

Wrestling Academy for Positive Values

Acronym: Wrestling for Values

Summary:

Being a wrestler is a formidable challenge. Wrestlers face immense societal pressures from media, public expectations, and rigorous demands, all of which can significantly impact their performance. They constantly operate at their peak strength and push the boundaries of their physical limits. Their lives are governed by stringent routines, where even a moment's lapse can lead to devastating consequences that may last for years. To mitigate these risks, it is crucial that wrestlers are educated in the positive values of their sport, encompassing anti-doping, fair play, nutrition, and injury prevention. This education is essential not only for their physical well-being but also for their overall health.

The main objective of this project is to enhance the quality of training methodologies that instill these positive values in wrestling. This will be accomplished by developing a comprehensive training methodology that includes anti-doping awareness, fair play, nutrition, and injury prevention. The project involves collaboration among five wrestling organizations from Croatia, Macedonia, and Serbia, which exchange best practices and jointly develop, test, and implement the training program.

The initiative engages ten wrestling coaches and sixty young wrestlers who will enhance the positive values in wrestling through structured training and education. By the project's conclusion, we expect participants to have significantly increased their knowledge and awareness, thereby contributing to improved wrestling practices and an expansion in the number of wrestling practitioners. Through this project, the consortium will not only make a significant impact on its own members but also advance the broader European wrestling community by fostering cooperation at the EU level on critical issues that transcend mere competition—issues that underscore the European values of wrestling, including injury prevention, anti-doping, fair play, and nutrition.

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Project partners:

- *Wrestling federation of Republic of North Macedonia Skopje*
- *Wrestling Federation of Serbia*
- *Wrestling club Zagreb*
- *Croatian Association of Zagreb County*

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