

Arete

Volume 11, Issue 1

www.ioapa.org - www.ioa-sessions.org

Winter 2006

*While we are postponing,
life speeds on.
Seneca*

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First Youth Seminar on Olympism in Aruba

Jennifer Molina (ARU)



Aruba, an island of approximately 100,000 inhabitants with a sport level that is in process of development and a community with little knowledge of Olympism, is a perfect target to start educating the community on the importance and influence of Olympism not only in sports but also in our daily life. Due to this situation, the idea of creating an annual youth seminar on Olympism was accepted and I became the project leader from the first seminar in 2005. It is always stated that youth is the future of the world, but a youth without knowledge is a no future at all. Based on this our motto for the seminar was "The only way to change the man is to change the child". The topics of the lectures prepared for the seminar were: the Olympic Academy, Olympism, fair play, ethics, doping, women and sport, and the influence of sports in children. It was a wonderful experience to coordinate and execute this project because I was able to connect with the youth and spread this new philosophy in society. The preparation of this seminar started in August 2004. I had the privilege to count with two excellent international guest speakers (Cesar R. Torres and Carlos Manzur (both IOA

lecturers and coordinators) as well as members of our NOC (Nicole Hoeverstsz) and the Anti-Doping and High Performance Commissions.

The preparation of the seminar intensified in May 2005, once I arrived to the island after completing my studies abroad. The seminar was successful for the perseverance and total dedication that was put into the project. In three weeks, I found four financial sponsors and 20 product sponsors. I also arranged hotel reservations, advertisement for the seminar and worked on all the administrative work that a project like this involves. Due to the targeted audience, team-builders and sport events were included in the program. The seminar consisted of three days and welcomed approximately 150 participants.

The organization of this seminar was sponsored by the NOC. It is hard work to organize a seminar like this one by oneself, but it was worth all the hard work and long hours because it was a project that was done not only for the Academy but especially for its participant who were very satisfied with what they learnt

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PRESIDENT'S MESSAGE

Jeremey Cross (GBR)



A warm welcome to you all in this new, Olympic Games year!

Dr. Nikos Filaretos has led the IOA with great vision and has also always been an enthusiastic supporter of the IOAPA. As many of you may already know, on January 12, the Hellenic Olympic Committee announced that Dr. Filaretos has stepped down as IOA President. I would like to take this opportunity to sincerely thank him on behalf of our Association, especially Laurel and the former Executive Committees, for his spirited generosity and collaboration over the past 18 years:

"I am proud of the fact that it was under my Presidency back in 1987 that a small group of past I.O.A. participants decided to form an association. I offered immediately to place at their disposal the premises of the I.O.A. for their biannual meetings including free of charge boarding and accommodation . . . The IOAPA members are the best ambassadors of the Olympic Movement in their respective countries and their activity . . . has been remarkable. I am extremely proud to be a member of this family" (Dr. Filaretos).

Dr. Filaretos will always be a welcome member of the IOAPA family and we wish him well in his future endeavours.

Mr. Minos Kyriakou, the President of the Hellenic Olympic Committee and a former 100m sprinter with the Panellinios Athletics Club in Athens, has been voted in as the new IOA President. Mr. Kyriakou has a business background in shipping, petroleum and communications (amongst others enterprises), is the Chairman of the Torch Relay Commission and is a Council member of the International Association of Athletic Federations. We welcome Mr. Kyriakou and hope that our IOA-IOAPA collaboration will continue to go from strength to strength. One current project involves the joint website re-design that our Website Officer, Héctor Argüelles, has proposed. Hector will be in Olympia this summer to assist in this development which is just one example of many ways that you, our members, can help facilitate the work of the IOA.

Back to the present and the XXth Olympic Winter Games in Torino are now upon us! We are organising an IOAPA gathering during the Games so, as I know many of you will be in Italy, this may be a great opportunity to meet old friends, make new acquaintances and share ideas on Olympic Education. I look forward to seeing the photos and hearing your stories! I hope you all enjoy this latest edition of Arete and, through watching the Games, remember and reinvigorate that special spirit that we share from Olympia.

Jeremey Cross

Website News Héctor Argüelles (ESP)



Dear IOAPA members,

Soon many new contents and updates will be available at www.ioapa.org. Remember to check periodically our website to be up-to-date with the activities of our Association. Also, please notify us of any change in your e-mail address at info@ioapa.org so we can maintain the contact with all of you.

For the Spanish speaking community: the Spanish Olympic Committee website has created a new section for its NOA (go to www.coe.es and click "Academia Olímpica".) The section contains information about the history, mission and activities of the Spanish Olympic Academy. It also includes material on the IOA and the IOAPA. The content has been developed by the IOAPA.

Warmest regards,

Héctor Argüelles - hector@ioapa.org

Dates of interest

The dates for the IOA sessions this year are as follows:

NOA Directors:	23 - 30 May
Young Participants:	19 June - 3 July
Postgrad. Seminar:	6 July - 6 August
Educationists:	20 - 27 August

Chronicle of a Wonderful Experience - Ana Paula Ortega Bernal (ARG)



Friday, 23rd, 2 pm, about 70 people gathered in front of UDAP Fitness Center. Old, young, fat, slim, wealthy, unemployed, retired...nobody really cared who we were or where we came from, we only cared about what we were embarking on; an 80 km bike tour, a real challenge to some of the present. Bikes, bags, tents, sleeping-bags and all the donations we had collected (matrices, food and clothes), passed from hand to hand all the way up the lorries. Everybody cooperated. Jokes, laughs and excitement mingled in the air creating a gay and friendly atmosphere. Fitful gusts of wind coming from the North announced that rain was coming with us for the weekend. The challenge was bigger now...so was the excitement.

At 4 pm, a bus, two lorries and five cars finally departed, leaving behind a boisterous crowd which would continue waving hands until "the caravan" gradually disappeared round the corner.

After some minutes of awful traffic which made our driver's creative power develop at least 25 different ways of telling people to go to a place not particularly nice, we hit the road and the noisy city streets turned into a silent, straight line which lost itself in the horizon.

Two hundred kilometers of chatting and "mate" had passed when the car stopped. We were in Astica, a modest little town located in the East part of San Juan. There, at the public library, we unloaded the matrices and some food and clothes.

Twenty minutes later we were heading for San Agustín de Valle Fértil, where we would spend the night.

It was 8.30 pm when the moon came out from behind a cloud, bathing the road in its silvery glow. Nobody talked anymore.

Night advanced and as we moved forward some lights became visible ahead. A whole "Welcoming Committee" was waiting for us and a car with a big megaphone on the roof started leading the caravan announcing our arrival. People crowded round the vehicles as we entered the town. We were overwhelmed with such amazing sight. Happy faces everywhere, people cheering and clapping enthusiastically.



"Here they come..." repeated continuously the man in the leading car "...more than fifty cyclists coming from the city to this first solidarity bike tour...welcome cyclists, welcome to Valle Fértil!"

We reached the town's square and stopped in front of the town's church, where a young priest gave us his blessing. It was a nice ceremony where all of us held hands and prayed together. I didn't know some of the prayers, and some people weren't even catholic, but that didn't matter. Sport and solidarity had brought us together and we were proud and happy about it. Once the ceremony came to an end we got to the school which would shelter us from the cold night. We unloaded the bikes there and we had dinner. At 11.30 pm we grabbed our sleeping-bags and went to sleep.

Saturday, 24th, 8.30 am, some black clouds in the greyish sky looked a bit ominous; nonetheless, we were up and about to set off for our next town, this time we would go on our bikes. Fifty kilometers separated us from the "Baldes del Rosario". At 9 pm, and after a quick breakfast the bike tour started. A cold breeze chilled us and rain finally joined us 30 minutes after our departure. My brother and I began to go faster in order not to freeze. A few kilometers later rain began to fall heavily and my range of vision was reduced to my brother's back wheel. I must admit that cycling behind my brother was kind of cool because it "protected" me from the rain and the wind; nevertheless, it had an unpleasant counterpart: the mud. I was chewing mud, tasting mud and spitting mud.

My fingers were numb with cold and I had two tons of mud accumulated in my eyes, but none of that matter, the tour had now turned into a fierce competition between my brother and me. We had left the rest of the group trailing far behind. The only company we had was the car with the megaphone, which was narrating the "competition" quite enthusiastically. It was indeed funny because we were the only audience they had (we were in the middle of nowhere). A second car joined us two kilometers before the "finish line" and all of the sudden we had two men behind us. One of them was in his early sixties and the other one was around thirty five years old. The car had brought them up to where we were. "That's not fair-play" I thought. I knew it was not a race, but I didn't want them to beat me. We were 200 meters away from the town when, unexpectedly, the old man "jumped" from behind my back wheel setting up, in this way, the final sprint. "Traitor!!!" I thought in a sudden burst of frustration. "You shall not have it that easy" (I was mentally addressing to the old man)

We finally reached the town, my brother obviously got there first, and I came in second. Of course we shook hands and congratulated each other but, beyond the "spectacular" sprint, what was truly amazing was the fact that people were waiting for us under the rain, with no umbrellas and cheerfully waving Argentinean flags. It was incredible.

Baldes del Rosario was a little town in the middle of the desert. There were no more than 15 houses and a school.

After some minutes the rest of the cyclists began to arrive. We were all soaked and covered in mud so local people offered their houses for us to change our clothes and rinse the mud out of our faces. They had also prepared lunch for us at the school. It was unbelievable the way these people shared with us the little they had. I felt extremely proud of being Argentinean.

After lunch the sun finally appeared and a warm breeze began to blow. It was almost magical.

We unloaded part of the donations and with tears in their eyes people watched us take our bikes and go to our next destination, "Baldecitos".

Thirteen kilometers later we arrived at Baldecitos and, if Baldes del Rosario was small, Baldecitos was really tiny. The school had only five students. We left there the rest of the donations, we said goodbye to those five happy little faces and then we set off for Ischigualasto, located 17 km to the North.

In Ischigualasto we find the provincial park "Valle de la Luna" (Moon Valley), which is of international scientific interest as it was there where the oldest dinosaur in the world was found.

After our arrival we set our tents and we had dinner. We were all tired, but in an extremely good mood. At 9 pm, one of the organizers (an ex participant of the Argentinean Olympic Academy) talked a bit about doping in San Juan, he also gave a brief introduction to Olympism and the Olympic Movement. Then he invited me to talk about my experience in Greece, at the IOA (International Olympic Academy). Once I finished we discussed a little about sport in our province, then someone brought a guitar and people sang and danced. As dancing is not my thing I just watched, but I had a great time all the same. At 12pm I went to sleep.

Sunday, 25th, 7.22 am, I was up and with an extraordinary pain in my spine (I really missed my bed).

The sun was shining and if there had been birds I'm sure they would have been singing.

At 9.30 am we inaugurated the park's tourist circuit with a relay race. The teams were of four people and we had to run around 8 km each. I ran the first stretch of the race and even though it was the easiest one I ended up exhausted and with a black toe nail. The good thing was that my team won the 4 stretches and, in turn, the race.

Once the race finished we took our bikes and we inaugurated the cycling tourist circuit around the park. We saw some outstanding landscapes.

Fortunately, after so much effort we had our reward, a delicious asado! (Barbecue).

We have a proverb here that goes like this "Panza llena, corazón contento" (full stomach, happy heart, in Spanish it's funny), so with our happy hearts we packed everything up (bikes, tents, bags, and the like) and we returned home.

I wanted to share this experience with you because it proves that society can indeed change through sport. It may not be a big change now, but I think it is the first step.

There were no political interests, no intermediaries between us and the people we were helping. The contact was direct. I strongly believe that a positive attitude, a word of encouragement, a smile, mean a lot more than a thousand promises that usually vanish in the air.

An athlete awakes in people a million emotions, the same emotions he/she is feeling, and I don't necessarily mean a professional athlete. We all feel moved when we see someone crossing the finish line, regardless of his age, his race, his religion...We feel moved because we see that person smiling and sometimes crying, we notice the effort in his/her eyes and we also notice the happiness in his/her soul. We are talking about human feelings and emotions that come directly from the heart, because when we are making an effort we tend to be vulnerable and we can not hide how we feel.

On this occasion we were a hundred people, but next time we'll probably be more. So I can proudly say that I believe in change, and I believe in sport as a means of producing that change we are seeking. This is why I'll continue doing my best to promote sport everywhere in my province, I know this may not mean a lot to many of you, but to me this experience has been huge, taking into consideration the difficult situation my country currently undergoes.

I would like to finish with a phrase that my friend Phelane said in Olympia. I don't remember his exact words, but it was something like this: "Limits only exist when we believe them to exist." This phrase tells us that nothing is impossible; it tells us that we can go as far as we want to, if we have the will and the courage to try it. Never give up your dreams and start turning them into a reality. Love. Ana Paula Ortega Bernal.

What Have They Been Doing? News from IOAPA Members

Mette Lindstrøm (DEN) has sent us pictures of her baby Dicte Maria. Dicte turned one on October 22, 2005 and is already dressed up with Olympic clothes! Congratulations!



Ian Brittain (GBR) has obtained a Postdoctoral Research Fellowship in Olympic and Paralympic Studies at the University of Luton. He is also the event coordinator for the International Wheelchair and Amputee Sports Federation. Congratulations and good luck!

Silvia Dalotto (ARG) has recently changed her e-mail address. Take good note, here are the valid ones: silvidal@infovia.com.ar and silviadalotto@coarg.org.ar

IOAPA Logo Competition

Remember that the logo competition is still open! So far we have received 24 entries from eight different countries. Do not hesitate to send us your ideas!

Please send your entry for the logo competition to our Marketing Office Axel Bammer at axel@ioapa.org

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about Olympism, the importance and relevance of sports, and Olympism in fun manner in only three days. Benevolence, stimulation, self-determination, cultural expression, dedication, independence, excellence and universalism, which are part of the Olympism philosophy, were the key elements in this project as well as important topics of the seminar. After months of hard work, overcoming obstacles, and a successful seminar, it is a great feeling when participants asked when the next seminar is going to take place and expressed their eagerness to participate next time.

Thank you to the IOA for allowing me to participate in the 2004 Youth Session in Greece and to all the IOA lecturers, coordinators and participants for inspiring and motivating me in organizing a mini session for my ONE HAPPY ISLAND, ARUBA!

Jennifer Molina

DIARANZON 29 JUNI 2005 DIARIO PAGINA 35

Deporte Local

Publico di tur edad a atende e Seminario aki
Seminario di Olimpismo a logra cumpli su meta





ORANJESTAD (AAN)--- Recientemente Academia Olimpico Arubano a yega na e final di e Seminario di Olimpismo cual a dura tres dia.

E Seminario aki a conta cu e participacion di varios prestigioso oradornan invita entre nan: Sr. Carlos Mansur kende a papia ariba e filosofia di Olimpismo; Prof. Cesar Torres a papia ariba e Ideal Humano di Olimpismo; Dr. Diana Uribe a papia ariba e influencia di Deporte den nos personalidad. Sr. Robert Wever a papia ariba e topico di Doping y Srta. Nicole Hoevertsz a papia ariba e topico di hende muher den deporte.

Diario Deportivo a sigui e

desaroyo di e seminario aki hopi di cerca y por bisa cu e topiconan aki a logra di causa un bon impresion serca esnan cu a atende e seminario aki.

Tur e topiconan aki tabata obheto di amplio discucion den e workshopnan pero kizas esun cu mas a lanta hopi reaccion y pregunta tabata e tema di Doping, presenta pa Sr. Robert Wever.

Diario Deportivo a consulta varios di esnan cu a atende e seminario aki y nan reaccion tabata hopi positivo y hasta nan a expresa cu e sorto di seminarionan aki mester tuma lugar mas sigui, especialmente pa tur esnan cu di un of otro manera ta envolvi den deporte.





A newspaper report about the First Youth Seminar on Olympism in Aruba (June 23-25, 2005)

Helping out to find new IOAPA members

Andrea Fatzer (SUI)



1- Introduction

During the IOAPA Conference 2005 the fact that we need to increase the number of members was of high importance. For this reason the participants of the conference did a brain-storming on how to recruit new IOA past participants to join the IOAPA. Additionally, reasons for joining the IOAPA are listed below. The only thing you have to do now is to contact friends from your session and tell them about the reasons and advantages for joining the IOAPA.

2- How to find new members

- Find out the email or mail address of past participants from your country by contacting the National Olympic Committee or the National Olympic Academy.
- Contact participants from your country after they come back from the Young Participants Session, Post-Graduate Session.
- Contact your IOA-friends that went to the same session. Personal contact is important! Send them emails and/or organize small meetings.
- Contact friends from other countries who attended the same session as you. Those friends do not necessarily have to be from the same country or same session. Remember, you got a list with all the email addresses at the end of your Young Participants Session. These lists can also be found on the website http://www.ioa.org.gr/young_participants.htm If you want to download the list of participants of a certain year, select the last 30 to 40 pages (e.g., for the year 2003 select pages 243 to 285). For the white books (i.e., directors of NOAs and Postgraduate sessions) go on http://www.ioa.org.gr/special_sessions.htm
- Tell them about IOAPA goals, about the session and the projects, activities, the website. Tell them what is going on!
- Tell them about the IOAPA Conference 2005 or other conferences and sessions you have attended thanks to the IOAPA network. Motivate past participants to come to the 2007 Conference.
- Send them a version of the ARETE, pictures of IOAPA Conference 2005 and/or the conference report as well as a membership application.
- Talk about what IOAPA is and which advantages (see section 3) members have.
- Network: If you need help for a project you plan to realize in your country, you can always count on your IOA and IOAPA friends. To stay in touch with your international friends continues the experience in Olympia and makes your understanding of the world grow.
- Talk about IOAPA at NOA/NOC meetings and reunions.

3- Reasons for joining the IOAPA

- The IOAPA keeps you in touch with your friends you have met at the IOA Sessions.
- If you loose contact of your friends from the IOA the IOAPA is there to help you find your friends.
- If you want to start a project in your country and you need support and advise from other countries the IOAPA members are there for you.
- You can continue to exchange experience beyond the IOA Session.
- You can continue to learn from other countries beyond the time spend in Olympia.

4- Sample letter to recruit new members

The following shows some kind of letter template to contact old friends and recruit them to join the IOAPA. This letter is not completely standardized but can be individualized a little bit in order to make it more personal. Personal letters are certainly better and more authentic. The template shall just give you some ideas for approaching IOA friends.

Hi !

Remember me? I am We met at the IOA Session in ... How are you?

(personal comments)

(Continued on page 8)

Torino 2006 Reunions

IOAPA is very pleased to invite you to take part in its get-togethers during the Torino Winter Olympic Games.

Dates:

1st. Gathering:

Host:

Saturday, February 11, 18:00

Héctor Argüelles
IOAPA Website Officer
Tel: 0034 687401061

2nd Gathering:

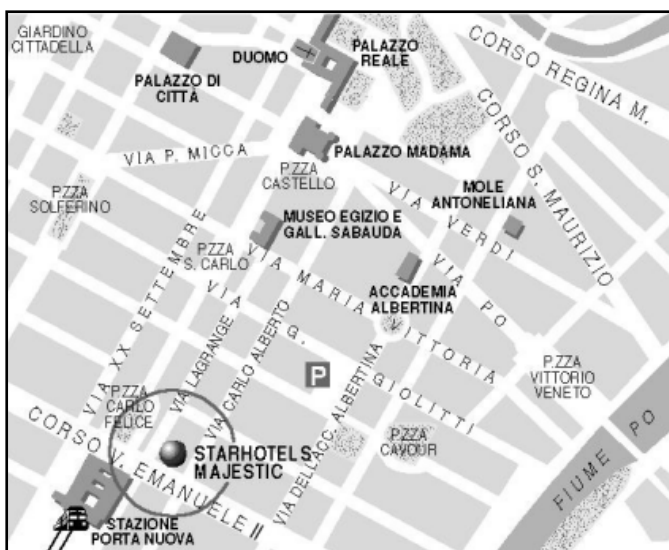
Hosts:

Thursday, February 16, 18:00

Carlo Farrugia
IOAPA Treasurer
Tel: 00356 99453434
Elizabeth Hanley
IOAPA long-standing member



The gatherings are open to all IOAPA members and their friends.
IOAPA is inviting all IOAPA member attending any of the gatherings to a free drink .



Place:

Bar-Lounge of Starhotel
Majestic
Corso Vittorio Emanuele II,
54. Torino.

In front of the main train
station (Porta Nuova Station)

For further details please
contact Héctor Argüelles at
hector@ioapa.org

Did you know?

That during the 117th International Olympic Committee (IOC) Session in Singapore held in July, 2005 the IOC, the Fédération Equestre Internationale (FEI) and the Beijing Organizing Committee for the Games of the XXIX Olympiad (BOCOG) agreed on the relocation of the equestrian events from Beijing to Hong Kong for the 2008 Olympic Games.

That Olympic broadcast partnership has been the greatest source of revenue for the Olympic Movement for more than three decades.

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What are you doing? Do you have any news from our Olympic Friends?

This summer I was at the IOAPA Conference. It was great to see some of the people with whom we have spend such a good time in Olympia. It was also very nice to meet new faces knowing that they all spend some time at the Academy. Sad, that you where not there this time.

or

I have seen , he/she

or

I haven't seen any of our IOAPA mates but as an IOAPA member, I still get news of what some of them are doing. One day I definitely will contact them to see how they are.

Are you an IOAPA member? You definitely have to become one. Even though at the moment you might not have the time to be active within the organization it still gives you the possibility to be informed about what our Olympic Friends are doing around the world.

The IOAPA is a great network. ...

- If you want to start a project in your country and you can get support and advise from other countries the IOAPA members are there for you.
- You can continue to exchange experience beyond the IOA Session.
- You can continue to learn from other countries beyond the time spent in Olympia.

If you have other questions about the IOAPA, just ask me or just have a look at the website: www.ioapa.org

I hope to will join the IOAPA soon.

I am looking forward to reading from you soon. Take care,

A happy IOAPA member

5- Now it's your turn!

- Please give us some feedback on what you did, what worked and what didn't. Maybe you have other ideas. Tell us!
- Now it's your turn! Thank you and good luck! We count on you!