



Reshaping Basketball Organizations Using Circular Economy and New Developments

D3.2 – Lessons Learnt Report

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FEDERACION GALEGA DE BALONCESTO	FEGABA	Spain
EVNIKOS SPORTS CLUB	EVNIKOS SC	Greece
A.S.D. BORGOMANERO SPORTING CLUB	ASD BORGOMANERO	Italy

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1. Background. About REBOUND Project

REBOUND addresses the objective of “promoting education in and through sports” by formulating and carrying out an educational training for staff and athletes of all ages of basketball clubs, focusing on the application of circular economy methods. The project works on two levels: integrating circular economy principles into everyday club activities and incorporating them into event organization.

REBOUND specific objectives are:

- **Circular economy mapping and development:** This objective will focus on analyzing the best practices in terms of circular economy in basketball sports clubs, already in place in Europe. These will be adopted to fit the needs of staff and athletes of all ages of basketball clubs.

This objective will practically target to frame the intervention and describe the process, the tools and the practical advices for sports organizations to try different operational models to benefit them as well as the environment.

The educational manual for trainers will be developed describing the details of the training for circular economy methods, on 2 (two) levels of application:

- Everyday activities of the clubs,
- During the organization of events / games

to achieve: Environmental sustainability, Economic viability, Social Responsibility and Attract more people in basketball.

- **Implementation of REBOUND interventions:** The REBOUND interventions will consist of actions related with training staff and athletes of all ages of basketball clubs, on circular economy methods.
- **Dissemination and engagement:** This objective will focus on achieving a wide dissemination of the project’s results. Social media will be extensively used along with information provision on events, workshops, meetings where the partners will participate.

REBOUND will work on three levels by supporting the community (by developing circular economy training programs), influencing the social aspect by involving staff and athletes of all ages of basketball clubs in the process, for immediate application of knowledge influencing on a personal level by increasing circular economy beliefs and building skills to equip learners for successful and active action in implementing circular economy methods.

2. Introduction

This section introduces the role of Deliverable D3.2 within Work Package 3 and explains how it complements the implementation-focused reporting presented in D3.1. It outlines the purpose of the Lessons Learnt Report, its connection to the evaluation of the REBOUND intervention, and the way in which the findings are used to support future replication and adaptation of the training model.

2.1 Purpose and Scope of D3.2

The present deliverable, D3.2 – Lessons Learnt Report, is the analytical counterpart to D3.1 (Delivery of the REBOUND Intervention). While D3.1 documented what was implemented — when, by whom, to whom, using which materials, and with what supporting evidence — D3.2 goes a step further: it analyses the participant feedback collected during Task T3.2, draws lessons learnt from the implementation experience, and formulates practical guidelines to inform future editions of the intervention.

This report is therefore not merely a summary of participant comments. It is a structured analysis of what worked, what could be improved, and what recommendations emerge from the collective experience of the four partner organizations across three countries. It draws on two main sources: the structured questionnaires completed by participants at the end of each training session, and the reflections gathered from partners throughout the delivery of T3.2.

Under T3.1, all four partner organizations delivered training activities in two distinct formats, which are reported separately throughout this document:

- 4 Train-the-Trainer seminars, one per partner, designed to equip trainers with the knowledge and skills needed to deliver the REBOUND modules effectively within their respective national contexts.
- 12 target-group training seminars, delivered across three countries (Greece, Spain and Italy), reaching a total of 194 participants — more than double the initial consortium target of 90.

This Lessons Learnt Report is structured around country-specific analyses, presenting for each partner the key findings from the evaluation questionnaires collected after the target-group training sessions, complemented by partner reflections from both the Train-the-Trainer seminars and the target-group training sessions.

A final conclusions section consolidates the main findings at consortium level, identifying what worked well, areas for improvement, and practical recommendations for future replications of the REBOUND intervention.

3. Methodology and Evaluation Approach

The evaluation of the REBOUND training intervention was carried out through structured questionnaires administered to participants at the end of each target-group training session. The questionnaires assessed eight key dimensions: (1) clarity of content presentation, (2) comprehensibility of the content, (3) active participation during the session, (4) overall enjoyment of the training, (5) perceived improvement in knowledge and skills related to circular economy, (6) novelty of the topic for the participant, (7) increased interest in circular economy following participation, and (8) willingness to recommend circular economy practices to others. All items were rated on a 5-point Likert scale, where 1 indicated strong disagreement and 5 indicated strong agreement.

Data are presented in aggregated form throughout this report. No personal data are included in accordance with the General Data Protection Regulation (GDPR). In addition to the quantitative questionnaire data, partner reflections gathered throughout the delivery of T3.2 were used to identify lessons learnt, implementation challenges and practical recommendations.

The table below provides an overview of participation and questionnaire collection by partner:

Partner	Country	No. of Participants (target groups)	Questionnaires Collected
Tero PC	Greece	69	42
FEGABA	Spain	52	48
ASD Borgomanero	Italy	40	30
Evnikos SC	Greece	33	20
TOTAL	–	194	140

Detailed results by partner are presented in the following section.

4. Country-Specific Reports

The following section presents the partner-specific evaluation reports developed on the basis of the REBOUND training activities implemented in Greece, Spain and Italy. For each partner, the report summarises the Train-the-Trainer seminar, the target-group training seminars, the evaluation results collected through participant questionnaires, and the main lessons learnt during implementation.

The same structure is followed for all partners in order to ensure consistency and comparability across the consortium. The quantitative results are presented in aggregated form, while the key observations highlight the main strengths, challenges and improvement points identified in each national and organisational context.

4.1 Tero PC (Greece)

Tero PC implemented the REBOUND intervention in Greece through one online Train-the-Trainer seminar and three in-person target-group training seminars in Thessaloniki. The activities focused on introducing circular economy principles in basketball and supporting coaches, athletes and club-related participants to identify practical ways of applying sustainability practices in everyday sport environments.

4.1.1 Train-the-Trainer seminar

On 28 November 2025, Tero PC implemented the Train-the-Trainer seminar as part of the REBOUND project, delivered online. The session brought together 4 participants (1 male, 3 female), with experience or interest in sport-related activities. Participants were recruited through Tero PC's professional network via direct communication.

The seminar covered the core content of the REBOUND intervention: circular economy principles applied to sport, sustainable management of sports materials and equipment, waste reduction and resource optimization in basketball clubs, the best practices identified in D2.1, and pedagogical strategies for effective delivery of the REBOUND modules. The REBOUND Manual (D2.2), module presentations and the REBOUND online repository were used as training materials throughout the session.

4.1.2 Training seminars

Tero PC conducted three training seminars between March and April 2026, engaging a total of 69 participants. The sessions brought together coaches, technical staff and athletes from basketball clubs in Thessaloniki area, including Vyzantinos Athlitikos Omilos (VAO) and DAK Pilaías.

Session	Date	Location / Platform	Format	No. Participants
1	20/03/2026	VAO, Thessaloniki	In-person	44
2	06/04/2026	DAK Pilaías	In-person	11
3	06/04/2026	DAK Pilaías	In-person	14
TOTAL	–	–	–	69

4.1.3 Evaluation results

A total of 42 questionnaires were collected from 69 target-group participants (response rate: 60.9%; 25 male, 17 female; age range 10–60, mean age 22.1). Participants rated each statement on a scale from 1 to 5, where 1 was the lowest score and 5 was the highest score. The results below summarize the main evaluation findings for this partner.

Evaluation indicator	Mean score	Short comment
Clarity of content	4.24	Content was clear and accessible
Easy to understand	4.29	Participants understood the material well
Active participation	4.12	Good level of engagement
Enjoyment of the training	4.24	Training was positively received
Knowledge and skills improvement	4.14	Participants reported learning gains
Topic was new	4.14	Shows level of previous exposure
Increased interest in circular economy	3.98	Indicates motivational impact
Willingness to recommend CE practices	3.93	Indicates dissemination potential

Overall, the Tero PC evaluation results show a positive reception of the REBOUND training. The strongest results were recorded in content clarity and ease of understanding, while the slightly lower scores on increased interest and willingness to recommend circular economy practices suggest that future editions could include more practical examples and action-planning exercises.

4.1.4 Lessons learnt / key observations

- The training content was clear and understandable for a mixed audience of athletes, coaches and club-related participants.
- Practical examples from basketball clubs helped participants connect circular economy principles with everyday sport activities.
- Future sessions could include more local case studies and simple action-planning exercises to increase motivation and follow-up.

4.2 Evnikos Sports Club (Greece)

Evnikos Sports Club implemented the REBOUND intervention in Greece through one online Train-the-Trainer seminar and three in-person target-group training seminars at its facilities in Ano Liosia. The activities engaged coaches, club staff, athletes and representatives from educational and community organisations, focusing on the practical application of circular economy principles in grassroots basketball and local sport environments.

4.2.1 Train-the-Trainer seminar

On 26 November 2025, Evnikos Sports Club implemented the Train-the-Trainer seminar as part of the REBOUND project, delivered online. The session brought together 6 participants, all coaches and technical staff from the club's environment with direct experience managing a large grassroots basketball club. Participants were recruited through Evnikos Sports Club's own network, with direct outreach to coaches and technical staff from the club and associated organizations in the local sporting community of Ano Liosia.

The seminar covered the core content of the REBOUND intervention: circular economy principles applied to sport, sustainable management of sports materials and equipment, waste reduction and resource optimization in basketball clubs, the best practices identified in D2.1, and pedagogical strategies for the effective delivery of the REBOUND modules to target groups. The REBOUND Manual (D2.2), module presentations and the REBOUND online repository were used as training materials throughout the session.

4.2.2 Training seminars

Evnikos Sports Club conducted three training seminars in February 2026, reaching a total of 33 participants. The sessions brought together coaches, club staff and athletes from Evnikos Sports Club, together with members from other organizations including Artemis Sports Club, ELPEN, universities (Harokopios, University of Piraeus, Medical University of Athens) and educational institutions (EPAL, Experimental High School of Agion Anargiron). All sessions were held in person at the club's facilities in Ano Liosia.

Session	Date	Location / Platform	Format	No. Participants
1	06/02/2026	Evnikos SC facilities, Ano Liosia	In-person	10
2	11/02/2026	Evnikos SC facilities, Ano Liosia	In-person	11
3	17/02/2026	Evnikos SC facilities, Ano Liosia	In-person	12
TOTAL	—	—	—	33

4.2.3 Evaluation results

A total of 20 questionnaires were collected from 33 target-group participants (response rate: 60.6%; 16 male, 4 female; age range 13–55, mean age 27.4). Participants rated each statement on

a scale from 1 to 5, where 1 was the lowest score and 5 was the highest score. The results below summarize the main evaluation findings for this partner.

Evaluation indicator	Mean score	Short comment
Clarity of content	4.35	Content was clear and well organized
Easy to understand	4.45	Participants found the material accessible
Active participation	4.35	Good level of engagement throughout sessions
Enjoyment of the training	4.60	Highest enjoyment score in the consortium
Knowledge and skills improvement	4.40	Strong perceived learning gains
Topic was new	3.85	Some prior familiarity with the topic
Increased interest in circular economy	3.80	Motivational impact to be reinforced
Willingness to recommend CE practices	3.90	Good dissemination potential

Overall, the Evnikos SC evaluation results were positive, with particularly strong scores in enjoyment, clarity and understanding of the content. The results indicate that the training was well received by participants, while future sessions could further strengthen the motivational dimension of the circular economy topic through more concrete club-level examples.

4.2.4 Lessons learnt / key observations

- In-person delivery supported interaction and participant engagement.
- The training was well received by grassroots sport participants and connected well with club-level realities.
- Future implementation should ensure that evaluation questionnaires are completed immediately at the end of the session to maximize response rates.



4.3 FEGABA – Galician Basketball Federation (Spain)

FEGABA implemented the REBOUND intervention in Spain through one online Train-the-Trainer seminar and three in-person target-group training seminars in Galicia. The activities engaged coaches, club staff and referees from the Galician basketball ecosystem, focusing on the practical application of circular economy principles in basketball clubs and federative structures.

4.3.1 Train-the-Trainer seminar

On 28 November 2025, FEGABA implemented the Train-the-Trainer seminar as part of the REBOUND project, delivered online through FEGABA’s own platform. The session brought together 7 participants, all coaches and technical staff from the federative environment and basketball clubs in Galicia. Participants were recruited through FEGABA’s own communication channels, with direct contact with federated clubs and coaching staff across the four Galician provinces.

The session covered the core content of the REBOUND intervention: circular economy principles applied to sport, sustainable management of sports materials and equipment, waste reduction and resource optimization in basketball clubs, the best practices identified in D2.1, and pedagogical strategies for the effective delivery of the REBOUND modules. The REBOUND Manual (D2.2), module presentations and the REBOUND online repository were used as training materials throughout the session.

4.3.2 Training seminars

FEGABA conducted three training seminars between February and March 2026, reaching a total of 52 participants. The sessions engaged coaches and club staff from federated clubs across the four Galician provinces, together with referees from the Galician referee school (Escola Galega de Árbitros), reflecting the breadth of FEGABA’s territorial network.

Session	Date	Location / Platform	Format	No. Participants
1	25/02/2026	Ribadeo, Lugo	In-person	15
2	27/02/2026	Santiago de Compostela	In-person	26
3	05/03/2026	Lugo	In-person	11
TOTAL	–	–	–	52

Sessions 2 and 3 — held in Santiago de Compostela and Lugo respectively — reached participants from the Galician referee school (Escola Galega de Árbitros), highlighting the specific role that officiating professionals can play in promoting sustainability in every competition. The Santiago session was the most well-attended, with 26 participants.

4.3.3 Evaluation results

A total of 48 valid questionnaires were used in the final analysis, out of 52 target-group participants (response rate: 92.3%; 28 male, 20 female; age range 15–63, mean age 29.7). For consistency, the final analysis was based on the first 48 complete questionnaire responses received. Participants rated each statement on a scale from 1 to 5, where 1 was the lowest score and 5 was the highest score. The results below summarise the main evaluation findings for this partner.

Evaluation indicator	Mean score	Short comment
Clarity of content	4.71	Highest clarity score in the consortium
Easy to understand	4.75	Highest comprehension score in the consortium
Active participation	4.04	Good engagement across mixed audience
Enjoyment of the training	4.56	Training very positively received
Knowledge and skills improvement	4.62	Strong perceived learning gains
Topic was new	3.96	Mixed prior exposure across audience
Increased interest in circular economy	4.38	Strong motivational impact
Willingness to recommend CE practices	4.42	High dissemination potential

Overall, the FEGABA evaluation results were outstanding, recording the highest mean scores for content clarity and comprehension across all partner organizations. The results confirm the relevance of the REBOUND intervention for the Galician basketball community, including both club staff and officiating professionals, and its potential to generate lasting change in sustainability practices.

4.3.4 Lessons learnt / key observations

- The inclusion of referees from the Escola Galega de Árbitros broadened the reach of the intervention beyond clubs, demonstrating the relevance of circular economy principles across the entire basketball ecosystem.
- FEGABA's territorial network across four Galician provinces enabled effective outreach to a diverse audience of coaches and technical staff.
- The very high response rate (92.3%) reflects the effectiveness of integrating the evaluation questionnaire directly into the session programme.



4.4 ASD Borgomanero Sporting Club (Italy)

ASD Borgomanero implemented the REBOUND intervention in Italy through one Train-the-Trainer seminar and three in-person target-group training seminars in Borgomanero. The activities engaged coaches, club staff, athletes, local basketball clubs and community actors, with a strong focus on the practical application of the 4R principles — Reduce, Reuse, Repair and Recycle — in grassroots basketball and club management.

4.4.1 Train-the-Trainer seminar

On 2 December 2025, ASD Borgomanero Sporting Club implemented the Train-the-Trainer seminar as part of the REBOUND project, delivered in a blended format (online and in-person) at the Borgomanero offices. The session brought together 7 participants (4 male, 3 female), all coaches and club staff with experience working with young athletes. Participants were recruited through the club's network, with direct outreach to coaches and staff from affiliated and partner clubs in the local area.

The seminar covered the core content of the REBOUND intervention, with particular emphasis on the 4R principles — Reduce, Reuse, Repair, Recycle — and their practical application to the management of a grassroots basketball club. The REBOUND Manual (D2.2), module presentations and the REBOUND online repository were used as training materials throughout the session.

4.4.2 Training seminars

ASD Borgomanero conducted three training seminars between January and February 2026, reaching a total of 40 participants. The sessions engaged a broad network of coaches, club staff and athletes from the Borgomanero area and surrounding region, including representatives from Carloforte Basket, Chiavenna Basket, Oleggio Basket, ASD Koala, ASD Sammaborgo, Azzurra Basket VCO, Stresa Basket, Cameri Basket, Ghemme Basket and Borgoticino Basket, as well as Pro Loco Borgomanero and local high schools.

Session	Date	Location / Platform	Format	No. Participants
1	30/01/2026	Sporting Borgomanero offices	In-person	18
2	13/02/2026	Sporting Borgomanero offices	In-person	12
3	28/02/2026	Sporting Borgomanero offices	In-person	10
TOTAL	—	—	—	40

The sessions followed a progressive structure, moving from conceptual introduction in session 1 to collaborative planning and personalized action plans with measurable KPIs in session 2, and a follow-up review of implemented sustainability actions — alongside a dissemination activity during the Carnival Cup tournament — in session 3.

4.4.3 Evaluation results

Questionnaires were collected from 30 out of 40 participants (response rate: 75%; 16 male, 14 female; age range 15–56, mean age 28.3). Participants rated each statement on a scale from 1 to 5, where 1 was the lowest score and 5 was the highest score. The results below summarise the main evaluation findings for this partner.

Evaluation indicator	Mean score	Short comment
Clarity of content	4.37	Content was clear and well presented
Easy to understand	4.40	Material was accessible to all participants
Active participation	4.33	Good level of engagement
Enjoyment of the training	4.40	Training was positively received
Knowledge and skills improvement	4.30	Participants reported learning gains
Topic was new	3.90	Varied prior exposure across audience
Increased interest in circular economy	4.20	Strong motivational impact
Willingness to recommend CE practices	4.30	High dissemination potential

Overall, the ASD Borgomanero evaluation results reflect a high level of participant satisfaction across all dimensions. The progressive session structure and the dissemination activity during the Carnival Cup tournament contributed to a sustained level of engagement throughout the implementation period.

4.4.4 Lessons learnt / key observations

- The progressive session structure — from conceptual introduction to action planning and practical review — proved effective in sustaining participant engagement across the three sessions.
- The integration of a dissemination activity during the Carnival Cup tournament demonstrated the potential to embed circular economy awareness into existing club events.
- The broad network of clubs and community organizations engaged by ASD Borgomanero highlights the multiplier potential of the REBOUND intervention at local level.

5. Conclusions

The REBOUND intervention was successfully implemented across all four partner organizations in Greece, Spain and Italy. A total of 4 Train-the-Trainer seminars were delivered — one per partner — equipping 24 trainers with the knowledge and skills needed to facilitate the REBOUND modules. In addition, 12 target-group training seminars were delivered to a total of 194 participants, substantially exceeding the initial consortium target of 90. A total of 140 valid evaluation questionnaires were collected, representing an overall response rate of 72.2%.

By country, Greece accounted for 102 participants and 62 questionnaires (Tero PC: 69 participants / 42 questionnaires; Evnikos SC: 33 participants / 20 questionnaires), Spain for 52 participants and 48 valid questionnaires (FEGABA), and Italy for 40 participants and 30 questionnaires (ASD Borgomanero).

Overall evaluation findings

Across all partner organizations, participant feedback was consistently positive. The clarity and comprehensibility of the content received strong ratings from all partners, with FEGABA recording the highest scores in the consortium. Enjoyment of the training and active participation were positive across all contexts, and the large majority of participants reported gains in knowledge and skills related to circular economy applied to sport. Interest in circular economy and willingness to recommend circular economy practices to others were also positive overall, though these dimensions showed slightly lower scores than content-related indicators in some partner contexts, suggesting an area for further development in future editions.

What worked well

- The REBOUND Manual (D2.2) was consistently valued as a practical and directly applicable resource by participants across all national contexts.
- The training format was flexible and adaptable, combining online and in-person delivery to suit the logistical realities of each partner organization and country.
- In-person sessions supported interaction and participant engagement, as demonstrated by the strong participation results recorded by Evnikos SC and ASD Borgomanero.
- The REBOUND online repository provided participants with continued access to resources and materials beyond the training sessions themselves.

Areas for improvement

- Future editions should incorporate more local examples and basketball-specific case studies to strengthen the connection between circular economy principles and participants' everyday club activities.

- More practical action-planning exercises — helping participants define concrete circular economy actions for their own clubs — would reinforce the motivational impact of the training.
- Evaluation questionnaires should be completed immediately at the end of each session, integrated directly into the session programme, to maximize response rates and ensure consistent data collection across partners.
- Clearer coordination of evaluation processes across the consortium at the outset would help to avoid inconsistencies in the data collected and reported by different partners.

Practical guidelines for future use

As D3.2 serves not only as an evaluation report but as a basis for practical guidelines, the following recommendations are proposed for future replications and adaptations of the REBOUND intervention:

- Integrate the REBOUND training modules into existing coach education and continuing professional development activities within national basketball federations.
- Use the intervention as a foundation for club staff training, focusing on the practical application of the 4R principles — Reduce, Reuse, Repair, Recycle — to everyday club management.
- Adapt the content for youth athletes and grassroots sport contexts, using age-appropriate language and examples that resonate with younger audiences.
- Promote the REBOUND online repository as a follow-up resource, encouraging participants to return to the materials and share them within their clubs and networks.
- Support clubs to define at least one small, concrete circular economy action following each seminar, creating immediate and visible impact at club level.

The REBOUND intervention has demonstrated that circular economy principles can be effectively integrated into the basketball ecosystem, reaching a diverse range of participants — from athletes and coaches to referees, club managers and community organizations. The results of this Lessons Learnt Report confirm that the REBOUND training model is transferable, scalable and adaptable to different national contexts, and provides a solid foundation for integrating circular economy education into basketball and grassroots sport organizations across Europe.

In this sense, D3.2 provides both an evidence-based reflection on the implementation phase and a practical reference point for future sustainability-oriented training actions in sport.