

ARETE NEWSLETTER

SPRING 2019



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HIGHLIGHTS



THE 2ND EUROPEAN GAMES IN MINSK

Since last August, I have been working as a NOC Regional Coordinator. That provides me a perfect perspective of the relevance of the internal work we are doing in the Organizing Committee. We are aware of the relevance of... (p.5)

[READ MORE](#)



THE REAL VALUE OF SPORT IN THE WORLD

My experience at the Olympic Games would not be complete without having the story of my background as well as my journey leading up to both London 2012 and Rio 2016 Olympic Games. I was born in Aruba, a small Dutch Caribbean... (p.6)

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ATHLETES AS ROLE MODELS OF OLYMPISM

I was feeling as a winner of a little race outside of the Olympic race, the race to inspire many others to believe in themselves and to fight for their dreams. Nevertheless, all multiplied by a million times when I saw... (p.17)

[READ MORE](#)

TABLE OF CONTENTS

PAGE 2

3

Editorial
Yarden Har Lev (ISR)

4

Message from the President
Richard Koo (CAN)

5

The 2nd European Games 2019 in Minsk
Roberto Sojo (ESP)

6

The Real Value of Sport in the World
Jayme Mata (ARU)

11

Olympic and Sport Museums in the Digital Era
Luis Henrique Rolim (BRA)

15

Follow Your Values
Juan Diego Blas (GUA)

17

Athletes as Role Models of Olympism
Yarden Har Lev (ISR)

23

Be Part of the Action - Get Elected
IOAPA Executive Committee

25

News & Opportunities
Caroline Bujold (CAN) & IOA

31

Olympic Poems
IOA Past Participants

32

How Much Do You Know About the Olympics?
ARETE Editorial Board

EDITORIAL

Yarden Har Lev (ISR)



PAGE 3

Dear Readers,

Welcome to spring edition of the Arete Newsletter!

When Coubertin set out to revive the OG 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.

Every time I edit a new issue of the ARETE newsletter, I get the feeling that the Baron has fulfilled his vision. Evidence of this is the variety of activities in which IOAPA members are involved, that strengthen our understanding on the power of sport and the Olympic Movement to the development of the whole society. On this occasion, I would like to **THANK** all those who contribute to the promotion of the Olympic ideals throughout the world, and even more for sharing your important action and stories that allows all of us to learn from each other, while providing opportunities to “re-live the experience” after the Games all year round.

In this edition, you can read a variety of interesting articles such as a report regarding the Minsk 2019 European Games, three inspiring stories by different athletes who serve as role models in the Olympic Movement, an important discussion regarding the Olympic and sport museums in the digital era, as well as useful information about the elections that are coming up in June during the [2019 IOAPA SESSION](#) in Olympia. Finally, follow up on recent IOAPA news. We wish to keep you updated always!

Please do not miss our next edition; note that the **SUBMISSION DEADLINE** for articles is **JUNE 30**.

Enjoy reading this plentiful issue and looking forward to seeing you in Olympia!

Yours in Olympism,

Yarden Har Lev, Arete Newsletter Editor

Click down to register for the 2019 IOAPA Session & Reunion



IOAPA SESSION IN OLYMPIA
16-22 JUNE 2019



27 JUNE 2019
IOAPA REUNION IN MINSK

MESSAGE FROM THE PRESIDENT

Richard Koo (CAN)



PAGE 4

Dear IOAPA members and readers of Arete:

I hope you have all had a happy and productive start to 2019. Even though this is technically a “non-Olympic” year in the quadrennial calendar, it is an exciting and busy year for IOAPA with our biannual session taking place from June 16-22! I invite all members to rekindle the spirit of Olympism by joining us at the IOA in Olympia for a week of insightful lectures and discussion, excursions through the Elis region, and social activities that reunite old friends and create new friendships within our Olympic community.

For those unable to attend the session, IOAPA will also be hosting a reunion at the European Games in Minsk on June 27. Following on the recent successes of reunions in Pyeongchang and Buenos Aires, the Reunion gives the opportunity for IOA alumni attending Games events to meet and socialize in a friendly and informal atmosphere. More details on both the IOAPA Session and the IOAPA Reunion can be found in this edition of Arete or on our website at www.ioapa.org.

This past March, I had the opportunity visit the National Taiwan University of Sport in Taichung to deliver a lecture and some personal reflections on Olympic Education and the positive impact it can have throughout people’s lives. Head of International Affairs and IOAPA member Dr. Leo Hsu and the Director of General Education at NTUS Dr. Rachel Shieh warmly welcomed me to the university. I also had the opportunity to meet NTUS President and Olympian Dr. Hua-Wei Lin to hear about the work he has done over the many decades to advance the cause of Olympic education in Taiwan and in the lead up to the Olympic Games in Tokyo in 2020.

When I travel to different countries, I am always impressed with the level of enthusiasm, knowledge and passion people bring to the movement, and my visit to Taiwan was no exception. The students I met had engaging questions not only about sport, but also on technology and how educational systems around the world intersect with these issues. It was a fascinating visit and I want to thank once again Dr. Hsu for arranging such an insightful and enriching tour of NTUS.

During the month of June, I will be in Olympia to participate both at the 16th IOAPA Session as well as the 59th International Session for Young Participants at the IOA. I am very much looking forward to continuing the rich exchange of ideas and enthusiasm with the youth of the world as we all work together to advance the cause of Olympism. In the meantime, happy reading and hope to see you in Olympia or at one of our IOAPA reunions in the coming months.

Richard Koo, IOAPA President

THE 2ND EUROPEAN GAMES 2019 IN MINSK

Roberto Sojo (ESP)

The European Games is an international multi-sport event in the Olympic tradition contested by athletes from European nations. The Games are governed by the European Olympic Committees (EOC) and are the 5th continental Games in the Olympic tradition to be initiated, after the Asian Games, Pan American Games, Pacific Games and African Games. The first edition of the event took place in Baku, Azerbaijan in June 2015. The 2nd European Games 2019 will be held in Minsk, Belarus from 21 June to 30 June 2019. The Games will feature 199 events in 15 sports (23 disciplines). The organizers expect around 4,000 athletes from 50 countries.

Since last August, I have been working as a NOC Regional Coordinator. That provides me a perfect perspective of the relevance of the internal work we are doing in the Organizing Committee. We are aware of the relevance of these Games. **Minsk 2019 will be the most important multi-sport event in Belarusian history, and I am fully convinced that it will be a great framework for local athletes and coaches to grow, achieve good sport results and inspire a young generation across the country.** One of the advantages of working in a Organizing Committee is to see the transformation of the event itself, as well as the city and its people. About 2 months to go, and the event is getting real. Minsk 2019 logo is present in several popular spots and the mascot is a protagonist in every social event in the city. Still there is work to do, but we are on our way to organize a historical games. See you in June, see you in Minsk!



Roberto Sojo,
EOC
Coordination
Commission for
Minsk 2019
European Games.
Photo Credit:
Alexander
Shelegov.



THE REAL VALUE OF SPORT IN THE WORLD

PAGE 6

Jayme Mata (ARU)

My experience at the Olympic Games would not be complete without having the story of my background as well as my journey leading up to both London 2012 and Rio 2016 Olympic Games.

I was born in Aruba, a small Dutch Caribbean island, located in the southern part of the Caribbean Sea (north of the coast of Venezuela) and a constituent country of the Kingdom of the Netherlands. During my childhood, I did many kinds of sport because the climate in Aruba made it possible to be able to do any outdoor sport nearly every day. As I got older, I needed to choose a specific sport and I chose to specialize in judo.

In Aruba, education is very important, as this is the path to become successful. However, we did not have many examples such as professional athletes who lead to success in education. Hence, I attended a Pre-university education high school and graduated at 18 years of age. As most Aruban citizens, who finish at this level of high school, I chose to continue my studies abroad and moved to the Netherlands. Everyone here asked: “why would you move from paradise to a country where it’s cold and rainy?” My motivation was purely to obtain my Master’s Degree to be able to have a successful career. Yet, at that time, judo became one of my priorities again. When one of the strongest Aruban judoka had a success in the Caribbean region, I soon came to realize that the Netherlands is a very strong judo country with focus to be successful at the international level.

Besides my attending the university, judo has been a central part of my life. My weekdays were filled with gym classes and judo workouts. Then, when I was invited to train with the national team, I started pursuing higher levels of competition and just as my training partners dreaming of competing at the Olympics. I started to compete at the world stage pursuing a ticket to the 2004 Athens Olympic Games. Soon enough, it was clear that this level of competition was too high for me at that moment. As I did not see any progress, I quit the qualification but not judo in order to go back to the drawing board and prepare myself better for the 2008 Beijing Olympics. In 2006, I started the qualification cycle, which was going well until I injured my back and was unable to compete or do any kind of sports. Devastated I returned to Aruba after graduation to have a year break before I planned on starting my professional career in 2008 (after the Olympics).

At that moment, I was done with judo and sports in general. I put all my focus on academics



Image 1: Jayme Mata competes against Sugo Uriarte from Spain at 2012 London Olympic Games.

Image 2: Jayme and his coach Betto Thiel after losing by a hold down.

Photo Credit: Seever Krozendijk, 297 sports.



and work. These efforts would lead to a second Master's Degree and a book publication. I did not have the Olympics in mind anymore and I had a job at KPMG, one of the big four accounting firms in the world. However, pursuing an executive Master's Degree at the Erasmus University brought me back to judo. Every Friday, we had a judo class where one of my best friends still did judo and he invited me to join. He was also a competitive judoka who competed at the 2000 Sydney Olympic Games, and those training sessions became very competitive between us. Then, I realized that I was not done with judo. I went back to my old club in Nijmegen, Top Judo Nijmegen, and started training more frequently. Once a week quickly became five times per week and eventually twice a day. I was back to my old habits, but this time I was combining my work instead of my studies with judo.

I started competing again, having success locally and regionally the next step was to compete at the highest ranked competitions again. When I was back, I was considered an old athlete in Aruban standard so I had to finance a lot of competition myself. That is why I always needed to keep combining my sport with my job. Having limited support from our NOC and the Aruba Judo Federation I received financial support in most of my competitions. This led to me competing at the World Championships in Rotterdam. After Rotterdam, I kicked everything up a notch and started to pursue my old sporting career. I went back to my old weight class and saw more help for my sporting endeavors. Luckily, the International Judo Federation (IJF) responded positively. Large competition that were also the more expensive ones were being financed by the IJF.

Thanks to the support of the IJF, I also received more help from the Aruba federation and it all led to my participation at the 2012 London Olympic Games. I could not believe that I was finally there. Standing in the middle of the Olympic Village as a neighbor to the entire world class athletes for a couple of weeks celebrating the biggest sporting event in the world. I was overwhelmed and very nervous leading up to my competition day. We had a small delegation consisting of four athletes and I was one of the oldest. As mentioned before, for the NOC of Aruba I was an old athlete. However, I did not care because I was in shape and I did everything that I could to be well prepared.

London 2012 was my first and probably the last Olympics, so I attended every event that was planned. The opening ceremony was such an experience. It was overwhelming to walk

Jayme Mata carried the flag of Aruba at the closing ceremony in London 2012.

Photo Credit: Seever Krozendijk, 297 sports.



through the entrance of that huge stadium which was packed with approximately 80K spectators and hearing them announce Aruba as we walked in. Judo is always at the beginning of the Games and I was the first Aruban athlete to compete. After I competed in the second day, I was nervous and did not really enjoy all aspect of it and before I knew, it was all over. I had a tough draw because I competed against the number 2 seeded in the world. I could not believe it. All my work and my excitement were all done on the second day already. Although I was devastated, I stayed and watched the rest of the competition. Sitting in the bus going back to the Olympic Village, I sat next to my training partner, who also had an unsuccessful day on the previous day. We discussed the possibility to go for another cycle, but before we arrived back to the Village, we had decided that we were going to enjoy the rest of the Olympics and as soon as we got back, we are going for another cycle. Well, that is exactly what we did. We had the most amazing time in London, watching the high level of competition everywhere. We experienced Usain Bolt winning the 100m, 200m and relay gold; saw basketball USA team winning gold; Epke Zonderland winning gold in Gymnastics, etc. We enjoyed all of London and the Olympic experience.

Once we were back home, we had our plan and started our cycle. I even changed jobs until I found a better place to combine work with judo. However, unfortunately, the support from the NOC was limited for me as I was old and had a bad performance at the Olympics already. I had to cope with the fact that I had limited resources again to compete. But this time, the IJF supported me even more and tactically it was good for me to gain points on the world ranking. Then the worse happened when I tore my ACL a year shy of the Olympics. My ACL was completely torn and I had to have surgery. This meant a recovery time of nine months. Basically, Rio 2016 was not going to happen. However, together with my physical therapist we made a plan. He was going to tape my knee before every training and competition for the months leading up to the Olympics. I was training every day and competing without an ACL. He taped my knee everyday so I could keep the cycle going.

At the end of the Olympic cycle I had done enough. I was so happy to end the cycle having qualified! I did it! Even then, I needed support from the NOC in order to go. Some board members still did not support me, but luckily, I did have important people in the NOC that

Jayme Mata at 2016
Rio Olympic
Games.
Photo Credit:
Seever Krozendijk,
297 sports.



I could count on. The NOC eventually accepted my qualification and the invitation of the IOC. I was again part of the Aruba Olympic Delegation being one of the seven qualified athletes. This time, knowing that it would be my last Olympics, I was going to enjoy it all. I was nervous of course but I had made my mind that this was going to be the last time I would compete so I took every second of it. Just as in London 2012, I competed on the second day at the Olympic Games in Rio. I enjoyed even going to the weigh-in and actually, it was the last time I would weigh-in to compete under 66kg.

On the following day, I went to the venue and appreciated every second of being there. Being nervous was not bad. I stood in the corridor just before heading to the mat and saw a beautiful arena, all seats were sold out. I felt overwhelmed that I was here again on the biggest stage in the world competing on a huge mat in front of the crowd. I was nervous but the moment the referee yelled 'Hajime' (the Japanese word that means "to begin") it all went away. I was fit, strong and full of confidence. I went to score an Ippon (equivalent of the KO) and I looked up seeing the referee announcing the score. I was happy. I kept my cool, stood there in front of my opponent and greeted him with respect as the referee pointed me as the winner. Walking off the mat, I could not prevent the smile on my face. I was so happy thus; the day could not be ruined anymore. The support I received from the Aruba community then was amazing. At that time, I did not realize it. I eventually finished ninth as I went out against the former World Champion who would win the bronze medal at the end of the day. For a brief moment after losing, I felt bad. Nevertheless, going up to the stands and seeing how proud my father and my brother were and looking at my phone on how many people supported me and how proud everyone was to see me doing so well in Rio was very satisfying.

Looking back at my sporting career and what I have sacrificed and gave up to be able to compete at the Olympic Games I often wondered if it was all worth it. Especially being more mature now, where more things than judo in life are important, I often doubt it. But looking at the accomplishment coming from a small country and the experience gained, not only during the Olympics, but during the entire cycle and the friends I met during these years, I can look back and be very satisfied to know that I would do it all again. Sports brings you more than only the experience and accomplishments. The friends made along the way are priceless.

Jayme Mata respects the bronze medalist Rishod Sobirov from Uzbekistan at the end of the competition in 2016 Rio Olympic Games.

Photo Credit: Seever Krozendijk, 297 sports.



As the founder of judo said: ***“The ultimate goal of judo is to perfect yourself and contribute something of value to the world”*** – Jigoro Kano

Now I try to give back to the sport that gave me so much, as I know that an athlete's story is not an individual's story. Behind every athlete, even individual sports, an entire team is sacrificing and working towards a common goal. Now, I am a board member at Top Judo Nijmegen and the Dutch National Regional Training Center. I am still trying to do more in the Olympic Movement through the Aruban NOC and of course using my knowledge and experience gained in my professional career and private life.

NEW “ON THE SHELF”



THE LEGACY PLAN OF THE OLYMPIC AND PARALYMPIC WINTER GAMES BEIJING 2022

Beijing Organizing Committee, 2019, 31 pages, in English.

[READ IT HERE](#)



PYEONGCHANG 2018 POST-GAMES STUDIES

Various documents.

[READ IT HERE](#)



FUTURE OF GLOBAL SPORT: 2019

Association of Summer Olympic International Federations, 2019, 44 pages, in English.

[READ IT HERE](#)



POST-GAMES SUSTAINABILITY REPORT RIO 2016

Rio Organizing Committee, 2018, 71 pages, in English and Portuguese.

[READ IT HERE](#)

WHAT'S NEW AT THE OLYMPIC STUDIES CENTRE? [DISCOVER HERE](#)

OLYMPIC AND SPORT MUSEUMS IN THE DIGITAL ERA

Luis Henrique Rolim¹ (BRA)

Last January I met with professor Lamartine DaCosta in the so-called “sports scientists point” in Rio de Janeiro. The place is a ‘Cosy Cafeteria’ in which coffee is the main theme – from a wall depiction to grinders in around 20 sqm room with a low-lighting system – in the *je ne sais quoi* Leblon neighbourhood. As a curator, the old-fashion environment did not escape me; and, as a customer, I felt the lack of basic technology, like a modest Wi-Fi connection or a power bank to recharge my less-than-one-day mobile battery. But this article is not about coffee shop services, this observation was only to point out how our lives are so immersed in technology that when we face a low-tech place, it is impossible not to feel like you are missing something. And especially because the topic of my conversation with professor DaCosta was going to be the disrupting possibilities of technology in sports science and museums - which inspired me to write this article.

Recently, Lamartine DaCosta and Ana Miragaya organized a book [2] entitled “New Cognitive and Virtual Interactions of Science of Sport and Olympic Studies” which aims to create an environment of innovation in the areas of sciences and technology of sport and Olympic Studies based on the recommendations of IOC’s Olympic Agenda 2020. Among other topics within the book, the development of technological initiatives related to sport memory, heritage and museum following the STEM model (Science, Technology, Engineering and Math) can be considered the trend to place sport in the Digital Era. For instance, the project of the National Museum of Sport led by Bianca Pena and supported by the Rio de Janeiro State University is a startup based on the STEM model aiming to develop advanced technologies as well as to act as a lab to provide solutions to preserve the memory of sports in Brazil. One of the first result of this initiative is the elaboration of a theoretical model called CHAMEM (acronym for Collection, History, Archive, Memory, Exhibition, and Museum) which intends to support the creation of other interfaces and virtual initiatives.

The book is a must-read and I had the privilege to listen from the organizer his cutting-edge thoughts related to innovation and technology in sports sciences, museums, archiving, etc. Between a sip of coffee and the gazillion questions that were popping up in my mind during the talk, professor Lamartine asked my opinion in relation to the “digitization” of the museum experience. Although I was fortunate enough to be part of the embryonic phase of the Qatar

Luis Henrique Rolim
with prof. Lamartine
DaCosta at the
“sports scientists
point” in Rio de
Janeiro.



Olympic & Sports Museum, as well as, to be part of a team who curated around ten culturally innovative exhibitions in my seven years in Doha – including the 4000 sqm “Olympics: past & present” exhibition [3] – honestly, to receive a call for action from the Brazilian “think tank” in Olympic Studies really surprised me. Of course, I gave him my point of view, and here in this article, I would like to share my humble thoughts to amplify the debate about it.

Technology is a powerful tool, but it is still not available for all

As I mentioned above, our lives have been thoroughly transformed by digital technology. We talk daily with apps that drive us around the city, robots using artificial intelligence reply to our questions in the bank customer service, there are automated guided-vehicles in factories, and our houses are becoming smart through automation. Surely, we are not living like the Jetsons (yet) and such high technology is far from children in favelas. And that is exactly my first point: technology is a powerful tool, but it is still not available for all. Thus, it is important to digitize a full collection and make it available online, however we need to keep in mind the sociocultural and economical context. If not, there is a risk to create a bigger gap rather than place people closer to sport memorabilia and heritage.

Technology without an educational perspective is brainless

Virtual tours, augmented reality, digital interactives, mobile apps, etc. are some examples of technological apparatus in any newish museum or exhibition project around the globe. However, technology without an educational perspective is brainless. Museums or exhibitions are places to teach children about attitudes and values through sport. So, for example, a virtual tour programme also needs to be elaborated thinking on the different ages and/or target groups to explore different educational aspects. Moreover, to provide training in how to make the best use and elaborate toolkits for teachers of all levels, it is extremely necessary to have a museum without walls.

Less digital and more physical interactives are necessary

The educational perspective also means that technology use cannot be only because it is a “cool gadget” to have in the exhibition. On the contrary, in heavy tech societies and thinking in the upcoming generations, less digital and more physical (or analogue) interactives are necessary. The first “Active Lives Children and Young People Survey” summarising the activity levels of



children and young people (aged 5-16), published in December last year, shows that one in three children in England does fewer than 30 minutes of physical activity a day [4]. Therefore, if children are having fewer physical activities in their daily routines, then, to digitally show athletes effort to excel in competition will not make any sense for them, simply because their bodies' experience is limited. They might even start to joke if sweating is really necessary. In this sense, technology needs to be used to enhance the benefits of having an active lifestyle, not virtually substitute it.

Technology is an important tool, but storytelling it is still the driving force

The majority of the Olympic and sport museums, hall of fame, memorials, etc. around the globe struggle to maintain their doors open. One might say that it is the lack of technological apparatus that pushes people away, especially the young population. Based on this idea, there is a rush to find resources to renovate their facilities to include state of the art digital interactivities in their exhibitions. A survey made by the Teams Works Media last year with the attendees of the International Sports Heritage Association (ISHA) Conference [5], reveals that the top two goals for sports museums are, first add more technology and second increase gate attendance revenue [6]. Yes, they are right. It is most likely that people would love to experience an alpine ski virtual reality simulator rather than read a caption and see a pair of skies on display. However, the same survey also shows that the top reason for people to financially support (sponsor, donations, governmental fund, etc.) a sport museum, club memorial, hall of fame, etc. is a belief that to participate in sports makes you a better person. So, here is the point: technology is an important tool, but storytelling is still the driving force. Museums are not amusement parks, they have a social, cultural and educational role within the society. Then the question is: what are the stories that you are telling in your exhibition? If the answer is: my museum celebrates athletes' achievements, fosters national pride presenting the heroes of the nation and displaying high-performance sport only; then there are big chances that your storytelling is not appealing anymore. It is not possible to make a rule for every sociocultural context. Perhaps showing victories, medals, trophies of top athletes and teams still inspire kids to join sports in their towns. However, it is important to remember that sport and physical activity are not all about being the first, but mainly to compete well, respect others, make friends, be healthy and



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alberto@ioapa.org



active, socially include people, etc. In this way, it is important to have a content strategy that presents stories to exemplify these values. And then, technology comes as a great tool to connect with the public.

Final thoughts (and questions)

It is worth remembering that authenticity is the key for a full experience in a museum. Thus, would it not be more culturally authentic to experience the 19th or 20th century sport history (which is prior to the digital era) in an analogue way?

Talking about digitalization of the documents, the metadata is extremely important. For instance, the material type, the notes written in the back of a letter or any other peculiarity (folding, scratches, teared parts, drops of a liquid, etc.) cannot be lost in the digitization process. So, again, we could ask: can a museum VR journey substitute the full experience of having the real document in front of you in an exhibition?

Sport is a cultural phenomenon and technology cannot undermine its power to make us understand ourselves and our society in different epochs. Produce more technology and assuming it as part of our identity without discussion, it only supports commercial interests and a society of consumerism – rather than educate people. So, as in life, the balance between analogue and digital experiences, is the key.



Acknowledgements

I would like to thank Hans-Dieter Gerber, the Swiss Sports Museum director and my dearest friend, for his critical review on this article.

References

1. PhD candidate in Sports Sciences at German Sports University Cologne. Sport researcher, professor and curator with a solid academic background in the Olympic Movement and Qatar sports history. Currently develops consultancy and workshops for cultural and museum initiatives, teaching and research projects.
2. You can download for free the book at <http://www.sportsinbrazil.com.br/livros.htm>
3. There is guided tour video which I produced for the exhibition which can be watched in the YouTube: <https://youtu.be/4gAdazeimLw>
4. The report is available online at <https://www.sportengland.org/media/13698/active-lives-children-survey-academic-year-17-18.pdf>
5. The ISHA Conference is the annual event related to sport museums and hall of fames in the US. More about it can be found at <https://www.facebook.com/ISHASportsHeritage>
6. Read the full survey findings at <https://www.teamworksmmedia.com/museums/top-goals-for-museums-in-2018>

FOLLOW YOUR VALUES

Juan Diego Blas (GUA)

I was not happy of the way I was born, but sport and the power of the Paralympic movement made me change my thoughts. I was born with a congenital absence of the fibula in my right leg, so I use prosthesis to walk and to play.

My name is Juan Diego Blas and I am a Paralympic athlete from Guatemala. Basque Pelote is the sport I play, and so far, I have participated in several tournaments around the world including four World Championships, one World Cup, two Junior World Championships, Pan-American, Central-American, Caribbean, and Bolivarian Games, among others.

Paralympic athletes are the perfect example that “the limits are in our minds”, we have the power to be inspirational role models for everyone, not just for athletes. However, we need to support and be more receptive with the Paralympic movement to start breaking all the barriers and prejudices Paralympic athletes face in their daily lives, of course, this is not an easy task. While the Olympic movement advocates for excellence, respect and friendship; determination, Courage, Inspiration and Equality are at the core values in the Paralympic Movement. I try to apply these values while I compete, but also in all spheres of my life. **In fact, since my sport is not part of the Paralympic Games, usually I have to compete against people with no disability which leads me -with determination and courage- to push harder, to send a message of true equality through sport and to be an inspiration for others.** These, amongst other things about the Olympic movement, I learned in my participation at the International Olympic Academy Youth Participants Session in 2015, which was a life changing experience for me.

After my trip, I became a volunteer of my National Olympic Academy and later hired to manage the Olympic Educational programs we have. I manage directly one called [My Olympic Friend](#). This mentorship programme pairs athletes with students. The athletes send one video a month including different life lessons and challenges. Students then have to complete the challenges and send a video back to the athletes. After the whole year of different lessons, the athletes visit the schools that performed better the tasks and dares.

Another program I manage is called [United Play Guatemala](#). The idea came when I went to a United Nations Sport for Development and Peace workshop in Tampa, Florida. I met **Tyler Collymore** from Canada who founded United Play Canada with some friends. Now, together we formed United Play International with the idea of expanding the project worldwide.

Image 1: Juan Diego Blas in action during a basque pelota session.
Image 2: Juan was the representative of Guatemala in the 55th International Session for Young Participants of the International Olympic Academy.



The idea of this project is to deliver sport equipment donations and sport for development workshops in the disadvantaged areas of our countries, teaching values and life skills to the kids. With these two programs I am sure we are impacting the life of the students and even more when we involve Paralympic athletes to tell their stories and share their experiences with the kids.

Finally, I would like to invite all of you, Paralympic, Olympic and athletes in general to find our passion in all the things we do, so you can do it as best as possible. Also, to be grateful with everything we got, to always try to be happy and help people that need it (social work). I think if we do all this we will be successful in life.



SURVEY FOR OLYMPIC ENTHUSIASTS

Love the Olympics, but never made it as an athlete?

The World Olympians Association (WOA) needs your help.



The WOA has undertaken a ground-breaking study into the long-term health impact of elite sport on athletes, with the ultimate aim to generate new knowledge and develop evidence-based recommendations which will help safeguard and improve the long-term health of athletes.

The first phase of the study closed in December 2018, with 5,000 elite athletes taking part, and the WOA is now recruiting for the second phase! In order to measure the results already attained, the organization requires members of the general population to participate as part of a control group.

The online Control Group **SURVEY** takes 15-minutes (Password: generalhealth2018), and asks questions on health and wellbeing. Participants need to be above the age of 16 and NOT have competed at an Olympic Games.

Full DETAILS **HERE!**

ATHLETES AS ROLE MODELS OF OLYMPISM

Special Interview with the XC-Skier German Madrazo

Yarden Har Lev (ISR)

PAGE 17

The Olympic Games and the Olympic Movement differ from other sport events and sport organizations as they are officially linked to an ideology (Loland, 1995). Coubertin saw the Olympics as an occasion for the athletes to be publicly compared with other competitors and to document the successes achieved by individuals on their way to fulfilling the educational task principally in the development and the lasting consolidation of social and moral behaviors (Naul, 2008). In other words, since Olympism requires action to advance and materialize the values it propounds, the Olympic athletes who are the key to realizing the potential of Olympism imbue the Olympics with an educational rationality and purpose (McLaughlin & Torres, 2012). In this sense, Martínková (2012) claims that Coubertin built a corpus of values around his idea of Olympic high-level sport, such as the need for equality, the importance of participation over victory, the role of discipline, the topic of internationalism and the necessity for respect for others. On the other hand, Loland (1995) argues that Olympism is an ideology, which combines not only positive feedback that has the power of changing attitudes in modern society, but also negative ones. In this context, Coubertin never ceased to emphasize that Olympic role models are worthless when their athletic achievements are not based on the rules of fair play and respect for the equality of opportunity (Wassong, 2013). Yet, Binder (2012) claims that the modern Games have inspired people with emotional stories of athletic triumph and disappointment. These stories act as models and as confirmation, so Olympism education based on these “role models” has the potential to assist educators and coaches help their students and their athletes to see the world in a different way.

A year ago, following Winter Olympic Games (WOG) in Pyeongchang, I published an article, which delineated examples of athletes who reflect the universal ethics and the values of Olympism, through selected cases that were covered in the media around the world during the 2018 WOG. Yet, the occasion that captivated my heart more than others, was a story of Forty-three-year-old Mexican former triathlete, German Madrazo, the last athlete who crossed the finish line of the men’s 15-km cross-country skiing race [26 minutes after the winner] and despite the difficulty, found joy in the effort and even received a respectful welcome from his opponents at the finish line.

About a year after the Games, I held an interview with **German Madrazo**, where I chose to

Image 1: German Madrazo and his childhood friend Fred Gorraez.

Image 2: Madrazo and his mother with whom he used to watch every Olympic Games since he can remember.



focus on aspects of being a well-known Olympic athlete, who serves as a role model, thanks to his personality that embodies the Olympic spirit.

Q: How was the idea of competing in cross-country skiing born after ten years in which you participated in 18 Ironman competitions?

"I'm always trying out new things, finding new ways to improve or enjoy my fitness more. The best thing about endurance fitness is that you can turn it into fitness for any other sport. During the triathlon off-season, I like to do ultramarathon races. I have always considered myself and endurance athlete more than just a Nordic skier, triathlete, runner or swimmer. The idea came after reading an article that my childhood friend **Fred Gorraez** sent to me. Before reading that article, I had never heard about cross-country ski. As I read how the author described it as the hardest physically demanding sport there is, my mind could not stop thinking about it and how badly I wanted to try it out. I love marathons and the idea of being a multisport marathoner was too good to pass on! Imagine having accomplished a marathon in triathlon which is the Ironman, a marathon in running, a marathon in swimming, a marathon in cycling, and now a marathon in cross-country skiing! So cross-country skiing was a match made in heaven for me."

Q: Have you ever dreamed to be an Olympic athlete?

"The dream had been with me since I was a young kid. I was a swimmer and growing up the only thing I could think of was of one day becoming an Olympian. All the sports I've ever practiced have always had the dream of the Olympic Games attached to it. But it wasn't until cross-country skiing came to my life that I realized that perhaps there was one last chance to make it."

Q: Why was it important for you to participate in the Olympics? What motivated you to follow your dream?

"The importance of the Olympic Games in my life goes all the way back to my mother with whom I used to watch every Olympic Games since I can remember. The first one we watched together was the summer Olympics in Los Angeles 1984 and that is where the dream started. However, the will to not give up and look for any opportunity to make it come true, comes from my grandmother; she used to take me every Saturday morning to my swim meets. She would put everything aside just to watch me race every weekend. And to her I promised that we would make it to the Olympic Games, a promise I had to keep, and a promise I would fight for until the very last moment."

German Madrazo
during the race in 2017
Ironman World
Championship in Kona-
Hawaii.



Q: Did your state or association support you during the preparations period in order to provide you the optimal conditions to achieve the criteria for the 2018 Winter Olympics?

*"Not at all, the whole effort was self-funded. I had to sell my bicycles and pretty much all I had to make it, and when all that was gone, I had to go out and look for money with friends, family or anyone who would be willing to support me. Things got tight to the point that I had to fly to the last race in Iceland with no return ticket and no money to spare. I had to send money to my host once I came back to cover my stay. At the very end of the journey, I had the privilege of talking to the sport representatives from my city and received help from the Governor of the State of Queretaro where I am from. **Mr. Dominguez** is a man who loves our state and he was sure happy to see one of his own representing Queretaro at the Winter Olympic Games. I must say that in no way is it his responsibility to help athletes at this level but he does it because he understands the importance of sports in our society. Of the many friends and companies that helped me, there is one organization called **Metete Cana**, a foundation from cane sugar producers in Mexico. It was a real honor to be part of their team of athletes."*

Q: You competed in the 2017 Ironman World Championship in Kona-Hawaii. Did your training for this event interfere with your preparation for the Olympics?

"It was such a difficult decision to make! At that time, I was in Argentina for training on snow in the town of Bariloche and on October 2017, the month of competition, I had no bicycle to race in Kona. However, since I had already registered to the competition and had a great fitness due to all the cross-country ski training, I decided that all I had to do was borrow a bike, ride it for the first time since my bike accident during Ironman North Carolina in October 2016 and finish the hardest race on the planet! Well, I borrowed a bike from a dear friend of mine, Jesse, as well as a pair of sunglasses because mine had stayed in Argentina and then I begged for money for a plane ticket, not knowing that I would get more than that from another lifelong friend. Jesse is like an angel that helps his friends with his big heart, it turns out that the opportunity to travel to Hawaii was too good to pass so he jumped on a plane with me and supported me throughout the entire race. Jesse was everywhere I looked, cheering and taking pictures. So, Ironman training did not interfere with cross-country ski because there was no Ironman Training. But like I said before: when you train 3 to 4 hours per day you have endurance, and thank God some muscle memory as well!"

Image 1: Madrazo finished the men's 15km cross country race in style.

Image 2: Pita Taufatofua (L) and Samir Azzimani (R) lift Madrazo onto their shoulders as they celebrate at the finish line.

Photo Credit: Getty Images.



Q: Athletes participating in the Olympic Games usually come to meet some achievement – mostly an Olympic medal. This is a dream for many, is it for you too?

"Yes of course but knowing that I come from a country with no snow and no culture or tradition for winter sports I had to be realistic. Making it to the Olympic Games for me was just like winning a medal. Representing my country and putting Mexico in the books of Olympic History is the most important thing in my life. I am sure that my participation will start a new tradition for cross-country skiing in Mexico and I am sure in the future, we will see Mexican athletes placing high up in the ranks."

Q: How did you feel when you crossed the finish line?

"I am sure that I was the happiest man on the planet at that moment! I had realized my lifelong dream of becoming an Olympian. The joy I felt in that moment was indescribable. The pride and love for my flag and my country, the memory of my grandmother, the thought of my 4 year old triplets watching it all unfold on TV back home, it all collided in one moment and produced the most incredible moment anyone could ever experience. Moreover, for the first time in over 30 years a Mexican was crossing the finish line of an Olympic cross-country ski race. I was feeling as a winner of a little race outside of the Olympic race, the race to inspire many others to believe in themselves and to fight for their dreams.

Nevertheless, all multiplied by a million times when I saw **Pita Taufatofua** (Tonga), **Kequyen Lam** (Portugal), **Sebastian Uprimny** (Colombia) and **Samir Azzimani** (Morocco) there waiting to celebrate our accomplishment if it were not for them the moment would have never been so special. When I crossed the finish line, Pita my friend hugged me, and I told him 'brother, we fought another day!' and he replied: 'no my brother, we fought till the end!' These words made me cry and tears were evaporating and fogging my sunglasses, so I could not see anything, until I lifted the sunglasses up a little and realized I had the reigning Olympic Champion **Dario Cologna** (Switzerland) in front of me! I wish I could have that moment back. Because without the star struck moment, I would be able to tell him how much I admire him and how much he has inspired me. Dario had waited for **Roberto Carcelen**, a Peruvian-American cross-country skier, four years earlier, and for me that was a great act of sportsmanship. So, yes. I was expecting Dario to win and therefore I knew if he would do that I would see him at the end."

German Madrazo wins hearts despite finishing last in men's skiing.



Q: Your story in the 2018 Winter Games was highly publicized all over the world, and in fact, you are among the few athletes who have received exposure in the media not because of winning an Olympic medal. What was the most important message that you wished to convey to the public?

"I have received hundreds of messages since, and all of them from people all over the world saying they needed to see something like that to feel the push to go out there and try to achieve their dreams. My goal since I started this journey trying to qualify for the Winter Olympic Games has always been the same - to show that **no matter your age, or where you come from, no matter your financial condition, or your experience, if you have a dream and you are willing to give it all for it, if you are willing to fight until the end you will make it! You will live your dream!** Now I am embarking on the next part of this incredible journey, in going to as many places as possible to talk to as many kids as possible and try to inspire them to always live in the direction of their dreams, to dream dreams that can inspire others, to dream dreams that can change our world. To make stories that change lives."

Q: Do you think Olympic athletes can be role models for the younger generation in and thus create a better society?

"We Olympians represent the summit of what the human spirit can achieve with just one dream; we are role models not only for the young but for the old as well. We represent all who have had a dream. Our stories changed our lives and the lives of those around us; we have the power to use those stories to help others believe in themselves. We must get involved as much as we can in the process of educating and inspiring the new generations of athletes, scientists and dreamers."

Q: Do you see yourself as a role model in your country?

"Nowadays, through the work, I am active as a speaker traveling to many cities and states in Mexico to talk to people, especially schoolchildren, about the importance of believing in themselves and following their dream. In addition, I serve as a coach for three athletes in order to help them on their journey to make it to the Olympic Games. So, yes! I feel that I can be a role model, but the road is long and the work is hard, there is so much that can be done and so much that needs to be done. One does not become a role model, one needs to work very hard to achieve and deserve such status, I'm working hard, learning every day how to better communicate, how to write, and how



to present my thoughts. My new dream is that one day, not far from today, I will be able to stand as a role model and an inspiration for many to believe in themselves and to go after their dreams. I hope that life will allow me to touch many more souls and convince kids to follow the Olympic Movement, and eventually if I do a great job, be able to participate in a more official way with my Olympic Committee to promote Olympism and its core values."

Thank you very much for taking the time for this interview. Thanks for sharing your personal journey to the 2018 Winter Olympic Games as well as your insights about the role of the Olympic Athlete as a role model. For me, you are a real example for realizing the Olympic phrase, stated by Coubertin (1908): **"The important thing in the Olympic Games is not to win, but to take part"**.



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CALL FOR PAPERS

Master's in Global Sport Degree
NYU (The Preston Robert Tisch Institute
for Global Sport)
Starting in September 2019

**Diplôme d'études supérieures
spécialisées (D.E.S.S.) en gestion –
management du sport au HEC Montréal**

CALL FOR OLYMPIANS

Olympic athletes who have a
unique story from the Olympic
Games are invited to share with us
their experiences and we will
interview them for the

ARETE NEWSLETTER!

The applications should be sent to the
Newsletter Editor, Yarden Har Lev, at
yarden@ioapa.org.

BE PART OF THE ACTION GET ELECTED

IOAPA Executive Committee

If you're a member of the IOAPA, somehow attending a Session at the IOA has changed your life for the better. Like many of us, maybe you made friends for life or figured out what you wanted to do for the rest of your life.

At the very least, you had a blast and love to reminisce about that time.

Why not give back by attending our IOAPA Session and engaging in the Executive Committee?

How it works

Elections are coming up in June, during the IOAPA Session in Olympia (16th-22nd, June). For the occasion, an Election Committee will be appointed and run the elections.

Anyone attending the Session can get elected for a position.

NOTE: Members wanting to run for a position but who are unable to attend the General Assembly shall write a nomination letter in advance to the Executive Committee expressing their interest for the position.

Members of the Executive Committee are elected for a period of two (2) years. They are eligible for reelection at the end of any term of office.

Positions and Job Descriptions

There are 10 positions on the Executive Committee, each with specific responsibilities.

President


DUTIES: In charge of the general management of the association, supervise Executive Committee Members, communicate and liaise with the IOA and other organizations as well as represent the IOAPA whenever possible.

Vice-president

DUTIES: Organize the IOAPA Session, support the President in all tasks. The Vice-President may be called to represent the IOAPA in replacement of the President.

Secretary

DUTIES: Organize the Executive Committee meetings, keeping an archive of the minutes, occasionally supporting the President and Vice-President in their tasks and assisting the Finance Committee and Treasurer.





Treasurer

DUTIES: Generally responsible for the association's finances, such as: accepting payments for memberships and sessions, providing a report twice a year to Executive Committee, creating a provisional budget for the 2-year period immediately after the IOAPA Session.

IOA Liaison Officer

DUTIES: Based in Greece, this person is in charge of communications with the IOA. Support the Vice-President in organizing the IOAPA Session.

Newsletter Editor

DUTIES: Prepare and release one Arete Edition per 3-4 months. Solicitate IOAPA members and other collaborators for articles and updates on their area of responsibility. Ensure IOAPA's presence in other publications: IOA Journal and others.

Internet/Website Coordinator

DUTIES: Ensure a dynamic online presence: updating IOAPA's website as needed, sending one information email per month to IOAPA members, updating the IOAPA database and mailing list; setting up registrations and sending invitations to members for Reunions and IOAPA Sessions.

Head of Country & Regional Coordinators

DUTIES: Motivate country representatives to keep an IOA network in their countries and keep past IOA participants active and connected. Source content for the Arete Newsletter, attract new IOAPA members through the country representatives, attract participants for the IOAPA Session through the country representatives and other IOA Sessions.

Marketing Officer

DUTIES: Actively promote the IOAPA through representation at IOA Sessions and other events. Obtain participants lists from the different IOA Sessions. Create IOAPA promotional material.

Research & Partnerships Coordinator

DUTIES: Find academic or other relevant information for members including: conferences, call for proposals, academic and job opportunities, etc., contribute to Arete Newsletter. Liaise with partners and collaborate on initiatives benefiting both organizations.

NEWS & OPPORTUNITIES

PAGE 25

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.ioa-olympic.org) for further details.

26th INTERNATIONAL SEMINAR ON OLYMPIC STUDIES FOR POSTGRADUATE STUDENTS

Wednesday, 8/05/2019 – Thursday, 30/05/2019

15th JOINT INTERNATIONAL SESSION FOR PRESIDENTS OR DIRECTORS OF NATIONAL OLYMPIC ACADEMIES

Friday, 10/05/2019 – Friday, 17/05/2019

59th INTERNATIONAL SESSION FOR YOUNG PARTICIPANTS

Saturday, 1/06/2019 – Saturday, 15/06/2019

13th INTERNATIONAL SESSION FOR EDUCATORS OF HIGHER INSTITUTES OF PHYSICAL EDUCATION

Monday, 1/07/2019 – Sunday, 7/07/2019

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.

NEWS & OPPORTUNITIES

PAGE 26

Caroline Bujold (CAN)
IOAPA Internet Coordinator

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](#)

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](#) & [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 and we may just publish them.

WANT TO BE FEATURED ON OUR Instagram?



Drop us a line at 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



International Physical Literacy Conference 2019

May 7-10, 2019, Winnipeg – CAN



International Conference on Contemporary issues in Marketing

May 17, 2019, Colombo – SRI



9th International Congress of Physical Education, Sports and Kinetotherapy (ICPESK)

June 13-15, 2019, Bucharest – ROU



Tenth International Conference on Sport & Society

June 20-21 2019, Toronto – CAN



Hashtag Sports 2019 (technology)

June 24-25, 2019, New-York – USA



24th Annual Congress of the European College of Sport Science

July 3-6, 2019, Prague – CZE



20th ISHPES Congress

July 14-17, 2019, Madrid – ESP



FEPSAC 2019 Congress - 15th European Congress of Sport & Exercise Psychology

July 15-20, 2019, Münster - GER

16TH SESSION IN OLYMPIA & REUNION IN MINSK

2019 IOAPA SESSION REGISTRATION

Registration is only valid with **FULL PAYMENT** of fees upfront. **PLEASE NOTE** participants are responsible to make their own hotel reservations.

Session Theme

In collaboration with the IOA, the session theme for 2019 is: “Olympic Legacy with a special look at the Diplomatic and Peace: How can Olympic Sports play a positive role in International Diplomacy”.

Registration Fee

65€ (mandatory) + 10€ voluntary contribution to [Hans van Haute Fund](#) (optional).

- ✓ The registration fee includes costs for conference organization, bus transfer from Athens to Olympia and back, welcome drink and gifts. The registration fee is not reimbursable.
- ✓ The optional contribution to the Hans van Haute Fund is used to provide financial assistance to a participant who would not otherwise be able to attend the session.
- ✓ For accommodation at the IOA, please **select 1 option** between **double** or **single** room.
- ✓ Please note, **dormitories are NOT available** this year, as the IOA is undergoing renovations.
- ✓ Please register **BEFORE May 31st**.
- ✓ **IOAPA Session Dates:** June 16th, 2019 - June 22nd, 2019.

IOAPA REUNION 2019 IN MINSK

- ✓ **IOAPA Reunion Date:** June 27th 2019.
- ✓ Please RSVP **BEFORE June 15th**.

Click down to register for the 2019 IOAPA Session & Reunion



IOAPA SESSION IN OLYMPIA
16-22 JUNE 2019

27 JUNE 2019
IOAPA REUNION IN MINSK

Country : United States of America

Name: Megan Ritch

The national federation for triathlon in the United States has put an emphasis on growing participation among minority demographics, specifically in youth. As an answer to this challenge, a colleague and I developed Tri For Change in 2014. Tri For Change is an introduction to triathlon program that uses Olympic values based education while providing participants the resources needed to train for and complete their first triathlon. The program is made up of chapters across the United States, with a 100% participation make-up of youth from underrepresented demographics. Participants learn basic swimming, biking and running skills, as well as teamwork, fair play, friendship and respect, along with the development of key values and character traits such as honesty, teamwork, and self-esteem. Participants also learn about goal setting and striving for excellence.

In the program's first year, twelve participants trained for and completed their first triathlon. Since then, over 100 youth athletes have gone through the program. In 2019, the program will grow to support 50 participants across the United States and steps will be taken to develop the curriculum to launch the first paratriathlon focused Tri For Change chapter in 2020.





Country : Norway

Name: Mari Synnøve Stakston

The Norwegian Olympic Museum constantly works with new exhibitions. The newest exhibition, called *The fight to take part – women in sport*, opened on the International Women's Day which is celebrated annually on March 8 by Cecilia Brækhus - the world champion in women's boxing.

THE FIGHT TO TAKE PART – WOMEN IN SPORT

Also in sport women had to fight for equal participation. Fixed notions about gender roles and the ideal woman prevented women from taking part in power sports. It was regarded as unaesthetic and mannish. It was also believed that the female body could not cope with such “strenuous physical exercise”.

Today, we take for granted that men and women have equal rights in sports, but is this the case?

GENDER ROLES AND THE IDEAL WOMAN

In the 1800s, middle-class women were supposed to be feminine and house-proud. In post-war Norway, the stay-at-home housewife was still the ideal. It was the husband's job to provide for the family. More women became educated and more married women entered the labor market in the 1960s. In the 1970s the struggle for women's liberation started: for kindergartens, voluntary abortion, equal pay, equal working conditions and political influence. Many believed that the role of women was incompatible with sport, but the revolution reached here too. Women demanded the right to take part in all sports – on equal terms as men. The breakthrough came in the 1970s. First in cross-country skiing, cycling, biathlon and football, later in power sports such as wrestling and weightlifting, and from the 1990s in boxing as well.

ATHLETICS

In the 1920s, sports federations in the US and Europe demanded that women should participate in the Olympic Games. The International Women's Sports Federation was founded in 1921, and a “Women's Olympics” was arranged for the first time in Paris in 1922 in response to women not being allowed to compete in athletics at the Olympic Games.

To avoid that these games were associated with the “Olympic” brand, IOC promised to open up ten new Olympic events to women if the name was changed to the “Women's World Games”. Only five events were opened up to women at the Olympic Games in Amsterdam in 1928. The Women's World Games was a huge breakthrough for women's sport internationally. Norway did not participate.

Finland arranged its first athletics championships for women in 1908. Sweden in 1928, and Norway in 1947. At the 1928 Olympic Games in Amsterdam, some women threw themselves across the finish line at the end of the 800 meters, lying on the ground exhausted. This was such a shocking sight that the event was removed from the programme and did not return until 32 years later in 1960 in Rome.

OLYMPIC POEMS

IOA Past Participants

PAGE 31

OUR LAST TWO WEEKS IN OLYMPIA

“We come from the land of fire and ice
An island in the Atlantic, with horses and mice.
Known for our Viking heritage and Saga,
Volcanoes, glaciers and hot running lava.

We traveled here from the snow and cold,
They only had to mention the beach and we were sold.
We came here to study and learn more history,
About ancient Olympics, Greeks and mystery.

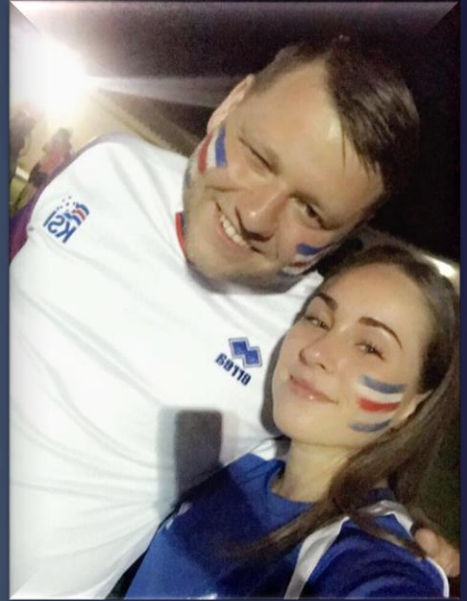
The sightseeing tour exceeded all our expectations,
Even though some information got lost in translation.
We saw the Acropolis up on the hill,
Oh my God-ness, that was such a thrill!

We got some sunny and rainy days,
For sports activities we had to find some other ways.
Played some basket, tennis and volleyball,
With participants both small and tall.

The cafeteria was the Mecca of drinking games,
Oh boy, I had to remember so many names!
Our love for flip-a-cup and beer-pong united us.
Next morning on our way to the beach some people even missed the bus!

Written by:
Dominiqua Alma Belányi
ð Benedikt Jónsson,
Iceland.

The beach was fun but one lesson was learned,
Use sunscreen, or like Benni, you will get burned.
There was this guy who collected pins from all over the countries,
He was a bit weird and had no boundaries.



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.

LET'S GATHER IN OLYMPIA!

16TH IOAPA SESSION

16th-22nd June 2019

Olympia - Greece

- Arrival day in Athens: 16th June

- Departure from Olympia: 22nd June

16TH SESSION IN OLYMPIA
&
REUNION IN MINSK



HOW MUCH DO YOU KNOW
ABOUT THE EUROPEAN
GAMES?

How many cities made bids
to host the European Games
in 2019?



Answer to the winter newsletter: Waldi was the first official mascot in 1972 Olympics.

Please send your answer to the
newsletter editor at:

yarden@ioapa.org

*Sport has the power to change the
world. It has the power to inspire,
it has the power to unite people in
a way that little else does.*

Nelson Mandela

