

ARETE NEWSLETTER

SUMMER 2019



INTERNATIONAL
OLYMPIC
ACADEMY
PARTICIPANTS
ASSOCIATION



HIGHLIGHTS



16TH IOAPA SESSION REPORT

This sums up the undying commitment of the attendees to the 30 – Year Anniversary Session of the IOAPA, which was held at the IOA premises in mid-June. Representing 16 countries, 22 participants journeyed to the place, which many have labeled “Second Home” for a rekindling of the... (p.5)

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59TH IOA YOUNG PARTICIPANTS SESSION

As the session comes to an end and our thoughts start drifting towards returning to our regular lives, we would like all of us to take a moment to consider the behind the scenes work required to organize this kind of event. Organizing the travel, the tourist trips, inviting lecturers... (p.8)

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INTERNATIONAL PIERRE DE COUBERTIN COMMITTEE (CIPC)

The CIPC General Assembly took place from 8th to 10th March 2019 in Lausanne. The main topics focused on the initiatives with the aim to develop a modern interpretation of Coubertin’s philosophy and vision and on the appreciation of the reports of National Pierre de Coubertin... (p.18)

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EDITORIAL

Yarden Har Lev (ISR)



PAGE 3

Dear Readers,

Welcome to the summer Issue of the Arete Newsletter!

I look back at the one month spent in Olympia, home away from home, where I was attending two consecutive sessions – the 59th Session for Young Participants (YP) as a Coordinator as well as the 16th IOAPA Session. The spiritual glory of the Ancient Olympic Games alongside the hospitality at the Academy gives one the pleasure to always want to come back. All of us know that the peace and relaxation which prevails here are inexplicable. As always, it was amazing to meet new people from all over the world who challenged me, inspired me and showed me a different world. A world of commitment, dedication and so much more that taught me new perspectives, new ideas and new paths in my life. I would like to use this platform to thank the IOA for the opportunity to come again and relive the spirit of this extraordinary place.

An exciting IOAPA session was organized last June and I would like to give a warm welcome to the newly elected IOAPA Executive Committee for 2019-2021, which includes five new people! Laurel Brassey Iversen, IOAPA Vice-President, kindly summed up what happened at our session in Olympia for those who missed it.

In addition, in this edition you will find a variety of interesting articles such as: address by the participants of the 59th YP session, an inspirational story of an Olympic diver who attended the YP session this year, insights about the Olympic philosophy by a past Master's student, a personal experience of an IOAPA member who volunteered at the Olympics and a report on selected activities of the International Pierre de Coubertin Committee. As always, in News & Opportunities, find out some Olympic-related news including upcoming sport events around the world.

I would like to encourage you all, dear IOAPA members, to take an active role in our association. Make your voice heard and let all your Olympic friend to know about your passionate work for the benefit of the Olympic Movement, whether it is by writing articles for the newsletter, attending IOAPA sessions or sharing Olympic knowledge with others. Please do not miss our next edition; note that the submission deadline is **November 15**. WE ARE LOOKING FOR YOUR CONTRIBUTION!

Lastly, I would like to **THANK** all contributors and all readers of the Arete Newsletter for your commitment to Olympism always.

Enjoy your reading!

Yarden Har Lev, Arete Newsletter Editor

yarden@ioapa.org

MESSAGE FROM THE PRESIDENT

Richard Koo (CAN)



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Dear IOAPA Members and Readers of Arete:

It is my pleasure to welcome you to this Summer 2019 edition of Arete, and our first edition since our 16th IOAPA Session held in Olympia this past June. It is with honour and humility that I write to you again as president, having been elected to a third term in this position. I would like to thank all the members of IOAPA for their support over these past four years, and pledge to work even harder to advance the goals of Olympism and our membership over the next two years.

The 16th IOAPA Session took place from June 16-22, where we welcomed 22 participants from 16 countries. During the productive sessions we introduced proposals for new partnerships with NOAs as well as discussing further initiatives to strengthen our relationship with the IOA. We are looking forward to implementation over the next 2 years, and will report to our membership on these specific plans as they are finalised.

During the Session, we elected a new Executive Committee for the 2019-2021 term. I want to pay a special tribute to outgoing Secretary Daniele Nati and Treasurer Sandy Stathopolou who both served on the EC for 10 years and whose tireless efforts have helped to build a strong administrative foundation for our association. I also want to thank outgoing Vice President Kostas Vasileiou for his contributions over the past two years including the organising of the Session itself, as well as all other outgoing members of the EC.

Since our last issue of Arete, we held mini-reunions at the European Games in Minsk as well as the Pan Am Games in Lima, offering our members additional opportunities to reconnect and meet new friends. Many thanks go out to our convenors Anfisa Kasayanova and Ansen Sligar for organising and greeting our members at these events.

Finally, I want to mention that this past June I also had the opportunity to attend the 59th Session for Young Participants as a Coordinator. This marked my first time back at the youth session since I was a participant 12 years ago. Having worked with such a fine group of people both in terms of participants and staff (coordinators, lecturers, IOA staff), I will cherish this experience forever. The commitment, enthusiasm and initiative demonstrated by this year's delegates was infectious and I have every confidence that the Olympic movement is in good hands with these future leaders.

Yours in Olympism,

Richard Koo, IOAPA President

richard@ioapa.org

16TH IOAPA SESSION REPORT

Laurel Brassey Iversen (USA)



PAGE 5

“Do what you love, love what you do, do what you love for as long as you love it”

... anonymous

This sums up the undying commitment of the attendees to the 30 – Year Anniversary Session of the IOAPA, which was held at the IOA premises in mid-June. Representing 16 countries, 22 participants journeyed to the place, which many have labeled “Second Home” for a rekindling of the Olympic Spirit. Many new members attended their first IOAPA Session, but the core of the association was well represented as well.

Although a somewhat small group, there was great energy and participation, as demonstrated in the election of five new people on the Executive Committee. The group was completely cohesive, making the most of the days of the session (one day shorter than usual due to scheduling).

Two Hans van Haute scholarships for the session were awarded to **Natalia Ramirez Irizarry (PTR)** and **Roland Krimmer (GER)**. The Scholarship was started in 2001 and provides financial assistance to participants who might not otherwise be able to attend. Each recipient is required to prepare and present a paper at the session.

The Opening Session was filled with IOA and IOAPA protocol: three open forums on an Introduction and History of the Association, Fostering Membership and Utilizing Partnerships, and the ever-popular Olympic Quiz facilitated by **Yarden Har Lev (ISR)**. For all of the expertise in Olympic matters, it was found that there is more to learn! The first session concluded with refreshments hosted by the Executive Committee.

In the succeeding days, the group dispensing with the General Assembly and dived right into a Workshop on IOAPA Initiatives and Country Coordinators. Working groups were formed and ideas were reported back to the assembly. A new initiative from **Richard Koo (CAN)** and **Caroline Bujold (CAN)** was brought before the members. This memorandum of understanding (“MOU”) sets out the terms of collaboration in the delivery of Olympic Education programs between a prominent NOA and International Olympic Academy Participants Association (“IOAPA”). Details are being worked out and if successful, the MOU could be a template for other NOC’s and NOA’s.



The new
IOAPA
Executive
Committee
for the term
2019-2021.
Photo Credit:
George
Skouloudis.



Unable to secure a guest speaker, the Executive Committee (EC) encouraged more presentations by members and each day's meeting was punctuated by the varying reports of members' activities in their countries or their area of expertise. Nomination procedures for the election of the EC and the various duties of the positions were discussed. A few days between nominations and elections helped members prepare for the elections.

The excellent timing of the session following the IOA Young Participants' Session facilitated the attendance of six coordinators who stayed on in Olympia. The five, **Lucia Giamberardino (ARG)**, **Xavier Jeannin (FRA)**, **George Margaritis (GRE)**, **Rafael Mendoza (MEX)** and **Jonathan Ruwuya (ZIM)** presented a workshop in direct correlation to the theme of the YP Session, Sport and International Diplomacy. This was a fantastic opportunity for them and for the group to gain insight into the academic discussions of the preceding IOA Session. Election of the new EC took place on the last day of the session. The outgoing committee was praised and by the members present for an outstanding two years of service and continued dedication to the IOAPA. The new EC was elected as follows:

PRESIDENT	Richard Koo (CAN)
VICE-PRESIDENT	Laurel Brassey Iversen (USA)
SECRETARY	Caroline Bujold (CAN)
TREASURER	Ulrich Rosen (GER)
NEWSLETTER EDITOR	Yarden Har Lev (ISR)
COUNTRY COORDINATOR	Omnia Fakhry Draz (EGY)
MARKETING COORDINATOR	Xavier Jeannin (FRA)
RESEARCH COORDINATOR	Neeraj Kumar Mehra (IND)
IOA LIASON	George Margaritis (GRE)
INTERNET COORDINATOR	Fabio Silva (POR)
PAST PRESIDENT	Hector Arguelles (ESP)

The position of Internet coordinator was filled during the first EC Meeting.

Once again the **IOAPA Hans van Haute Scholarship Auction** brought a number of interesting items. The fierce bidding and competitive nature of the group raised more than 300 Euro for

The
traditional
visit of IOAPA
members at
Magna
Grecia.
Photo Credit:
George
Skouloudis.



the fund. The days were filled with meetings of the IOAPA in the mornings, afternoons spent in the dance workshop by **Elizabeth Hanley (USA)** and evenings socializing.

The IOAPA thanks the Ephoria of the IOA and the staff of the academy for their support. The rekindling of the Olympic Spirit, of old friendships, and the cultivation of new friendships in the idyllic and spiritual setting of Ancient Olympia and the familiar sensations of the IOA cannot be understated.

Respectfully Submitted,
Laurel Brassey Iversen, OLY
IOAPA Vice President



Image 1: the Olympic Quiz facilitated by Yarden Har Lev; Image 2: Dance workshop by Elizabeth Hanley; Image 3: IOAPA Hans van Haute Scholarship Auction; Image 4: Natalia Ramirez Irizarry and Roland Krimmer next to the Hans van Haute tree.

59TH IOA YOUNG PARTICIPANTS SESSION

Address by the Participants

Oluseyi Smith (CAN)

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As the session comes to an end and our thoughts start drifting towards returning to our regular lives, we would like all of us to take a moment to consider the behind the scenes work required to organize this kind of event. Organizing the travel, the tourist trips, inviting lecturers, keeping us healthy & safe, the food, the cleaning etc. With that in mind it is only fitting for us to give our respect and heartfelt thanks to the lecturers/professors, coordinators, lifeguards, medics, men at the gate (who let us back after 2 am), cleaning staff & Panos!

As a group we were fortunate to participate in a year with such an interesting and relevant theme. Not only were we able to discuss with the experts themselves, but these two weeks allowed us to live and experience Olympic values and sport diplomacy. Remember that one of our lecturers defined diplomacy as communication, representation, negotiation.

From the communication point of view on behalf of all the native English speakers we must applaud the non-native speakers who just spent 2 intense weeks discussing complex topics. This isn't easy! We salute you for that. From the representation point of view, we all did our countries proud by how we have shared something from our homelands with each other.

Lastly, our negotiation skills were certainly exercised with all the strategic discussions around what nights were best to visit Zorbas and how to convince friends to go on one day versus another.

Our collective thoughts to summarize our time at this session have such common words as follows: Diversity, Friendship, inspiration and amazing. There are reasons why we collectively chose these words and we should take time to think and appreciate why they were chosen.

AMAZING:

- It really is amazing how many snakes were seen in 2 weeks (4 total) given Panos claims to have only seen 3 in his time here!
- It was amazing the number of injuries sustained in these 2 weeks. The Olympic spirit still burns inside our minds... if not our muscles.
- It is amazing the camaraderie our group showed to each other in Zorbas, to our injured teammates, to beginner players in different sports and to our wild dogs that followed us everywhere.





DIVERSITY:

- The cultural presentations we witnessed gave us a diverse view into the lives of our fellow participants.
- The group discussions provided us real-world examples from all the corners of the globe with which we were able to debate and process.
- The inspirational Olympian presentations provided a diverse perspective on the journeys to the games and experiences at the games we can undergo.
- The ability for us to sit down and have a meal with so many diverse people and learn so much from the face to face interactions.

INSPIRING/TIME – TO – SHINE

- The lectures we attended set the stage for us all to take the bull by the horns upon our return home. We've all been equipped with the information required for us to shine in our chosen fields.
- All the lectures were inspirational, particularly those on the social inclusion of refugees, Olympic movement soft power, the cultural Olympiad. These resonated & inspired the participants.
- Lastly, we were inspired by the young change makers and how with a limited amount of funding they're making significant impacts in their communities through sport. They set the bar high for all of us to follow.

Our wonderful coordinators in the last session asked us to think of our expectations before we arrived and if they were met. We are posing the same question with a twist; think of where you were (knowledge, inspiration, sport awareness etc.) before the session and where you are now. Some of us are more sunburnt, injured, sleep deprived than we were 2 weeks ago, but we also have more perspective. More perspective on each other's culture, sports, arts, the Olympic family, the power of sport diplomacy and how it works. This whole experience was well rounded. Greek culture, sport activities, art activities, thoughtful lectures; it has made sound in body and mind. We've experienced the best of what the Olympics represent, exactly what de Coubertin would have wanted.

To conclude we would like to challenge each of the participants to answer a question.





What will you do in your lives when you go home, that you could not do 2 weeks ago to promote the Olympic ideals, the power of sport or sport diplomacy? We challenge you to think about this, write it down in your phones and set a recurring reminder. Every 6 months this question will pop up on your phones. What are you doing to make all what we've been told and experienced real in the real world? Every six months the question will pop up and the continuous improvement cycle will endure. **We are in a unique position – we can share our love and passion for the Olympics and sport with the world. Not everyone is able to experience what we have these past two weeks. It is up to us to be leaders and share within our communities, live our lives championing the Olympic values, and create/design practical solutions wherever we can. Good luck everyone – we can do it!**



LET YOUR LIGHT SHINE

Grant Nel (AUS)

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I was born in South Africa. Both my father and mother were good athletes, when my mother represented South Africa in Gymnastic at the world championship level. For as long as I can remember, I was climbing trees and swinging off things and was put into gymnastics from when I was 4. Gym was a great sport for me and I excelled in it making the junior South African team. Unfortunately I had a really bad accident at training one day when I was 9, when a high bar fell across my hand crushing both of them so I had to take a long time off the sport.

At the same time my school had just finished building a diving pool and we had physical education classes learning how to dive during school. I picked this up really easily and was asked by the national coach to start the sport with my hand still being a problem for gym. I quit gym and started diving, winning South African junior nationals my first year in the sport.

The following year my family and I immigrated to Australia where I continued to dive and did well. I became an Australian citizen in 2002 and was selected for my first Australian national team in 2003.

Over the years I have been lucky enough to compete all over the world, not without many highs and lows. Training consisted of 11 sessions a week, every morning and evening on Monday to Friday as well as Saturday morning. I would have to average more than 100 dives a session. I spent a lot of time in the gym building strength and core stability as well as in the dryland working on diving boards to crash mats or into foam pits perfecting out technique.

I have been fortunate to compete at 5 World Championships, 5 World Cups and countless Grand Prix's. My best world ranking was top 8 in the world in 2014. I medaled at the Commonwealth Games in Delhi in 2010 (bronze) and 2014 Commonwealth games in Glasgow (Silver and Bronze).

In 2009 I started a student athlete full scholarship at Texas A&M University, College Station. During my time at Texas A&M, under coach Jay Lerew, I received 4 letterman awards, I was a 9 time All American including 5 top three finishes at NCAA's. I won 3 individual "Big 12" titles and broke 6 A&M pool records.

Diving has made me the person who I am today. There is no better feeling than the feeling I had on the 15th of August 2016 at 10.43am, when I crossed the pool at the Maria Lenk Aquatic Centre in Rio looking up at the crowd and in particular my family. I did my first dive and became an Olympian. It brings tears to my eyes every time I think of it.



Grant Nel
at 2016 Rio
Olympic Games.



It has been such a big achievement and honor to represent Australia at the Olympics, especially when back in October 2015 I was in bed with a back injury for six weeks. At the time, I couldn't feel my right leg. My lumbosacral joint (lower back) had shifted a few millimeters and was touching on the sciatic nerve so because of that I lost all the feeling and a lot of muscle mass in my right leg. Then, I had to learn how to walk again.

When I think back about that time, making the semi-final and coming 15th in the world at the Olympic Games is a pretty good achievement. I am very lucky and grateful to be an Olympian and I have had such wonderful supportive family and friends, particularly from my coach Michel Larouche - without him I would not have come close to achieving my goal of making the Olympics, I owe everything to him.

In this sense, my favorite quote is: *"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others"* (Marianne Williamson).

Success is not something to be afraid of. We work hard for our dreams -- don't sell yourself short because you might actually become great.



OLYMPISM FROM EMOTIONS TO ACTIONS

Laura Moreira León (CRC)

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"Olympism is not a system, is a state of mind" -- Pierre de Coubertin

The first day, we were a group of strangers who talked during lunch and dinner in a hotel in Athens, all with different illusions and expectations, with a self-world full of dreams. In our initial talks common questions arose: What is your name? Where are you from? Do you work or do you practice sports? Each one curious about the others, trying to pronounce and remember names and surnames, countries, cultures, ways of speaking that sounded so different from what our ears were used to. It was the beginning of a beautiful adventure: 91 countries, 171 participants, the whole world in front of our eyes.

Little by little we crossed our glances, connecting, uniting our ideas; days later we were no longer a group of strangers, we became friends, a kind of world community! We visited the Acropolis, Delphi and the museums, during the buses we sang and we danced, through music we shared and communicated in different ways. In my work as a psychologist, I understand that belonging to a group enriches us, makes us grow, and expands our world... imagine belonging to a world community, how much wealth and learning together!

When we arrived in Olympia, at the International Olympic Academy, I felt my heart beat strong. The IOA: a special place for thousands of people around the world, people not only of our time... people and athletes who since ancient times trained and worked to participate in the Olympic Games in this place, no doubt it has been very important and special for centuries, you can feel and breathe it in the environment. Just the thought that the same athletes in antiquity trained in Elis for a month and then walked for about 60km to get to Olympia and participate in the Games, and my heart was beating fast as I thought about the importance and symbolism of this place.

Our first night at the Academy, we felt in the atmosphere the happiness of sharing with our new friends and with our roommates. Having roommates is something very important - you really get to know another person, someone with whom, within the many participants, you develop a different and special connection. My roommate was an incredible person, full of energy with a positive approach who taught me that life has to be lived to the fullest, enjoying and adding passion to each moment.



Laura Moreira León
at the IOA during the
Young Participants
Session 2019.



The days living at the Academy are special, days that allow us to understand that if we accommodate the time, we can do many activities: sport, studies, friends, art, music, dance. These days at the Academy made me think about time and moments: we cannot stop time and we cannot repeat those moments. It remains for us, then, to understand that moments are unique, and that they are a present, a gift of life essential to appreciate and treasure; that time is relative in a sense that we can feel it fast or slow according to the experiences of the moment; that every day we for sure are older and that what really matters in life is what we decide to do with our time and moments.

The experience of being in Olympia enriches us at many levels, it leads us to change and transcend; It is necessary that we take what we have learned and put it into action, to create and to develop an activity or a Project. As a sports psychologist, working with athletes and coaches, I always address the importance of deciding on an objective and the tasks to be performed to achieve it. It is important to do the same with the experience of the YPS2019, because the motivation that was acquired can lead to activities and tasks to generate a change, otherwise it becomes an empty experience. After the YPS2019, we got an extra dose of motivation towards Olympism, and it is necessary to transform this motivation into a daily action: decide on tasks and objectives, and build projects that generate change.

During the session, joy is always present. In our daily activities we laughed, we shared with happiness the opportunity of life, we felt joy in abundance and the true sense of Olympism in our hearts. As Pierre Coubertin (1918) said: ***"If someone were to ask for a recipe for 'becoming Olympic', I would say that the first prerequisite is to be joyful"***.

We have lived Olympism, we really felt it and the memories are engraved. The task that follows is to bring it to action, an action that requires effort, creativity and work. Many times, we think: "after Olympia we return to our real life, to our daily life". However, I would like to add that we return but being different, we are not the same and our reality is now transformed by what we learned and experienced. Let's see Olympia not only as a dream that has already passed and incorporate its spirit into our daily lives. Let's use the experience of the YPS2019 to work, to transform and to create by our creativity and entrepreneurship emerge. Let's make the Olympism as a state of mind, initiate an action and achieve a change.

OLYMPIC GAMES: YOU HAVE BEEN SELECTED!

Bogumiła Smolarek (POL)

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240 000 applications to be part of the Olympic Games. 70 000 passionate enthusiasts required. So little or yet so much. How to be among the chosen ones?

For me it all started in 2008 when I heard on the radio that host cities of Euro 2008 in Austria and Switzerland were looking for volunteers. Two months later I was sitting in the train to Klagenfurt. The rest just happened naturally. Three weeks in Austria made me hungry for more, I was looking for volunteering opportunities at international sport events. A couple months after the European Championships I was taking care of speed skaters from Mongolia and Holland. Gambat Munkh Amidral was the nicest skater among all participants. Disqualified 2 out of 3 times, he was competing but was able to skate with future multiple Olympic Champion Koen Verweij. It did not cross my mind that 5 years later, while watching Sochi Olympic Games, I would say: Oh, I was “unofficially” letting in parents of silver Olympic medallist to congratulate him after winning his gold medal in Poland. However, it did cross my mind that one day I would like to be a part of the biggest sport event in the World - the Olympic Games - not as a spectator, but as a volunteer.

Sport spectacle always attracted me. All the magic happens on a court, track, tatami, at pool or pitch, but the backstage, just before entering ‘the stage’, was a place I wanted to be. As a spectator there are many things which are beyond our sight, but as a volunteer we can come closer and have unique experience.

The way to Rio 2016 was preceded by more than 10 international sport events, each one of them very distinct. I was usually working in different areas to get experience from every angle possible and challenge myself in any kind of situation, such as buying bananas 5 minutes before the game for Turkish Basketball Team. Easy task, right? Same as finding a container for ice where 2m-high player will fit as well. At athletics championships one learns that athletes do not like to get their blood checked in early morning and sometimes they ask to take their colleague first, and no matter which place Dwain Chambers will have, he is the first one appointed for control. I looked at the event from media, sponsors, photographers, organizers, athletes and staff perspective.

Applying for Rio was not an easy task: too many sports, too many areas to cover, but I had to limit myself to 3. I was assigned to tennis, my second choice.

When I arrived, I had even “ball boy” training in case they needed a replacement.



Image 1:
Bogumila's
collections of
volunteering.
Image 2:
Accreditations
from different
sport events.



However, my main tasks were to escort athletes to the courts, make sure they had everything they needed in locker rooms, controlling entries to athletes lounge, and making sure all the players passed through the mixed zone, which was not the best place to be for somebody who has just been defeated.

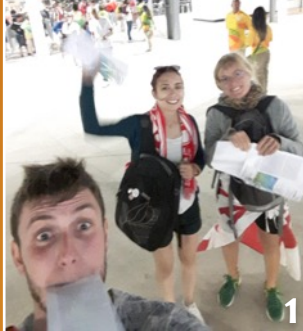
The first rule which was given to us was: *Do not disturb the athletes!* The moments before the match are the most crucial ones. You get to witness them focusing, doing their routines, joking around with each other or crying. On TV you see only a small part of the joy, frustration, concentration, preparation and friendships. Athletes are excited when they hear you speaking their language, they share with you their bliss after winning matches, their excitement of being at the Olympic Games, and they also want to know why you are there. The journalists use you as a contact link: sometimes they think you can let them in where they should not be. Same as team members, who say: *Do you know who we work with? Roger Federer's coach, and he has our tickets!* It is up to you how you approach each situation, but keep in mind, as a volunteer there is no such answer as: *I do not know!*

I usually had morning shifts: Every day I was talking with a French physiotherapist about tournaments, gossiping about tennis players. He was also willing to share his knowledge on how to strike. One day he brought me a dessert from the athletes' lounge. My colleagues looked surprised and asked me: *Who is it?* I replied: *French physio.* And you are? I said: *Polish.* So why? I guess no reason needed, just whenever he was there, he was bringing me some sweets. Of course, there were elite athletes, most of them so respectful and down to earth people to whom many look up to. The biggest stars can be intimidating. Sometimes, also, the image created by the media is totally wrong. First time when Williams' Sisters, Nadal or Murray stepped into the tennis centre everybody was quiet, only murmuring as they were passing by, but they were the ones bringing fun, especially Serena and Venus.

Before the finals, the atmosphere was very tense. Argentinian fans know how to support their Olympian. Juan Martin del Potro was playing against Andy Murray. Of course, not everybody got a ticket so some of the supporters wanted to use the opportunity to bribe me. *We came all the way here, from Argentina, it was not cheap, it is a once in a lifetime opportunity you cannot let us down, we are here, we have to see the final!*, they were saying.



Image 1:
Bogumila before
entering Athletic
stadium with
volunteers from
Poland and
Luxembourg at
Rio Olympics.
Image 2:
At Hungarian
House in Rio.



I came here from Poland. I will not see the final either! With this answer unfortunately I shredded their hopes.

Sport Volunteers are a unique group. You meet folks from various backgrounds, diverse countries, different ages, from 18 to 100. I was staying with 12 more volunteers, all from Europe. Our host, Eduardo, a federal policeman, was saying that we were like a big family, and he was our cool uncle.

There is something about the Olympic Games that once you start, you never want to stop. I remember Susan from Australia, who started volunteering for Summer Olympic Games in 2000 - Rio was her 5th Olympic adventure. She was singing every day: When my baby, when my baby smiles at me I go to Rio... She was the first one to congratulate athletes, not only Aussies, and to take a photo with them. There was Rafael, a Brazilian volunteer who was making sure I speak Portuguese like a *carioca* and not like a *paulista*, and Richard, an 80 year-old gentleman to whom I gave my tickets for taekwondo (apparently he was a big fan). It is not possible to mention story with every single one of them.

Before going to Rio some people were saying I will be the first person to bring ZIKA to Poland, and that I would be robbed and I should not go alone. But I never felt alone in Brazil. People were extremely friendly, trying to help and, even though it was a bit chaotic, I enjoyed every fleeting moment. The Games in Brazil went by in the rhythm of samba. I got to shed a tear a couple of times: while hearing the Polish anthem at the athletic stadium; while watching the Polish handball team losing and simply while living the Olympic experience with other volunteers. Probably not so soon another country from South America will be hosting the Games so I am really glad I did not hesitate even for a moment to “press” confirm after receiving the letter: **You have been selected!** Being a volunteer taught me many things and it allowed me to meet wonderful people: athletes interested in Polish literature, sport freaks who also travel the World to volunteer, venue managers who sleep 2 hours a day, coaches who treat you as a granddaughter, basketball players so tall that they do not see you, but they know they need you, parents-most dedicated fans, my favourite journalists, or crazy supporters who just want to hug you. It reminded me to always smile no matter what and that impossible really is nothing! Life is all about living your passions, whatever they are.

INTERNATIONAL PIERRE DE COUBERTIN COMMITTEE (CIPC)

Report on Selected Activities 2018 and 2019

Prof. Dr. Stephan Wassong (GER)
President of the CIPC

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The CIPC General Assembly took place from 8th to 10th March 2019 in Lausanne. The main topics focused on the initiatives with the aim to develop a modern interpretation of Coubertin's philosophy and vision and on the appreciation of the reports of National Pierre de Coubertin Committees around the world that contribute greatly to the promotion of the Olympic Movement in their regions. In addition, results of activities and projects which have been launched and carried out in 2018 and 2019 were presented. They were all highly appreciated by the CIPC members and they are evidence of a dynamic working atmosphere at the CIPC. Some of the projects are briefly described in the following paragraphs.

The IOC's Olympism in Action Forum was held from 5th – 6th October, 2018, in Buenos Aires. Members of the CIPC were active at this Forum covering different responsibilities. As president of the CIPC I chaired the assembly of representatives from the National Pierre de Coubertin Committees of Argentina, Brazil, Colombia, Mexico, Uruguay, and the US. The assembly was organized by Nelson Schneider Todt and Daniel de la Cueva. They also organized a session of book presentations at the closing of the Forum. The books presented on behalf of the CIPC and the Pierre de Coubertin Committee of Brazil were 'El Verdadero Pierre de Coubertin' by Jean Durry and 'New Cognitive and Virtual Interactions of Sport Sciences and Olympic Studies' by Lamartine DaCosta & Ana Miragaya. The latter is available as an online source at www.sportsinbrazil.com.br.

On 8th March 2019, I had the opportunity to meet IOC President, Dr. Thomas Bach, at the then provisional headquarters of the IOC in Pully. The meeting was established to provide Dr. Bach with relevant information on the quadrennial agenda of activities of the CIPC, an IOC recognized organization. I took the opportunity to outline the projects which are planned until 2022 in the three main areas of the CIPC: 1. Academic Activities, 2. Educational Knowledge Transfer and 3. Public Relations Initiatives. President Bach expressed his strong support of all our initiatives and encouraged the CIPC to continue with the positive development of its profile.



On 24th May Alexandra de Navacelle (President of the Pierre de Coubertin Family Association), Junko Tahara (Vice-President of the International Pierre de Coubertin Committee) and myself met officials from the Japanese Olympic Committee (JOC) at the Olympic Center in Warsaw. Representatives from the JOC included Kiichiro Matsumaru (Senior Executive Board Member), Yoshiko Hamazaki (Senior Manager) and Toyohiko Oka (Principal Assistant to Vice-President). The discussion mainly focused on the contribution of the Coubertin Family Association and the International Pierre de Coubertin Committee to the Coubertin exhibition at the new Japan Olympic Museum which will open in September 2019. The exhibition on Coubertin will be at the Museum in January and February 2020. On behalf of the CIPC I accepted the invitation to give the opening lecture. In addition, it has also been discussed to present the exhibition *Coubertin and the Arts* at the Museum during the Olympic Games. This will be realized with the support of Yvan de Navacelle and Christian Wacker who set up a similar exhibition for the Rio Olympic Games in 2016. The panels have to be revised and translated into Japanese.

Several CIPC members have been appointed to the IOC Commissions in 2019. IOC President Thomas Bach appointed, once more, Prof. Kostas Georgiadis, Helen Brownlee and myself on the Olympic Education Commission; Prof. Dr. Norbert Müller and Alexandra de Navacelle Zolidis (Pierre de Coubertin Family Association) on the Culture and Olympic Heritage Commission. This decision shows a strong desire of the IOC to strengthen a modern reading of Pierre de Coubertin's Olympic thoughts and to stress their importance in our society today.

On the occasion of the Olympic Day 2019 the CIPC launched its new website. The content of our website provides a comprehensive overview on Baron Pierre de Coubertin. It also gives basic knowledge about Coubertin as an educator who promoted progress through sport as a valuable tool for character development, social change and transcultural respect.

In addition, the website provides useful information on how Coubertin's ideas could be put into practice in contemporary educational initiatives. Our new, dynamic website is replacing the original one. We wish to offer to our readers and researchers constant updates on our activities and those developed by our members around the world.



This website will be evolving constantly and we welcome comments and suggestions from the readers. We encourage you to click on www.coubertin.org and we look forward to receiving your comments.

From 1st to 7th July, the IOA's 13th International Session for Educators of Higher Institutes of Physical Education was held. Its main topic was Olympic Diplomacy and Peace. On behalf of the CIPC keynotes were delivered by Kostas Georgiadis, who chaired the session in his function as Honorary Dean of the IOA, Daniel de la Cueva and myself. It is vital to mention the important collaboration between the CIPC and the IOA, confirming that IOA's International Session for Educators of Higher Institutes of Physical Education has always been attended by representatives from National Pierre de Coubertin Committees and Pierre de Coubertin Schools. This year the schools have been represented by: Eva Corticelli (Pierre de Coubertin School in Slovakia), Maria de los Angeles Camaño (Pierre de Coubertin School in Argentina), Luis Della Costa (Pierre de Coubertin Committee Brazil), Spyroula Mesariti (Pierre de Coubertin School in Cyprus), and Gary Rhodes (Pierre de Coubertin Committee US).

The 12th International Pierre de Coubertin Youth Forum took place in Mâcon, France, from 24th to 31st August. We welcomed 27 delegations representing all continents. This evidences the internationally recognized reputation of the Youth Forum. Special attention must be given to 2019 as the year of the Forum and its host city Mâcon. The Forum was held in Pierre de Coubertin's home country and organised in the year in which we are celebrating the 125th anniversary of the Olympic Movement. It was on the 23rd June 1894 in Paris when the International Olympic Committee was founded and when Coubertin introduced his concept of the Olympic Games as an educational undertaking to the public. As in its previous editions, the 2019 Forum serves as a platform for the dissemination of Olympic values which are so relevant for a well-rounded educational process and mutual respect between the nations.



Many thanks to the French Pierre de Coubertin Committee and to the Centre Omnisports Mâcon as host of the Youth Forum. In particular I thank Ines Nikolaus for her work and excellent organisation of this Youth Forum and all the previous ones. The CIPC can be proud of having her as one of its Vice-Presidents.

The International Congress *Olympism – A Mirror and an Impetus for Changing Societies* is organized by the *Université Paris Seine* and will take place from 16th to 18th October 2019. Collaborating partners of the congress include the *Comité Français Pierre de Coubertin* and the CIPC. I have been honored to deliver one of the opening speeches as a keynote. Further, Ms. Junko Tahara, Vice-President of the CIPC, will also be in attendance and will deliver a lecture.

Since 2018 the CIPC has joined the editorial team of the e-journal *Diagoras*, an *International Academic Journal on Olympic Studies* which will publish its 3rd issue in December 2019. The main aim of the journal is to foster a critical understanding of Olympism, the Olympic Movement and the Olympic Games. In the attainment of this, the journal's approach is a multi - and interdisciplinary one, whereby the articles to be published will put an emphasis on, amongst others, the educative, pedagogical, philosophical, historical, socio-cultural, communicative and commercial aspects of Olympic studies. This approach encourages submissions of research results on Pierre de Coubertin, his vision of the Olympic Movement, his idea of Olympism as well as topics related to these fields. CIPC member Sebastian Kühn has submitted an article on *The Nordic Games*.

In November 2019 the CIPC will start organizing and editing a directory. It will contain information on our members (upon obtaining their permission), on the International Network of Coubertin Schools and National Pierre de Coubertin Committees. In order to collect the information a standardized questionnaire will be sent out to our members and the above-mentioned institutions. A first draft of the questionnaire, edited by our member Natalia Y. Camps, will be discussed at the meeting of the Executive Board in November 2019. It will be presented to the General Assembly for approval. We shall have to decide if this publication will have a printed or an electronic format.

To conclude, let me say that the CIPC has been really active. The projects mentioned above and all upcoming projects could and can only be realised thanks to the motivation and interest of our members. I take the opportunity to say thank you to all our active members. Additionally, I say thank you to the editorial team of the IOAPA Newsletter for having given me the opportunity to submit this article.

As mentioned earlier, the IOA and the CIPC have enjoyed a long and successful collaboration for many years. We should continue to work together for the sake of Olympism and the dissemination of Pierre de Coubertin's philosophy and vision.

2019 IOAPA Reunion in Lima

Written by: Xavier Jeannin

On the occasion of the 2019 Pan American Games in Lima, a quality group of IOAPA's representatives met in the Miraflores district in Lima. During the reunion, Ansen Sligar (webmaster) and Xavier Jeannin (IOAPA Marketing Officer) discussed the biannual IOAPA session and how to engage more IOAPA members to reunite at the birthplace of the Olympic Movement in Olympia in summer 2021. The informal style of the meeting created a great atmosphere permitting the knowledge exchange between old and new members who come from different sectors of society. The time in Lima during the Games also provided a great opportunity for some unexpected meetings with other IOA past participants in the Athletes' Village. Thanks to Ansen for organizing this wonderful reunion!



From left to right: Cole McKeel, Xavier Jeannin, Ansen Sligar and Tesy Garcia.

NEWS & OPPORTUNITIES

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Caroline Bujold (CAN)
Fabio Silva (POR)

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.



Maintain an active network of past IOA participants in your country. IOAPA needs you! You could be a national representative.

CONTACT US:

info@ioapa.org

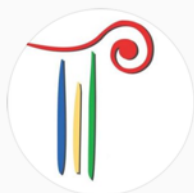


WANT TO BE FEATURED ON OUR *Instagram*?

There are many ways members can stay connected after taking part in a session or a reunion.

Find us on now on **Instagram** at **@ioapa_official**.

Tag us with your pictures for a chance to be featured or send us your IOAPA meet-up photos via email at info@ioapa.org (with some details) and we will gladly share with the community.



ioapa_official

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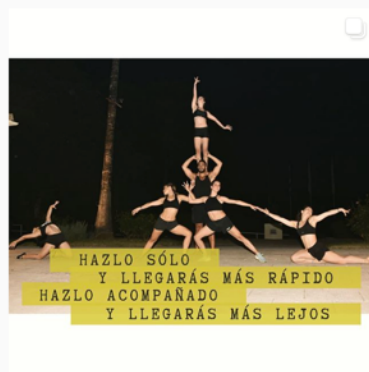
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www.ioapa.org

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UPCOMING SPORT EVENTS 2019

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SEPTEMBER



International Physical Literacy Conference Europe 2019
September 11-13, 2019, Umea – SWE



8th International Workshop and Conference of the
International Society of Performance Analysis of Sport (ISPAS)
September 11-13, 2019, Budapest – HUN



Understand the Rules of the Game 2019 – LawInSport Annual
Conference
September 12-13, 2019, London – GBR



23rd edition of the Congress of the European Committee for Sports
History (CESH)
September 12-14, 2019, Lausanne – SUI



4th International Conference on Nutrition
September 17-18, 2019, San Diego – USA



I Congreso Internacional sobre Olimpismo/ II Simposio
Latinoamericano Pierre de Coubertin
September 26-28, 2019, Pereira – COL

UPCOMING SPORT EVENTS 2019

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OCTOBER



Play the Game 2019 - Athlete power on the rise
October 13-16, 2019, Colorado Springs – USA



9th Move Congress
October 16-18, 2019, Budapest – HUN



l'Olympisme : un miroir et un aiguillon pour des sociétés en mutation
October 16-18, 2019, Cergy – FRA



Conference of Sport History and Culture: The Olympics and the Asian Century
October 19-21, 2019, Jinhua – CHN



34th Annual Conference Association for Applied Sport Psychology
October 23-25, 2019, Portland – USA



Sport Canada Research Initiative Conference
October 24-25, 2019, Ottawa – CAN



21st ITF Worldwide Coaches Conference by BNP Paribas
October 25-27, 2019, Bangkok – THA



International Federation Forum
October 28-30, 2019, Lausanne – SUI

UPCOMING SPORT EVENTS 2019

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NOVEMBER



7th Annual Concussion Research Symposium & 2nd Concussion in Women and Girls Conference

November 2, 2019, Toronto – CAN



5th International Conference on Sports Medicine and Fitness

November 4, 2019, Cannes – FRA



Fifth World Conference on Doping in Sport

November 5-7, 2019, Katowice – POL



The Heritage of the Modern Olympic Games. Historic Sports Facilities between Conservation and Conversion

November 7-8, 2019, Munich – GER



Petro-Canada Sport Leadership sportif

November 7-9, 2019, Richmond – CAN



Smart Cities & Sport

November 12-14, 2019, Tokyo – JPN



17th International Sport Sciences Congress

November 13-16, 2019, Antalya – TUR



26th TAFISA World Congress Tokyo 2019

November 13-17, 2019, Tokyo – JPN



UPCOMING SPORT EVENTS 2019

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NOVEMBER - DECEMBER



ICBS 2019 : International Conference on Business of Sports
November 18-19, 2019, London – GBR



Host City 2019
November 26-27, 2019, Glasgow – GBR



International Academic Conference on Transport, Logistics, Tourism and Sport Science
November 29-30, 2019, Vienna – AUT



Sport: Power to Change the World? 2nd Global Interdisciplinary Symposium
December 1-2, 2019, Prague – CZE



12th International INSHS Christmas Sports Scientific Conference
December 5-7, 2019 - Szombathely – HUN



SportAccord - Pan American
December 10-12, 2019, Fort Lauderdale – USA



Multidisciplinary Academic Conference on Transport, Tourism and Sport Science
December 13-15, 2019, Prague – CZE



13th Annual International Conference on Global Studies: Business, Economic, Political, Social and Cultural Aspects
December 19-22, 2019, Athens – GRE



IOA Past Participants

ODE TO THE IOA

”

*You have taught us more than words can say
Even if sometimes you 've turned our blue skies grey
You pushed us outside our comfort zone
But you've never let us struggle alone*

*You believed in us when we did not
During these two weeks that have taught us a lot
And when on our faces we had confused looks
You showed us stuff we couldn't find in books
You were always here to teach us something new
And we would not be here today if it weren't for you*

*You taught us to always aim higher
And we'll remember you as for greatness we aspire
You are the best teachers we will ever know
And your lessons will stay with us as we grow*

*You made us the people we have come to be
We just hope you efforts are plain to see
For 15 days you've planted everyday a seed
Of curiosity to know, dream, and succeed
In us you've left a permanent trace
Because you taught us to reject the commonplace*

*You changed our world, and our points of view
And for that we would like to say thank you
Thank you for the things you put in our head
Thank you for the future we have ahead
Thank you for the path that seems so bright
Thank you for showing us the light
We really appreciate you and your time
And if you ever doubt it, just reread this rhyme.*

“



Written by:

Ghina Chewan, Lebanon.

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.

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16th IOAPA Session 2019

Photo Credit: George Skouloudis

The Olympic Games must not be an end in itself, they must be a means of creating a vast programme of physical education and sports competitions for all young people.

- Avery Brundage -



HOW MUCH DO YOU KNOW ABOUT THE OLYMPICS?

When was the first time a woman lit the Olympic Cauldron in the modern Olympic Games?

Answer to the spring newsletter: 6 Countries
Solution given by: Radek Jásek (CZE)

Please **SEND YOUR ANSWER** to the newsletter editor at: yarden@ioapa.org

