



## **WKSF President - Report 2024**

Prot. N°043 24 December 2024

Almost 7 years have passed since we founded WKSF. In this Report I have told in simple words everything we have done. Enjoy the reading. We have achieved important milestones for growth of our organization and of Kettlebell Sport in general, I want to mention some of these achievements: we have joined TAFISA and we are international member, ISNO international member, SRE international member, GAWSF international member, we are in the process of joining AIMS and WADA, we are on the road to international recognition. We have carried out a project to organize sporting events in high quality with all predefined requirements, we have achieved the World Record payment in the Elite category, World Record registration in the Master

categories, separate discipline jerk and snatch (Biathlon) and half marathon in total 72 new WR during season 2024.

In the season of 2024, 53 World Records (01 for women Elite and 01 for men Elite and 51 records for the Master) during World Championship in Poland, 01 World Record Master during Asia & Oceania Championship in India and 18 World Records (01 for women Elite and records for the Master) during European Championship in Italy.

The Judges worked very well, especially in the most important competitions of the year, in total we have 149 certified judges of various categories, the first judges and secretariat in the championships receive compensation in the amount of 50€ and in general this year 16.384,00€ was spent on refereeing. Have not given the opportunity to carry out projects in collaboration with international universities, we have achieved a lot but we still have a lot of work to carry out our realities, all together we will succeed.

During 2023 we have 70 countries affiliated regularly and 3-4 countries in negotiation from Africa. Great movement in continent Africa.

In the WKSF 2024 events calendar we have 23 competitions in 5 continents (South America & North America, Asia, Europa, Oceania) that shows great growth Kettlebell Sport in the world, including World Championship in Poland, Open European Championship in Italy, Open Asia & Oceania Championship in India, Open North America Championship in USA, Open South America Championship in Brasile, Open Cup Oceania in Australia, World Cup in Italy.

### **GLOBAL WORK PROJECTS**

One of the major objectives that we have set ourselves as WKSF is to make ourselves known and to obtain ever greater visibility as a sport. For this reason, we are committed to activate international contacts in order to introduce ourselves and acquire the necessary information to be able to join organizations that can help us achieve our purpose.

During 2023 we are officially affiliated and we are members:

- ISNO
- SRE
- TAFISA
- GAWSF



## **ANTI-DOPING / WADA-WKSF CLEAN SPORT REGULATIONS**

This year we managed to have Doping Control for world record holders during World Championship in Poland 33 test, during European Championship in Italy 10 test, during Asia & Oceania Championship in India 6 test. In total 49 test.

### **Principles of WKSF Clean Sport**

WKSF Anti-doping programs are founded on the the values of a sport "From All & To All" with a Fair-Play between all. The spirit of the human being to persuit the excellence must be through the dedicated perfection of each athlete's natural talents. WKSF Anti-doping programs and all guidelines promoted, developed and directed to protect the health of Athletes and to provide the opportunity for athletes to pursue human excellence without the use of prohibited substances and methods. WKSF Anti-doping programs are founded in the ideology to maintain the integrity of sport in terms of respect for rules, other competitors, fair competition, a level playing field, and the value of clean sport to the world. We believe that the sport is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport.

The WKSF Anti-doping program is sustained in:

- Health
- Ethics, fair play and honesty
- Rights and Responsibilities
- Education
- Proud and joy
- Dedication with commitment
- Respect for rules and laws

### **Rights & Responsibilities of a Athletes**

Mission: To be informed of and comply with all applicable anti-doping policies and rules.

\*Know the anti-doping rules is fundamental!

### **Responsibilities**

To be informed of and comply with all applicable anti-doping policies and rules.

The athletes must be availables for testing. Athlete must be informed and infom personal or club medical staff and be awared to not use prohibited substances and prohibited methods and taking responsibility to ensure that any medical treatment does not violate anti- doping policies and rules.

\*Tell doctors and medics that you are an athlete and cannot use banned substances and/or methods. Check all medication does not contain a banned substance before you take it. Ask for help if you are unsure (you can contact directly the WKSF and WKSF Anti-Doping Commission).

\*Inform the national team board of any doubt to be clarify before athlete preparation training program or competing event. To disclose to the National Anti-Doping Organization (NADO) and WKSF any decision made by an Anti-Doping Organization (ADO) that is not a Code Signatory relating to committing an anti-doping rule violation (ADRV) within the previous ten years.

\*Tell your NADO or WKSF if you have committed an ADRV in the last 10 years. To take responsibility for what you ingest and use

\*Your body, your responsibility.



### **To cooperate with ADOs investigating ADRVs.**

\*Help with an anti-doping investigation when asked to. To disclose the identity of your athlete support personnel to any ADO with authority over you that requests it.

\*Share information about those who support you (coach, physiotherapist, doctor) if asked.

### **GENDER**

The practice of Kettlebell Sport

Everyone has the right to practice sports in healthy environments that guarantee human dignity. Women and men of different ages and different social and cultural backgrounds must have the same opportunities to practice kettlebell sports. Sports organizations and institutions must be responsible for the implementation of gender equality policies and must find useful tools to promote the participation of women in kettlebell sport, at all levels.

Recommendations for WKSF affiliated national federations and associations

- Work for the organizational transformation of federations-associations and place women in various areas and roles.
- Organize activities for different training agencies such as schools, youth centers, sports centers that can encourage girls and women to play kettlebell sports.
- Work for the creation of "women friendly" environments that allow women to combine sport with motherhood.
- Create programs for the development of women's sports practice and seek forms of cooperation with other political subjects (Ministry of Health, Social Affairs, etc.)
- Allocate available financial resources to foster equal participation in sport.
- Allocate sports facilities to different groups on an equal basis.
- Include clear anti-sex clauses in federal regulations.

## **STRATEGIC PLAN FOR THE DEVELOPMENT OF KETTLEBELL SPORT WORLDWIDE**

### **INTRODUCTION**

The World Kettlebell Sport Federation is the international leading board of all the federations of kettlebell sport from each affiliated country, managing and organizing the relationships and international competitions among them. Furthermore, the World Kettlebell Sport Federation regulates and develops the international sport events, training programs for practitioners and technicians, in addition to promoting national federations. The World Kettlebell Sport Federation believes in the values of democracy, solidarity and equality, and condemns any discrimination of gender, nationality, social background, political and religious views. The World Kettlebell Sport Federation promotes the recognition of sport as a determining factor to improve the individual's personal growth. The World Kettlebell Sport Federation opposes all forms of corruption or conflicts of interest and encourages transparency in decisions and processes. The World Kettlebell Sport Federation prevents and restricts the use of substances altering natural physical performance of athletes and reinforces the current anti-doping laws.

### **VISION**

To promote and regulate Kettlebell Sport, in order to develop the values and culture of this sport, alongside national federations and sport associations. The World Kettlebell Sport Federation considers sport as a powerful to promote positive values in terms of general wellbeing and lifestyle. Kettlebell Sport is practiced by professionals and amateurs, who follow some shared values:



- loyalty;
- mutual support;
- physical and moral sacrifice;
- respect for the opponent and compliance with rules;
- attention to social and environmental issues;
- interest for people's health and their general wellbeing;
- understanding and respect for the historical roots of the discipline.

#### **MISSION**

To design a plan of continuous development of the Kettlebell Sport Movement worldwide, in order to improve the qualitative and quantitative standards of the sport as well as the organization. To strengthen cooperation and partnerships between all actors, including sport clubs, associations, federations and leagues, university, school, local communities and decision makers as well as the public and private sectors, and ensure complementarities and to make sport and physical education available to everyone.

#### **OBJECTIVES**

- To promote and develop the Movement, through the increase in the number of members and affiliated national federations worldwide.
- To stimulate the interest of people and media for the sport.
- To promote a wider and thorough expansion of Kettlebell Sport culture at every level of experience.
- To promote Sport as a primary factor for health, education, social, economic and cultural development.
- To implement shared planning and decision making across the board.
- To value relationships with stakeholders.

#### **ACTIONS**

- To improve the organizational governance and promote the coordination across different national federations.
- To encourage the affiliation to the main supranational sports Organizations.
- To improve the structure of competitions and international sport events.
- To promote standardisation of competition equipment, rules and criteria.
- To add value to the national teams.
- To promote continuously higher standards of training for athletes and instructors.
- To develop an advanced plan of communication and marketing.
- To amplify live streaming, media and TV connection for main sport events.
- To increase the fundraising and the search for new sponsorships.
- To promote health and wellbeing for disabled people, taking into account their specific requirements and needs.
- To encourage everybody to practice sport and physical activity, in particular women, young and elderly people.
- To increase the awareness and understanding of Kettlebell Sport in schools and universities.
- To promote active citizenship and encourage volunteering in sport.



· To promote sport projects linking science, health, society and culture, together with the experts in each field of interest.

#### **THE FOUR PILLARS OF WKSF**

The World Kettlebell Sport Federation is based on four main pillars:

- Competitions: through the organization of international championships and games
- Education: through activities aimed at increasing the awareness of the sport and its technical methodologies among people, in collaboration with experts in the academic environment and health professionals
- Social and cultural promotion: through support to projects aimed at promoting the involvement of students, women, young people and vulnerable individuals of society, in partnership with public and private entities and bodies.
- Training: through the organization and improvement of specific courses, workshops and classes for instructors, athletes and amateurs. Noteworthy is the contribute of the International Kettlebell Lifting Training Academy for its commitment to education and specific activities aimed at the personal and professional development of professional athletes.

The World Kettlebell Sport Federation recognizes that international sport has the power to bring nations as well as individuals together and it can serve as a guide to an engaged and inclusive society. Through this brief strategic plan, the World Kettlebell Sport Federation provides the roadmap and the main initiatives to convert the main challenges in great opportunities for the long term growth of our sport and for the enjoyment of many people within the Kettlebell Sport family!

#### **FINAL CONSIDERATIONS**

I want to thank everyone, Athletes, Trainers, Judges, National Referents, for the commitment made during this year, a commitment that has allowed us to quickly grow "our" WKSF.

Thanks to the Coordinators and the members of the Commissions (78 members of the commissions involved for our growth) and to the Executive Committee (I would like to specify all members of the executive committee, we worked very hard and very constructive during the year 2024), who contributed to the definition of the technical / sporting aspects.

#### **At the end of my report I would like to visualize three important events of the year 2024:**

1) WKSF World Championship month of June in Poland, great organizational level, 31 country and 525 athletes-disciplines. Doping Control 33 test. Thanks for all the work done during the World Championship to staff WKSF and Kettlebell Rzeszow, thanks to Andrzej Jodlowski.

2) WKSF Open South America Championship month November in Brazil, great organizational level, 4 country, 142 athletes-disciplines. Thanks to Christian Thier for all the work done during the South America Championship.

3) WKSF Open European Championship month December in Italy, great organizational level, 14 country, 226 athletes-disciplines. Doping Control 10 test. Thanks for all the work done during the European Championship to staff WKSF and FIKS, thanks Vincenzo Di Rosario.

4) WKSF Open Asia & Oceania Championship month November in India, great organizational level, 37 athletes-disciplines. Doping Control 6 test. Thanks for all the work done during the Asia & Oceania Championship to staff WKSF and GSIF, thanks Parag Mhetre.



5) WKSF Open North America Championship month September in USA, thanks to commission.

6) Season 2024 started with WKSF World Cup in Italy in March, in April WKSF Open Oceania Cup, thanks to commission.

#### Activities 2024:

- 1) In the 2024 we had 23 national and international competitions.
- 2) We participated in April 2024 in the SPORTACCORD Summit in Birmingham, UK, our federation presented by the General Secretary Mr. Eduardo Fonseca.
- 3) We participated in October 2024 in the TAFISA Interact+Capacity Building Workshop in Lausanne.
- 4) We participated in October 2024 in the TAFISA World Walking Day-24 Hours Around the Globe.
- 5) We are starting the procedure with AIMS, we have sent an application, it will be hard work and a long procedure, we need great support from all WKSF members to carry out our project, only together can we achieve our goals!

#### FINANCIAL

I provide, in full transparency, the summary data for 2024:

Income € 94.557,38  
Expence € 84.238,37  
(Plus € 10.319,01)

We want to grow and we want an ever better organization and we can do it only if we all really want it and if we all move in unison to achieve the objectives that we have agreed on and that we will always define in the future.

Merry Christmas and Happy New Year!

President WKSF, Oleh Ilika

A handwritten signature in black ink, appearing to read 'O. Ilika', written in a cursive style.

