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STRONG
ATHLETES' RIGHTS &
RESPONSIBILITIES



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STRONG NEWSLETTER

Welcome to the STRONG project newsletter!

The STRONG Newsletter is a key communication tool designed to keep stakeholders, partners, and the wider sports community informed about the project's progress. Published every six months, the newsletter provides updates on project milestones, key activities, deliverables, and showcases actions and initiatives undertaken by consortium partners to advance athletes' rights.

SUBSCRIBE

STRONG PROJECT OFFICIALLY LAUNCHED

The STRONG project (*Supporting the Implementation of Athletes' Rights and Responsibilities in National Olympic Committees*) officially began in January 2026, marking the start of a new Erasmus+ initiative coordinated by the EOC EU Office. Bringing together 15 National Olympic Committees and academic experts from Johannes Gutenberg University Mainz, the project aims to strengthen the implementation, protection and promotion of athletes' rights and responsibilities across Europe.

The project was formally launched during a two-day kick-off meeting in Brussels, where partners aligned on the project's objectives, governance structure and expected outcomes. Through research, capacity-building, mentoring activities and the development of a European Framework for Athletes' Rights and Responsibilities, STRONG supports NOCs and athletes in translating international standards into practical actions at national level. Particular attention will be given to areas such as non-discrimination, freedom of expression, athlete representation and participation in decision-making processes.

[🔗 Read more:](#)

[STRONG PROJECT LAUNCH](#)

[STRONG KICK OFF MEETING](#)

HIGHLIGHTS IN THIS NEWSLETTER

Welcome to the first edition of our project newsletter! In this issue, we take you through the key milestones and resources that mark the beginning of our journey:

Project Launch & Kick-off Meeting

Discover how the project officially started, meet the partners involved, and learn about the objectives that will guide our work in the coming months.

Meet the Consortium

Get to know the organisations behind the project and the expertise they bring to our shared mission.

Project Leaflet Available

Download and share our project leaflet for a concise overview of the project's goals, activities, and expected impact.

Coming Soon: Pool of Actions

Stay tuned for the launch of our Pool of Actions – a collection of practical tools, initiatives, and opportunities designed to support stakeholder engagement and project implementation.

STRONG LATEST NEWS

Meet the STRONG Consortium

The STRONG project brings together a unique partnership of 15 National Olympic Committees, the EOC EU Office, and Johannes Gutenberg University Mainz, combining expertise from the Olympic Movement, athlete representation, governance, and academic research. United by a shared commitment to promoting and protecting athletes' rights and responsibilities, the consortium will work collaboratively over the coming years to develop practical tools, research findings, and capacity-building activities for National Olympic Committees across Europe.

Through this diverse network of partners, STRONG aims to ensure that athletes' voices are heard, their rights are safeguarded, and their responsibilities are better understood and implemented within sport governance structures. The consortium's broad geographical reach and complementary expertise will be key to delivering meaningful and sustainable impact throughout the project.

 **Read more:**

MEET THE CONSORTIUM



The STRONG Project Leaflet is now available

Want a quick overview of the STRONG project? Our official project leaflet is now available and provides a concise introduction to the project's objectives, partnership, key activities, and expected outcomes.

The leaflet highlights how STRONG will support National Olympic Committees in strengthening the implementation of athletes' rights and responsibilities through research, capacity-building, mentoring activities, and the development of practical tools and frameworks. It is the perfect resource for athletes, sport organisations, and stakeholders who want to learn more about the project at a glance.

[🔗 Download the STRONG Project Leaflet](#) and share it within your network to help raise awareness about the importance of athletes' rights and responsibilities across Europe.

[🔗 Read more:](#)

STRONG PROJECT LEAFLET

Coming Soon: The STRONG Pool of Actions

The STRONG project is preparing to launch its first publicly available output: the **STRONG Pool of Actions**. This practical resource will bring together a collection of good practices that support the implementation of athletes' rights and responsibilities in line with the **IOC Athletes' Rights and Responsibilities Declaration**.

Designed for National Olympic Committees, athlete representatives, sport organisations, and other stakeholders, the Pool of Actions will showcase inspiring initiatives and practical examples across four key areas: **non-discrimination, freedom of expression, representation and participation, and opportunities and agreements**. By highlighting successful approaches from across the sporting landscape, the resource aims to support organisations in strengthening athlete-centred governance and promoting a culture that respects and empowers athletes.

Stay tuned for its release and keep an eye on the **STRONG website**, where the Pool of Actions will be made available in the coming weeks!

ATHLETES' RIGHTS NEWS

STRONG aligned with IOC's new "Fit for Future" strategic direction

The IOC's new **"Fit for Future"** strategic direction reinforces a shared commitment to placing athletes at the heart of the Olympic Movement. By strengthening athlete representation, supporting athletes throughout and beyond their sporting careers, and promoting safe, fair and athlete-centred sporting environments, the strategy closely aligns with STRONG's mission to support National Olympic Committees in implementing the **IOC Athletes' Rights and Responsibilities Declaration** through research, capacity-building and practical governance tools. We are particularly proud

that **Johanna Talihärm OLY**, Chair of the European Olympic Committees (EOC) Athletes' Commission, who welcomed the strategy during the IOC Session, is also an active contributor to the STRONG project. Her expertise and athlete-centred perspective continue to shape the project's research, framework and practical outputs, demonstrating the importance of involving athletes directly in developing the policies and solutions that affect them. STRONG looks forward to contributing to this shared ambition and helping translate these commitments into meaningful action across Europe.

EPAS "Sport for All" project held its closing event in Strasbourg

Between 23 June and 24 June, the EU and Council of Europe joint project 'Sport for All: Promoting Inclusion and Combating Discrimination Against Persons with Disabilities', held its [closing event](#) in Strasbourg. The project, supported by the Council of Europe's [Enlarged Partial Agreement on Sport \(EPAS\)](#), ran from March 2025 till August 2026, with the aim of creating a more inclusive sport culture and addressing barriers that are faced by people with disabilities. During the closing event, athletes and researchers stressed that education and involvement is most important to improve the experience of athletes in para-sport. President of the European Paralympic Committee Raymon Blondel stressed that true inclusion goes beyond access to sport and it should also create pathways for athletes to become leaders, coaches, advocates, and decision-makers, referring to the European Athletes' Council and the ParaManager Project. The project also paved the way for a new [Sport for All Toolkit](#), a practical resource containing 45 handouts to help sport organisations design, implement, and evaluate inclusive sport initiatives. The toolkit supports practitioners in strengthening long-term inclusion across the sport sector and implementing constructive change.




LOOKING AHEAD

1-2 October 2026: Project Meeting 2 and Validation Workshop in Mainz, Germany

STAY CONNECTED AND SPREAD THE WORD!

We invite you to share the newsletter with your networks to broaden the visibility and impact of the **STRONG** project beyond its consortium.

For more information, explore the **STRONG [website](#)** to find out:

-  Project details and objectives under the "Project" section
-  News and events in the "Events & News" section
-  Public deliverables and publications

Stay updated by following us on [LinkedIn](#) for project news, event announcements, deliverables, and key achievements.

SUBSCRIBE



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STRONG (*Supporting the Implementation of Athletes' Rights and Responsibilities in National Olympic Committees*) is an Erasmus+ co-funded project that aims to strengthen the implementation, protection and promotion of athletes' rights and responsibilities across Europe. Bringing together National Olympic Committees and academic partners, the project supports athlete-centred governance through research, capacity-building, the exchange of good practices, and the development of practical tools aligned with the IOC Athletes' Rights and Responsibilities Declaration.



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