



Co-funded by
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Support Letter

Project title: Safe and Strong

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To whom it may concern,

On behalf of Slovenian Judo Federation, we would like to express our full support for the Erasmus+ Sport project titled "Safe and Strong", coordinated within a partnership of judo clubs from Slovenia, Croatia, and Italy.

We recognize the urgent need to address harmful weight loss practices among young judokas, which can significantly affect both their health and athletic development. The Safe and Strong project tackles this issue by aiming to raise awareness and improve education among athletes, coaches, and parents about safe and evidence-based methods of body weight regulation (BWR).

We believe that this initiative will bring long-term benefits to the judo community by:

- Developing clear and accessible guidelines on safe weight control;
- Promoting healthy habits among young athletes;
- Equipping coaches and parents with the necessary knowledge to support their judokas in a safe sporting environment;
- Raising the overall standard of care and athlete well-being in our sport.

As a club actively involved in the development of young judokas, we fully endorse the goals and values of this project and are committed to promoting its outcomes among our members and local networks. We strongly support the collaborative and educational approach of Safe and Strong and see it as an essential step toward a healthier and more responsible future in judo.

We look forward to the successful implementation of the project and remain open to contributing to its dissemination and promotion.

Sincerely,



Aljaž Sedej

Secretary General

Slovenian Judo Federation