



**KUNGÄLVS
KOMMUN**



Joint vision agreement

In Kungälv, the Sports Council, together with sports clubs, RF-SISU, and the municipality of Kungälv, have created a joint vision agreement. The goal of this agreement is to ensure children and youths have the chance to engage in a variety of sports, contributing to a lifelong involvement in sports. The focus is on keeping the children and youths at the center, without forcing them to choose a specific sport.

Your sports club is part of this agreement and aims to collaborate with other sports clubs in the municipality.

This means that your child should have the opportunity to be a member of several sports clubs, without having to give up a sport at an early age. If there are clashes in training/matches/events/camps, communication between the clubs should happen to make it as good as possible for the children and youths. Sports and clubs are divided into high and low seasons, considering whether they are winter or summer sports. Those sports that are more year-round have specified when, for example, their competition periods are. Coaches and guardians should encourage the children and youths to choose the sport that is in its high season. All training counts! This means if a child misses a training session due to another sports training, it still counts as if the child has trained.

Research shows that children who engage in multiple sports and do not specialize before puberty perform more consistently, have fewer injuries, and continue to participate in sports longer than those who specialize early. A broad sports background, with various sports, enhances motor development and athletic ability, increasing the chances for a child to discover a sport they enjoy.

The approach and attitude of guardians and coaches make a difference in the sports participation of children and youths. Neither guardians nor coaches should exert pressure that leads to children and youths having to make a choice of sport. Our hope and wish is that you as a guardian create and maintain a supportive environment so that children can practice multiple sports simultaneously.

Read the entire agreement and more about ages and recommendations:

www.kungalv.se/samsynforening

Clubs within the agreement

