

# ARETE NEWSLETTER

WINTER 2018



INTERNATIONAL  
OLYMPIC  
ACADEMY  
PARTICIPANTS  
ASSOCIATION



## HIGHLIGHTS



### A SURPRISE VISIT TO THE IOA

In mid-September I had the opportunity to be in Olympia for the wedding of friends. I was able to spend some time at the IOA during the Post-Graduate Seminar where I met many of the participants, enjoyed a few meals with them and of course an ... (p.8)

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### SPORT AND ARTS

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### FAMILY, MORE THAN VICTORY

My first Olympic Games were Vancouver in 2010. I was 18 at the time, and I was not able to qualify for the Games. Luckily for me, being an home country Olympics it meant that Canada was allowed to send their own athlete to be events forerunners, which meant... (p.15)

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# EDITORIAL

Yarden Har Lev (ISR)



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Dear Readers,

Welcome to winter edition of the Arete Newsletter!

The IOAPA is looking ahead to this New Year and to have you engaged in as many activities as possible. This summer IOAPA will commemorate 30 years of existence. Join us in the celebration of this anniversary at the 16th IOAPA Session this summer!

What will we discuss this time? Last September, Laurel Iversen, the first IOAPA President, paid a visit to the IOA where she had the opportunity to introduce **IOAPA** to the Masters Students in residence. In addition, Maxime Dufour-Lapointe, a Canadian freestyle skier who participated in the 58th YPS, shares with us an inspirational family story about her own Olympic experience together with her two sisters who are Olympic medalists. Also, this issue provides a variety of interesting articles such as: *Women and the Future of the Olympic Movement* by the Olympic Studies Center J.A. Samaranch – Barcelona, *Between the Horse and the Rider* by Na'ama Agmon Licht, *Sport and Arts* by Rafael Mendoza. In addition, Prof. Dr. Stephan Wassong, President of the International Pierre De Coubertin Committee (CIPC), brings us information about the core elements of the mission of this important committee. As always, we include some relevant news and opportunities within the sport and Olympic movement, where IOAPA members can share their activities and experiences. Lastly, do not miss our special section **OLYMPIC POEMS** and this time with a wonderful poem by Heather L. Reid.

Please note that **the first edition for 2019 is expected to be released in April**, and I invite all of you to send us your contribution in every aspect where you take part in promoting Olympic ideals worldwide. **The submission deadline is February 15.**

Before I sign off, I just wish to thank everyone who contributed to the content of the newsletter. This is a meaningful platform for IOAPA that not only disseminates news to our members and partners, but also acts as a stimulus for communication throughout our community.

Let me wish you on behalf of the IOAPA Executive Committee Happy Holidays and best wishes for a healthy and prosperous 2019!

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,

It has been another busy summer and fall for many of our members as well as the IOA, full of interesting events and educational opportunities in the support of Olympism and Olympic education. All sessions of the IOA have now been completed for 2018, and I am happy to report that we have had a near record year in terms of new memberships, with over 70 IOA alumni joining the Association. To all new IOAPA members, welcome! We hope you will find the membership beneficial in your continuing journey with the Olympic movement, and we hope to see and hear from you often!

During the month of September, I had the honor of representing IOAPA at the “Olympic and Indian Values in Global Context” conference held in Delhi, India. IOAPA member and University of Delhi (Kirori Mal College) Professor Dr. Benu Gupta organized the symposium, bringing educators and experts from across India to share best practices and strategies with regards to incorporating the study of Olympism into school and university curricula nationwide. IOA Honorary Dean Kostas Georgiadis attended as the Keynote Speaker of the event, and was accompanied by international expert Mr. Abdelmalik Jani, NOA Director from the United Arab Emirates.

During my three days in attendance, I was personally very impressed at the level of enthusiasm the attendees brought to the symposium, and the level of sophistication to which they have already begun to incorporate Olympic ideals into the school system. I would encourage anyone with an interest in Olympic education to reach out to our Indian colleagues to learn more about what they are doing to bring the values of Olympism to the grassroots.

During this quarter we were also pleased to host another reunion of our members on October 11 at the Youth Olympic Games in Buenos Aires. Held at the popular Patagonia Bar and located near many of the YOG venues, more than 25 IOAPA members had the opportunity to meet and reconnect with others from around the world, in the company of a fun atmosphere and refreshing beverages. We want to thank IOAPA Country Coordinator Silvia Dalotto for her work in organizing the event on behalf of the Association.

Finally, we are looking forward to welcoming you to our next IOAPA Session in Summer 2019. Details will be released shortly via email and through our social media channels, so please be on the lookout for that announcement. In the meantime, in the spirit of the holiday season I wish you joyous and safe conclusion to 2018 with your families, and best wishes for continued success in the New Year!

**Richard Koo**  
IOAPA President

# WOMEN AND THE FUTURE OF THE OLYMPIC MOVEMENT

Dr. Alberto Aragon Perez &  
Juan Manuel Surroca (ESP)

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The IOC Executive Commission, which is effectively the governing body of the Olympic movement, has allowed the inclusion of some sports at the 2020 Summer Olympic Games in Tokyo and the 2022 Winter Games in Beijing. After the sport program has been agreed, the different qualification processes have been established and the criteria for the number of participants have been determined, we can already be assured that the upcoming Summer and Winter Games will be the most equal in Olympic history. The number of male and female events will be practically the same. In addition, there will be the highest rate of female participation ever registered, close to 50%: 48.6% in Tokyo 2020 and 45.6% in Beijing 2022.

Another noteworthy aspect is that after the positive experiences of mixed events put into practice at the 2010 and 2014 Youth Olympic Games (YOG), the IOC is determined to reinforce this idea, significantly increasing the number of mixed events. Lausanne aims to encourage the number of disciplines in which men and women compete together, either by teams or by relays. There will be innovations in both 2020 and 2022 Olympics thanks to the incorporation of new events and new sports. In the case of Tokyo, 5.6% of the total of events will be mixed; almost 10% at the Beijing Games.

Baseball and softball are back in Tokyo 2020 and new Olympic sports of karate, surf, climbing and skateboarding will have their first appearance. All of them are based on gender equality. Furthermore, two individual swimming events have been incorporated: men's 800m and women's 1500m freestyle. Cycling revives an iconic track race, the madison, and the BMX discipline will be enriched with freestyle contests in both categories. Finally, the IOC has adopted a significant unexpected inclusion: 3x3 basketball tournaments for both genders. As for the mixed events, they will be doubled from Rio 2016, going from 9 to 18 scheduled events. New mixed contests include table tennis (mixed doubles), judo (team event), archery and shooting (three new events). Also, Tokyo 2020 will feature three new team relay competitions: in triathlon, 4x100m freestyles in swimming and 4x400m in athletics.





Image 1: Daina Gudzineviciute won shooting Olympic gold at Sydney 2000.

Image 2: Stefka Kostadinova of Bulgaria clears the bar.

Photo Credit: Getty Images.



In the 2022 Winter Games, female participation will increase from 42.5 to 45.6% of the total, since two new contests will be scheduled. Women will also compete at the individual level in bobsleigh and in the big air event of acrobatic skiing (only men have participated until the 2018 Olympics). The most significant novelty will be the addition of four new mixed team events: 500m in short track speed skating, ski jumping, snowboard cross and freestyle ski figures. They join biathlon, alpine skiing, curling, luge and figure skating whose mixed tournaments already exist at the Olympics.

Although women are increasingly close to gender equality in sport participation, the truth is that it is still an ongoing issue in the field of governing bodies. Currently, there are only 22 women (25%) among the 99 IOC members. Such figures ostensibly decrease when, reviewing the list of presidents of the 206 existing National Committees (NOCs), there are only 12 NOCs chaired by women (5.8%). Moreover, the executive commissions of the Olympic and non-Olympic sports international federations only have 25% of women, only five federations surpass 30% and there are still five of them that do not have any women in those commissions. This figure drops to 17% when we focus on the federations of the 35 sports that appear in the program of the Summer (28) and Winter (7) Olympic Games. Of these 35 federations, only two are chaired by women: the International Triathlon Union presided by Marisol Casado since 2010 and the World Curling Federation headed by Kate Caithness.

Two of these women were athletes and became Olympic champions. One is Stefka Kostadinova, Olympic and world high jump champion whose record of 2m 9cm continues to be unsurpassed since 1987. Kostadinova has presided over the NOC of Bulgaria since 2005. At the same time, she is vice-president of the World Olympians Association. This unforgettable Bulgarian athlete dominated high jump in the 90s with two Olympic medals (silver in Seoul 1988 and gold in Atlanta 1996), two World championships 1995 and 1997 and five indoor World titles. The other Olympic champion is Daina Gudzineviciute, president of the Lithuanian NOC since 2012.

# Lead IOAPA in your country!



**MAINTAIN AN ACTIVE NETWORK OF  
PAST IOA PARTICIPANTS IN YOUR  
COUNTRY.  
IOAPA NEEDS YOU, YOU COULD BE A  
NATIONAL REPRESENTATIVE.**

**CONTACT US:**  
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She participated in four editions of the Olympics and won the gold medal in trap shooting in Sydney 2000 (she is European champion). Additionally, Aicha Garad Ali has been president of the Djibouti NOC since 2005; she is the part of the executive committee of the Taekwondo International Federation and she has been an IOC member since 2012.

The actions of female athletes and officials constantly pushed for integration of women into the Olympic Movement. Today, the gender gap is closing for female athletes participating in the Games, but there are still a lot of challenges for women in integrating to the higher spheres of sports management. Up to today, there has not been a single woman that has directed any Olympic Organizing Committee and there are still gendered divisions of labor. This is reflected in how both Olympic governing bodies and Organizing Committees have hired few women as heads of departments or areas, and still there has not been a woman elected as IOC President.



*FIVE NEW SPORTS FOR OLYMPIC GAMES TOKYO 2020. Photo Credit: IOC.*

# A SURPRISE VISIT TO THE IOA

Laurel Iversen (USA)



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In mid-September I had the opportunity to be in Olympia for the wedding of friends. I was able to spend some time at the IOA during the Post-Graduate Seminar where I met many of the participants, enjoyed a few meals with them and of course an evening at Zorba's.

They invited me to one of their lectures, which was a mock trial. The case was, in a nutshell, "Are major sporting events an advantage or disadvantage to the citizens of the host city?" The plaintiffs were Rio de Janeiro citizens displaced for the 2016 Olympic Games versus the Organizing Committee/Governing Organizations. The participants Role-Played the parts of the plaintiffs, defendants, witnesses and attorneys and the lecturers were the judges. There were 11 participants who were the jury. It was well played and very entertaining as well as an excellent exercise for the students.

IOAPA President Richard Koo contacted me via Messenger and asked if I could make the IOAPA presentation to the participants. Fortunately, IOA Director Vaggelis Friggis had the Power Point presentation in his files and I was able to give our Association some good press to the 35 students.

The Academy with few participants is a calm and extremely lovely place. I am pleased to report to everyone that IOA President, Mr. Kouvelos was able to secure a sponsor and the beautiful IOA pool has been completely renovated. The days were still hot and it was as wonderful as ever to swim in that idyllic setting. Again the Post-Graduate Seminar participants entertained us with a very competitive Water Polo match.

Being there towards the end of their program, I had the chance to talk with a few different groups about their experiences at the IOA and how they felt about leaving their new friends in a few days. They were a very cohesive group and were constantly playing some kind of sport on the courts, in the pool or in the bar at table tennis. It was heartwarming to see them interact and develop close relationships.

There were some openings to talk about IOAPA and the chance to meet and rekindle those precious friendships. I had two distinctly different conversations: one with very enthusiastic participants, who were enjoying every moment and destined to be a great ambassadors for the Olympic Movement and the other, quite pessimistic about the experience and questioning the value of their time spent. But it was fun to play devil's advocate and keep putting the positive messages to them. I could see some cracks forming in their previous outlook and hopefully, they too will catch the spirit.

The last highlight was a superb full moon over the east trees and a quick visit with Jim Parry and his wife Irene. Irene was lecturing and Jim was in the support role during the last days of the Post-Graduate Seminar. I am constantly reminded how blessed I am to have experienced the IOA and all the fantastic people who are in my life because of it. I hope to see many of you next summer for IOAPA.



# **BETWEEN THE HORSE AND THE RIDER**

## **How Olympism is a Pillar in Every Rider's Education**

**Na'ama Agmon Licht (ISR)**

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Olympism can take many shapes and forms, in the case of the Israel Equestrian Federation, Olympism comes at its best through the Pegasus project. Pegasus project was set up 7 years ago with the overarching aim to promote excellence in equestrian sports and presenting young riders with the opportunity to enrich their knowledge in equestrian sports in preparation of their professional future while emphasizing the development of personal skills and professional qualifications.

This is an educational program that assists in the establishment of a young and professional reserve in the field of equestrian sports, while developing the field in Israel and laying the future professional ground for Israeli equestrian sports. The graduates of the program shall serve as ambassadors of the federation and the Israeli equestrian sports abroad.

Israel is one of many countries which are not the “heart” of the equestrian sport world, mainly located in western Europe and the United States. Our top athletes, if they want to succeed in the top league sport, must take their life to where the sport happens. The sport in Israel is being developed to a normal national level of developing countries maintaining a base to train and educate the new generation and the trainers and athletes who compete in the country.

Having said that, we would like to equip our riders with the best tools possible as athletes and horse people so they will be able to get a fair chance and start when they decide to pursue a professional experience or career abroad. This is a common approach that is developing also in other smaller countries like Finland aiming to create the “complete rider”, an athlete who is dedicated to the work, thrives for excellence while having knowledge regarding sport and horsemanship and carries leadership skills.

When coming to speak about this unique Olympic sport, one must remember that it is both and individual and team sport. The rider is competing against other riders as an individual, but they are not doing it by themselves. They are paired with the strongest team bond one can imagine – with their horse. This is usually a long and ongoing relationship where the human athlete has also great responsibility for an animal that can express its feeling but do not speak. Here, for the first time the rider meets the values of excellence by having the responsibility

Image 1: Olympism day at the Olympic Committee of Israel.  
 Image 2: Theoretical sessions about the effect of the double bridle with Mr. Hannes Müller, Headmaster of the German Riding School.  
 Image 3: Analyzing the performance in a training session with Markus Scharmann.



prepare his equine to train their partner in the best way possible to achieve the willed results. Respect and friendship go hand in hand as you must be attentive to your horse, be their friend, respect and support their needs both physically and emotionally and see the welfare of the horse before your sportive needs (e.g. not pushing the horse beyond its physical ability, cancelling a big show when the horse is not fit to compete, etc.). These values are ones we are trying to instill in our young riders and basically in every rider to make them into the best young leaders of tomorrow in our sport. A horse will always be a horse, but without the horse – the rider is just a human being...

On top of the above-mentioned aspect comes the responsibility of the rider as an athlete, respecting the equal field of play, obliging to the rules and guidelines and striving for the top in every level he competes while respecting one's teammates or competitors. So you see, we are talking about two systems living one along each other and sometime clashing, the best athletes are the ones who still manage to create both ecosystems and combine them together in the best way possible.

And how does this fit into Pegasus? Pegasus is a collaborative project led by the Israel Equestrian Federation (Na'ama Segev Hasson and myself) together with Markus Scharmann who led the scientific research in the education department of the German Equestrian Federation and has now been appointed the professional manager of the Olympic Equestrian Training Center (DOKR). The German Equestrian Federation is one of the leading federations in the world with regards to top results, with numerous medals in each Olympic Games. World or European championship, they rely on the long tradition of the sport and clear and sustainable educational systems from basic to top sport level. Having the opportunity to collaborate through this unique project opens the door for us to receive this knowledge and experience and have a glimpse at where we would like to aim.

Pegasus project targets at riders from the age of 12-25, after sorting days held in Israel and once selected to the project the riders will go through a series of 3 training sessions of 3 days in Israel together with Markus Scharmann combining both riding and theory sessions. They have e-learning sessions where they are asked to analyze their training method

*The final picture concluding the German Riding School training session from left to right: Na'ama Agmon Licht and Na'ama Segev Hasson the coordinators of the Pegasus Project; Gon Solt, Michelle Henselijn Dadon, Adi Saba and Karni Zahavy participants of the project and Mr. Hannes Müller the headmaster of the German Riding School in Warendorf.*



and adapt the theory learnt to their needs with the horse as well as meetings with elite athletes whether in the sport or in other disciplines to get familiar with their stories and their way of thinking. We work closely with the Olympism project in the Olympic Committee of Israel trying to combine and bring parts of the program in different forms into our yearly plan.

Finally, every year, a selected group of riders travels to a training camp in Germany in the German Riding School for trainers based in Warendorf. During this unique week the riders have the opportunity to train in the place that the instructors and trainers in the sport are educated, experience the equestrian business in Germany by visiting different stables and equestrian related facilities and train in a way that is more similar to the professional life in the sport. They are introduced to athletes in different levels from riding clubs to top Olympic teams (both junior, young riders and senior) where they can also hear about their professional journey and discuss the challenges that we all face in our sport. The yearly program, and especially if they stay for a few years in the project, develops the young riders as independent thinking athletes which later serve as young leaders in our sport and hopefully in the future either international athletes or the next generation of trainers and educators in our national sport.

On a personal note, since coming back in 2013 from the IOA YPS – I developed the understanding that the sport cannot develop to the highest levels without a sustainable education system and that the Olympic Movement philosophy should be and inherent part of our day to day life in the sport and not only as a theoretical aspect. I feel privileged that I have been given the opportunity to implement it in my small world of Equestrian sport in Israel together with an enthusiastic group of people who share my point of view. It is a long way forward and education is a winding road – but while doing so and trying to educate the younger generation through sport, I find that I as well by myself embrace the meaning of Olympics and the true meaning of sportsmanship in a better and more profound way. Thank you Olympia, for lighting the flame again, looking forward to see where this journey will lead me in the future.

Rafael Mendoza (MEX)

*"There are days when I wake up with an insane hope, moments when I feel that the possibilities of a more humane life are within our reach. This is one of those days." - Ernesto Savato.*

Once again, I am traveling with no definite path, and I start seriously thinking about what I like the most while I travel. What makes me grab my backpack from time to time to a trip to nowhere? What is it?


I have gone to places I never thought I would get; incredible places that nature has given us and others that represent a bit of the history of humanity. Also, I have been lucky enough to live experiences that few have had: I have been to the best sporting events, and I have enjoyed the artistic representations that everyone would die to see. But is that really what I like about traveling? - I ask myself and I cannot find the answer.

I think it has nothing to do with the places I've gone to, even worse, it has nothing to do with the experiences I've had. Is it about me? Is it about the person I become while I travel? Is it about the people I get to know on the road? Without a doubt, the person that I am while I travel is different from the one I am in daily life, but the person I become has a lot to do with the people I meet when I travel the world without definite route.

I started my trip in Greece. Because of destiny I ended up in Olympia, where more than two thousand years ago, the best Greek athletes, artists and philosophers gathered to enjoy the largest and most prestigious festival of ancient times.

I got there, because there are other fools like me, who think that sport can make the world move forward. The simple logic of sport tells us that when we enter into the sports practice, values necessary to live an ethical life will flourish. What a paradox! They all said in Ancient Greece, when the oracle at Delphi told them that to find peace they had to compete. Nowadays there are academics like Ian Culpan who affirms that 'the existence of sport is to make better people, and better people, means a better world'. Also, Jim Parry went on to say that a day full of sports is a day full of values.

A few months ago, I used to believe that only sports are necessary to make better human beings. However, one day discussing with my sister about how to change the world (these are our usual discussions), I told her that only sport was necessary to make the world walk to better horizons. She replied saying that the arts are just as necessary as sports.







"You do not know anything" - I said.

I firmly believe that if we study sports in depth, we will have enough arguments to say that the practice of sports has the power to help in the moral development of human beings. But what will the artists say about the arts? Will they have enough arguments to say the same about the arts? Surely yes.

We (those who study sports), all the time fail to recognize, even worst, we do not even know that sports and the arts have an ancestor in common: the game. Both the arts and sports are a type of game whose results are very similar: both make us know each other a little more. In my case, football discovers the person that I am and the person I can become; Socrates correctly said that you can get to know a lot about a person just by looking at the way he or she behaves while practicing sports.

When I play, I leave behind all the bad things I think about myself, my social status, what people say or think about me, I just play, I also don't care who is playing with or against me, I see them all as equal. Sport has the power to identify the relationship we have with ourselves and with others.

On the other hand, the arts open our senses. Music and poetry make us listen more than our ears can hear. Theater and dance make us see more than our eyes can see. The plastic arts make us touch more than our body can touch. In other words, the arts make us feel more than we can feel and just like sports, they identify the relationship we have with ourselves and with others.

In the Republic, Plato sought the harmonious development of the human being through the training of the soul. For him, training *Mousikae* and *Gymnastikae* at the same time has the power to harmonize the parts of the soul and teach us ethics through experience. But what does it mean to have a harmonious soul for the ancient Greeks? Socrates said that a harmonious soul will lead us to a just soul, and that justice in the soul makes all our actions just. Sometime later, Aristotle declared that the activities created for recreation are those that represent the highest achievement of humanity.

I try to observe a little bit, and I realize that there is a certain type of border between people who practice sports and those who experience art. It seems that since we are born we have limitations to do one or the other and not both together. Where can I find the person who





possesses that just soul? Where can I find the person who can make me believe in the theory of the ancient Greek philosophers?

It would be foolish to think that I can find that person within my family, I cannot say that my sisters, my mother or my father have that kind of soul because I see them with different eyes than other people. I cannot also find it among my groups of friends since we are all focused on sports and my artist friends are not interested in approaching sports. By destiny or by chance I found that person while I was traveling. She is from a land where I spent one of the best times of my life.

She studies international relations and she does it because she wants to make a change in this world; she hates to see all the injustices that humanity is going through and wants to be the voice of those who do not have one. She also told me that she used to practice gymnastics, and like most athletes she tried to reach the highest levels. She showed me her pictures, I got to see one of her drawings, and she told me that she loves plastic arts. She also confessed that she spends hours in museums, because she wants to appreciate and understand the arts. She also does not eat anything that comes from animals, because her ethics do not allow her to eat something that was brutally killed. I recall her, and I ask myself if she is the one who represents the just soul that Plato used to talk about.

I do not know, I don't know her that much, but the characteristics she shows makes me think positively. I remember her, and I can say that she danced, and drank like the Greek god Dionysus, enjoys life; loves and cares for nature just like the goddess Demeter; she appreciates and tries to understand the arts just like Apollo, the god of the sun; and fights and pursues justice like the goddess Athena, protector of the Acropolis. I think the best thing about traveling relies in the people I meet when I walk with no definite route around the world. Destiny makes us travel to places to meet people that in one way or another are essential to make us feel more alive, more human, and make us understand a little bit more about life.

I will continue walking with my backpack on my shoulder, looking for people that represent the ancient ideal the Greeks used to talk about back in the days. That's why today I woke up with the insane hope of meeting someone else with the soul that she possessed and continue to have the hope that we can make the world move forward.

# **FAMILY, MORE THAN VICTORY**

## **Learn the Value of a Supportive Rivalry**

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**Maxime Dufour-Lapointe (CAN)**

My first Olympic Games were Vancouver in 2010. I was 18 at the time, and I was not able to qualify for the Games. Luckily for me, being a home country Olympics, it meant that Canada was allowed to send their own athlete to be events forerunners, which meant I got to forerun for mogul skiing and have a feeling of what being an "Olympian" was like. My younger sister Chloé also qualified for the Games, so I got to watch her. It was a very special situation because on one hand, I was pretty sad I did not qualify, on the other hand I really got to understand what the Olympics were all about, and what they meant to me.

I remember that experience so clearly. The crazy celebrations in the street of Vancouver anytime there was an event going on. People on the streets were giving high fives to each other. It didn't matter where you came from. For that moment in time, it was all about inclusion and celebration. I saw that the Olympics have this power of showing the best of humankind and bringing people together. From that moment on, I decided that I wanted to become an Olympian that I wanted to be part of that movement, and that Sochi would be my moment.

My road to Sochi was one of personal development. I had amazing coaches who helped me become an elite athlete while also teaching me how to become everyday a better version of myself. Sochi was also very special to me because I was there alongside my two younger sisters, Chloé and Justine. We marked Olympic and Canadian history by being one of the first trio of women competing in the same sport.

Becoming an Olympian is definitely the biggest accomplishment of my career. That day, I performed to the best of my abilities. I was going in the second to last round and I knew that to get a chance at the podium I had to ski faster, and I totally went for it. However, the Sochi course was very tricky, and that day I made a mistake and finished 12th. Meanwhile, my sisters both made it to the final run and ended up winning silver and gold! It was a crazy moment to be alive. My sisters and I went into a tornado of media for 48 hours right after the event, and everyone asked me: *"How do you feel? Are you jealous of your sisters? Is there rivalry between you? What do you think my reaction was?"* I was super happy for my sisters! Of course, I was disappointed in my result, but I was extremely proud of myself to have risen to the challenge and did what I had to do. Furthermore, I was especially proud of who I had become to be able to compete at the Olympics. That time, it simply didn't work, but I had absolutely no regret.






Image 1: The 3 Dufour-Lapointe Sisters at 2014 Sochi Winter Olympics.



Image 2: Maxime Dufour-Lapointe competes in the Ladies' Moguls Qualification during the 2014 Sochi Winter Olympics.

After Sochi, my sisters and I were living a dream, and I knew I wanted to make it to PyeongChang, because I knew I had a lot left in me. I wasn't done just yet with my sport, and I wanted to really see how far I could go, and I got served.

My road to PyeongChang was one of facing challenges. Right after Sochi, my coaches left, so I had to create a new bond with new ones. I pushed my sports and my own limits doing a backflip in competition, a jump only 2 other women were doing. I ended up sweeping a World Cup podium in Canada, where we used to ski, with my two sisters. It was like winning the Super Bowl. Then, a year before the PyeongChang Olympics, my mom got diagnosed with lung cancer, and I had to have hip surgery because my labrum was  $\frac{3}{4}$  torn. So not much left to work with and a really big way to come back strong to the Olympics. Actually coming back from this injury was really fun. I've learned so many new things about myself and I love it. However, in the end, I missed out on time, and wasn't able to qualify. My dad honestly thought that I was going to be so crushed by this that I was going to take a vacation and avoid everything related to the Olympics. So I'm asking you: "what would you have done in my position? Would you have been ashamed, frustrated, or even closed yourself up?" My thoughts were, I'm going to PyeongChang. First, to support my sisters because we are a trio! I might not live the PyeongChang Olympics as an athlete like I expected, but I will live them in a different way that will still have a meaning to me. So I ended up playing the role of media attaché for my sisters, and I met people from another part of the Olympics that I didn't know before and it was an amazing experience. The second reason why I wanted to go to PyeongChang, and that's even more important, was that I wanted to go for me. I wanted to go to celebrate my last four years of successes, overcoming challenges and dedication to my sport because, it's not because I'm not an Olympian that my last four years weren't worth it. I believe it's extremely important to be able to celebrate our own victories, and not wait for others recognition. So I did, and stayed the whole Games in Korea and had the time of my life with my sisters.







Core elements of the mission of the CIPC are to safeguard the heritage of Pierre de Coubertin, disseminate knowledge on his Olympic idea, stimulate research on Coubertin and the Olympic Movement, and to stress the relevance of his education-based vision of Olympic sport for today's societies across the globe. This mission coins the unique profile of the CIPC and is realized by an effective administration and projects. The structure of our projects/initiatives falls into three categories: 1. Academic Projects, 2. Education and Knowledge Transfer and 3. Public Relations. These three categories should certainly not be regarded as isolated units but as three pillars which depend on each other. For each of the categories some core projects will be listed and explained briefly for the time period 2019 – 2022.

### **1. Academic Projects**

#### Development of Central Archives of the CIPC

Since its foundation in 1975, the CIPC has accumulated documents that include, amongst others, minutes of the meetings of the annual General Assembly and Board meetings, CIPC Statutes, correspondence with other institutions, information on CIPC membership and its development, description of projects and publications. At present all this material is decentralized. Therefore, access to these documents is difficult and time-consuming. Additionally, we cannot guarantee that this valuable material is stored according to the basic norms of archives which would avoid the gradual erosion of documents.

It is the objective of the CIPC to establish centralized archives based on the usual standards outlined by archival norms. The Olympic Studies Centre (OSC) of the German Sport University Cologne has offered to provide specific archival storage room(s) to protect the CIPC heritage. Staff members of the OSC with archival expertise will start to define and categorize all documents for an easier access. This is also a paramount precondition for future publishing project of the CIPC. The project duration is set at four years.

#### Publishing and Editing Projects

The CIPC has carried out numerous academic projects dedicated to the life and work of Pierre de Coubertin and the relevance of his educational thinking. We have also covered historical, cultural and contemporary aspects of the modern Olympic Movement. Results have been published in monographs (often translated into various languages), conference proceedings and articles in journals and edited books.





We shall continue this line of academic initiatives and publishing projects since they coin the central profile of the CIPC and constitute the basis for an up-to-date practical transfer of knowledge.

A book on the history of the CIPC is our new project. Such a book has not yet been elaborated. It will outline the lineage and activities of the CIPC and will significantly enhance the understanding of the contribution of the CIPC to the cultural and educational dimension of the Olympic Movement, in both the academic and public spheres. With the CIPC's obvious strong links to France and the French Pierre de Coubertin Committee, we wish to publish this book one year before the Games of the XXXIII Olympiad in 2024 in Paris. A precondition for this ambitious project is to have access to all the necessary documents. This could only be achieved by a successful setting-up of centralized archives as described above. Initial meetings to decide on the conceptual structure of the book would take place in early 2020, followed by research activity in the same year. The allotted time for the writing and the editorial process (2022-2023) would meet the publishing deadline in 2023.

#### E-journal

**Diagoras International Academic Journal on Olympic Studies** is another interesting project. The e-Journal Diagoras was established through a joint collaboration of the Olympic Studies Centers of the German Sport University Cologne, Autonomous University of Barcelona (ESP) and University of Canterbury (NZL). The aim of the journal is to foster a critical understanding of Olympism, the Olympic Movement and the Olympic Games. Our approach is multi - and interdisciplinary whereby the articles will put an emphasis on, amongst others, the educative, pedagogical, philosophical, historical, socio-cultural, communicative and commercial aspects of Olympic studies. The first volume of the journal was published in 2017 and has enjoyed a very positive feedback within the Olympic family and externally. The CIPC will make future contributions to the profile of the journal by stressing the research on Pierre de Coubertin, on the Olympic Values and the Olympic Education.

#### Exhibition Projects

##### **Tokyo**

In 2019 a new Olympic Museum will be inaugurated in Tokyo. The Vice-President of the CIPC, Junko Tahara, has developed the idea of an exhibition on Pierre de Coubertin. The first exchange of ideas on the feasibility of this project has already been made.

##### **Paris**

An exhibition dedicated to Pierre de Coubertin will be organized on the occasion of the Olympic

Games 2024 in Paris for obvious reasons. Considerations will also be given to the creation of synergies with other organizations such as the worldwide network of Olympic Studies Centres and (sport) museums.

## **2. Education and Transfer of Knowledge**

A central pillar of the CIPC's profile is the transfer of knowledge to the youth of the world. In accordance with this goal, several activities have been successfully implemented over the years. These activities must continue in order to stress the role of the CIPC as a facilitator of core aspects of Olympic education. Amongst our past and future activities outlined below, the success of the International Pierre de Coubertin International Youth Forums, our key initiative, has been recognized worldwide:

### 12th Pierre de Coubertin Youth Forum

The PDC Youth Forums have become a tradition and have developed into an important and tremendously successful pillar of the profile of the CIPC. They are highly valued in the Olympic Movement for their contribution to the dissemination of Olympic Values and principles of Olympic Education. The next Forum will be held in Mâcon, France in August 2019 in collaboration with (Comité Départemental Olympique Saône-et-Loire).

### 1st African Pierre de Coubertin Youth Forum in honor of Nelson Mandela, 2018

The CIPC organized this Forum in collaboration with the Foundation for Sport, Development and Peace based in Cape Town, Republic of South Africa. It was to honor and celebrate the 100th anniversary of birth of Nelson Mandela. The core aim of the Forum was to provide a platform and acknowledge the ideals of Pierre de Coubertin and Nelson Mandela and share them with African youths from various countries and communities. The Forum took place from 15th to 21st September in Cape Town and Robben Island. We welcomed 60 young participants (ages 16-18) from various provinces of South Africa and its neighboring countries including Botswana, Lesotho, Malawi, Mauritius, Namibia, Swaziland and Zimbabwe.

### Lecture Series on Pierre de Coubertin and the Meaning of his Olympic Idea Today

Students of sport and physical education are relevant target groups that have the ability to shape the future mission and better understanding of sport in the society. This is also important for a correct public perception of the Olympic Movement. However, for this to be achieved, students must be provided with a multidisciplinary knowledge in order to be able to analyze and promote the



values of the Olympic Movement. Teaching units on Pierre de Coubertin and above all on the relevance of a modern understanding of his ideas are often omitted.

Consequently, the CIPC is planning to provide a solution by offering expert-guided lectures on Pierre de Coubertin and modern understanding of his principles of Olympism. This would greatly improve the expansion of knowledge on the Olympic Movement. The lectures will be offered to universities as extracurricular activities.

We will propose viable means of announcing this initiative through the network of academic Olympic Studies Centres where university departments could apply for this service. The CIPC would be willing to send experts to universities which would geographically be located close to the country and the university. The CIPC disposes of an international group of experts on relevant subjects in nearly every continent. This project will be implemented in 2021.

### **3. Public Relations**

#### CIPC Website

The website of the CIPC is undergoing a complete restructuring in terms of content and graphic design. Our General Assembly has regarded this as a key activity with the aim to increase the public visibility of the work of the CIPC and its multiple activities. The objective is to go online and launch the new website on Olympic Day in 2019.

#### Directory of the CIPC

Another relevant publishing project is the editing of a CIPC Directory. It will contain standardized information on our members (upon obtaining their permission), on the International Network of Coubertin Schools and National Pierre de Coubertin Committees. We shall have to decide if this publication will have a printed or an electronic format.

### **Conclusions**

It has to be stressed that the successful implementation of these projects and initiatives depends on several CIPC working groups and on the close collaboration with the International Olympic Committee, Pierre de Coubertin Schools, National Pierre de Coubertin Committees, Olympic Studies Centres and, respectfully, the International Olympic Academy. As to the latter, its well-known sessions offer valuable opportunities to disseminate knowledge on Coubertin and to encourage young academics to initiate research on the relevance of his ideas in our world today.

>> Contact Prof. Dr. Wassong, CIPC President: [wassong@dshs-koeln.de](mailto:wassong@dshs-koeln.de)



# OLYMPICS AND INDIAN VALUES IN GLOBAL CONTEXT CONFERENCE

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Richard Koo (CAN) & Dr. Benu Gupta (IND)

On 25-27 September 2018, Kirori Mal College at the University of Delhi organized an international Conference on “Olympic and Indian Values in Global Context”. The conference was organized by Kirori Mal College Professor, IOA Lecturer and IOAPA member Dr. Benu Gupta and more than 250 delegates from across 16 Indian states and 3 foreign countries were in attendance. The conference was inaugurated by Shri Navin Agarwal, Director General of the National Anti Doping Agency (India), Dean Kostantinos Georgiadis of the International Olympic Academy, Mr. Abdelmelik Jani of the UAE Olympic Committee, and IOAPA President Richard Koo among other dignitaries. Distinguished speakers from a variety of relevant fields delivered lectures at parallel technical sessions. Upcoming as well as established scholars and researchers presented papers under different sub-themes including **Olympics, Olympism and Olympic Movement, Physical Education and Sports Sciences, Sustainable Development Goals, Corporate and Indian Values.**

The conference keynote was delivered by Prof. Kostantinos Georgiadis, with additional distinguished speakers including Dr. Sandeep Tiwari HOD Department of Physical Education and Sports Sciences DU; Dr. Rajeev Chaudhary, Dean RSU Raipur; Mr. Novy Kapadia, Football expert and Journalist; Dr. Benu Gupta, coordinator OVEP-INDIA & Director IOC-OS-ASMC-IOA-India; Mr. Raj Pal Singh representative of Judo Federation, Olympian Zafar Iqbal, Captain Olympic Gold Medalist Hockey Team was the chief Guest for the Closing Ceremony in presence of Mr. Aman Saini Asian Archery Medalist 2018 and Mr. Rinku Hooda, World Medalist Para Athletics.

Over the course of the 3 days, participants were treated to fascinating lectures, stimulating discussions and cultural demonstrations that showcased every increasing role sport plays in the fabric of modern Indian society. IOAPA members in the Delhi area also had the opportunity to gather over multiple evenings to reunite and discuss their experiences both at the IOA and in their daily lives at home.

The IOAPA Executive Committee wishes to thank OIVGC 2018 and Dr. Benu Gupta for their hospitality and applaud all those involved for a well-organized and successful conference. This event has proven that the country is well positioned to make great steps forward in the promotion of Olympism and sport across modern Indian society.

India is a fascinating country with a rich history and we look forward to witnessing its future developments in sport and education. Namaste!

"Olympic and Indian Values in Global Context" the International Seminar at Delhi University of India 25-27 September 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](mailto: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](mailto: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** & **Instagram**

## 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](mailto:info@ioapa.org) and we may just publish them.

**WANT TO BE FEATURED ON OUR** *Instagram?*



Drop us a line at [info@ioapa.org](mailto:info@ioapa.org) and tell us a little bit about yourself. Also, don't forget to tag us on your posts [@ioapa\\_official](https://www.instagram.com/ioapa_official) for a chance to be featured.

## **UPCOMING SPORT EVENTS 2019**



### **The Sport Business Summit**

January 30-31, 2019, Abu Dhabi – UAE



### **SPOBIS 2019**

January 30-31, 2019, Düsseldorf - GER



### **FISU World Conference on Innovation – Education – Sport**

March 5-7, 2019, Krasnoyarsk – RUS



### **World Congress of Sociology of Sport 2019**

April 24-27, 2019, Dunedin - NZL

## **BENEFITS OF IOAPA MEMBERSHIP?**

Besides having the opportunity to keep in touch with other members, attend our Reunion at the Olympics and take part in our bi-annual Session in Olympia, as a member you also get exclusive access to the following (to get access, login our website):

- ✓ **List of members**
- ✓ **Monthly emails with news on sport related opportunities**
- ✓ **Helpful links for jobs and research**





## 2018 IOAPA reunion in Buenos Aires

*Written By: Silvia Dalotto*

On the occasion of the Olympism in Action Forum and the 3rd Youth Olympic Games in Buenos Aires, a significant number of IOAPA's representatives met in the city of Buenos Aires. The reunion was held in a bar located very close to the Green Park.

Elena Iñíguez de Heredia collaborated in the organization and many people came to share a beer and the happiness of being reunited.

The Dean of the IOA Kostas Georgiadis not only enjoyed us but also encouraged the meeting. It was an excellent opportunity to meet!

## NEW "ON THE SHELF"



### IOC SUSTAINABILITY REPORT: SHARING PROGRESS ON OUR 2020 OBJECTIVES

Eighteen months after the publication of its Sustainability strategy, the IOC has released its first Sustainability Report. "The universality and global appeal of sport means that the IOC and the Olympic Movement have a special responsibility to promote a sustainable future for our world," said IOC President Thomas Bach. This report shows substantial progress on the majority of the organization's sustainability objectives for 2020 across its three "spheres of responsibility", as an organization, as the owner of the Olympic Games and as the leader of the Olympic Movement. [READ IT HERE](#)



### IOC ANNUAL REPORT 2017: CREDIBILITY, SUSTAINABILITY AND YOUTH

The IOC's new annual report is now available. 2017 marked the halfway point in the implementation of Olympic Agenda 2020. Highlights of the year included the double awarding of the Olympic Games to Paris and Los Angeles for 2024 and 2028 respectively, preparations for PyeongChang 2018, and the successful efforts to bring together athletes from the Democratic People's Republic of Korea and the Republic of Korea at the Games. It also saw initiatives surrounding the new Candidature Process intended to make the Olympic Games more sustainable and feasible. [READ IT HERE](#)



### OLYMPIC WINTER GAMES 2026: IOC WORKING GROUP REPORT

This report is a feasibility study of the potential candidatures for the Olympic and Paralympic Winter Games 2026. Based on this report, the IOC Session in Buenos Aires invited Calgary (Canada), Milan/Cortina d'Ampezzo (Italy) and Stockholm (Sweden) to become Candidate Cities for the Olympic Winter Games 2026. This decision by the IOC Session marked the beginning of the shortened formal Candidature Stage, in line with Olympic Agenda 2020. The candidates will submit a single Candidature File in January 2019, as part of a streamlined process which reduces the cost and complexity for the cities. [READ IT HERE](#)

**Country :** Bangladesh

**Name:** Gulnazar Mahbub Monika

To develop and promote women's sports in Bangladesh, my friend Ashreen Mridha and I founded **Bangladesh Female Athletes Society**, starting with a basketball platform called **Deshi Ballers**.

In July 2018, we organized a women's tournament in Dhaka. The event was fully funded by female athletes from schools, colleges and private corporations. A few organizations voluntarily supported us to ensure media coverage, photography and cinematography. We gave numerous awards and included a free throw contest which was really exciting for participants. In December 2018, we also collaborated with a local sports complex to organize a victory day tournament for girls.

With Deshi Ballers, in 2019 we plan to start the country's first women's league and camps for newbies to help women represent Bangladesh in prestigious international platforms like the Olympics in the future.



## Participant Teams

Purple: Wildcats, 1<sup>st</sup> place

Tiffany: Greece, 2<sup>nd</sup> place

Blue: Stallions, 3<sup>rd</sup> place

Red: Bangladesh Women's Sports Federation, 4<sup>th</sup> place

Black: Beamers, 5<sup>th</sup> place





### OLYMPIC SPIRIT

” Spirit of immortal gods, most beautiful and blessed!  
Descend for we await you, by Chronion’s naked crest,  
In glorious Olympia, motherland of athletes,  
Beauty greater in my life, I’ve not and never will see.

Irrigated with the sweat from athletes’ holy struggles,  
Virtue here will bloom again, like your ageless olives,  
Fruit will weigh their branches down, and they will give new oil,  
To massage the athletes’ skin and crown the victors’ toil.

Last summer’s cruel inferno, the hottest of her flames  
Never could be strong enough to take away your fame,  
Even though they stripped you bare, your godlike spirit shines.  
Like Phoenix from the ashes, you beam eternal life!

So take the wings of eagles, your athletes’ famous strength,  
And like your temple’s columns, bear this heavy weight.  
Straighten up your back, and raise your head with pride,  
Embrace again sweet Virtue; your sister and your child!



*Written by: Heather L. Reid , USA.*

## CONTRIBUTE TO ARETE NEWSLETTER!

Did you participate in an interesting Conference in the field of sport?

Did you organize a sport-related event in your country?

Are you working on a sport-related dissertation or paper?

**SHARE with us your experiences and contribute to the ARETE NEWSLETTER!**

For any ideas, do not hesitate to contact the Newsletter Editor, Yarden Har Lev, at [yarden@ioapa.org](mailto:yarden@ioapa.org).



” *Gender inequality at the Olympic Games will soon be a thing of the past, and our hope is that this can then be reflected in society to bring about equality throughout the world.*

Lydia Nsekera

IOC Women in Sport Commission Chair

**HOW MUCH DO YOU KNOW ABOUT THE OLYMPIC MASCOTS ?**

In which Olympic Games did the first Olympic mascot officially appear, and what was its name?



Please send your answer to the newsletter editor at: [yarden@ioapa.org](mailto:yarden@ioapa.org)