match fixing, violence and racism”, said Harald Bauer. “There are a lot of messages both of our movements can spread”, stated Giacomo Santini. “Our values are perfectly matching. More than that: It is the destiny of our two organisations to come together. Not only, because of comparable targets, not just because of ethic similarities, but also because we can learn a lot from each other.”

CSIT AT ITUC HEADQUARTERS

CSIT President Harald Bauer accompanied by Vice President Yoram Arnstein and Hapoel Director Sagi met ITUC (International Trade Union Confederation) Secretary General Sharan Burrow in their Headquarters in Brussels - Belgium to speak about fields of future co-operations. “Our mission is similar. We fight for a better quality of living and for a better health of the working class people. CSIT is offering several opportunities for physical activity and sports in different branches, on a competitive and also non-competitive level” President Bauer opened the dialogue. Mr. Bauer invited Mrs. Burrow to support the initiatives of CSIT in the best way and she promised to open the communication channels of the ITUC for all the CSIT activities. Trade Unions are one of the three member Union types of CSIT next to sport organisations and company sport federations. A closer cooperation of ITUC and CSIT will bring an added value to both organisations and their individual members in their intentions to promote a healthy lifestyle via sports.

CO-OPERATION CSIT AND IRV (RHÖNRAD)

CSIT and the International Wheel Gymnastics Federation IRV are planning a close co-operation in the upcoming years. IRV-President Henning Henningsen, responsible for International Relations, met CSIT President Harald Bauer in Vienna, Austria for details. The evaluation of the IRV World Championships 2015 within the framework of CSIT World Sports Games in Lignano was very positive. Due to that fact, both organisations agreed to extend their co-operation. Mr. Bauer: “I am very happy about the partnership with IRV and try to bring in all my experience for a strategic development concept for IRV in general and specially with the CSIT.” IRV-President Henningsen agreed to Mr. Bauer: “The World Championship 2015 in Lignano was an excellent Event and has advantages for the CSIT and the IRV. I’m looking forward to a close cooperation between the CSIT and the IRV in the future.” IRV and CSIT are planning to integrate IRV constantly in the CSIT and think about organizing a World Team Cup within the CSIT Games in Riga (Latvia) in June 2017. A member of the IRV Board will also attend the CSIT Congress in October 2016.

RUEDI HUG

The Vice President of Wheel Gymnastics Federation IRV (Rhönrad), Ruedi Hug, recently passed away after a heart attack. The CSIT is loosing another wonderful partner and big supporter and over all a special friend and sportsman. CSIT President Bauer had the chance and the privilege to sign the first cooperation agreement with Ruedi last Congress in Lignano and CSIT was proud and satisfied about the good results in the 4th WSG in Lignano last June. CSIT will certainly keep Ruedi in best memory.
GYMNASTICS IS ONE OF THE BIGGEST AMATEUR SPORTS IN ESTONIA, WHICH AT THE SAME TIME HAS A VERY LONG HISTORY. 115 YEARS AGO, ON 24TH MAY 1901, EVERYTHING STARTED WITH THE FOUNDATION OF ESTONIAN CYCLING CLUB KALEV. DURING THE FIRST DECADE OF CLUB LIFE, KALEV DEVELOPED AS ORGANIZATION FOR PRACTICING ALL KINDS OF POPULAR SPORTS IN ESTONIA. IN 1934 AND 1939 KALEV HELD FIRST BIG GYMNASTIC FESTIVALS AND IS PROUD TO SAY, THAT THE TRADITIONAL FOLKDANCE FESTIVALS IN ESTONIA GREW OUT OF THIS GYMNASTICS. KALEV HAS PLAYED A MAYOR ROLE IN DEVELOPING AND ORGANIZING BIG GYMNASTICS EVENTS FOR ALL.
From 27th of June to 2nd of July 2016 Kalev will be organizing the 5th Estonian Gymnastics Festival “Soul bird”. This festival is taking place once in every five years and is one of the biggest mass events in Estonia with participants from all counties. 7000 gymnasts will be practicing and performing along with live music at Kalev Central Stadium like they did at the Opening Ceremony of the CSIT World Sports Games in Tallinn 2010.

The festival’s theme is all about the story of Soulbird, by Michal Snunit’s book “The Soul Bird”. A young and talented Estonian gymnastics director will tell the story of Soulbird, who lives inside us: “Deep, deep inside our body there lives the soul. No one has ever seen her, but everyone knows of her existence. Right in the middle of the soul there lives the bird named Soulbird, made of many drawers. It is not easy to open them, because all are locked with their unique keys. The Soulbird is the mirror image of our values and beliefs, sorrows and joy, which we are about to share with all of you!

The 5th Estonian Gymnastic Festival next summer in Tallinn will be a colorful sports for all festival for everybody. KALEV invites CSIT physical activities for seniors 55+ to take part at this big event! Let’s open and discover together what the drawers of “The Soulbird” have to offer.

Kalev offers CSIT Physical activities for seniors 55+ to take part at special gymnastics programme, which will be held from 29th June to 2nd July 2016. Nordic walking- Tallinn White Nights, several ballgames and mindgames, explore the beautiful old town and take part of other exciting events. The whole CSIT family is very welcomed to visit Tallinn and spend an exciting week with Kalev!

Hoping for a good collaboration and to see you in Tallinn. For information about program and registration call or write an email:

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