

ARETE NEWSLETTER

SUMMER 2013 ISSUE



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Editorial

By: Vagelis Alexandrakis (GRE)



Dear Readers,
Welcome to the Summer Issue of the Arete Newsletter!

I hope you are all enjoying the summer. In this issue you can find out about what happened at our IOAPA Conference that took place from 23 June – 2 July in Olympia and get to know the newly elected Executive Committee Members.

As you most likely know, we have a new President, Akhry Ameer from Sri Lanka, to whom we wish best of luck and all the success in his new position. At the same time, Hector has stepped down after 6 years in the driver's seat of IOAPA and 10 years of service in the IOAPA Executive Board. His contribution to the IOAPA no doubt has been significant and we take this opportunity to thank him for all his great work. Read an interview with both the past and the new IOAPA President who share their thoughts, vision and priorities with regards to the IOAPA.

In this issue, you can also read some first-hand experiences from the IOA Young Participants' session and IOA Directors' session that took place recently in Olympia. You can also learn about a significant event that took place in July in Olympia: the international wrestling competition OLYMPIA 2013 and get to meet the new Members of the Board of Directors of the Portuguese Olympic Academy.

An issue that has attracted worldwide attention has been the recent reports on Nelson Mandela's state of health. In this issue, read a commentary comparing the Olympic values with Nelson Mandela's positions and principles. Unfortunately, over the last months a big number of top-level athletes have failed their doping tests, triggering a wave of disappointment among their fans, and on this occasion, we reflect on the implications of the phenomenon of athlete role models going bad.

With the selection of the 2020 Olympics host city being just around the corner, we reflect on the social legacies the Games could potentially have on each one of the candidate cities. Finally, find out about the most recent sport & Olympic-related news, upcoming events and job opportunities. Of course, if you would like to contribute to the Arete NewsLetter, feel free to contact me and let me know about your ideas.

Enjoy your reading!

Vagelis

Arete Newsletter Editor

Meet the new IOAPA Executive Committee!!!!

President

Akhry Ameer (SRI LANKA)



Akhry is a business consultant & events planning professional in Sri Lanka and a graduate of the IOA Masters Programme (2009–2010). He first came to the IOA in June 2009 as a participant of the Young Participants' session. He was a coordinator of the Young Participants' session in the sessions 2010–2013, being the chief coordinator in 2013. He joined the IOAPA Executive Committee in July 2011. Since July 2013 he is the President of the IOAPA.

Vice-President & NewsLetter Editor

Vagelis Alexandrakis (GRE)



Vagelis is a sports lawyer, currently working with the European Lotteries Association in Lausanne. At the same time he is a PhD Candidate in the field of Olympics, Law and ambush marketing. He participated in the IOA postgraduate session 2008. In 2009 he went back as the coordinator of the postgraduate session. He was also a coordinator in the YP sessions 2009–2012, being the chief coordinator in 2012. Holding the conviction that past IOA participants should stay connected, he joined the IOAPA Board in 2009.

Secretary General

Sandy Stathopoulou (GRE)



For over a decade now Sandy has been a practicing lawyer, specialized in civil and commercial law in Athens. She has also obtained a degree in translation studies. After a short term as a member of the IOA staff, she returned as a participant at the YP session in 2004. Since then she has been a proud member of the IOAPA, and has been happy to provide her legal services, *pro bono*, to the organization. Sandy practices the principles of Olympism in her everyday life by making the effort to better herself and also by sharing, participating and never giving up. Sandy joined the IOAPA Executive Committee in 2011.

Meet the new IOAPA Executive Committee!!!!

Treasurer

Daniele Nati (ITALY)



With a degree in Political Economics and Business administration and an MBA in Communications and Leadership, Daniele is based in Germany working as a Public Affairs Manager in a consumers goods company. He participated in the YP session of 2003, and in 2005–2006 he worked for the Turin 2006 Organising Committee as NOC/NPC Services Centre Manager. He joined the IOAPA Board in 2009.

Head of Country Coordinators

Vita Balsyte (LITHUANIA)



Vita is currently working as the Head of Olympic Education programmes at the National Olympic Committee of Lithuania. She is also a Board Member of the Lithuanian Olympic Academy and the Secretary General of the Lithuanian Fair Play Committee. With a Bachelor's degree in Economics and a long experience in volunteering for local and international sport events, Vita became the first Lithuanian to take part in the IOA Masters programme (2010–2011). She was also a coordinator in the 2011 YP session and attended the 2013 IOA Directors' session. Vita joined the IOAPA Board in 2013.

Research Officer

Cameron Myler (USA)



Cameron is a 4-time Olympian in the sport of luge (1988, 1992, 1994, 1998). She attended Boston College Law School and practiced law in New York for 10 years, where she advised clients in the sports, media and entertainment industries and represented Olympic athletes and sports organizations in regulatory, eligibility and anti-doping matters. She also served on the U.S. Olympic Committee's Board of Directors for 8 years. Cameron is currently an Adjunct Professor of Sports Law and Governance at New York University. She participated in the 1997 YP session and went back the following year as a coordinator. She joined the IOAPA Board in 2013.

Meet the new IOAPA Executive Committee!!!!

Internet Officer

**Konstantine Michael
Tzigounakis (GRE)**



Throughout his life, Costa has been involved with sports in every possible capacity from spectator to coach and from elite athlete to volunteer. A former karate athlete, he studied Physical Education & Sport Science and worked with adults and children from various coaching positions. He first got involved in volunteering back in 2004 and the Athens Olympic Games and has been pursuing volunteerism ever since. While volunteering at the 1st Winter Youth Olympic Games in Innsbruck, he got invited as a participant to the 52nd IOA Young Participants Session. This amazing experience for him, was followed by an invitation to become a coordinator at the 53rd IOAYP. He joined the IOAPA Board in 2013.

Marketing Officer

Glen Sefcik (USA)



Glen has been a lecturer, higher education advocate, author and athletics coach. He currently teaches and is the Lead Faculty Area Chair for the Humanities Department at the University of Phoenix. In addition, he is a certified Executive Leadership Coach for the True Growth Academy (TGA) and has been active as a leadership coach for the Pre-Command Course for the United States Army, as well as an executive coach for numerous companies and government agencies. In 1996, Glen was selected by the U.S. Olympic Committee as chief of the U.S. delegation to the International Olympic Academy in Greece. He joined the IOAPA Board in 2013.

IOA Liaison Officer

Panos Trikaliotis (GRE)



As a member of the Hellenic National Boxing team for 7 years, Panos was taught the Olympic values at a very young age. With a degree in Political science and Public Administration and an MA in International & Strategic Studies, he joined the 1st version of the IOA Masters programme (2009-2010). He was a coordinator in the YP sessions 2010-2012. In January 2013 he joined the staff of the International Olympic Academy, as the Coordinator of all Universities/Academic-related conferences. Being committed to Olympism as a way of life, Panos joined the IOAPA Committee in July 2013.

IOAPA: Past & Future

An Interview with the past and the new IOAPA President

Interview by: Vagelis Alexandrakis (GRE)

During the last IOAPA General Assembly, a new President was elected. Hector Arguelles, IOAPA President since 2007 and Executive Committee Member since 2003 decided to step down and, following his election, Akhry Ameer from Sri Lanka is now sitting in the IOAPA's driver's seat. We spoke with the past and present IOAPA Presidents and asked them about their memories, thoughts, views, aims and aspirations.



Hector: the past President

After 6 years as IOAPA President and 10 years on the Ex Board, what do you consider as your greatest achievement and contribution to the IOAPA?

Hector: First it has been an effort of many in the Committee, with the help of some members and building from what many before legated. Second, I like to look at things globally. I think in the last years we have managed to uplift the association in many areas: it is larger (double the number of members), organizes more activities and gives more services to the members. We have established and consolidated legal and organizational structures, streamlined processes and managed to run the association at almost no cost. And very importantly all while preserving its original nature: this is one of those rare organizations where all Committee members pay fully for their own travel and all other related costs.

What advice would you give to the new IOAPA Executive Committee and all IOAPA Members?

Hector: Plan realistically and execute relentlessly. As a purely volunteer international organization with no staff, planning needs to be done very carefully, distinguishing what is achievable and prioritizing accordingly. Then after planning realistically and having a two year roadmap that is feasible and would make the association better, it is still needed to be there during the two years in many cases on a weekly basis- and that is not so easy with our busy lives...

You have been in numerous IOA and IOAPA sessions (as participant, coordinator and President!). Do you actually have a favourite session – Is there a session you really enjoyed and would you say that your first participation in the IOA back in 2002 kind of changed your life?

Hector: Definitely the two sessions where I was participant: Young Participants in 2002 and Postgraduate in 2004. Being back as a coordinator is a great privilege that I have enjoyed a good number of times, but there is nothing like being a participant, more time to meet other people, and explore all of what the IOA is about: learn, laugh, work out, dance, live,...

Akhry: The new IOAPA President

How do you feel as the new IOAPA President?

Akhry: I am indeed honored to follow Hector in this position after having only been on the IOAPA Executive Committee for 2 years. IOAPA has established a great legacy over the past 24 years of maintaining, renewing and creating new bonds of friendship, and of fostering the Olympic Values. Now that the leadership of IOAPA has been handed over to me, I am committed to keeping the momentum that Hector built, and to ensure that the organization continues to grow in strength.

What is, in your opinion, what is the role of IOAPA?

Akhry: I believe that IOAPA is a organization that brings together passionate minds of 'Olympism'. Hence, its role is to help boost this passion and support the work of its members in whatever daily work life they may serve in, by providing tools and opportunities to strengthen and create new bonds of friendship among them.



In the next 2-year term, what are the priorities of the IOAPA Committee and what challenges will IOAPA face?

Akhry: The priorities for the IOAPA Committee are three-fold:

1. Expand the value and increase the services that IOAPA offers to its Members
2. Host a grand reunion in 2015 to celebrate IOAPA's 25th Anniversary.
3. Expand outreach to IOA participants and increase membership of the organisation

The main challenge that IOAPA will have to face is find ways of adding value to its members through its own networking tools and mechanisms in the face of growing personal social networks.

How do you envisage IOAPA in 10 years' time?

Akhry: I would envisage IOAPA in 10 years time to be an association that is at least 3,000 strong with members serving in key position in sporting bodies and turning to their IOAPA network for support both in their professional lives in sport, as well as in their personal lives.

Hector: Larger and more relevant to its members while keeping its spirit.

An



IOAPA President MUST love animals!!



Past & Present IOAPA President in moments of leadership!

IOAPA Session & General Assembly 2013

By: Nenad Borkovic (Croatia) & Isidora Mitic (Serbia)

Why it is the coolest thing to be a Hans Van Haute scholarship winner!



Greetings to all of you from us– Isidora and Nenad – the two Hans Van Haute scholarship winners from Serbia and Croatia. This article will describe our experience in the IOAPA session! Why read it?

- 1) it might well motivate you to participate in the next IOAPA session solely in a positive way, and
- 2) you will get first-hand experience of the IOAPA session through the eyes of the youngest male and female participants (and you might even recognise yourself in some of the situations described).

So, let us guide you through our experience:

The very first meeting with IOAPA participants

That was an interesting experience. The IOAPA session started with the opening dinner in Athens! Much to our surprise the average age of the participants was kind of higher than expected, but this was indeed cool! They know how to have fun. After all, they are quite experienced in that! We learnt a lot of from them and had a great time with them.

The meeting with IOA young participants in Athens

We had the opportunity to meet participants of the YP session on their very last night in Athens. Although it was their farewell evening, they were very keen to meet us as former IOA young participants and current IOAPA participants. I am sure, you all know how cool it is to meet new people from all around the world who share the same life philosophy as you.

Lectures and work activities

Modus operandi – our work activities were carried out in thought-provoking lectures in which each of us was included. Alright, let's slow down a bit. Particularly ourselves, we were thinking –what could I contribute, as next to me there are accomplished professionals and academics? However, much to our surprise, all participants were interested in our opinions and we were actually asked to provide our input. It was cool that they treated us as equals, attaching importance to our fresh ideas and mind-set.

Wake up music & early morning activities



Every morning from 7 to 8 am there was wake up music and morning exercise with Uli. He was teaching every morning the Daoyin Yangsheng Gong, a Chinese-style technique created in the 1970's, a style which combines medical and philosophical traditions of old writings with findings of modern medicine. It was a great experience and exercise of how to put your body and mind in balance.



Every afternoon, we had sports activities. First, fistball organized by the great Austrian team, then volleyball by Gabriel and aerobics by Costas.

Social evenings

Several times, we had social evenings. Richard and Vita were in charge of the programme and the participants of IOAPA session had the opportunity to present not only their culture, but also their skills, and in general all participants were encouraged to present anything he/she found interesting, without any limits. Also, older generations were reminded and younger ones were introduced to how the IOAPA session looked liked in 1989 by an interesting video. We felt the spirit of various countries as Belarus, Canada and Ukraine. It was so atypical social evenings where we had the chance to play very interesting games, being even happier, fostering and building new friendships, being like one big family. Those social evenings were really some kind of team buildings for us. We also learned how to dance American dance that were performed by participants attending workshops held every afternoon by Betz and Laurel.

Nights out



If you think that in the absence of very young people, there was no nightlife and fun, you are wrong! The atmosphere was almost the same as the YP session, but it lasts just for one week. An amazing pool party was organised where we got to taste the traditional IOAPA sangria recipe which has been passed down over the years from generation to generation and we got to dance and enjoy a beautiful Olympian night by the pool. Many nights were spent in Zorbas where we danced until the morning. We also went to a vineyard near the village, where we had the chance to taste some traditional Greek food, dance some traditional Greek dances and experience the real Greece!!



Trip to the beach

Friday was our free day, so those who wanted had the opportunity to go to the beach. We went to Zacharo beach, spending a relaxing afternoon at a beautiful beach. We felt like we were on holiday, somewhere far from reality! Beautiful, calm and clean, without many tourists, the beach offered us real relaxation and a good small team-building.

Farewell

But just like everything nice, the IOAPA session had to come to an end. On the last day we had elections and a new Board was elected for a 2-year term. The last night was spent in Zorbas where we danced until the early morning and those who stayed in Athens until 2nd July had dinner all together and then some farewell cocktails in Athens.

Both of us came to IOAPA session without any particular expectations. We didn't know how it looks like, how IOAPA actually works, we didn't know all those people, we didn't know each other and then, once the session was over, came back home with a suitcase full of memories. We met old friends and made new ones, we gained a lot of knowledge, we heard a lot of amazing life stories and professional experience of older IOA participants which meant a lot to us.

All in all, we re-lived our Olympic dream which we first lived as young participants and now we are impatient for the IOAPA session in 2015. We hope we will see more people, especially younger people. As we, young people, constitute the future of this world, it is our moral duty to keep that Olympic flame alive and be ambassadors of Olympic values in our own countries. Finally, as winners of the Hans van Haute scholarship for IOAPA session 2013, we want to encourage people to apply for this great scholarship as well. So don't hesitate and don't miss the next opportunity and, until then, all we have to say is –see you at IOAPA 2015!

A few Words about the Hans van Haute Scholarship

During the 1985 Young Participants Session, Hans van Haute from Belgium was inspired and encouraged by the President of the Academy, Professor Nissiotis, to organize an alumni association of the IOA. On his own initiative, Hans wrote, and mailed a newsletter to all the 1985 participants to keep the spirit alive. Upon the urging of Yiannis Zoumpoulis (GRE), Professor Nissiotis also put the same thought into the heads of 1986 IOA participants Laurel Brassey Iversen (USA), Ingolfur Hannesson (ISL) and others during a meeting in his office. He promised the IOA facilities free of charge for an IOA alumni meeting. Shortly after the 1986 session Hannesson also began publishing a newsletter for the participants. Eventually van Haute and Hannesson were connected and coordinated their efforts. Almost immediately following the 1987 session, Paul Baldacchino (MLT), joined forces with Ingolfur and Hans and the three became the driving force behind a reunion in Olympia. In March 1988 Hannesson and Zoumpoulis met in Athens with IOC member, Mr. Nikos Filaretos, who was also the IOA President following the death of Professor Nissiotis. With Zoumpoulis leading the way in Athens, the final plans for a reunion in 1989 rapidly took shape. Invaluable support came when Mr. Filaretos sent a formal letter on 27 March 1989 informing all NOCs and NOAs around the world about the upcoming meeting and value of such an endeavor to the Olympic Movement. Recognizing Hans van Haute's dedication to the birth of IOAPA there was a strong movement at that first conference to make him the organization's first president. But Hans refused all these attempts. Not long after the conference everyone learned that Hans was suffering from cancer. On 13 June 1991, just weeks before the second alumni conference, crushing news came that Hans had lost his battle with cancer. In 1993 during the IOAPA Session, a tree was planted in memory of Hans behind the Old Lecture Hall. The first tree survived only a few years and a second tree was planted which thrives there today. IOAPA developed the Hans van Haute Scholarship to help participants in need attend the session. The report of each session is sent to Hans' wife, Lieve Bague-De Keersmaecker.

53th IOA Young Participants Session

By: Martin Uthaug (NOR) & Elise Marcotte (CAN)

Our International Olympic Academy Experience

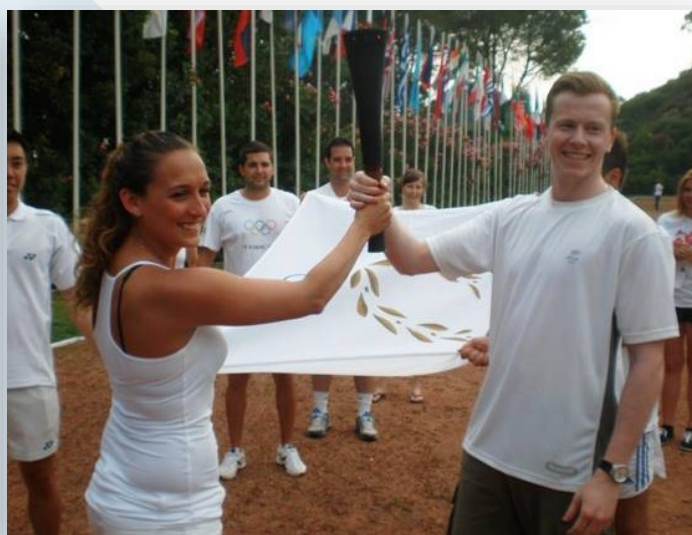
Elise Marcotte from Canada and Martin Uthaug from Norway share their experience from the Young Participants Sessions with the Arete readers.

"This was an experience for life," Martin says. "I've met so many great people from all over the world, I've walked in Ancient Olympia getting to know and see the history of the ancient games and I've got to listen to and discuss with good lecturers and participants about Olympism and legacies. This has been great!"



At first, we met about 200 people from all over the world, from every continent, with a diverse cultural background as well as sport background. They were mostly participants, but also coordinators, lecturers and staff of the International Olympic Academy. All of them were there for the same purpose, to talk about and live the Olympic values, Friendship, Respect and Excellence, as well as this year's focus, the Olympic Legacy, or legacies as we learned during the sessions.

“It felt great to meet young people from all over the world”, Martin says. “Some of them are students in sport related studies, some are athletes who participated in the Olympics or Paralympics and some work for their National Olympic Committees or National Olympic Academies. And we all come together to discuss matters that we share an interest in”, Elise and Martin explain. “To me, working in a confederation, I found many of the lectures highly relevant to my field of interest. They touched on human rights, the legacies after mega sporting events and on the values of Olympism and the risks, to mention a few.”



After the daily lectures and discussion groups we took part in sport activities such as volleyball, basketball or tennis. This was a great way to get to know more people. During the evening, if we weren't taking part in any cultural activities such as poetry or dance workshops, drawings, movie making or rehearsals to intercultural evenings, we would take a walk to town or the nightclub, to dance, laugh and have fun.

Surprisingly many of the same people staying out till the early morning also joined in on morning sports, such as yoga, tag-rugby, martial arts and other sports. Young people teaching other young people their sport or recreational activity is a great way of peer-to-peer education. Another example of peer-to-peer education we experienced was when the former and current Olympians and Paralympians shared their story on how to get ready for the Games, as well as the after-games life. Elise, co-writer of this article, shared her story of becoming an Olympian in Synchronized Swimming. A more energetic presenter would be hard to find.

"As a co-writer to this article with Martin, and as a two time Olympian in synchronized swimming for the Canadian team, I was feeling really lucky to be able to live the experience of the International Olympic Academy" Elise said. "I guess a different view from Martin that is working for the federation." Going to the Olympic Games has always been my dream as far as I can remember and after participating in Beijing 2008 and London 2012, I decided to play a different role in the sport as of 2013.

Retiring from the sport, a big change in a life, when everyday you wake up to go training, aiming for excellence, you need to find new goals and a new life style. Sport is a passion of mine since I'm 5 years old and it was important to me to stay in the Olympic movement even if I was out of the pool. So I decided to start coaching, giving conferences and inspiring kids with my story. The International Olympic Academy was my first experience being in an Olympic spirit without competing. It was great! Being with people from all over the world and one thing in common: all the participants are passionate about sport and the Olympic movement!

We talked a lot about the youth, the importance of being ambassadors in our country after the Academy. The Lecturers were really interesting, touching subjects that we could act on in the next few years, youth in the sport, Olympic legacy and anti-doping. The conversation with the other participants and also the coordinator was rich, with different opinions and ideas. We exchanged ideas on the different subject and one of the main goals is trying to share the Olympic values among the youth. We made friends that will last forever, like Martin said, we spent 2 weeks together, at first 200 strangers with a common passion; sport, ending up 200 friends with common dreams and goals.



The IOA Directors' Session 2013

By: Vita Balsyte (Lithuania)



International Olympic Academy's 12th Session for Directors of National Olympic Academies started with an inspirational speech of the President of the IOA, Mr. Isidoros Kouvelos. As 2013 is the year of 150th anniversary of Pierre de Coubertin's birth and a year of changes in the Olympic Movement: with the possibility of wrestling, one of the Ancient Olympic Games events, not being a part of Olympic program and the election of a new IOC President, no wonder that the Session was dedicated to Olympic Legacy. The special subject was "Olympic Legacy: Olympic Games and their Educational Challenges". From the very beginning it was clear that a lot of questions will have to be discussed and answers will have to be looked for during the course of the Session.

A great number of lecturers presented different angles of Olympic Legacy. Lectures included analysis of Olympic Games legacies in the host cities: Mr. Elaya Musangeya presented the International Inspiration – 2012 London Olympic Games International Legacy program, which reached 11 million children around the world. Furthermore, Mr. Henry Tandau continued the topic with a case study of Tanzania, which was one of the 20 countries where International Inspiration took place. Continuing with London 2012, Andrew Hibbert presented the local LOCOG Olympic Education program "Get Set", which was implemented in Great Britain. Taking a look toward the future, Prof. Denis Krushkov explained the 2014 Sochi Olympic Games Olympic Education concept covering a wide range of activities from popular and academic to professional and volunteer Olympic Education programs during the preparation phase for the Winter Olympics.

Furthermore Prof. Otavio Tavares presented the situation of Olympic Education programmes in Brazil. With only 3 years left until the 2016 Rio Summer Olympic Games, programmes to successfully disseminate the Olympic values and ideals are in progress, but have not yet been fully developed. But there are hopes set for the Olympic Education programme to kick in during the upcoming years.

In addition to event-specific lectures, the topic of Olympic Education was discussed by Dr. Ines Nikolaus who presented her research on Olympic Education programmes around the world. Dr. Sarah Teetzel analyzed ways to optimize the understanding and teaching of Olympism. While Prof. Dr. h.c. Ingomar Weiler covered the topic of Ancient Olympic Games legacy and its development from the Ancient times through the Roman and Medieval periods, Olympic ideas in Humanism and Renaissance. Furthermore, other lecturers made a great contribution to the Session. It is more than clear that a great variety of Olympic topics and views were shared during the Session.

As in every IOA Session, discussions were very meaningful and interesting not only after every lecture, but also during Discussion Group time, where the main topic of the Session—Olympic legacy was analyzed thoroughly. To tell the truth, most of the groups began at the same starting point. After having heard the lecturers presenting the topic of Olympic Legacy from various aspects, we all needed some kind of definition of legacy as a base for future discussions. What is more, we all further considered different types of legacy, such as tangible vs. intangible and positive vs. negative etc. Needless to say that every group took a different and personal approach towards Olympic legacy, which was very much visible during the final stage of the Session – Conclusion of the Discussion groups.

Participants' presentations on Olympic Education programmes and activities in their respective countries was a useful and important part of the Session. It has to be stated that the year 2013 was quite special as the biggest ever number of presentations were given by the participants. Every country representative brought some new experience activities that are being implemented. It was amazing to see what a great job for the promotion of Olympism and dissemination of Olympic ideals and values is done in each and every country. What is more, these presentations gave an opportunity to learn the best practice and find the ways to implement them in your own country.

To sum up, 12th International Session for Directors of National Olympic Academies was a great success. It was great to meet all the colleagues from around the world, share our experiences, wishes and hopes for the future of the Olympic Movement.

In my opinion, Olympic Legacy is a wide topic, which will be discussed even more frequently in the future. From my point of view, Olympic Legacy—in one or another way—is the responsibility of every person involved in Olympic Movement. Therefore a question has to be raised: what value do I add to the Olympic Legacy? I believe, that it has to be answered by each and every one of us. What do we—as members of the Olympic Family, as past participants of IOA Sessions, as IOAPA members—actually do to promote Olympism and ensure the continuation of Olympic Legacy in our own countries and worldwide?



International Wrestling Olympia 2013

By: Charilaos Chondronasios (GRE)



A unique sporting event that will likely become an institution bearing the name International Wrestling OLYMPIA 2013 was held the weekend of July 19–20, 2013 and attracted the attention of many Friends of Olympism.



12 countries from around the world, Greece, Russia, USA Germany, Great Britain, Brazil, Turkey, Albania, Bulgaria, Estonia, Cyprus, Armenia. A unique place such as Ancient Olympia and the facilities of the International Olympic Academy. 160 top athletes, including Olympic winners.

A separate sport competition was organized by the World and Hellenic Wrestling Federation in order to send a message from the birthplace of the Olympic Spirit to the members of the IOC for the rescue of Olympic Wrestling and the significance of the Olympic Games and the Olympic Movement.



The opening and closing ceremony of this special event started from the archaeological site and ancient Palaestra where the Mayor of Ancient Olympia Mr. Thimios Kotzias, handed papyrus with a “save the Olympic wrestling” to young wrestlers who ran until the monument of Coubertin and handed it to Olympians in Wrestling and other sports. From their side, the Olympians handed the papyrus with the “Save the Olympic Wrestling” message to the President of the World and Greek wrestling Federations Nenad Lalovic and Kostas Thanos respectively. The ceremony was attended by the Minister of Sports, Giannis Andrinou, and representatives from political parties and was followed by the finals in all categories at the International Olympic Academy in an arena set up for this reason at the football pitch of the International Olympic Academy.



It is worth noting that in the morning of the same day all delegations visited the archaeological site, and were informed about the ritual of the Games in antiquity. However, the enthusiasm of the athletes who competed in this unique meeting was large and the competition level was also very high, since the games featured top athletes from countries with a long tradition in wrestling, such as Russia and U. S. A.

Out of gratitude for this contribution of the Academy to the whole event, the President of WORLD WRESTLING FEDERATION, Mr. Nenand Lalovocis, gave the Director of the Academy, Mr Dionysius Gangas a commemorative sculpture. The IOA, as well as everyone who contributed to this unprecedented athletic event, demonstrated that there are people loyal to the Olympic Movement and to the values it represents. Despite the lack of sports facilities, wrestling finally returned to its birthplace and the Palaestra and is now a reality in the premises of the Academy.



Athlete Role Models gone bad

By: Konstantine Michael (Costa) Tzigounakis (GRE)



In every teenager's bedroom wall around the whole world one can find posters of movie stars, singers and athletes. Teenagers idolize movie stars for their good looks, strong characters and ability to triumph over the bad guys. They mimic singers in the way they dress, they get haircuts like they have and sing along with them at concerts. As far as the athlete role models go, teens look up to them for their physique, talent in their sport and achievements. But not all actors, singers, athletes are the best choice for influencing young children. The question that needs to be addressed is to what extent admiration is good and when does idolizing someone has gone too far.

Two of the most recent examples are Lance Armstrong and Oscar Pistorius. Two athletes who only a few years ago were idolized and exemplified for the will power to overcome their personal battles and become great athletes. Armstrong managed to beat cancer and become the first man to win 7 Tour De France races. Pistorius, a double amputee, managed to be the first Paralympian to compete in the Olympics and make it even to the final of the men's 4X400 relay. Everything was going perfect for these guys. They had everything from sponsors, media exposure, audience appreciation and children all over the world idolizing them for their achievements. But not everything that shines is gold. A few months ago in January 2013 and after years of investigations, Lance Armstrong finally admitted he had been using performance-enhancing drugs and that he had lied his way out of getting caught. On February 2013 Oscar Pistorius was arrested for the murder of his girlfriend and awaits trial. The sports community was shocked. The fans of both these athletes couldn't decide how to react. Stand by their idol or drop their support in an instant.

These kinds of reactions from fans come to show that regarding athletes, everybody expects more in terms of moral values, ethics and social behavior. But do these “rules” apply only to athletes? Why don’t we react in the same way when an actor or a singer breaks the law or does drugs? We might condemn it at first, but we still support their music or their films. This different approach, in my humble opinion, has to do with what is expected from athletes. “Sport promotes health, moral and ethic values” Or does it? Many questions are raised regarding the values that are in sports. We all know that exercise promotes health, but is competitive training healthy? On the one hand, we teach children to play fair, respect teammates and opponents and not to cheat. On the other hand, we have plenty of examples of elite level athletes that do just the opposite. Similar behaviors are also observed in show business. But the difference here is that there is no “right” behavior expected of actors and singers. There are no penalties or lifetime bans or even removal from the Academy Awards if an actor used drugs during the filming of a motion picture, or while a singer is on tour performing every day at a different concert.

The main issue that arises and has no easy answer is whether or not we expect too much from our athletes as role models. Is society in such desperate need of good examples for its youth that it neglects the fact that all humans err in one way or another and when that moment comes, its only reaction is to discard the athlete and find a new one?

I myself don’t have an answer to that, but through education—specifically *Olympic* education—it could be possible to minimize such behaviors in athletes. Learning from a young age about the true values and benefits of doing sports, not only the materialistic ones of money, glory, fame, and recognition, could change the approach young athletes and young sports fans have towards athlete role models.

New Executive Board of the Portuguese NOA by Sandro Lucio (POR)

On May 31, the NOA of Portugal conducted its election for a new Executive Board for 2013–2016, in which two candidate slates ran: one lead by Luis Gomes da Costa and the second by Silvio Rafael. Luis Gomes and his team were elected, and on June 7, under the aegis of the National Olympic Committee of Portugal, became the new NOA President.

The new executive board of the National Olympic Academy of Portugal:

President: Luis Gomes da Costa

Vice-President: Tiago Viegas

Secretary General: Susana Rodrigues

Board members (Directors):

Horácio Lopes

Helena Messely

Fernando Costa

Gustavo Marcos

From left to right: Horácio Lopes, Susana Rodrigues, Tiago Viegas, Luis Gomes da Costa (President), Gustavo Marcos, Helena Messely and Fernando Costa.



The main goals and activities for this new elected board are: the reinforcement, in alignment with the NOC of Portugal, to the context of the national sports system; the search for a real two-way relationship and closeness; to be open to the society; and to strengthen the role of the Academy internationally.

Among its activities, the NOA of Portugal will host the 15th PanIberic Congress in 2014, which will include NOA's from Iberia, Spanish and Portuguese speaking countries, in total, 27 participant NOA's.

Similarity between the Olympic Games, Olympism, Ubuntu and Nelson Rolihlaha Mandela

By: Gert Potgieter (RSA)

When it comes to the Olympic Games, the world's eyes are focused on gold, gold, gold. Striving for gold is important and winning is inherent in humans. More importantly though, is the educational philosophy behind the Olympic Movement.

Let's look closer at the Olympic Games, regarding its similarity with "UBUNTU" and our former State President, Nelson Rolihlaha Mandela's philosophy on life.

THE OLYMPIC GAMES

The Games are characterized by various symbols carrying educational values.

- OLYMPIC FLAG – The five rings symbolizes "unity" and "friendship" among the people of the world. The white background symbolizes *peace* and *truth*.
- TORCH – The flame symbolizes "*friendship*", "*peace*", "*unity*" and "*harmony*" and is "carried" through many countries on its route to the host city promoting international *friendship* and *understanding*.
- The MOTTO sets goals to strive for: "Citius" = faster, "Altius" = higher, "Fortius" = stronger.
- Olympic MESSAGE reads: "The most important thing in the Olympic Games is not to win but to take part. Just as the most important thing in life is not the triumph but the struggle"
- OLYMPIC TRUCE – Constant conflict and war between city states in Ancient Greece led to the relevant Kings agreeing to a Truce called "Ekecheiria", seeking *peace*. This Olympic Truce made it possible to travel and participate in *peace* and was respected for more than 1200 years of ancient history.



Former President, Nelson Mandela, signed the agreement, supporting the Olympic Truce Initiative on 19 June 2002 in Athens.
www.olympictruce.org

In Athens 1896 the Olympic Games were resurrected by the founder, Pierre de Coubertin, celebrating *humanity, noble competition* and the *peaceful coexistence* of all peoples and cultures.

In 1993 the UN General Assembly, urged member states to support the IOC in observing the Olympic Truce. The Mission of the Olympic Truce is to promote the Olympic ideals, to serve *peace, friendship* and *international understanding*.

The Olympic Truce has its own logo with the following components:

- Dove = Peace
- Olive Branch = Excellence
- Flame = Friendship
- Rings = Unity



OLYMPISM

OLYMPISM is a notion with its roots in Ancient Greece and has *education* as its main purpose. Pierre de Coubertin said: "Olympism tends to bring together as in a beam of light all those *moral principles* which promote human perfection". Ancient Greek philosophers believed that physical beauty and strength should be combined with *mental* and *moral* values.

Today Olympism blends sport with culture, environment and education to promote a way of life based on:

- balanced development of *body, mind* and *soul*
- joy found in *effort*
- being a *true* role model
- *respect* for *universal ethics*, including *tolerance, freedom, generosity, unity, friendship, non-discrimination, equality* and *respect for others*.

Within Olympism, the Motto elements could be applied as:

"Faster" – speed of comprehension / sharpness of mind

"Higher" – aiming higher in moral growth

"Stronger" – strong of character

UBUNTU

Ubuntu is an African word with various definitions. In South Africa it is recognised as

Forgiving

Reconciling

Values the good of the community above self-interest

Strives for voluntary assistance to people

Humanity

A collective respect for human dignity

It is obvious that these aforementioned elements of Ubuntu have much in common with the Olympic Movement.

NELSON MANDELA

Nelson Mandela's philosophy on life could be synonymous with various elements from the Olympic Movement and Ubuntu.

Mandela = peace / friendship / love / forgiveness /
struggle / freedom / reconciliation / respect / sharing /
equality / caring



Over and above what Mandela has done for our country, sport could never be thankful enough for his input in sport.

Olympic Message / Mandela. Twenty seven years in prison he never discarded his goals to liberate South Africa to become *free, united* and continued his *struggle* for the removal of injustices. On inauguration day, 10 May 1994, Mandela said: "The time for healing of the wounds has come. The time to *build* is upon us". No hatred or revenge was in his mind. To bring the Olympic Message in perspective, although the inauguration day was extremely important in Mandela's life, more importantly was the foregoing *struggle*..."it's not the triumph but the *struggle*".

Mandela is referred to as a "towering figure of *strength* and *forgiveness*, he has been able to do the almost impossible – he is a world role model". On 10 December 1993, jointly with South Africa's former President, FW de Klerk, Mandela received the well-deserved Nobel Peace Prize.

In conclusion, a few quotes by Mandela with some further Olympism content:

ON PEACE	“Peace and democracy go hand in hand – everyone should fight for peace”
RECONCILIATION	“We need to reconcile our differences through reason, debate and compromise”
EDUCATION	“Make every home, every shack or rickety structure, a centre of learning”
FREEDOM	“Freedom is not only the opportunity to vote, but the gate to the awareness of many problems, hunger, poverty, illness and non-advancement. To be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the lives of others”
FRIENDSHIP	“Friendship and support from friends are something which is a source of tremendous inspiration”
HUMANITY	“Deep down in any human heart, there is mercy and generosity. None of us can be described as having virtues or qualities that raise him or her above others”
LOVE	“The world is truly round and seems to start and end with those we love”
MORALITY	“A movement without a vision, is a movement without moral foundation”
PEOPLE	“Justice and liberty must be our tool – prosperity and happiness our weapon”
SELF-RESPECT	“If you are in harmony with yourself, you may meet a lion without fear because he respects anyone with self-confidence”
SPORT	“Sport can reach out to people in a way which politicians can’t” “Sport can awaken hope where there was previously only despair”

SOURCES

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What an Olympian should know – WOA, 2003
In the words of Nelson Mandela – Jennifer Crwys-Williams. 1997
Olympic Fact Book – Stan Greenberg. 1991
The Olympic Movement – IOC. 1988
The Olympic Truce – Int’l Olympic Truce Centre, Athens, Greece
Thirty eight years of lectures – Norbert Müller. 1961–1999
Long walk to freedom – Mandela 1995
Mandela’s book on quotations: Thoughts from a Life 2011

**Gert Potgieter: Former Olympian; South African representative: Inauguration of the IOA in Olympia, 1961; Founder first SA Olympic Academy, 1989; Presented the Youth Programme at Mr Mandela’s inauguration in 1994; Torch runner, Cape Town 2004, Member of IOAPA and International Society of Olympic Historians*

2020 Olympics: Three cities competing for one lasting legacy

by: Vagelis Alexandrakis (GRE)

Istanbul, Tokyo and Madrid have made the shortlist of cities bidding to host the 2020 Olympic Games and on 7 September in Buenos Aires, the Members of the IOC will elect the host city. On this occasion we reflect on the social legacies the Olympics could potentially bring to each of these cities.



London 2012 was quite successful in bringing some social developments in the UK. The 2020 Olympics will have a tougher social mission to accomplish

The Olympics will be held in one of the following three cities: Istanbul (Turkey), Tokyo (Japan) or Madrid (Spain). All these countries have faced recent challenges and the Olympics will have a different role to play in each one of these countries, if awarded to them.

Sport giving voice to human rights issues

The Olympics have constituted in the past a great platform for raising awareness about human rights. Beijing Olympics, for instance, was a great example of how people tried to make their voice heard through the Games. In Turkey, human rights is a key issue and is of high importance for the negotiations with the European Union (EU). Acute human rights issues include in particular the status of Kurds in Turkey. The Kurdish-Turkish conflict has caused numerous human rights violations over the years. There is an on-going debate in the country on the right to life, torture, freedom of expression as well as freedoms of religion, assembly and association. If Turkey is awarded with the Olympics, it is expected lots of discussions will be triggered advocating for a stronger protection of human rights.

Sport leading to disaster and trauma response

The 2011 earthquake in Japan and the powerful tsunami waves triggered as a result caused a number of nuclear accidents, 15,854 deaths, 26,992 injured, and 3,155 people missing. More and more projects are currently emerging that use sport as a psychosocial tool in disaster response. Sport interventions are being used in the field as a non-medical approach to build the coping capacities of people affected by disasters. The Olympics, if awarded to Japan, will also have to deal with disaster and trauma caused to Japanese people.

Sport and economic development.

The candidacy of Madrid to host the 2020 Olympics was seen with scepticism due to its current financial situation. Being in the heart of the economic crisis, it is widely held that Spain will not manage to bear the cost of hosting the Olympics. However, could the Olympics have a beneficial effect on the economy and lead to economic development? The London 2012 Games have brought opportunities in terms of employment and many people have benefited from these opportunities, including young people as well as long-term unemployed. Spain is the country with one of the highest unemployment rates in Europe and probably the Olympics could increase employment opportunities and contribute to Spain's economic development.

It rests to be seen which city will be awarded with the Olympics. There is one thing that we can be sure of: no matter which city will organise the Games, the Games will have a significant and challenging role to play: bring some social change to the city.

News and opportunities!

UN creates international day on sport for development and peace

The 3rd International Forum on Sport for Peace and Development took place at the UN headquarters in New York from 5th to 6th June 2013. Hosted at the UN Building for the first time and jointly organised by the IOC and the UN Office on Sport for Development and Peace (UNOSDP), with the cooperation of the United States Olympic Committee (USOC), the event assessed the successes and challenges of past initiatives and looked at how to pave the way for future concerted action in these fields.

The Forum, this year's theme for which is "Creating a Common Vision", opened with the International Olympic Committee honouring United Nations Secretary-General Ban Ki-moon with the Olympic Order. The Forum closed with a declaration, including a call for the creation of a "United Nations International Day of Sport and Physical Activity", unanimously supported by the more than 400 Forum participants.

In a historic decision, the United Nations (UN) General Assembly on 23 August approved by consensus a proclamation establishing an International Day of Sport for Development and Peace. The Day will be celebrated each year on 6 April, the date of the opening of the first modern Olympic Games in Athens in 1896, by UN member states and other stakeholders. In this context, the General Assembly recalled the IOC's role in promoting healthy lifestyles and creating access to sport for as many people as possible.

Buenos Aires to host the 2018 Summer YOG

It was certain that the 2018 Youth Olympic Games would take place in South America after the IOC members rejected Glasgow's bid during the first round of the election. But the final duel was still looking for its winner. Jacques Rogge, president of the IOC, ended suspense at 3:40 pm (CET) by raising the Buenos Aires envelope. With 49 votes to 39 in the second round, the International Olympic Committee chose the Argentinian capital over Medellin, Colombia to organize the third Youth Olympic Games, after Singapore in 2010 and Nanjing next year.

So, IOAPA wishes good luck to Buenos Aires and hope to see u all there in 2018!!

News and opportunities!

Laureus Fair Play Summit

Around 100 young people met in Bern for the Laureus Sport for Good Foundation's Fair Play Summit on 7–9 August. Coming from seven countries across Europe, the participants were young leaders and staff from Laureus and Laureus-funded projects that use sport to achieve social aims. The three day event took place at the Stade de Suisse and enabled its attendees to take part in networking, knowledge sharing and training in the use of sport as a social tool.

World Transplant Games

A great event took place on 28 July – 4 August in Durban, South Africa. About 1500 athletes, aged from 4 to 80, who have received life saving organ transplants worldwide, competed in various sports to show people can lead normal and fulfilling lives after receiving a transplant, give hope to those waiting for one, encourage organ donation and celebrate second chances.

4th Commonwealth Sports Development Conference

Young people were put at centre stage for this event, which took place on 11–12 August 2013, in Glasgow, UK. The event acted as a vehicle for the development of a "Youth Sport Charter" which will serve as a call to action for Commonwealth and sporting agencies.

EU and IOC pledge to continue 'special relationship' to promote dialogue in sport

Androulla Vassiliou, the European Commissioner responsible for sport, and Jacques Rogge, President of the International Olympic Committee (IOC), met last June as part of the Commission's 'structured dialogue' with the sport movement. Both stressed the benefits of their excellent cooperation and agreed on the need to continue such exchanges on an annual basis in future. The IOC President, who was accompanied by Claudia Bokel, Chair of the IOC Athletes' Commission and Patrick Hickey, President of the European Olympic Committees (EOC), described the meeting with Commissioner Vassiliou as "extremely useful" and welcomed proposals for further concrete forms of cooperation. He said that he was confident his successor would pursue an equally close relationship with the EU and that the Commission could always count on the IOC's support.

News and opportunities!

IOC Elections: Who's next?

On 10 September 2013 the new President of the IOC will be elected in Buenos Aires. Let's briefly meet the candidates:

1. **Thomas Bach (Germany):** Current IOC Vice President, Former Gold Olympian in Fencing (Montreal 1976)
2. **Sergey Bubka (Ukraine):** Currently Vice-President of IAAF, six-time world champion in pole vault, gold Olympian (Seoul 1988), and world record holder.
3. **Richard Carrion (Puerto Rico):** Current Chairman of the IOC Finance Commission and Chairman and CEO of Popular Inc.
4. **Ser Miang NG (Singapore):** diplomat and current Member of the IOC Ex. Board and with a silver medal in sailing in the 1969 South East Asian Peninsular Games
5. **Denis Oswald (Switzerland):** Current President of FISA, Director of the CIES and with a bronze medal in rowing in the 1968 Mexico City Olympics
6. **Ching-Kuo Wu (Taiwan):** Current President of AIBA and past high-level basketball player

FARE Network offers small and event grant opportunities

The FARE Football People Action Weeks is offering small grants to help organise activities of up to €400 and event grants of up to €3000 to bring together thousands of groups in a unified stand against discrimination and for equality.

Visit the FARE website for more information: <http://www.farenet.org/default.asp?intPageID=264>

News and opportunities!

Controversy over Russian anti-gay propaganda law

The Russian Confederation passed in June a law which prescribes heavy fines for anyone providing information about homosexuality to people under 18. This law of which the letter allows for many interpretations, has triggered a wave of protest. In recent weeks, the new measure has sparked ever-louder calls to boycott the Olympic Games in Sochi this February, or to relocate them to a country that is more amenable to gay rights. The controversy has even prompted public statements from Western leaders including Canadian Prime Minister Stephen Harper and U.S. President Barack Obama.

Interestingly, even though the Olympic Charter prohibits any kind of discrimination and provides that sport is a human right, at the same time athletes are not allowed to engage in any kind of political propaganda. This means that an athlete who openly shows his/her support to the gay community might be disqualified for the game. As a consequence, there are many different opinions expressed on this issue and the attitude the Olympic movement should adopt towards this development. In the next edition of the Arete NewsLetter, you will find an analytical commentary on this issue.

125th IOC session

The 125th IOC Session will take place at the Buenos Aires Hilton in Buenos Aires, Argentina from 7-10 September 2013. This session will mark significant developments, as the members of the IOC will elect the host city of the 2020 Olympic Games on September 7, 2013. The IOC will also elect a new president during the session, on September 10, 2013 and one more sport will be selected to form part of the 2020 Olympics programme. Wrestling, squash and Baseball/Softball would be the three sports that the IOC will consider adding to the program for the 2020 Summer Olympics.

Upcoming Events

Dates	Title	City	Country	Website
29 August – 1 Sept. 2013	8th FIEP European Congress: Physical Education and Sports Perspective of Children and Youth in Europe	Bratislava	Slovakia	http://www.fiep2013bratislava.com/index.php
3-4 September 2013	6th Annual International Sports Business Symposium	Buenos Aires	Argentina	http://www.sportbusinesssymposium.com/
4-6 September 2013	Olympic Legacies: International Conference on Impacts of Mega-Events on Cities	London	England	http://www.uel.ac.uk/legacyconference/
11-15 September 2013	21st EASM (European Association for Sport Management) Conference	Istanbul	Turkey	http://www.easm2013.com/
19-20 September 2013	Sport, Leisure and Social Justice Conference	Brighton	England	http://www.britisoc.co.uk/media/52694/Sport_Leisure_and_Social_Justice_CFP_2013.pdf
20-22 September 2013	International Congress on Sports Science Research and Technology Support	Vilamoura	Portugal	http://www.icsports.org/
10-13 October 2013	ICSSPE Asian Summit 2013 & World Conference on Sport for Better Life	Tianjin	China	http://211.68.236.20:2008/huodong/Sport_for_better_life/
11-12 October 2013	(Re)-Discovering Sport in Korea	University of Michigan (Ann Arbor)	USA	http://www.ii.umich.edu/ncks/eventsprograms/conferencessymposia/rediscoveringsportinkorea_ci
11-12 October 2013	ISLA International Sports Law Conference	Hamburg	Germany	http://isla-int.com/_files/images/profilbilder/1369235543.pdf
16-18 October 2013	The Australian and New Zealand Sports Law Association 23rd Annual ANZSLA Conference	Brisbane	Australia	http://www.anzsla.com.au/content/annual-conference
18 – 23 October 2013	International Council of Sport Science and Physical Education (ICSSPE) – Seminar – Development through sport	Rheinsberg	Germany	http://www.icsspe.org/content/development-through-sport-seminar-take-place-18-23-october-2013
23-27 October 2013	23rd World Congress of The Assoc. for Int'l Sport for All (TAFISA): Sustainability; People, Planet, Profit in Sport	Enschede	Netherlands	http://international.nisb.nl/activities/3

Upcoming Events

Dates	Title	City	Country	Website
28-31 October 2013	Playing the Game 2013: Stepping Up for Democracy in Sport	Aarhus	Denmark	http://assets.sportanddev.org/downloads/conference_brochure_1.pdf
30 October 2013	10th World Conference on Sport and the Environment	Sochi	Russia	http://www.olympic.org/content/olympism-in-action/environment/10th-world-conference-on-sport-and-the-environment-takes-shape/
1-3 November 2013	2nd Conference on Sport: Probing the Boundaries	Athens	Greece	http://www.inter-disciplinary.net/probing-the-boundaries/persons/sport/details/
4-6 November 2013	8th International Sports Event Management Conference	London	England	http://www.iirme.com/isem
12-15 November 2013	World Conference on Doping in Sport	Johannesburg	South Africa	http://www.wada2013.org/index.php/en/
22-25 November 2013	Sport Science in the Heart of the Arab Spring: Future Challenges	Hurghada	Egypt	http://www.ajssa.net/hurghada/

Gender in Physical Culture Meeting—Call for Abstracts:

The ‘Gender in Physical Culture’ meeting will be held as part of the ‘Transnational working group of the study of gender and sport’ in Gothenburg, Sweden, 13–14 December 2013.

Deadline: 1 September 2013

Please consult the meeting’s website (<http://iki.gu.se/samverkan/konferenser/gender-and-sport/>) for more information on the preliminary social and scientific programs, and accommodation options.

Job Opportunities

Join the IOAPA LinkedIn Group to keep up to date with the latest job opportunities, call for papers, conferences and other announcement!!! Also, please send any information you'd like to share with the group to Cameron Myler at cameron@ioapa.org.

<http://www.linkedin.com/groups?gid=101892&mostPopular=&trk=tyah>

Also, stay current with new job and internship opportunities in the sports world, please visit the following websites regularly:

- <http://registration.olympic.org/en/jobs>
- <http://www.globalsportsjobs.com/>
- <http://www.sportsrecruitment.com/>
- <http://www.sportanddev.org/en/newsviews/jobs/>

Contribute to ARETE NewsLetter!

WE WANT TO HEAR FROM YOU! !

Is anything interesting related to sport happening in your country? Has something exciting happened in your life that you would like to share with your IOAPA friends? Did you take part in any relevant conference or event? Would you like to reflect on a recent sport-related development?

All you need to do is contact Vagelis, the Arete NewsLetter Editor at vagelis@ioapa.org and discuss your ideas with him!

