



European
Commission

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EUROPEAN PARTNERSHIP ON SPORT

Health & Injury Prevention for Young Athletes (HIP Ya)!



ABOUT PROJECT - "HIP Ya"

Health & Injury Prevention for Young Athletes

The general objective of the action HIP Ya! is to prevent injuries and protect health of young athletes at the grass root level through involvement of coaches with extensive experience in training youth. The coaches are the first and the most important figures in sports careers development of all athletes. Their influence is the foremost in formation of habits and technique of youth in training. They are in position to prevent injuries during the whole career of an athlete by forming beneficial habits and encouraging the young person to adhere to proper discipline that will safeguard his/hers health and prevent injuries.

The specific objective of the action is to exchange the best practices in athletic training and to improve practical training methodology conducive to prevention of injuries and health protection of young athletes in close co-operation with medical profession.

The general objective, as well as the specific one are in accordance with the main objective of the Preparatory Action European Partnership on Sports for 2013. The action will establish completely new and informal network of athletic clubs with youth programmes in six EU members. The action is almost grass root and it diverse from the others, as it is organized from the bottom, without involvement of formal associations on national or European level. The action network started informally through co-operation of likely minded coaches and athletic clubs and expanded by the word of mouth. The athletic clubs network and theirs coaches are well placed to improve the training condition from within and to safeguard health and prevent injuries. The action will mainly consist of exchange of information and good practices and common training initiatives. It will result in production of training manual and video for coaches in athletics and the other sports as the athletics is one of the basic sports and its methodology can be applied in other sports.

The action HIP Ya! will have 8 partners from 6 different countries. None of the partners are token partners, all of them have significant proportion of the budget, as well as significant portion of the activities that have to be carried out.