

OBLOMOV PROJECT: Result meeting,
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oblomov
obesity and low motility victims

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TENIS KLUB
limpija

Basic information on the implementation of the project

- Number of sport clubs: 8
- Clubs: Pk Olimpija (Swimming), Rk Olimpija (Handball), Ak Olimpija (Athletics), KKK Olimpija (Basketball), Jk Olimpija (Judo), Nk Olimpija (Football), KK Olimpija (Karate club), Bk Olimpija (baddinton), Dance club Kazina, Bolero & Forma, Day care center (Skupaj v skupnosti), Youth centres – Mladi zmaji (Črnuce & Zalog)
- Number of children involved: 187 (Clubs) + 82 (Day care & Youth center)
- Number of coaches involved: 11 (Clubs), 6 (Day & Youth center) & 6 (TK Olimpija)
- Story used: Peter Pan

Preperation for project implementation

- Going into every single detail of the Peter Pan story
- Preparing presentation for coaches
- Deviding the story of Peter Pan on episodes
- Attampting every episode from start to finish, to see which things work
- Finding + &- in every single episode
- Finding better exercises for episodes
- Again, attampting every single episode with new exercises
- Building new episodes based on the new exercises
- Getting the final material (story, exercises, etc.) to the coaches

Presenting the project to the coaches (example of the our presentation)

- We introduced our selves (just a few words)
- Every coach introduces him self (name, expectations of the project)

- A quick few words about project – important objectives
- Start in silence:
 - Impro.exerc. 1 – imitating Brin
 - Impro.exerc. 2 - walking the space
 - Impro.exerc. 3 – waking the space and handshakes
- Presenting the main goal of the project
- Exercises:
 - Eye contact
 - Game of names
 - Frames game
 - Improvisation
- Sitting down and going through the whole project
- First episode
- Questions

Coaches reactions after project presentation

- Positively impressed
- Full of energy
- A bit of doubt of what this program can bring
- Some of the coaches were a bit scared, because they did not know how to implement Oblomov methodology in their year plan
- Eager to find ways, how to put the program into their year plan

Sport clubs, Day and Youth care centres implementation

- Project took part in 11 different sport clubs and 3 day and youth care centres
- In each institution we presented oblomov methodology to 1 group (together 14 groups)
- Each class consisted 15 – 40 children
- Sessions with classes were either 45min or 90 min long
 - 45min – one episode
 - 90min – two episodes

Clubs implementation

- By implementing the Oblomov methodology in clubs, we wanted to achieve/see, whether the design of the project is also feasible to conditions/environment that club provides
- At the same time, we were also interested how the kids & coaches will react to required tasks, according to project
- It turned out that coaches from clubs were impressed by the methodology, but raised some concerns about by implementing this into the year plan
- And so did the parents, because at the end of the day, they signed their kid to the club to learn specific sport and to be good at it

Day & Youth care centres implementation

- By implementing the Oblomov methodology in day & youth centres, we wanted to achieve/see, whether the design of the project is also feasible to conditions/environment that day & youth centres provides
- At the same time, we were also interested how the kids & coaches will react to required tasks, according to project
- It turned out that the kids were way more excited and willing to cooperate than the kids from sport clubs
- Same goes for the staff, they didn't raise any concerns, because they are not competition orientated

Problems with Oblomov methodology

- Oblomov methodology greatly differentiate from their regular practices
- Coaches, kids & parents are to ambitious
- Intense schedule of competitions
- They don't want to risk sport specific training for Oblomov methodology
 - The existing ranking lists are applicable to success of each individual club
 - More success = more kids in the club = more money for clubs
- The main focus enthusiastically remains on competitions, which is stronger than deliberate actions

Risks

- Applying changes in the system in sports clubs:
 - a reluctance towards the new approach
 - lack of motivation
 - lack of cooperation
- Sport clubs show less interest, therefore they are not potential and suitable to become a final group
- Staff without charismatic characteristics can not pull the group into Oblomow flow

Solutions regarding Oblomov methodology

- Implementation in to the day care centres:
 - day centers are not competitions orientaited as clubs → implementation of Oblomov program has been pleasant and simple
- Children, coaches & parents at the day care centres:
 - Kids, stuff & parents are excited and greatfull for new things and are more than willing to participate in any activity that is provided to them
- Choosing staff with an interview:
 - Based on their work experiences & interests and not by the education, diploma