

ARETE NEWSLETTER

SPRING 2018



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HIGHLIGHTS



IOAPA ACTIVITIES IN PYEONGCHANG 2018

IOAPA maintains the spirit of the International Olympic Academy (IOA) and encourages action after the experiences which educate and inspire us all at the IOA. The Olympic Winter Games in PyeongChang provided opportunities... (p.5)

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EDITORIAL

Yarden Har Lev (ISR)



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Dear Readers,

Welcome to spring edition of the Arete Newsletter!

The Winter Olympics that lasted for two weeks ended on February 25. Right from the start, the 2018 PyeongChang Winter Olympics kept presenting us with excitement and surprise each day. We have been blessed to see so many outstanding moments and performances that will remain vivid for many years to come.

During the Games in PyeongChang, IOAPA organized the traditional Olympic Games reunion, this year at Canada Olympic House. As always, IOAPA members contributed in various capacities to the success of the Games. There were additional opportunities to exchange opinions and perspectives through academic events related to Olympic and Paralympic themes which were held during the Games.

Logically, a major part of this issue is dedicated to the Winter Games, so you will find a variety of articles including a discussion of the representation of the Olympic values and principles in the Olympic Games by real examples from the Winter Olympics in PyeongChang; an article highlighting the struggle of the Norwegian women in cross-country skiing throughout history, following the extraordinary achievement of the cross-country skier Marit Bjørgen; a comprehensive summary of the IOAPA reunion.

The IOAPA Executive Committee maintains its pace of work and we hope that you are all benefiting from the regular news and updates that our Internet Coordinator, Caroline Bujold, kindly distributes to all of you. Please remember that is important to keep your contact information up to date especially your e-mail account so that IOAPA information can reach you timely. All you need to do is log on [our website](http://www.ioapa.org) and update your personal details if necessary.

Please, do not miss the next edition of ARETE! We would like to encourage you to take an active role in the Association. Write an article on your latest sport project, share information on your academic research, announce the conference that you organize, etc. All that information is very valuable for your fellow members.

Enjoy reading this plentiful and colorful issue.

Yours in Olympism,

Yarden Har Lev, Arete Newsletter Editor

MESSAGE FROM THE PRESIDENT

Richard Koo (CAN)



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Dear IOAPA members and readers of Arete,

Hello and welcome to this first edition of our IOAPA newsletter for 2018. With the success of the Olympic Winter Games in PyeongChang and anticipation building for the Youth Olympic Games in Buenos Aires later this year, it is shaping up to be another exciting year in the world of sport and Olympism!

I travelled to Korea for the games this past February and it was a real pleasure for me to meet so many of our members at the IOAPA reunion, hosted at Canada Olympic House in Gangneung. It's always inspiring to see friends from around the world gathering together to share stories and experiences of their involvement within the Olympic movement. At Executive Committee, we are working on developing more opportunities for members to gather, whether it be at the Olympic Games or at regional events throughout the world. Stay tuned for more information on this initiative in the months ahead.

While in Korea, I had a chance to attend the World Olympians Association "Olympians for Life" reception, which recognised five Olympians who have made a significant impact on society and the lives of others through their work both during and after their athletic careers. I also attended the International Sport Business Symposium organised by IOAPA member and friend Prof. Holger Preuss, which discussed topics surrounding the importance of legacy in the hosting of Olympic games and how to best evaluate its impact in the most objective ways possible. These events amongst others occurring during the Olympic programme underline the important work and impact that sport and Olympism has on society and the world today.

On a personal note, I want to thank the people of Korea for being such kind, friendly and hospitable hosts during this Olympic period. It is a fascinating and exciting country and I can't wait to visit again in the near future.

On behalf of the IOAPA Executive Committee, I wish you all a happy and successful 2018, and happy reading!

Regards,

Richard Koo, IOAPA President

IOAPA ACTIVITIES IN PYEONGCHANG 2018

IOAPA Executive Committee

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IOAPA Members share experiences during PyeongChang 2018

IOAPA maintains the spirit of the International Olympic Academy (IOA) and encourages action after the experiences which educate and inspire us all at the IOA.

The Olympic Winter Games in PyeongChang provided opportunities for IOAPA members to contribute to the Games in various ways. This included academic research on Olympic Studies, NOC members, coaches, officials, Olympians, volunteers and spectators.


Several Olympic and Paralympic themed conferences and events were held during the Games. Each gave an opportunity for scholars and others alike to present and interact in a variety of fields related to the Games. These events, along with others that involve active members, highlight the way the Games can foster international collaboration and dialogue. Below are a few examples of events that involved IOAPA members.

The IOAPA Reunion in PyeongChang

The much anticipated IOAPA reunion took place on Wednesday February 20th at Canada Olympic House, located next to Olympic Park in Gangneung. COH was one of the most popular National Olympic Houses at the Games, with its central location, friendly hospitality, and large screen coverage of the Olympics. It was a fantastic location to welcome IOA friends for an evening of relaxation and fun.

IOAPA President Richard Koo welcomed IOAPA members and highlighted recent Executive Committee activities. This included an increased focus over the next two years on building out the country coordinator network to facilitate better connections between the IOA, IOAPA and the membership. He also reminded those in attendance of the biannual IOAPA session and invited our worldwide membership to reunite at the birthplace of the Olympic Movement in Olympia in the summer of 2019.

The reunion was a great success. Over 30 people attended with many countries represented, and was the largest attended IOAPA Reunion at an Olympic Winter Games ever. The informal style created a great atmosphere with lots of activity, as old and new friends connected over their IOA experiences.



*IOAPA members
celebrate together
and catch up with
old friends during
the IOAPA
reunion in
PyeongChang.
Photos Credit:
Richard Koo.*



At the end of the event, attendees were invited to stay and explore the rest of COH. Many took the opportunity to do so, enjoying the Canadian hospitality and staying late into the night.

IOAPA would like to take this opportunity to thank the Canadian Olympic Committee (Derek Kent, Kristyna Petrollini and Kate Moorehouse) for the generous support of this event and for welcoming us to Canada Olympic House. We look forward to connecting with members at the next IOAPA Session in Olympia in 2019 and onwards to Tokyo in 2020.

Olympic Truce for World Peace

The Truce Foundation of the USA hosted an awards ceremony held at the inaugural PyeongChang Forum for the Earth and Its Citizens, in Seoul on February 7th. The Foundation's President and past IOAPA Executive Committee member Hugh T. Dugan hosted the awards and spoke about the Olympic Truce and its central meaning.

The Foundation recognised three distinguished honorees for their contribution to peace among the people of the world:

- Governor of Gangwon Province, Cho Moon-soon, who received the “Open Fields Award” on behalf of the people of Korea for their contributions to peace in the Olympic host country;
- PyeongChang Organizing Committee of the Olympic Games, President Lee Hee-beom, who received the “Ekecheiria Award” for contributions to peace among the peoples of the world; and
- President of the United Nations General Assembly, Miroslav Lajčák, who received the “President’s Award” for contributions to peace between countries of the world.

Upon returning to the United States, Hugh has prepared a lecture entitled “The Olympics and Sports Diplomacy: What’s the instant replay on North Korea?” It is a behind-the-scenes account of how sport and world politics interact, particularly on the Korean Peninsula right now.

Image 1: IOAPA members
at the reunion in
PyeongChang.

Image 2: Richard W. Pound,
IOC member for Canada
and a keynote speaker at the
International Sport Business
Symposium.

Photos Credit: Richard Koo.



Mr. Dugan is a leading advocate of the ancient Olympic Truce which he helped revive for the modern era while a US diplomat the United Nations 1989-2015. He delivered his talk at Seton Hall University on March 19 and will do so at the College of New Jersey and at Penn State University where he will be hosted by professor-emerita and IOAPA member Dr. Elizabeth Hanley.

International Sport Business Symposium

On February 21st the 9th International Sport Business Symposium was held at Kangwon National University in Chuncheon, South Korea. It was organized by Prof. Holger Preuss (Johannes Gutenberg University Mainz) in cooperation with Prof. Dr. Seok-Pyo Hong (Kangwon National University). The conveyors made reference to the Greek symposium, dating back to 416 B.C., a key social institution in ancient Hellenic culture. Since 2006, the symposium has brought together Olympic scholars from all over the world and provides a platform for debate and interaction with others.

Olympic research and the IOC's Agenda 2020 underpinned the program. Discussion groups and workshop sessions included themes on Olympic studies, sponsorship and legacy. Specifically on the issue of legacy hosting the Olympic Winter Games in a region such as PyeongChang, the Games induced changes which normally take many years, such as creating new connections to Seoul, developing winter sport facilities, starting new businesses, strengthening tourism and improving on participation in winter sports. On the other side, it might bear risks and challenges for the host city such as overinvestments, hasty construction, displacements, etc. Mr. Richard W. Pound, chair of Olympic Broadcasting Services (OBS), former vice president of WADA and former vice president of the IOC presented a keynote address on the importance of pre-planning, community engagement, and objective measurement of legacies through interdisciplinary analysis in order to build support for these megaprojects. A number of IOAPA members including Dr. Mathias Schubert, Dr. Rebecca Leopkey, and Dr. Kyungsu Jung presented papers and chaired sessions during the symposium. These opportunities provided integration and dialogue between the IOC, NOC members and scholars.

WOMEN'S CROSS-COUNTRY SKIING IN NORWAY

An Uphill Struggle

Mari Synnøve Stakston (NOR)

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Despite Norway's confirmed status as a nation of skiers, women's cross-country skiing has faced a lot of opposition over the years. Female skiers have had to fight hard to be taken seriously.

Resistance to Women's Cross-Country Skiing

While men have had national championships in Norway since 1908, called "Hovedlandsrennet", Norwegian championships in cross-country skiing for women did not start until 1954. By comparison, Sweden has held national championships for women since 1917. Cross-country skiing for women was not included in the Olympic Games until 1952 in Oslo, and Norway was the only nation that voted against it becoming an Olympic sport. Instead in 1947 the Norwegian Confederation of Sports introduced "stylistic cross-country skiing" for women, where style counted as much as speed. The women's liberation movement and the sporting world moved in very different spheres, but the feminist revolution finally also reached the sporting world in the 1960s and 1970s. Women demanded the right to participate in all sports, on par with men. Attitudes towards women's cross-country skiing gradually changed in the 1960s. Ingrid Wigernæs played a key role in that respect.

Ingrid Wigernæs

For a long time Ingrid Wigernæs was the only active female cross-country skier in Oslo. She recalls episodes where "well-mannered" people turned away in disgust and held their noses when she skied past them in the woods and countryside. Women were not supposed to sweat. Despite the opposition, Wigernæs continued to train hard. At the age of 28, she was picked to compete in the 1956 Olympics in Cortina, but she did not have her big breakthrough until the 1966 World Ski Championships in Oslo.

Ingrid Wigernæs had the idea of getting all the best female skiers together in a long-term commitment to raise Norwegian women's cross-country skiing.



Image 1: Ingrid Wigernæs is a Norwegian former Cross-Country skier who competed in the 1960s. She trained the women's team winning Olympic gold in the Cross-Country relay in Grenoble 1968.



Image 2: Inger Aufles (L), Babben Enger Damon and Berit Mørdre Lammedal won the cross-country relay in Grenoble in 1968.



At the 1966 World Championships in Oslo, no one expected much from the Norwegian ladies' team, but Ingrid Wigernæs, Berit Mørdre and Inger Aufles surprised everyone and won the silver medal in the 3 x 5 km relay. Ingrid Wigernæs became a figurehead for the first stars of Norwegian women's Cross-Country skiing. This silver medal led to a sea of change in public opinion, and Norwegian women's cross-country skiing became slightly more accepted. After the silver in Holmenkollen, Ingrid Wigernæs retired from skiing, but continued to coach the ladies' team until 1969.

Turning point – Grenoble 1968

The Norwegian ladies' gold medal on 16 February 1968 was an important milestone for Norwegian women's cross-country: Never before had a Norwegian women's team won a gold medal in a team event at the Olympics or World Championships. The women's team beat the Swedish favorites by 21 seconds in the women's relay at the Olympics in Grenoble. The relay team consisted of Berit Mørdre, Inger Aufles and Babben Enger, with Ingrid Wigernæs as their coach.

Although this marked the start of a golden age for women's cross-country skiing in Norway, the success did not lead to any change in priorities. Another decade and a half would have to pass before women's cross-country skiing was afforded the same focus as men's. Female skiers were not treated the same as men – by audiences or within the Norwegian Confederation of Sports.

Equality in sport

Today we take equality in sport for granted. Nevertheless, women's ski jumping did not become an Olympic sport until the Sochi Games in 2014, while ski jumping for men has been an Olympic sport since the first Winter Olympics in Chamonix in 1924. It is also worth remembering that when Jørgen Brink and Vibeke Skofterud both set new records in the 90 km Vasaloppet race in 2012, the prize in the men's class was a car, while the prize in the women's class was a bouquet of tulips.

THE OLYMPIC GAMES AS AN EDUCATIONAL MODEL

Yarden Har Lev (ISR)

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“...The Olympic Games should spread and promote the principles and values of Olympism.” (Olympic Charter, 2017, p.90)

From the first modern Olympic Games in 1896 to today, the Olympic Movement has turned to its values to help define the role sport plays in the development of humans and humankind. Over the years, the scope of the Olympic Games has expanded and now welcomes athletes from 206 countries in the Summer Olympics and from 92 countries in the Winter Olympics. People of all nations come together, some as competitors and others as spectators, in the utmost spirit of friendship. Through the media, the Olympic family at the venue of the Games becomes the symbol of the Olympic concept of universalism and solidarity. This dimension can be attributed to two major changes in the history of the Olympic Games: (1) Since 1964 Summer Olympics, the event can be viewed live on television all over the world; (2) Since 2012 Summer Olympics, the social networks officially constitute a significant source of content surrounding the Olympic Movement.

The great achievements of the participants symbolize the striving and achievement of all humanity. If this symbol is also associated with fair play and mutual respect, athletes set an example of successful coexistence between people in critical situations (Müller, 2003). Even though the Olympic Games create a picture of a global society inspired by the values of Olympism, it is important to emphasize that this image is far from being perfect, since the public – in view of the violations of the Olympic philosophy and the tangle of political, commercial and drug-related intrigues surrounding top-level sport – perceives the Olympic Games as an event that is rarely exemplary and is not to be taken seriously educationally (Gassmann, 1992).

Such a stigma, which indicates a gap between the Olympic ideal and reality, raises again the most fundamental questions: **What are the values that drive the Olympic Movement and how do they reflect in the Olympic Games?**



Image 1: A volunteer carries the
flag of the Olympic Athletes from
Russia. Photo Credit: Reuters.

Image 2: North and South Korean
athletes march together during the
parade of nations. Photo Credit:
CNN.



The 2018 Winter Olympics in PyeongChang, South Korea, ended last month, and although the Games lasted two and a half weeks, they drew colorful and unforgettable moments in the Olympic spirit, which will last a lifetime. Now, that the Games are officially over, it is the time to identify the “Olympic Values and Principles” rooted in the Olympic Charter, which are expressing the important aspects of Coubertin's Olympic philosophy. In this article, I chose from the multitude of moments that happened in PyeongChang 10 extraordinary stories that symbolize most of all the Olympic spirit.

Peace

The sight of athletes from North and South Korea parading in unison at the Opening Ceremony in Korea, under the Korean Unification Flag that was carried by an athlete from each country, for the first time in 11 years was a moment that will live long in the memory. Relations between two nations still technically at war had dominated the lead-up to these Winter Olympics. After a year of escalating hostility over Pyongyang's ballistic missile program, these Olympics gave the two countries reason to talk again and therefore these Games have been called the “Peace Olympics.”

Fair Play

The integrity of sport and Fair Play was upheld with the exclusion of the Russian NOC delegation from the 2018 Winter Olympics for its role in systemic state-sponsored doping leading up to and during the 2014 games. At the same time, 168 Russian athletes who applied to take part in the 2018 Winter Olympics were invited to participate in PyeongChang as part of team Olympic Athletes from Russia (OAR) under the flag of the International Olympic Committee, having proven that as individuals they themselves were not complicit in the illicit activities of the Russian NOC. As IOC President Thomas Bach emphasized, “The IOC is committed to respect the rights of clean athletes and find a balance between punishing those who were guilty and allowing innocent athletes to compete according to the fundamental principles of Olympism”.



Image 1: Tonga's Pita Taufatofua (L) and Morocco's Samir Azzimani (R) lift Mexico's German Madrazo onto their shoulders.

Image 2: Marit Bjørgen, of Norway, celebrates after winning the gold medal in the women's 30k.

Photos Credit: Reuters.



Excellence

The Norwegian cross-country skier Marit Bjørgen, the 38-year-old who is a five-time Olympian (2002-2018), made history as the most decorated Olympian (female or male) in the Winter Olympics. Bjørgen left PyeongChang with five Olympic medals in all five of the events she has competed in at the Games (2 gold medals in 30 km classical and 4 × 5 km relay, 1 silver medal in 15 km skiathlon, 2 bronze medals in 10 km freestyle and Team sprint), which brought her total number of medals up to 15 (8 gold medals, 4 silver medals and 3 bronze medals). Furthermore, in 2014, Bjørgen was awarded the International Fair Play Mecenat award, for the particular ethical and fair play behavior that she has always had, both in her agonistic career and in her demonstrations of great sportsmanship and solidarity. Bjørgen is a good example that for success, attitude is equally as important as ability.

Respect

The happiest person to cross the finish line of the men's 15-km cross-country Skiing race during the PyeongChang 2018 Winter Olympics was not the person who finished first, it was arguably the person who finished last (116th overall), 26 minutes after the winner. Forty-three-year-old Mexican former triathlete, Germán Madrazo, took up skiing for the first time last year, when someone sent him an article that claimed cross-country Skiing was the most difficult single-day sport. "I said, well if this is the hardest sport than I want to try it, right? Cause that's what I like, I like challenges." After only a year of training he managed to qualify for the 2018 Games. The sight of Madrazo crossing the line, holding proudly the Mexican flag aloft, while a cadre of fellow athletes representing warm weather countries were waiting to hoist Madrazo onto their shoulders in a gesture of triumph, encapsulated the Olympic spirit and moreover the Olympic phrase stated by Coubertin: "the important thing in the Olympic Games is not to win, but to take part". Madrazo said after the race "It was hard, but we did it".



Image 1: Snowboarder Ester Ledecka, of the Czech Republic, wins Super-G Olympic skiing gold. Photo Credit: Reuters.

Image 2: Yuzuru Hanyu (L) and Javier Fernandez (R) high-fiving. Photo Credit: BBC.



Friendship

Yuzuru Hanyu, Japan's top figure skater, and Javier Fernández from Spain were rivals at the PyeongChang Winter Olympics and they were both competing on the ice for the Olympic gold. However, off the ice, the two Olympians are actually best mates – and have been for years. Moreover, they share the same coach. “With Yuzu, we are everything, we are friends, we are teammates, at some point we have to be rivals,” Fernández told Reuters in 2015. “It’s like having a wife. Your wife is your friend, your wife is everything - but it depends on the time. When we are on the ice, we are competing against each other, but when the competition is done, we are friends again, and we work together again.” In these games, Hanyu won the gold medal while Fernandez finished only with the bronze medal, although for them, their friendship is worth much more than victory.

Inspiration

When Ester Ledecka, 22-year-old from the Czech Republic, crossed the finish line in the women's Super-G, even she thought there must have been a mistake. However, her victory was no mistake. It was a stunning performance given she considers herself primarily a snowboarder and had never won a medal in any international skiing event, and then stunned the skiing world to win Olympic gold. Afterwards she turned to her mum and said, “How did that happen?” Even Ledecka was shocked. Seven days later, she won gold in snowboarding's parallel giant slalom. She has dreamed about this since she was five. Her lifelong aspiration was not simply to go to the Olympics. It was to do it her way — to compete in multiple sports, to win multiple golds — and the more she heard people say she could not do it, the worse a listener she became. “There were so many people who tell me this is not possible,” Ledecka said after her second winning. “And today, I proved it possible.” Ester Ledecka, without a doubt, is the snow queen of these Winter Olympics.

Image 1: US skier Gus Kenworthy (L) shared a kiss with his boyfriend on TV to the support of viewers. Photo Credit: Getty Images.

Image 2: U.S. women's hockey players celebrate after receiving their gold medals. Photo Credit: Twitter.



In fact, arguably, any Winter Games – with a supreme victory, which became her the first athlete to claim gold in two different sports at the same Winter Games. She is an inspiration even to those who do plenty of inspiring.

Equality

The U.S. women's ice hockey team brought home the country's first Olympic gold medal in the event since 1998, the same year women's hockey became an Olympic sport. However, before winning Olympic gold, they won equality off the ice. In March 2017, the players boycotted the International Ice Hockey Federation World Championship, seeking equal treatment with the U.S. men's hockey team. What started as one team's plan to stand up for themselves has morphed into an international bellwether for fairer treatment of female athletes everywhere.

Courage

It was a tender moment between two men in love, an openly gay Olympian Gus Kenworthy (USA) kissing his boyfriend at the bottom of the hill during the ski slopestyle event. Broadcast live to the world and then shared on social media, Kenworthy's kiss with boyfriend Matthew Wilkas was hailed as a celebration of LGBT (lesbian, gay, bisexual, and transgender) pride. It was another notable occasion at a Winter Olympics, which has been full of symbolism. In PyeongChang, despite not winning a medal, Kenworthy told CNN: "This was actually the Olympic experience I was hoping for. The only way to really change perceptions, break down homophobia, break down barriers is through representation and that is definitely not something I had as a kid. I'm leaving here more fulfilled without a medal than I did at the last Games with one." This story will surely be remembered as significant and symbolic, especially since the IOC published in December 2014 (after Sochi Olympics) the Olympic Agenda 2020 including 40 recommendations to shape the future of the Olympic Movement. Among others, recommendation 14 says: "The IOC to include non-discrimination on sexual orientation in the 6th Fundamental Principle of Olympism" (Olympic Agenda 2020 , p.16).



Image 1: Canada and Germany shared gold in a "crazy" climax to the two-man bobsleigh. Image 2: The winner in men's super-G Matthias Mayer, of Austria, reacts happily on the podium.
Photos Credit: Getty Images.



Determination

Thirty years after his father won a silver medal in the Olympic super-G, Matthias Mayer surprisingly won in the same event at the PyeongChang 2018 Winter Olympics. Mayer told that he grew up admiring the Olympic silver medal that his father, Helmut Mayer, won in the super-G at the 1988 Games in Calgary. "I saw his Olympic silver medal my whole lifetime, it was in our living room," he said after the winning. "I'm happy to have my own now... Yes, maybe he can have mine too." Mayer's determination was perhaps the least surprising part of his performance. He broke two vertebrae in his back in a crash at a World Cup downhill in Val Gardena, Italy, in 2015. He underwent surgery and spent 11 days in a hospital and did not race again that season. "I was always thinking about coming back and doing this again and trying my best," Mayer said and thus proved that character is the real foundation of all worthwhile success.

Solidarity

In an unusual twist, both the German and Canadian two-man bobsled teams won gold medals at the PyeongChang 2018 Winter Olympics, after finishing with exactly the same time, down to the hundredth of a second. The Germans proved that good sportsmanship at the Olympics is alive and well when they were the first to congratulate their Canadian fellow medalists and declared their pride at sharing gold with them. "I love the Games and I hope this race shows the world what the Olympic spirit is all about," said Margis after he and Friedrich had happily shared the top of the podium with Kripps and Kopacz. "It's great to share the gold with these boys." In fact, the last time two teams tied for Olympic gold in the two-man bobsled event was back in 1998, between the Canadians (again) and the Italians.





In conclusion, by the examples that were mentioned above from the Winter Olympics in PyeongChang, the expression of the educational fundamentals, which characterize the Olympic Movement and the Olympic Games, currently seem to be more real than ever. However, negative examples, which unfortunately are an inseparable part of the Olympic Games, should not erase the validity of Olympic values as an educational idea. Ideals have never completely achieved - there are always compromises, and therefore “Olympic education” must find of the most positive association possible with the Olympic Games (Müller, 2003). When Coubertin set out to revive the Olympic Games in 1894, his goal was to do more than establish a modern sporting competition. His ambition was to create an international movement that would promote an integrated culture of athleticism and education, position sport as a model for peace and harmony, and safeguard a set of values that extend well beyond the playing field. He saw these Olympic values as critical to distinguishing the Olympic Games from all other sporting events and, more importantly, to underpinning all of the Olympic Movement's activities.

ACADEMIC OPPORTUNITY



5th Wingate Congress of Exercise and Sport Sciences, ISRAEL

The Academic College at Wingate and the Olympic Committee of Israel are proud to host the 5th Wingate Congress of Exercise and Sport Sciences scheduled to take place June 7-10, 2018 at the Academic College at Wingate, Israel. Within the framework of the Congress, Olympic Studies will be one of the main themes with a rich Scientific Program co-designed by the Israeli Center for Olympic Studies and the Olympic Studies Centre at the Autonomous University of Barcelona.

As active IOAPA members, we believe that this session should have a deep interest and may enrich your knowledge in the field. Please visit the [Congress Website](#) for further details and registration. In any questions, please contact Yarden Har Lev, Coordinator of the Israeli Center for Olympic Studies, at yarden@wincol.ac.il

SUBMISSION DEADLINE IS 20 APRIL 2018. FOR ABSTRACT SUBMISSION [CLICK HERE](#)

We hope to see you in Israel in June. Your participation would certainly contribute to the success of this Olympic event!

REFINING YOUR COACHING LEADERSHIP SKILLS

Glen Sefcik (USA)

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An effective leadership is a result of a systematic and sensible approach to a unique management style, designed to reach the vision and mission of a successful program. To develop leadership qualities as an athletics coach, one can learn from the business world and its corporate leaders. Numerous studies and articles have been written to enhance the corporate world leadership process and will serve as a basis for research for this article.

The U.S. collegiate track and field teams, that consistently finish in the top four or five in national competitions year in and year out, may not simply be a matter of recruiting and resources alone. Rather, these programs are based on a systematic and deliberate leadership style developed by successful coaches. Regardless of resources and funding, every coach can become successful by developing leadership competencies necessary to be at the top in today's competitive world by following a systematic process. In studying corporate business management data, there tends to be a consistent pattern that frequently indicates that leadership development is a systematic procedure and can be effective in athletic coaching. One would be able to refine their leadership styles by following a four-step process. The process must be defined and presented in order for anyone to develop the necessary leadership skills for success.

The Leadership Process is developed by: establishing credibility, setting a clear vision and purpose, being accessible & approachable, and developing clear & concise communication.

Step 1: Establishing Credibility

Expand one's knowledge of specific programmatic needs and athlete expectations. In order to be successful, the leader coach must identify and understand the athletic training model, from ground level fundamentals to the elite level specifics, having full knowledge of the processes and procedures. Credibility is established by proving to his or her constituents that the leader-coach has the expert knowledge to understand





athletic performance and productivity.

Step 2: Setting a Clear Vision and Purpose

Successful leaders are experts at establishing team goals, setting objectives and creating the vision necessary for optimum and peak performances. In addition, leaders are skilled in establishing individual goals, based on each athlete's potential and competencies, by virtue of assessments and athletic measurements that identify potential. Daily reinforcement, weekly feedback, analysis and training phase projections help to define a clear purposeful path with an end result in sight. The vision must be realistic, yet challenging, with a projected plan to indicate that the vision can be achieved through hard work and dedication.

Step 3: Being Accessible and Approachable

The coach-athlete relationship should be personal yet professional and must be governed by ethical behavior. This relationship should be carefully developed to provide the athlete with a mentor or guide for not only sport, but also in life. Each athlete must be treated with respect as the leader must assume he or she is giving their best and working toward his or her personal and team goals and visions.

Step 4: Develop Clear and Concise Communication

Communication channels should be transparent and specific with clear and concise verbiage and vocabulary. Intentions and purposes of the message should align with the visions and objectives of the athletic program and team goals. The messages should relate to the goals and expectation of the tasks assigned and based on the credibility of the leader. The leader should ensure the proper selection of understandable terminology for transference of technique into action.

Results of following the four-step process:

As a result of the four-step process, a development of trust between the coach and athlete is established. If the coach's ego or self-promoting factors are evident,





trust and respect are lost. If the coach places his or her own agenda first, it leads to a downfall of trust and results in mistrust and lack of sincerity. Once trust is lost it is extremely difficult to regain. The leader who exhibits integrity and purpose will be respected and admired by athletes, administrators, and the public. They and they alone can hold themselves accountable for what actions and directions that one takes.

Following the four-step process will also develop not only trust, but respect as well. Through the right process with the right purpose and attitude, one will develop a lifelong relationship with their athletes. They will always look to their coaches as their “leader-coach” or mentor and even at times ask for advice long after the competitive athlete transitions into life.

Finally, authenticity is established. The true authentic and humble leader-coach should develop and maintain personal integrity, exhibit reliable behavior, and be consistent in actions, words, and deeds. They will be able to celebrate success with a selfless attitude and give credit where credit is due. Realizing that the limelight and recognition are usually a result of the commitment of the athlete and the team. Leader-coaches are willing to accept the responsibility of recognition and maintain their humility. They can be proud of their accomplishments and develop self-confidence without being conceited and know that their efforts have been justified. They will be able to exhibit behaviors that protect confidentiality and trust to foster a caring relationship that can last a lifetime. [Reference: www.byrdbaggett.com]



We're looking for you!

An active network of IOAPA members depends on the work and motivation of Country Coordinators. Coordinators are required to organize events, seminars, workshops related to Olympic Education, cooperate with National Olympic Academies and National Olympic Committees, and in general maintain an active network of past IOA participants in their countries. With the motivation, ambition and valuable experience of your fellow IOAPA members, you can take big steps forward in your country.

Did you sign up yet? Be engaged!

Contact us:

alberto@ioapa.org



History of the Rhythmic Gymnastics

The history of rhythmic gymnastics as a sport began in the Soviet Union. The term «rhythmic gymnastics» was born in 1934 in the Higher School of Artistic Movement. This school was created in Leningrad Institute of Physical Education. The first coaches of rhythmic gymnastics were former ballet dancers of the famous Mariinsky Theatre. The first Leningrad championship in rhythmic gymnastics was held in 1941. The Federation internationale de gymnastique (FIG) formally recognized this discipline in 1961 and the first World Championship which took place in 1963 in Budapest. The year of 1980 became a turning point for rhythmic gymnastics, after the Olympic Games in Moscow, the IOC Congress decided to include this sport into the Olympic program. At the 1984 Summer Olympics in Los Angeles, Canadian gymnast, Lori Fung, was the first Olympic champion in rhythmic gymnastics. The first group competition took place at the 1996 Summer Olympics in Atlanta and the Spanish team won the first gold medal.

Rhythmic Gymnastics as Olympic Sport

Olympic rhythmic gymnastics is a sport for female participants only. In the Olympic program, there are individual and group (5 gymnasts) competitions. Gymnasts are doing their routine with rope, hoop, ball, clubs or ribbon. The individual routine lasts 1,5 minutes and group routine lasts 2,5 minutes.

Popularity of Gymnastics in Russia

One of the reasons for rhythmic gymnastics to be popularity and success in Russia nowadays is the powerful leadership of the national team's main coach - Irina Viner. Her aim is to develop rhythmic gymnastics as an Olympic sport, keeping it as a sport, not as an art and promote gymnastics around the world. She has created the Olympic center in Moscow where the most talented girls around the world are trained.

The Russian Olympic champions, Alina Kabaeva (Athens, 2004), Eugenia Kanaeva (Beijing, 2008 and London, 2012), Margarita Mamun (Rio de Janeiro, 2016),



Image 1: Ekaterina Gorokhova at Lomonosov Moscow State University's Cup. Photo Credit: Ekaterina Gorokhova.

Image 2: Russian national team wins gold medal at London 2012 Summer Olympics.



are real role models for many Russian girls. Such a high popularity of gymnastics in Russia creates an intense rivalry, especially in Moscow. A lot of athletes that represent different countries on the international level compete in Moscow championships. It is favorable for reaching high achievements, nevertheless, it creates a serious problem for the development of gymnastics as an amateur sport. Today rhythmic gymnastics in Russia is a professional sport, so the majority of girls give up gymnastics at the age of 15-17 years. In order to compete even on the average level (regional competitions), it is necessary to have a minimum of 5-6 trainings of 3-5 hours each week. However, a few years ago amateur gymnastics started to develop in Russia.

Amateur rhythmic Gymnastics in University

During the Soviet period, sports in Universities were well organized. Though gymnastics was not so popular, in Lomonosov Moscow State University gymnastics section (club) has been active since 1948. This club has good facilities and it provides a perfect opportunity for ex-gymnasts to continue practicing while studying and representing their University in regional competitions. Moreover, since 2002 the amateur gymnastics group was created in the club. The students who have never tried gymnastics before could choose rhythmic gymnastics as physical education lessons (stretching). Some students organized department's teams (amateur). This was the first experience in amateur rhythmic gymnastics in Russia. Twice per year, the club organizes University's Cup which is a competition not only for the former professional gymnasts but also for the beginner gymnasts.

Thus, nowadays in Lomonosov Moscow State University, there are three levels of amateur gymnastics: (1) Rhythmic gymnastics as physical education lessons; (2) Department's teams (amateur); (3) University's team (former gymnasts).

Amateur rhythmic Gymnastics Clubs

These amateur groups in my University inspired me to create an independent club





of gymnastics for everyone (for girls and women who have never done gymnastics before). There are a lot of girls in Russia who had a dream to do gymnastics. But rhythmic gymnastics requires to start at the very young age of 3-5 years old. After that age, it is almost impossible to find a sports school or a gymnastics club to start training. So the mission of my club is to create a special training program adapting rhythmic gymnastics for everyone. The club called «La Lune» was opened in 2013. There are two groups: Stretching and Rhythmic Gymnastics. The analogous clubs have been opened over the last 5 years in Moscow, Saint Petersburg, Pskov, Saratov, and Ekaterinburg. These clubs organize amateur competitions for groups of different ages and levels. Amateur rhythmic gymnastics only started developing in Russia and now it is easier and more popular to create clubs for stretching only. In order to create a well-organized amateur gymnastics system in the country, it is necessary to provide more sports facilities, follow the fair play and create unified rules for the amateur gymnastics competitions, achieve cooperation between clubs and organize an amateur gymnastics federation. This will allow more amateur competitions, including at the international level.

CONFERENCES IN SPORT



SportAccord Convention

April 15-20, 2018, Bangkok – THA



Costa Blanca Sports Science Week

April 26-28, 2018, Alicante – ESP



2018 ISHPES Congress

July 18-21, 2018, Münster - GER

TOWARDS AN INTEGRATED MODEL FOR THE DEVELOPMENT OF WOMEN'S SPORTS (Self-funded PhD):
The PhD aims to investigate the key success factors for the development of women's sports and the links between them so as to build an integrated model to be used by sports organizations. Several sports will be compared to ensure that the model works for different disciplines.
For further details [CLICK HERE](#)
Deadline: September 30th, 2018

NEWS & OPPORTUNITIES

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Caroline Bujold (CAN)
IOAPA Internet Coordinator

UPDATE YOUR PROFILE

We need your help in keeping our database up to date and we would be grateful if you took a couple minutes to update your personal profile. All you need to do is log on our website and add your information, specifically your year of attendance and IOA session, as well as your country of origin. This way, it will be easier for country coordinators to contact you with information and opportunities. Simply go to the **IOAPA LOGIN** at <https://ioapa.org> on the right side of the page, fill in the details and Voilà! If you can't login, please contact info@ioapa.org.

KNOW A PAST PARTICIPANT WISHING TO BECOME A MEMBER?

Please refer them to [IOAPA MEMBERSHIP](#) and they will be able to register and pay online directly!

DO YOU HAVE OPPORTUNITIES FOR IOAPA MEMBERS?

You have access to great perks and you are able to share: sporting event tickets, cultural event tickets, sport promotions, special museum exhibits, etc.?

Send us the details at info@ioapa.org or post the information on our [Facebook group](#) (members only).

FEEL FREE TO JOIN US ON SOCIAL MEDIA!

You can find us on

[Facebook](#) & [Twitter](#)

PROMOTE YOUR IOAPA ACTIVITY

We are continuously looking for news from our members. Are you working on a sport or Olympic education project that could be of interest to others? Does your country have a National Academy and you're taking part? Are you travelling and meeting IOAPA members or want to host IOA friends in your city? Do you have a great Olympic/Paralympic story? Did you meet the love of your life in Olympia? You're hosting a mini IOAPA reunion? **WE WANT TO KNOW!** Send us the details with a couple pictures/videos at info@ioapa.org and we may just publish them.

International Olympic Academy

The International Olympic Academy is pleased to relay to you information concerning its activities in 2018. Please visit [IOA Website](http://www.ioapa.org) for further details.

14TH JOINT INTERNATIONAL SESSION FOR PRESIDENTS OR DIRECTORS OF NATIONAL OLYMPIC ACADEMIES & OFFICIALS OF NATIONAL OLYMPIC COMMITTEES

Sunday, 6/5/2018 – Sunday, 13/5/2018

58TH INTERNATIONAL SESSION FOR YOUNG PARTICIPANTS

Saturday, 16/6/2018 – Saturday, 30/6/2018

4TH INTERNATIONAL SESSION FOR OLYMPIC MEDALLISTS OR OLYMPIANS

Monday, 2/7/2018 – Monday, 9/7/2018

25TH INTERNATIONAL SEMINAR ON OLYMPIC STUDIES FOR POSTGRADUATE STUDENTS

Saturday, 1/9/2018 – Sunday, 30/9/2018

MASTER'S DEGREE PROGRAMME

“Olympic Studies, Olympic education, Organization and Management of Olympic Events” of the Sports Organization and Management Department of the University of Peloponnese in collaborations with the IOA.

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?

If you are interested in contributing to the IOAPA newsletter, we would love to hear from you!

Please contact the newsletter editor, Yarden Har Lev, at yarden@ioapa.org.

IOAPA Members during the Reunion in PyeongChang 2018. Photo Credit: Richard Koo.



The Olympic Games are not able to force peace, a supreme gift to which all aspire, but in the youth of the entire world brought together is the opportunity to find that all men of the earth are brothers.

Sigfrid Edstrom
IOC President (1946-1952)



HOW MUCH DO YOU KNOW ABOUT THE WINTER OLYMPICS?

Which country has won the MOST alpine skiing medals in all Winter Olympic Games?

Please send your answer to the newsletter editor at:
yarden@ioapa.org

