



RISE - Racket for Integration of SEniors

Funded by the Erasmus+ Programme
of the European Union



TENIŠKI KLUB Krško

Zdus
zveza društev upokojencev slovenije

AIGNER KARNER
tennis and more





RISE is a two-year project co-funded by Erasmus + Sport of the European Union involving five European partners

Tennis club As Pula - Tennis association of Istria district, Croatia

Fair-way Sportegyesulet (Fair-way SE), Hungary

Tennis club Krško, Slovenia

Slovenian Federation of Pensioner's Association

AIGNERKARNER tennisandmore GdbR, Germany



RISE is the project which main objectives are to promote social inclusion, equal opportunities and raising awareness of the importance of health enhancing physical activity, through increased participation in, and equal access to the game of pickleball for all people, especially the elderly who are suffering the most during and after ongoing Covid-19 public health crisis.



The proposed project is focused on the game of pickleball, because it contains all elements required for a healthy and normal physical and emotional well-being for all people. Pickleball is adopted version of tennis, created for all ages and skill levels, in particular elderly. The rules are simple and the game is easy for beginners to learn. Game is played both indoors and outdoors on a badminton-size court. It is usually played as doubles. The game is especially popular with the elderly, because it is easy to play and it is social game. On the other hand, it provides a good aerobic workout without as much stress on the body.



Some highlights...



Most important part of our RISE project is performed through organization and implementation of pickle tennis activities for elderly. Organized tennis activities are performed free of charge by project partners two times per week. In addition to sport activities, other events are organized, such as presentation in Ljubljana. The purpose of these events is to present a new, very popular American sport, sport which can connect the youngest and oldest members of the family, playing together and competing as grandchildren and grandparents, to a wider audience and to contribute to the development of the sport in different areas.

We are at your disposal for additional informations!



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