

# How can we get young people engaged in sport?

## Suggestions from the participants

- Ask them!
- Let them!
- More and better coaches specializing to young people
- Get out information in an inspiring way
- Barents Games being cost efficient, gives youth a chance to participate
- Being directly involved in the regional committee and a sport club
- We must let them!
- Keep to the rules in Barents Games: 15 – 25 year old athletes
- Volunteering
- Educational institutions should support leaders giving them days free from classes for sport events and promoting their contribution
- Have culture & educations around the Barents Games for the young
- International education for young talent, referees and for coaches
- Let them be national team coaches in BG
- More visibility in media and social media
- Leaders: have two delegates to Barents Sport Conference under 24 years old from each country
- As volunteers: Involve the young ones in the planning of BG
- Contact the “captain of youth” – order him/her to recruit his or her competing friends
- Make sure everything else works
- Do the events audience friendly
- Organize Youth leader Barents Conference
- Invite young referees from each country to Barents Games
- Conference for young coaches in Barents Region
- Roll-models
- Invite main attractions as the kids to the crown prince/princess or president
- Age: only 15 – 25 years!
- Include new regions in the Barents Games
- Recruit more athletes and coaches among the youth and bring them to join the arrangement
- Involve them
- Show the youth that they are part of something much bigger than their sport
- Establish a youth committee in each of the four countries
- The youth committee get a task for the next Barents Games: make a program for leisure time, example: culture program like the learn & share concept
- Try the sport
- Involve the youths early and give them responsibility
- Create engagement in the local communities
- Create ownership to arrangements in the population
- Use the YOG-youths experience

- Involve the youth from the beginning
- It must be exciting and the young people must be involved from the beginning
- In your club – take a youngster to your partner and teach him/her to grow with you as leader/coach/referee
- Don't kill him/her with too much work (right in the beginning)!
- Step by step
- Motivate youths to participate in the Barents Sport Conference
- Invite two persons from each sport to the Barents Sport Conference
- Strong involving of youth in planning and implementation
- Strengthen the youth leader- programs
- Improve existing arrangements to be youth friendly
- Make a film and articles for BWG/BSG
- Expand BG from Thursday
- Involve the schools in both sports and arrangements
- Local involvement
- Ask the young to participate in the planning of the games
- Ages in BG: 12 – 22 years, new leaders: 23- 25 years
- Training groups for youngsters, especially in individual sports
- Engage and accept that there are young competent referees, and let them through
- They have to start somewhere
- Ask young volunteers from education or sport clubs
- Have fun – ask them!
- Challenge the organizing clubs to use the youths as leaders/coaches
- Start early with groups of children, and follow up with coaches to keep them together as a social group – especially for individual sports
- To attract youth we should think about their parents as important stimulators and inspirers
- Strengthen international Barents cooperation in general (sport, culture, education, family exchange) and promote volunteer work there
- To arrange Barents sports volunteer camps for 4 countries to teach how to volunteer and promote Barents Games and Barents cooperation countries values
- To establish Calotte Sports centers for children and Youth in Swe, Fin, Rus, Nor for all kinds of international sport projects and activities.