

Arete

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NEWSLETTER OF THE INTERNATIONAL OLYMPIC ACADEMY
PARTICIPANTS ASSOCIATION



Meet the 2011-2013 IOAPA Executive



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President's Message

Dear IOAPA members,



As you know the 12th IOAPA Session took place last July at the IOA premises in Ancient Olympia. We shared some good days and made significant progress for the future of the organization. I would like to thank the IOAPA Executive Committee of the previous term. A great amount of projects were finished successfully thank you to the work of all the Committee. Definitely, we also have a great team for the next two-year term and I am confident that we can keep the association advancing.

Just prior to the session we had the news of the approval by the Greek courts of the IOAPA registration as a non-for-profit association under Greek law. The legal status has been for long a goal of the organization. First this is the standard status for any association like ours and second it will allow us to pursue further actions and projects with the appropriate status.

In this Arete you will find the announcement for the IOAPA reunion at London 2012 Olympic Games. We have secured well in advance a good place in central London and we expect to see many of you there. We are also working on a gathering during the Winter Youth Olympic Games in Innsbruck in January and we will inform you as soon as we have the final details.

We will also be sending you a survey with the purpose of evaluating the activities that the IOAPA organizes, gather your feedback and act upon it to adjust our current projects or create new ones that you might request. We are looking forward to your participation in the survey.

Finally, I would like to welcome you to this edition of Arete. We are including a good selection of articles and news from many of you. Hope you enjoy the reading!

Warm regards,

Hector Arguelles

12th IOAPA Session with the “HEAVY CANNON BALLS”

Yeşim Albayrak Kuruoğlu (Turkey)



The 37th Young Participants Session in 1997 was my first time at the IOA in 1997. As everyone will agree, once you are there, you have the feeling of wanting to return someday. Most of us try to attend the other sessions: “postgraduate”, “educators”, “journalists,” etc. or are willing to be a coordinator for the next “young participants” session. Well, of course, I did the same! I was a participant in the “Postgraduate Session in 1998” and became a coordinator in the “Young Participants in 1999”. After that, I didn’t have the opportunity to go back to the IOA until the 12th IOAPA session.

In 1997, Laurel Brassey Iversen was the President of the IOAPA - known as the International Olympic Academy Alumni Association at that time. I remember how she convinced us to stay a few more days to join a different meeting. I missed the 1997 and 1999 reunions, although I was a member and already at the IOA. After 12 years, I did my best to participate in the 12th IOAPA session and understood why we should take IOAPA’s efforts seriously and attend the meetings. I can’t compare the previous meetings as the 12th Session was my first time. However, I have words about “why we should support and join IOAPA Sessions”.

I know some of you have the feeling that these sessions are mostly a holiday rather than a meeting. Well, in a way you may be right. You have the opportunity to come back to the Greek sun, sea, Ancient Olympia, and to see your beloved IOA friends again. With these friends you probably danced together, chatted on the stairs of the Academy together, sang together, etc. but remember you also worked, wrote reports and discussed Olympic issues, and shared your experiences together. So, if you come back with these thoughts, every IOAPA session will be the “session of all times” for you, because each of them is unique with its different themes and participants.

For instance, during the 12th IOAPA session, we had the “heavy cannon balls.” This is a Turkish expression that is used for the most experienced and wise members in a particular group. The 12th session was special because we were celebrating the 50th anniversary of the IOA. Because of this, we had more heavy cannon balls this year. One of the heavy cannon balls was

Luc Silance. He won the crown of “Iron Man” at the last social evening. His presentation about sport law was amazing. What an experience! What wisdom! There was also Marilena Voyat. I was so surprised to learn that she had never missed a single IOAPA meeting in all those years. She was a national track and field athlete and I highly recommend you to meet her in future sessions.



One of the other reasons why each IOAPA session is different and unique is because you create your own programme. Of course, there is a core programme planned by the executive committee, but it depends on how the participants fill it. For example, it has always been a custom that you start the day with morning exercises in the Academy. This session we experienced “tai-chi” led by Ulrich Rosen who mastered this art in China. It was a great way of starting the day before the meetings.

Every day at 2 o'clock there was a “dance workshop”. It was a pleasure to join the legendary Elizabeth (Betz) Hanley’s dance workshop again after 12 years. I wonder where her energy comes from? Our other “dance instructor” was Laurel Brassey Iversen, one of the other legendary faces of the Academy. I can’t even tell how “heavy” she is, can you? She taught us a Hawaiian dance and I am still listening to the relaxing music at home. There was a break between 3:00 p.m. and 6:00 p.m. so that we could either rest by the pool, go to the beach or walk to the archaeological site. At 6 p.m. Lone Jakobsen and Ernst Almhofer took their places on the field. Lone taught us “bumball”, which was very enjoyable. Ernst taught “fistball” in which you play a kind of volleyball with your fists on the football field. We played enjoyable games and some of us won evening drinks often!

Can anyone describe a session without a “social evening”? We had a pool party, Iranian (Persian), Russian and dance evenings. One of the memorable evenings was the visit to the vineyard in Floka. We ate our dinner, had the opportunity to buy wine from that vineyard and, of course, danced sirtaki, zeibekiko, and hasapiko. Obviously that night ended at Zorba’s!

During the morning sessions we divided into discussion groups depending on our interests. Some of the topics included: using the internet and social media to reach more members, the function of country representatives, Arete, and how to reach new members. The results were satisfactory for most of us. The discussion groups concluded to form subcommittees in order to help the executive committee.

Apart from the participants’ presentations we connected to two members via via Skype, one of which was with Jim Parry. Jim discussed the Youth Olympic Games, how to regulate the rules, which sports should be included in the Olympics, and how far coaches should push young athletes. In the other internet conference, we learned that the IOC has been in contact with the United Nations for promoting world peace via sport. I think this was one of the important subjects of this session. It was interesting to hear the efforts to provide Ancient Olympic Truce in modern times.



The last night at the Academy was full of laughter at the cafeteria. We reminisced about previous sessions and played games. Hope to see you in 13th IOAPA Session in 2013 to discuss these issues more and, of course, to create other unforgettable moments, make new friends, and see old friends. I'd like to thank the executive board of 2011-2013 season for giving me this opportunity to write this paper for Arete.





Young Participants Session: A FUN DISAPPOINTMENT

Lasse Hoel and Karette W. Sandbu (Norway)



Going to the International Olympic Academy we had many expectations. During our stay we realized that our expectations were not met. Therefore, we would like to offer suggestions to improve the Young Participants program.

Don't get us wrong, we had an amazing time in Olympia. We met a lot of new friends and learned about various cultures. It was great fun, but it did not live up to the unique learning experience that we were expecting. We expected to experience a high level educational program, to be challenged in group discussions, and to develop new perspectives. Of the three expectations mentioned only one was fulfilled. We did develop new perspectives. We learned that there are many different ways to run a sport organization, various challenges to overcome in the world of sports, and that the Olympic Movement is a diverse one. These new perspectives we learned by talking informally to other session participants. Our new perspectives will stay with us for a long time.

As for the two other expectations, we would like to offer our thoughts as to how to improve the structure for future sessions. We will focus on three areas of improvement, topics, moderator skills and tools, and group discussions:

1. Topics of the Professional Program

The professional program focused mainly on the history of the Olympics. From our perspective, there was too much of a focus on history. We think more time should be spent on the future of Olympic education as Olympic

education is more than only history. Further, a discussion of Olympic values would have enhanced the education program. We feel that this is important to discuss if we are to become Olympic ambassadors.

2. Moderator Skills and Tools

Moderating a group of 15 people with totally different background, expectations and knowledge is a difficult task. A moderator needs experience and/or tools in order to engage each member in fruitful discussion. In order to enhance group discussions led by the moderators we suggest the following:

- ⇒ Clarify and discuss expectations of the moderator's role.
- ⇒ Educate moderators on skills needed to take advantage of cultural diversity in groups
- ⇒ Educate moderators on group facilitation techniques.
- ⇒ Gather information of best practice techniques from past IOA moderators.
- ⇒ Offer moderators tools to enhance the learning/discussion of the group.

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3. Group discussions

We tend to understand the world in the light of our own experience. For example a school teacher and a representative from a NOC will have different answers on how to promote Olympism. The outcome of group discussions depends on the scope of the topic discussed, the participants' knowledge of the topic, and the discussion process within the group. Our suggestions to improve group discussions are as follows:

- ⇒ Comprise groups of people with similar backgrounds. Though we understand that this decreases diversity, we argue that it will lead to more meaningful discussion.
- ⇒ Change group composition according to the goal of the discussion.
- ⇒ Ensure time and resources are available for the group to investigate the problem discussed
- ⇒ Allow more people to express themselves by varying the format of presentations. For example poster presentations, case studies, regional reports, and role-play.

In order to live by Olympic values - friendship, respect and excellence - we have to reflect on what this means to us. We witnessed much friendship and respect during our time at the IOA. **In order to achieve excellence, we must challenge ourselves not just once, but every day. This also goes for the IOA as an institution.**



TESTING TIME FOR LONDON

Philip Barker (England)



Here in London it has been a 'testing' summer in more ways than one, as headlines were made by civil unrest and looting across the city for nearly a week of early August madness. It came less than a week after London celebrated one year to go as host city for the Olympic Games.

The testing programme in 26 sports was in full flow and organisers were no doubt relieved that disruption to their programme was kept to a minimum. Matches were rescheduled to allow an early finish at the Beach Volleyball so all involved could leave before nightfall.

Despite the rescheduling, Beach Volleyball lived up to expectations. Though the arena was a tenth of that to be used during the games, the sun shone, crowds were enthusiastic and the players also seemed to be having a good time, not least the Ugandans, instantly adopted as the crowd favourites for their enthusiastic play. Brazil ultimately won the tournament, but it is little wonder that the sport was one of the first to sell out for 2012.



Earlier in the month, Greenwich Park in the South East of London had provided an equally spectacular backdrop for the Eventing and Modern Pentathlon (Equestrian). A small group of protesters waved their placards outside the park -- a shame they did not see the groups of local schoolchildren who had taken up their positions along the equestrian cross country course. Olympic education in action!

Modern pentathlon's use of laser shooting in new combined event should make a fitting finale to the Olympics next year; for now, though, the technical specialists are still ironing out a few glitches. Down on the coast some different boffins were perfecting the GPS system to be used in the Olympic sailing regatta. If you've ever watched the Americas Cup coverage, you'll have an idea of what the computer simulations can do.

The Olympic park has also opened for business. Basketball was the first sport to be played there in earnest, the arena totally transformed from the shell we were shown a year ago. (continued on the next page)



The BMX Supercross across the way was a good taster session, but if rock music or rap is not your thing, pack some ear plugs as each rider is allowed to choose his own music. One rider chose, for reasons best known to himself, to ride to Chesney Hawkes .

Worth packing some waterproof clothing, too, since a British summer's day can produce the four seasons in a matter of moments. You'll discover just why we're always talking about the weather.

The first competition at the aquatic centre won't be until next year but Tom Daley has already made the first dive as part of the one year to go celebrations. A relatively new phenomenon this, invitations used to be sent out from Lausanne but now the president himself journeys to the home city and distributes them with a flourish. It seems likely that only 202 nations will receive such invitations. Netherlands Antilles is no more, Kuwait and Ghana are still discussing ways to end their suspensions, and the new South Sudanese look set to compete as individual Olympic athletes.

Ticket allocations continue to be a touchy issue, but if you have been lucky enough to receive some, it looks likely they will include free travel to and from the event



on London's transport , although the organisers have been a little coy over this. The new Javelin service from St Pancras will take you to the Olympic park in only seven minutes, far and away the best means of travel, but London 2012 have not yet announced whether this will be part of the Olympic travel scheme or if some kind of premium ticket will be needed.



18th POSTGRADUATE SESSION

Ramune Motiejunaite (Lithuania)



On September 2nd-30th 2011, the 18th International seminar on Olympic studies for postgraduate studies was held. Thirty-five students from 27 countries participated, including Egypt, Germany, Qatar, Argentina, Italy, Brazil, Guatemala, USA, China, Russia, Thailand, Lithuania, and Latvia. The first two days included an introduction to the archeological part of Greece: Acropolis, National Archeological Museum, Panathinaiko (Athens) stadium where the first Olympic Games were held in 1896, as well as Epidauros, Nafplion, Acro-nafplia, Myceane and Nemea.. On September 5th, the opening ceremony was held, and Ancient Olympia was visited afterward. We were able to sense the ancient spirit and to breathe in the same air that was breathed by the first Olympic champions.

Our work began after the opening ceremony. Every day we took part in lectures, discussions, and then wrote our reports. The theme, "The Ancient Olympic Games and their Philosophy," was developed in the first week. The lectures were given by Prof. Evangelos Albanidis (GRE), Prof. Wendy Raschke (USA) and Prof. Thomas F. Scandol (USA). We learned more about the beginning of the Olympic Games, the peculiarities of the organization of the first ones, and the swindles in ancient times, etc. After the lectures we rushed to the pool and in the evenings we enjoyed showing our strength in various sports including, yoga, climbing, water-polo, table tennis, handball, and ultimate.

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The theme - "The history of the modern Olympic Movement and the socio-political, economic and educational aspects of the modern Olympic Games," was developed in the second week. The lectures were given by Prof. Holger Preuss (GER), Prof. Jeffrey Segrave (USA), and Prof. Kazuo Uchumi (JPN). A social evening of European northern countries was organised. Girls from Latvia, Lithuania and Russia presented their countries. The participants of the seminar got acquainted with the nature of Latvia, "the second religion" of Lithuania in terms of basketball and worldwide sports events arranged in Russia.

We travelled to Zakynthos island on the second day-off. Zakynthos Island, which is the 3d largest one of the Ionian Islands and is named after Zakynthos, the son of a legendary Arcadian chief Dardanus. After the earthquake destroyed the city in 1953, the reconstruction works began. Today, this Island is a very popular tourist destination. We visited Zakynthos town. Our group also visited The Strata Marina (Marine Drive) - the busiest part of the town. This is the embarkation point for the numerous passengers and car ferries to and from the island. We could enjoy the view of the yachts and boats, and city panorama. After Zakynthos town we went to Tsilivi beach, which is situated about 5km to the northwest of Zakynthos town. Next we visited Laganas beach which has many turtles. In the evening before returning to the IOA, our group had a chance to go inside the Church of St. Dionysios which is situated to the southern end of the town. St Dionysios, the patron saint of fishermen, preached on the island in the sixteenth century. The building was one of the few that survived the 1953 earthquake. The bell tower is modelled on that of San Marco in Venice and is a tribute to the Venetian architectural legacy on the island. The church has a large collection of icons representing the saint's life as well as his silver coffin.

In the third and fourth weeks, we discussed ethical and philosophical issues of Olympic movement. The lectures were given by Prof. Li-Hong Hsu (TPE), Prof. Sigmund Loland (NOR) and Prof. Heather Reid (USA). Approaching the end of 18th seminar IOA two football

matches between "Undergraduate students" and "Postgraduate students" were held. They ended in a tie as a symbol of friendship. On one of our days off thirteen of us went white water rafting. We enjoyed the beauty of nature, experienced the power of the river Alpheus, and learned how to rescue our friends who fell out of the boat! (continued on the next page)



The remainder of the days and nights became the saddest ones as we felt the day of farewell approaching. On the last evening in Olympia we had a party which included presentations by the USA, Scotland, England, Australia, Algeria, China Republic, Turkey and, of course, Greece. The following morning, the participants returned to Athens via the archaeological site in Ancient Elis and the archaeological site of Delphi. Elis is an ancient district in the north-western corner of the Peloponnese, (40km from Ancient Olympia) that corresponds to the modern Elis peripheral unit. The extensive archaeological site of ancient Elis comprises the ancient agora, the theatre, the residential sector, the cemeteries, the acropolis, and the unexcavated gymnasiums. A number of settlements or suburbs, each with its own cemetery, developed around the city. Only small sections of the city have been investigated so far, but these provide enough information to help us imagine how the city looked. Delphi was considered the center of the world in ancient times; Delphi was the place where heaven and earth met, the closest place to God. Delphi is the place of worship of the God Apollo; thus, the center of the ancient village is the sanctuary of Apollo.



The IOA was one of the best experiences of my life. We saw beautiful places, gained new knowledge, and became a close-knit, enthusiastic group. Everyone tried to enjoy and contribute to the temporary IOA community. It was a unique and powerful experience for all of us. The warmth of the hearts of both IOA dean Kostas Georgiadis (GRE) and the operating personnel will also be remembered with deep gratitude. Thank you for everything!



THE DAWNING OF THE MODERN OLYMPIC AGE:

The 30th Anniversary of the 11th Olympic Congress in BADEN-BADEN

Carolyn Bishop (Germany)



It was 30 years ago that the 11th Olympic Congress took place in Baden-Baden. "The congress was a milestone in sport policy in a time, when nothing less than the future of the Olympic Games was up for debate", IOC Vice President Dr. Thomas Bach said in his speech. The congress effectively changed the Olympic movement. Bach was the host of the event and welcomed prestigious guests in the famous Kurhaus in Baden-Baden including 19 high ranking IOC members. Those in attendance included: IOC President Jacques Rogge, Prince Albert of Monaco, EOC President Sir Patrick Hickey, Chariman of the IOC Athletes Commission Frank Fredericks, the CEO of LOCOG Sebastian Coe, and legendary gymnast Nadia Comaneci. The German Olympic Academy, where I work as a consultant was strongly involved in the planning of this celebration ceremony in close cooperation with the DOSB (the German NOC). The DOA was mainly responsible for the content and the DOSB for the organisational part (although due to the amount of work it mixed in the last weeks previous to the event). In this regard we also created an exhibition about the Olympic congress and its influences in the decades after.

In September 1981 the 469 participants of the Olympic Congress recommended to abolish the amateur paragraph, to declare more rigorous punishment for doping, to develop a marketing programme, to strengthen Olympic solidarity and to found an Athletes Commission. The last recommendation was put into action only one month later. Thomas Bach as well as Sebastian Coe were members and strong protagonists of this first IOC Athletes Commission.

Jacques Rogge was one of the main speakers in Baden-Baden. He was also invited to the 1981 congress, but did not go because of the Sailing WCs, which he declared "was a mistake, my mast burst!" The congress in 1981 dealt with many difficult issues such as: he boycotts in Moscow and Los Angeles, IOC financial weakness of the, high cost of hosting the Olympics leading to lack of interest by cities, doping putting the integrity of sport in question, the gap between the NOCs of the industrial states and the developing countries, and finally the athletes not having a voice. According to Rogge, the IOC succeeded in adapting to all of the changes over the decades and still managed to keep true to Olympic values.

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The focus of the ceremony in Baden-Baden was on the pioneers who enabled athlete's voices to be heard in sport policy decision making. Peter Tallberg, who was asked by Samaranch in 1981 to lead the first talks and eventually the first athletes commission, spoke about the discussions lasting all night with the invited world class athletes. Besides Tallberg, Bach and Coe, the first athletes commission also included five time Olympic Champion, Nadia Comaneci from Romania, two time Olympic champion Kipchoge Keino from Kenya, Bulgarian rowing champion Svetla Ozetova, Russian ice-hockey player Wladislaw Tretjak, and Norwegian skier Iva Formo.

Bach said: "We were not only able to participate, but also to represent our interests explicitly. For us this was a challenge and a chance, which we – I think – were able to use/capitalize." His friend and combatant Sebastian Coe (they call each other Shakespeare (Coe) and Professor (Bach)) got to the point: "I think our participation in the congress and the durability, which we went on with our tasks, overcame the widely spread opinion that all athletes are non-thinking robots."

The Highlight of the celebration ceremony was the high ranking panel discussion with current as well as former members of the athletes commission: Sebastian Coe, Thomas Bach, Pal Schmitt, Nadia Comaneci, Prince Albert of Monaco, Frank Frederick and Kipchoge Keino talked about their experiences on the podium.

Bach spoke for them all: "I'm very pleased to see what was the outcome of the initiations [of Baden-Baden]" and he hopes "that we could contribute to the consolidation of the common Olympic mentality through this event. This 'unity of diversity' should allow us, to recognise the realities, to approach the truth and to assure the progress".

For the supporting programme the *Kurorchester* played the Olympic anthem in the beginning. There was a dance performance by students from the university of Mainz under the direction of IOAPA member Claudia Behrens. The performance of the Olympic anthem, which was composed by Leonard Bernstein for for the 11th Olympic Congress, by the Kurorchester and the Baden-Baden children's choir topped the event. Afterwards the guests were invited to a lunch in the Kurhaus restaurant. (continued on the next page)

Looking back on this event one can say it was a huge success. The atmosphere among the IOC members and other high ranking guests was very friendly and relaxed. The highlight of the evening was a wine tasting and dinner at a wine estate nearby. Some of the guests brought their partners and enjoyed the “golden autumn” in the spa town Baden-Baden. The next morning the guests gathered in the hotel lobby to walk (instead of using the shuttle service) together to venue of the ceremony, the ‘Kurhaus Baden-Baden’.



During the event I was very lucky to work at the Brenners Parkhotel together with some colleagues of the DOSB, where we were serving the VIP guests. Surely, to meet Jacques Rogge (who was very nice), Pal Schmitt (who was even nicer), Katharina Witt and the other guests was definitely a highlight of this year for me and I'm very thankful to the DOA and DOSB that they gave me this opportunity!!



MEMBER NEWS

THE EFFECT OF KINESIO TAPE ON FUNCTION MOVEMENT SCREEN SCORES

IOAPA member James “Mick” Lynch (2008 Educator’s Session for the USA) recently attended the 26th Kinesio Tape International Research Symposium with a student for a poster presentation. The student -run project was titled “The Effect of Kinesio Tape on Functional Movement Screen Scores”. A student became intrigued with Kinesio Tape after the explosive media attention in the 2008 Beijing Olympic Games (most notably beach volleyball athlete Kerri Walsh).

The Functional Movement Screen is a valid screening tool for injury risk that is increasingly popular in the United States. This Korean student reasoned that Kinesio Tape may improve motion in those individuals with a low Functional Movement Screen score and potentially decrease injury risk. He used 16 women’s basketball players and 16 college students from athletic training and human movement courses. He obtained Functional Movement Screen scores on all 32 and then randomized them. Forty-eight hours later, a second student applied Kinesio Tape to both lower extremities of one group of 16. Then all 32 subjects were assessed a second time using the Functional Movement Screen..

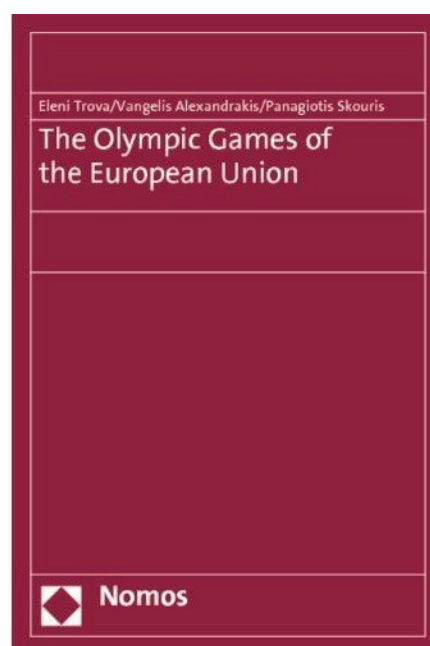
A statistically significant improvement in score was shown for the open kinetic chain movement. This suggests that Kinesio Tape may be most useful in those motions not requiring weight bearing of the active extremity, e.g., the shoulder in throwing sports. References describing the Functional Movement Screen are below.

Cook G, Burton L, Hoogenboom B. Pre-participation screening: The use of fundamental movements as an assessment of function – part 1. North American Journal of Sports Physical Therapy. May 2006; Vol.1; No.2; p. 62-72

Cook G, Burton L, Hoogenboom B. Pre-participation screening: The use of fundamental movements as an assessment of function – part 2. North American Journal of Sports Physical Therapy. Aug 2006; Vol.1; No.3; p. 132-139

THE OLYMPIC GAMES OF THE EUROPEAN UNION

IOAPA member Vagelis Alexandrakis is the co-author of a new book called *The Olympic Games of the European Union*.



From the Publishers website:

“This study shows the importance of sports law and, more specifically, the regulatory framework of the Olympic Games. The main issue of the book is the synthesis between the rules of the Olympic Games and European Community (EC) law, given the fact that full appliance of the Olympic Games under EC law has already taken place in a European city (Athens in 2004) and are about to take place in the near future (London in 2012).”

ANNOUNCEMENTS & LINKS

LONDON 2012 OLYMPIC REUNION ANNOUNCEMENT!

The IOAPA executive is pleased to announce the dates for the IOAPA reunion at the London Olympics in 2012:

FRIDAY AUGUST 3
4:00pm to 8:00pm at
Coventry University Campus
in Central London (close to
Liverpool St.)

If you are planning on going to the London Olympics please save the date! IOAPA reunions at the Olympics are open to IOAPA members and non-members. It is an opportunity to gather with former IOA participants. Full details to be announced.

LONDON ACCOMMODATION

Are you a local Londoner?

We are looking for information about accommodation in London for the Olympics. If you have any information about good places to stay or would like to offer accommodation to IOAPA members please get in touch with Hector at hector@ioapa.org.

IOAPA MEMBER SURVEY

We will be sending out an IOAPA member survey shortly. Our intention for the survey is to try and enhance your member experience and strengthen the IOAPA.

Please take the time to fill out the survey so we can serve you better. Thank you!

LINKS

The latest IOC OSC Newsletter:
http://www.ioapa.org/images/documents/OSC_Newsletter_September_2011.pdf

The IOC OSC has restructured its website that includes useful information at:
www.olympic.org/studies

The new IOC online documents collection can be found at: <http://doc.rero.ch/collection/CIO?ln=en>

WINTER 2012 ARETE

The submission deadline for the next Arete will be **February 1, 2012**. As always, all IOAPA members are welcome to submit articles, pictures, and news items. We love to hear from you! If you would like to contribute to Arete please contact Anne and anne@ioapa.org.