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Chères lectrices,  
chers lecteurs,

*qui fait du sport fume moins; qui fait du sport boit plus ou moins selon la discipline pratiquée. Une étude approfondie a enfin permis d'évaluer de manière objective le rôle que joue le sport dans la prévention des toxicomanies. Cela devrait mettre fin aux diverses spéculations formulées aussi bien par les partisans du sport que par ses détracteurs.*

*Les résultats de cette étude publiés à la page 44 du numéro démontrent comment la pratique sportive peut ou pourrait influencer la consommation de substances stupéfiantes, même si cette influence ne se manifeste pas de manière spontanée et automatique. En d'autres mots, la pratique d'une activité sportive ne garantit pas en elle-même une absorption moindre de tabac, d'alcool ou de cannabis. Celui qui affirme le contraire méconnaît la réalité des faits et exagère les effets positifs du sport sur les habitudes de vie.*

*Pour espérer exploiter les opportunités offertes par le sport, nous devons créer des conditions optimales et un encadrement favorable. Tous les acteurs qui participent à la mise en scène des activités sportives sont impliqués et doivent assumer leurs responsabilités: dirigeants de sociétés sportives, maîtres d'éducation physique, entraîneurs et moniteurs ont une fonction d'exemple; leur comportement irréprochable influence positivement les habitudes de vie des jeunes sportifs. Un environnement sportif sain auquel le jeune puisse s'identifier pleinement s'avère très efficace dans la prévention des toxicomanies.*

*L'activité sportive est pour le jeune un passe-temps qui devrait lui permettre de récolter d'importantes expériences de vie, de manière ludique et insouciante: accepter les transformations de son propre corps, nouer des liens, apprendre à affronter des obstacles et relever des défis sont quelques-unes des tâches qui s'offrent au jeune. Le sport influence favorablement la capacité de résoudre des problèmes de développement, surtout s'il permet de vivre de l'intérieur des expériences de succès. La confrontation directe avec les bienfaits de l'activité physique améliore la confiance en ses propres compétences et, du même coup, la propension à se soumettre, aussi dans le futur, à des efforts physiques. Par conséquent, le bien-être ressenti après la pratique d'une activité sportive se répercute positivement sur l'état émotionnel immédiat et favorise une stabilité émotionnelle à long terme.*

*Faisons en sorte que le sport permette aux jeunes de vivre des expériences positives, de se sentir acceptés dans un groupe, de participer aux décisions et d'exprimer leurs propres opinions. De cette manière, nous exploiterons l'effet «stupéfiant» du sport – du moins – nous réduirons l'envie de consommer tabac, alcool et cannabis.*

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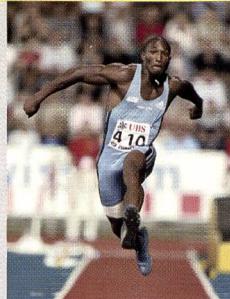
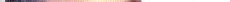
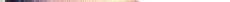
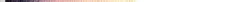
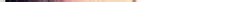
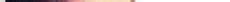
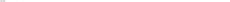
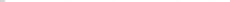
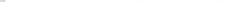
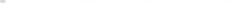
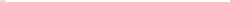
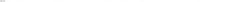
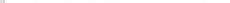
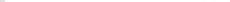
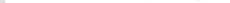
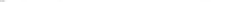
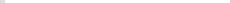
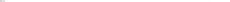
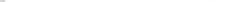
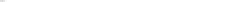
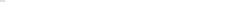
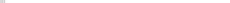
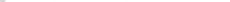
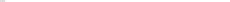
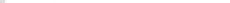
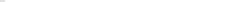
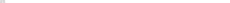
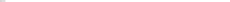
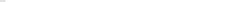
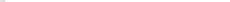
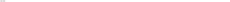
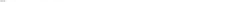
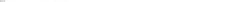
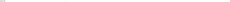
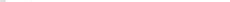
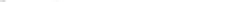
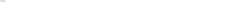
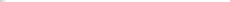
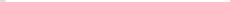
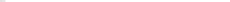
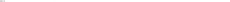
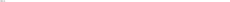
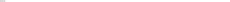
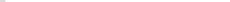
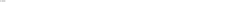
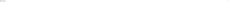
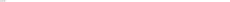
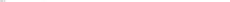
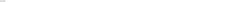
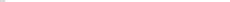
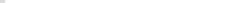
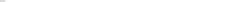
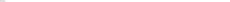
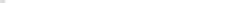
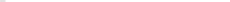
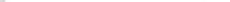
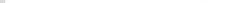
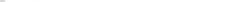
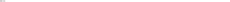
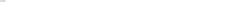
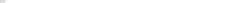
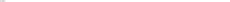
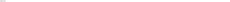
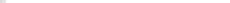
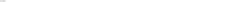
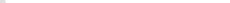
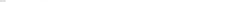
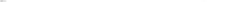
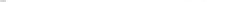
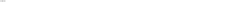
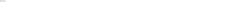
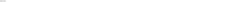
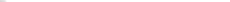
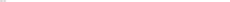
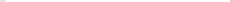
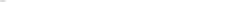
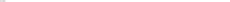
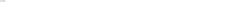
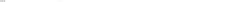
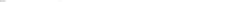
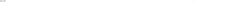
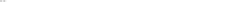
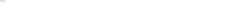
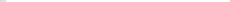
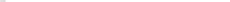
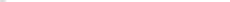
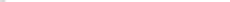
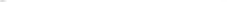
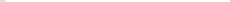
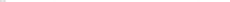
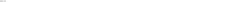
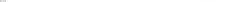
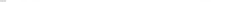
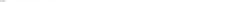
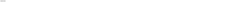
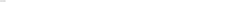
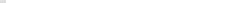
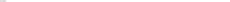
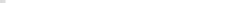
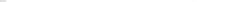
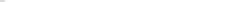
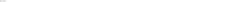
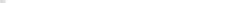
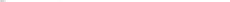
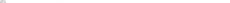
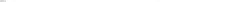
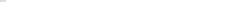
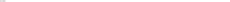
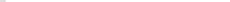
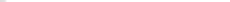
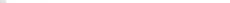
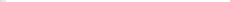
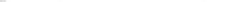
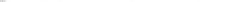
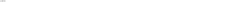
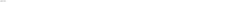
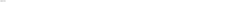
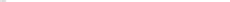
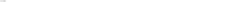
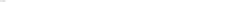
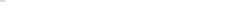
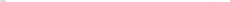
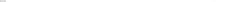
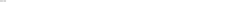
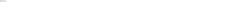
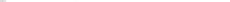
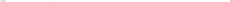
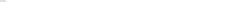
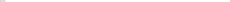
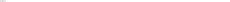
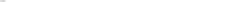
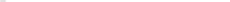
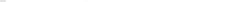
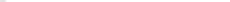
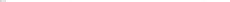
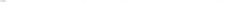
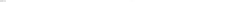
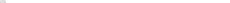
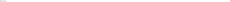
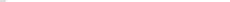
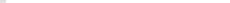
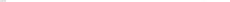
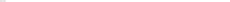
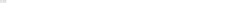
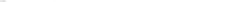
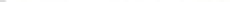


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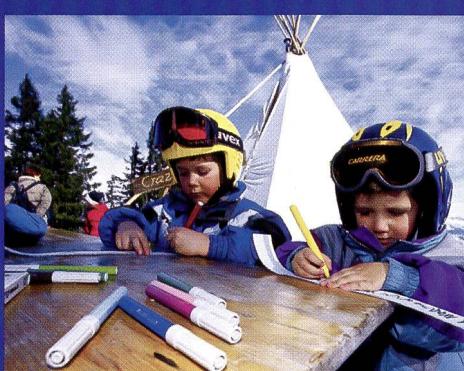
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## Cahier pratique

### Mini-trampoline

Il est la star des engins de gymnastique. Les enfants, les adolescents et même les adultes ne se lassent pas de rebondir sur cet agrès à ressorts. Le mini-trampoline requiert des ressources énergétiques, coordinatives, cognitives et affectives élevées et offre un champ d'applications très vaste. A découvrir...

*Barbara Bechter, Roland Gautschi, Véronique Keim*

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