

# ARETE NEWSLETTER

SUMMER 2020



INTERNATIONAL  
OLYMPIC  
ACADEMY  
PARTICIPANTS  
ASSOCIATION



## HIGHLIGHTS



### OLYMPIC PHILOSOPHY *A Book Review*

Olympic Philosophy is a remarkable book in that it can be easily read by those who have little or no expertise in philosophy. What better way to open Prof. Heather L. Reid's book than with a poignant poem by Christos C. Evangeliou, Olympic Spirit, written after the destructive ... (p.5)

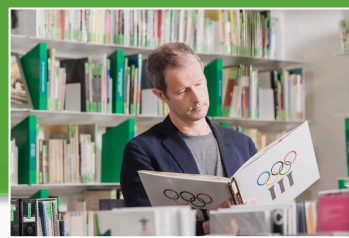
[READ MORE](#)



### FIND THE BEAUTY IN EVERYTHING *An Olympic Experience*

When I started sailing 23 years ago, very few people in China know about sailing. There were less than 100 people who sailed at that time, in a population of 1.3 billion nationwide. Through my sailing career I've realized my dream to win gold in all types of competitions. Some other highlights... (p.9)

[READ MORE](#)



### YOUR SOURCE FOR OLYMPIC KNOWLEDGE

Baron Pierre de Coubertin, whose words and actions more than a century ago still resonate with us in so many ways, said shortly before his death: "I have not been able to carry out to the end what I wanted to perfect. I think that a centre of Olympic Studies would aid the preservation... (p.13)

[READ MORE](#)

# TABLE OF CONTENTS

PAGE 2

**3**

Editorial  
Yarden Har Lev (ISR)

**4**

Message from the President  
Richard Koo (CAN)

**5**

Olympic Philosophy: Heather L. Reid's book review  
Elizabeth A. Hanley (USA)

**7**

Goal Setting for Young Athletes  
Eran Sela (ISR)

**9**

Find the Beauty in Everything  
Lijia Xu (CHN)

**10**

Olympic Sport Policy  
Klaus Roland Krimmer (GER)

**13**

Your source for Olympic knowledge  
The IOC Olympic Studies Centre (SUI)

**17**

Olympic Values Education in Turkey  
Eylül Çisem Uçar (TUR)

**19**

Meet the IOAPA Executive Committee  
ARETE Editorial Board

**21**

IOAPA News  
ARETE Editorial Board

**27**

Olympic Poems  
IOA Past Participants

**28**

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



# EDITORIAL

Yarden Har Lev (ISR)



PAGE 3

Dear Readers,

Welcome to the summer issue of the Arete Newsletter!

In normal times you would have been reading this after the conclusion of the 2020 Tokyo Olympic Games and during the Tokyo 2020 Paralympic Games. However, the global spread of COVID-19 postponed the Olympic Games to 2021. This year has upended global society in so many ways, leaving the sports world empty and orphaned from events. Meanwhile, while we still live in much uncertainty, the Olympic Movement keeps the Olympic flame alive and reminds us that with every crisis comes an opportunity. Let us take this opportunity, through unity and creativity, to maintain the Olympic spirit and facilitate Olympism worldwide. In this respect, please accept my sincere appreciation to the IOA for deciding to organize an online version of the 60th International Session for Young Participants. This is a great demonstration of the unity of the Olympic Movement under these unprecedented circumstances and I am thankful for the opportunity IOAPA has to contribute to this landmark session.

In this edition you will find articles such as Heather L. Reid's book "Olympic Philosophy: The Ideas and Ideals behind the Ancient and Modern Olympic Game" reviewed by **Elizabeth A. Hanley**. The Olympic sailor **Eran Sela** shares insights about goal setting for young athletes, and **Lijia Xu** recalls how she found the beauty in life that led her to win 2 Olympic medals in sailing. Also, do not miss your source for Olympic knowledge by the **IOC Olympic Studies Centre**, providing access to their vast collection of holdings. In addition, Arete this month allows you to get to know more closely some of the members of the **IOAPA Executive Committee** as well as our **Country Coordinators**. As always, we include relevant news within the sport and Olympic movement where IOAPA members can share their activities and experiences.

Lastly, I would like to THANK ALL contributors of this plentiful issue and encourage other fellow members to take an active role in our association. Make your voice heard and let all your Olympic friends know about your passionate work in the Olympic Movement. Please do not miss our next edition and note that the submission deadline is November 1. Stay strong and active!

With Olympic regards,

Yarden Har Lev, Arete Newsletter Editor

[yarden@ioapa.org](mailto:yarden@ioapa.org)

# MESSAGE FROM THE PRESIDENT

**Richard Koo (CAN)**



**PAGE 4**

Dear IOAPA Members and readers of Arete:

I hope you are all keeping safe and well. It has been a difficult number of months for the world with the COVID-19 pandemic continuing its disruption on our way of life for the foreseeable future. At the same time, during these difficult months there has also been a global awakening to the issues of systemic racism and lack of representation in societies and organisations, an injustice that has gone unaddressed for far too long.

IOAPA continues its work despite the uncertainties that lie ahead on two important fronts. With the campus in Olympia closed for renovations and international travel heavily curtailed, the IOA will for the first time be hosting all its sessions virtually, beginning with the 60th Session for Young Participants in September. IOAPA is playing an important role in this endeavour by helping the IOA organise and develop this unprecedented and ground-breaking delivery of the Session. Planning began in June and a number of our members will be participating as coordinators or otherwise providing support and contributions during the week. While we cannot be physically in Olympia, we will continue to promote its spirit just as enthusiastically, taking full advantage of today's technologies to deliver the program at a distance.

Secondly, on June 8 IOAPA issued our Statement on Racism & Discrimination in response to the events taking place in the United States and around the world. In support of this statement, IOAPA will be making an announcement in the coming weeks in conjunction with our Hans van Haute Scholarship aimed at increasing representation of underserved communities and nations at our bi-annual session in Olympia, next scheduled for 2021. In this manner we hope to actively encourage the diversity of voices that is necessary in the search for a better and just society of the future.

While the times we live in are unusual, our commitment to peace through sport and the Olympic spirit remains strong. I wish you all safe passage, good health and with the confidence that we will emerge from these difficult times together, and stronger than ever.

**Richard Koo, IOAPA President**

**[Richard@ioapa.org](mailto:Richard@ioapa.org)**

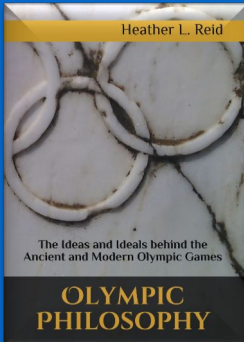
# OLYMPIC PHILOSOPHY

## A Book Review

Elizabeth A. Hanley (USA)

PAGE 5

### NEW “ON THE SHELF”



#### Olympic Philosophy: The Ideas and Ideals behind the Ancient and Modern Olympic Game

by Heather L. Reid (Author)

Parnassos Press, 2020, pp. 458, \$39.99

ISBN 978-1-942495-34-5 (paperback)

#### BOOK DESCRIPTION

The Olympic Games are a sporting event guided by philosophy. The modern Olympic Charter calls this philosophy “Olympism” and boldly states its goal as nothing less than “the harmonious development of humankind” and the promotion of “a peaceful society concerned with the preservation of human dignity.” The ideas and ideals behind Olympism trace their roots to ancient Greece, just like the Games do. This collection of essays explores the ancient Hellenic roots of Olympic philosophy and explains their application to modern sport. It examines the philosophical heritage of the Games, the ethics implied by Olympic values of sport, the educational goals of sport, the relations between justice and fair play, the political ideals of peace and world community, and the modern challenge of multiculturalism as expressed in the philosophical contrasts between East and West. Anyone who truly loves sports knows that the Olympic Games are special. Olympic philosophy is what makes them special; the essays in this book attempt to explain why.

**OLYMPIC PHILOSOPHY** is a remarkable book in that it can be easily read by those who have little or no expertise in philosophy. What better way to open Prof. Heather L. Reid’s book than with a poignant poem by Christos C. Evangeliou, *Olympic Spirit*, written after the destructive fires of 2007 in Ancient Olympia? Ancient Olympia is home to the International Olympic Academy, educational and cultural domain of the Olympic Movement, where Professor Reid has appreciated its ambience and the opportunity to lecture over the years. The Introduction to her book is a personal description of how she, as a cycling athlete, initially became interested in Olympic philosophy — a good way to pique the reader’s interest.





This also sets the stage for the series of essays she has woven together for a comprehensive book on Olympic Philosophy. In the Prologue, Reid stresses why Olympic scholars should continue to study the ancient Games, the concept of Olympism and its ideals, as well as the pitfalls of the modern Olympic Movement and its future. Eight Sections are comprised of three essays each, relating to the specific Section's topic. There is also a Guide to Olympic Studies Topics which are helpful to those teaching a course in Olympic Philosophy. An extensive Bibliography and Index are provided at the back of the book. This is a well-written and well-documented book that will be valuable in any library. Pre-Olympic heroes and the ancient Greek world provide the reader with a fascinating history, including descriptions of sporting competitions in Homer's Iliad and Odyssey; Greek gods, mythology, and festivals; Olympia's religious heritage, prior to and during the ancient Olympic Games; the role of Pindar and poetry; and a brilliant comparison of ancient sport with modern-day sport, noting that the same crises and conflicts have essentially not changed. The introduction of Greek words (e.g. Sophia/wisdom; arete/virtue) are included throughout the book as a way of engaging the inquisitive mind, and a Glossary of Ancient Greek Terms is included at the end of the book.

Philosophies from East and West, ancient and modern, are incorporated throughout the book, relating them to sport and Olympic Games in a variety of aspects. Highlighting Olympic athletes and other well-known athletes adds another dimension to Reid's ability to connect with the reader, since many of the athletes chosen are familiar and their accomplishments notable, whether for good or bad (e.g. Nadia Comaneci, Lance Armstrong).

Pierre de Coubertin's philosophy of Olympism might lack a strict definition, but its fundamental principles of mutual understanding, friendship, solidarity, and fair play are an integral part of the IOC's Olympic Charter and deserve to be adhered to today.

Understanding and discussing the following topics provide the reader with essential knowledge regarding Olympic philosophy, from antiquity to the present: Intrinsic and extrinsic values; educational, sociological, political, and commercial links to sport and character; the quest for peace and world community; amateurism and professionalism; excellence and sacrifice; sport for all; the role of women over the centuries; and true globalism through the five interconnected Olympic rings.

With regard to virtue (or arete), Reid quotes Confucius as saying that it "never dwells in solitude; it will always bring neighbours." This coincides with Professor Reid's final thoughts: "To understand Olympic philosophy, we should experience Olympia... In Olympia we can remember what sport was once capable of, and perhaps we can discover the strength to renew its ancient power."



# GOAL SETTING FOR YOUNG ATHLETES

Eran Sela (ISR)

PAGE 7

I have been practicing all season, over 2 hours in each training session. I did fitness training, wrote all my coach's feedback in my notebook, but what did it matter. I lost at the competition; I have failed.


"Stop dad! What does it matter that I did my best and improved last's year score? Two of my friends that are in my level won medals and I didn't!"

"Show me failure. Can you hold it? Can you see it?" The answer is NO. It is real only in the mind of the person who experiences it and it's not tangible. What is real? The slow and long process in which the young athlete develops self-discipline, mental toughness, builds a strong and agile body, learns when to trust one's instincts and free one's mind, and when to be patient and calculated. The ability to wake up early morning and go for a training, or to leave the phone and get up from the couch in the afternoon when you have no energy but you got to do an aerobic training, is an ability most of the population in the world would really want to have, and one the young athlete has.

"Show me success. Can you hold it?" When we compete in sport, everyone starts equal at the starting whistle and so everyone has an equal chance to win. But in sport and in society, we know that it is not exactly like that. If by chance I represent a country that invests more resources in sport or if I was gifted better genetics for this sport, my chances to win can be higher than my opponent. So how can you tell if I win or lose?

The frustration feeling that is so familiar to see in highly competitive athletes, in their quest to be the best in their sport, mostly comes from the expectation that if they will win, it will make them more likable, lovable, happy and sometimes even provide a financial reward. The by-product of such expectation, is the belief that if I will not win the game, then I will not be loved and accepted, and a part of my self-identity will be lost (many times sport fills a big part of how an athlete perceives themselves). Because we know it is not the case, and sometimes even the opposite (athletes who succeed sometimes get negative feedback from some people), we have to think again about where our desire to win and fear of losing comes from.

"So, what do you recommend me, not to desire and aim to win, how is that going to help me?" Any athlete intuitively and quite automatically wants to win the next game, to qualify to the Olympic Games and to win a medal. Therefore, the need is for a process that will adjust emotions and allow you to have more chance to feel satisfaction and fulfilment. That is the place of Goal Setting. Many studies have shown that correct goal setting can increase the chances to achieve the desirable outcome, by defining the result we are looking for more specifically, realistically, and in reasonable schedule (see SMART Goal Setting for example).





It is more important to note is that the famous saying "DO YOUR BEST" actually achieved worst results then setting goal which was too hard or a bit too easy for the person's current ability.

As coaches, the most important factor we need to take into consideration when trying to set goal to our athletes is that the goal that is set will influence their motivation and determination to perform only if they believe in it by themselves (GOAL ACCEPTANCE). Hence, it is recommended to encourage them to go and say first what they want to achieve and only then, if it is necessary, to make a great motivational speech to make them believe they can achieve even better than they think. If we are ahead of a big and important goal for the next year, it may be a good idea to set a few intermediate goals; ones that if we achieve along the way, will indicate that we are on a good way to achieving our big goal, and if not, will let us know early so we can make the adjustments needed. Those intermediate goals need to focus more about the personal improvement of the athletes' skills, and the feeling that they clearly know what they want to practice and to improve upon in their performance.

Some questions to ask yourself and your athletes before a training period or competition:

- *What would you want to practice on in the next trainings/competition?*
- *What is your strongest skill which you would like to fully bring in the next competition?*
- *What was your best strengths in the last game/tournament/season?*
- *What do you think you've improved the most in the last training cycle (and you will see this improvement in the next competition)?*

Some questions to ask your athletes after the competition, with no reference to their results:

- *What was the most critical move you made in the competition?*
- *What would you do differently/similar if you were to do that race over again?*
- *What did you think about your last training period for that competition?*
- *What would you like to train for in the next championship?*
- *What did you enjoy the most from that competition?*
- *What is the most important thing you have learnt from that competition?*

If we, as coaches, are able to help young athletes decrease their fear of failure and to move some of the focus into their self-evolvement and constant skill improvement, we can transform sport into a framework with less disappointment and frustration and a little more fulfillment, meaning and enjoyment, while developing character and personality traits which will help building a better society in the future.

# FIND THE BEAUTY IN EVERYTHING

Lijia Xu (CHN)

PAGE 9

When I started sailing 23 years ago, very few people in China know about sailing. There were less than 100 people who sailed at that time, in a population of 1.3 billion nationwide.

Throughout my sailing career I've realized my dream to win gold in all types of competitions. Some other highlights include being the flag bearer for China at the Closing Ceremony in 2012 London Olympics, where I was crowned as Olympic Champion 4 years after I won the bronze medal in Beijing 2008.

Despite of all the great achievements, what I value the most is that through sport I learnt to be more positive and grateful in my everyday life. Many people may not know that I only have half the hearing of ordinary people. I used to complain why god was so unfair to me and why I couldn't communicate as other children. People laughed at me and made fun of me for not hearing what they said.

However, while others played games/cards, shopping online or watched TV series, I turned to studying and reading lots of sports-related books afterwards picked up the English language during all of my spare time. I used all the knowledge I acquired from those books into my training, racing, nutritional diet, and psychological preparation, which ultimately boosted my level and performance.

Looking back, every setback and difficulties I experienced only served to make myself a better sailor and person. All we need to do is to open our eyes with an optimistic attitude and try to find the beauty behind it. Sports gave me the chance to chase for my dreams; sports presented the stage to show my potential; sports gave me the capacity to see, feel and explore the world; and sports led me to a path of a better life, a life full of vitality, excitement, and joyous experiences.

Nowadays I've learnt to cherish every inch of my body, and be grateful for all those wonderful things I can do and enjoy. Life is full of happiness and meaning, let's embrace it, and appreciate it with our whole, genuine, loving heart.





# OLYMPIC SPORT POLICY

Klaus Roland Krimmer (GER)

PAGE 10

This essay is to assess Olympic sport and the political interpretations of sporting events in the context of world-political events such as the continuous Asian conflict in the North-East Asian region in the Pacific Ocean. The goal is to generate a recommendation for action for the Olympic Movement and to make it available as an instrument for an internationally targeted sports policy. In particular, the Olympic Games play an outstanding role. Both nationally and internationally, sports in general and high-performance sports in particular are valued by a wide audience and are in intense demand in a variety of ways and, through this prestige, have enormous social relevance and status. This is supported by extensive media interest on a wide range of channels such as radio, TV, the press and the new media. The IOC is actively being promoted by the Olympic Channel.

The Olympic Games have always provided a platform for political debate, both good and bad, as well as being localized and used as a political as well as a representation forum, as can be shown in various ways at the Ancient Olympic Games and the Modern Olympic Games. By means of the number of observable political criteria in antiquity, such as "Ekecheiria", "City States", "Civil rights / Greek descent", "Platform of political debates" and "Olympic law", as well as the ascertainable political criteria in modernity - "Peace promotion", "National understanding", "nationality", "national" and "hosting contracts" - to the present day – are mutually dependent.

The modern Olympics have been boycotted for political reasons several times since their first occurrence in 1896. The use of the Olympic Games has enormous power leverage in such a situation, for instance like during the Cold War. The aim is to leverage the power of the Olympic Games in a profitable way. The Olympic Games provides the host country a unique presentation platform beyond the sporting event itself to expose itself internationally as a world-wide powerful and economic force. The aim is to increase status and generate prestige (constructivism: international relations). The worldwide attraction to the Olympic ideal justifies its power. Those who succeed can gain an enormous amount of status and prestige, as well as to implement their own ideas and vision internationally more effectively. From this, the attractiveness of the Olympic Games is clear.

Such a situation is present in the context of conflict in the North-East Asian region in the Pacific Ocean - in the context of three subsequent Olympic Games (OS) between 2018 and 2022.

Japan is currently in an extremely difficult position after triple catastrophes: earthquake; tsunami; nuclear disaster. Thus, the 2020 Summer Olympics - despite all the economic, ecological and social difficulties – were welcome.





Image 1: Roland Krimmer's presentation during the 2019 IOAPA session.

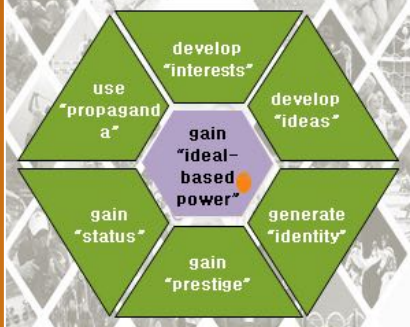
Image 2: Japan's chain of islands from the Kuril Islands to Okinawa (source: cf. Watanabe, K., 2016.)



The extent to which the subsequent three Olympics meets the vision of Pierre de Coubertin in Asia - with regard to the idea of peace as well as the goal of international understanding and orientation towards the Olympic value, such as "friendship - can only be answered rudimentarily at the present time. In connection with the timely sequence of the above mentioned Olympic Games as well as the historical dimensions in North-East Asia, a competitive struggle could erupt in context of the ongoing conflict in Asia regarding the acquisition of international reputation, status and prestige between individual protagonists for the power of the Olympic ideal. There is a risk that this Asian conflict is indirectly reflected in the respective Olympics. The reason is that countries which are strategically corporate actors, have accumulated causal relationships about their environment in their collectively shared knowledge. This knowledge includes the recognition that status and prestige make it easier to achieve political interests and ideas. In this respect, there will be immense efforts made by the respective Olympic host countries to win the favor of the world community, thereby gaining prestige.

Since the first written mention in 776 BC, the Olympic Games have been firmly rooted in the cultural history of Europe. Democracy originated in Greece and thus European cultural circles. However, it is obvious that in most parts of the Western world and Europe the population does not want to host the Olympic Games - in the form they currently take place - and this is regularly confirmed by democratic citizens' surveys and referenda. At the same time, countries on the Asian continent, especially in North-East Asia, are painting a whole different picture. In other parts of Asia (Eurasia), the voices are growing louder, desperately wanting the Olympic Games. Examples include, in particular, Turkey with its applications for the Olympic Games in 2000/2004/2008/2012 and 2020, also Kazakhstan 2014/2022 and Uzbekistan 2000. In addition, efforts are being made by Azerbaijan 2016/2020, Georgia 2014, Qatar 2016/2020 and Malaysia 2008. Meanwhile another Asian and global geographic giant, India, is investigating an application for the Olympics for 2032. One may assume that the Asian countries discovered the political attractiveness of Olympic Games - ideal power - for themselves. After the fact that a new group of Asian applicant countries, which are listed above, are opening up new areas and opportunities for Olympic sport, there is a great danger of losing the Olympic home continent as such. This is the reason why a re-thinking should take place. Therefore it appears the Olympic movement objectively reviews and assesses its political options in order to credibly and actively defend its political values so that the social value of Olympic Games can be given more weight in Europe.





The Olympic movement has already imposed itself in an idealistic way in 1894, a direct political restraint, although peace and international understanding are fundamental tasks of politics. Olympic ideals serve as a moral and political guide to the Olympic movement. In order to secure political autonomy, Baron Pierre de Coubertin founded the International Olympic Committee as an institutional carrier. The founding and stabilization of the Olympic movement by de Coubertin required a high degree of political art. The aspirations of the Olympic Movement, based on international understanding and promotion of world peace, deserves the recognition and support of all those bearing responsibility within and outside sports.

With regard to general political action, it seems indispensable to separate political inclusion from outside, as well as the often resulting misinterpretation by external actors at different levels, strictly from the political action of the Olympic movement. This is of crucial relevance to the possibility of finding a way out of the prevailing sports-political dilemma.

Because by their own stated Olympic targets, at the center of which were peace and international understanding, the impression for outsiders is still felt after 126 years of existence of the IOC that the Olympic movement has the ideal power to promote peace and also issues such as human rights, almost on command.

This assumption is utopian, such as full Olympic peace in antiquity. Baron Pierre de Coubertin seems to have formulated Olympic ideals from his own childhood experiences and experiences of the Franco-Prussian War, consciously making peace and international understanding, well aware that wars also belong to the unavoidable repertoire of politics in the future. This gives the impression that Coubertin, with the demand of the maximum of the Olympic movement, wanted to offer the chance to reach the maximum achievable in this regard. In this sense, the Olympic Movement has very well contributed substantially to the promotion of peace and international understanding. The Olympic movement should not act independently of politics per se, which would also be a purely utopian concept, but rather pursue an internationally goal-oriented sport policy in order to protect itself best against external political influences and to continue to achieve its own goals.

# YOUR SOURCE FOR OLYMPIC KNOWLEDGE

## The IOC Olympic Studies Centre

PAGE 13

Baron Pierre de Coubertin, whose words and actions more than a century ago still resonate with us in so many ways, said shortly before his death: “I have not been able to carry out to the end what I wanted to perfect. I think that a centre of Olympic Studies would aid the preservation and progress of my work more than anything else.”

After early initiatives, including the creation of the International Olympic Academy in 1938, the IOC Olympic Studies Centre was created under the Samaranch presidency in 1983.

Nowadays, with the existence of over 40 university-based Olympic Studies Centres and hundreds of researchers around the world specialising in topics related to the Olympic Games including the Olympic sports, the athletes, the Olympic Movement and Olympism, Olympic Studies are a well-established subject of research and teaching.

As such, the mission of the IOC Olympic Studies Centres (OSC), as the official centre of reference for Olympic knowledge, is unique. As part of the Olympic Foundation for Culture and Heritage, the OSC is at the service of professionals, academics and enthusiasts seeking reliable, up-to-date information on the Olympic Movement and the Olympic Games.

Our specialised team is dedicated to collecting, preserving and giving access to our vast collection, creating reference content and offering services and programmes that support and enable research and dialogue between the academic world and the Olympic Movement.

Let us tell you more about how we do this.

### **Curating and sharing Olympic knowledge – on site in Lausanne and via the Olympic World Library**

The Olympic Studies Centre provides, among other things, access to the IOC’s historical archives. This represents over 1.5 kilometres of documents that trace the evolution of the IOC and the Olympic Movement – from their creation in 1894 to the present day.

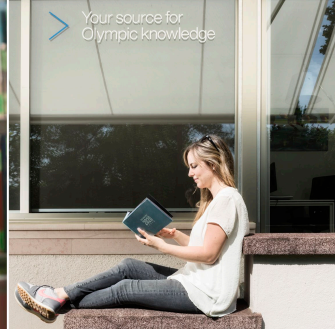
To help you better understand the resources available, we invite you to take a look at the information on this [page](#). In general, the records are kept on paper and are available only on site and [by appointment](#). Access is subject to [the IOC Archives Access Rules](#).

Our unique collection also holds over 35,000 monographic titles, of which 10,500 are in electronic format, covering all the key themes related to the Olympic Games and the Olympic Movement, including the following:

- All official IOC publications since the organisation’s creation in 1894
- Official publications and reports of the Organising Committees for the Olympic Games







- All candidature files from candidate cities
- Games-time publications from International Sports Federations and National Olympic Committees
- Reference documents and factsheets on several key Olympic topics, written by the OSC
- Academic publications (books, articles, journals, grant-holder reports)
- Themed bibliographies and resource pages
- Olympic Games results and participation data
- Quotes, quizzes and much more...

Users can access the OSC's collection easily and free of charge via the Olympic World Library (<https://www.olympic.org/library>), which is simultaneously a library catalogue, an information portal and a search engine dedicated to Olympic knowledge.

This platform offers open access to the entire collection, including key resources in digital format such as the Official Reports of the Olympic Games, all editions of the Olympic Charter, the Olympic Review, all candidature files, the OSC reference documents and ZOOM IN pages devoted to specific topics. The OWL also connects to other important publication platforms which publish Olympic-related content.

We add between 1,400 and 2,000 new titles to the OWL every year, so we recommend that you sign up for an account on the OWL to benefit from weekly alerts on new releases.

### **Fostering and supporting Olympic studies and education and collaborating with the academic community**

One of the key roles of the OSC is to facilitate communication and cooperation between the IOC and the international academic community engaged in Olympic studies. This community consists mainly of academic Olympic Studies and Research Centres, and hundreds of individual scholars and university students with different academic and cultural backgrounds working on academic projects related to Olympism.

The academic OSCs are university-based initiatives that have a key role in the promotion of Olympic studies among university students and researchers. Their main mission is to generate and disseminate academic knowledge based on the study of Olympism, the Olympic Games and/or the Olympic Movement from a humanities or social sciences perspective. A list of university-based OSCs can be found [here](#).







To strengthen links and exchanges between the IOC and this community, since 2018 we have organised regular “On the Line with an Expert” sessions. The objective of these sessions, which are exclusively addressed to the academic community, are to raise academics’ awareness about important topics, programmes or activities led by the IOC, and enable them to embrace the most up-to-date knowledge in their teaching, research and dissemination activities.

Recent sessions have offered expert presentations on “Olympic Agenda 2020/the New Norm”, “Sustainability and the IOC”, the “Legacy of the Olympic Games” and “IOC future host elections”.

If you are an academic and are not yet on this or one of our other mailing lists, please send an email with your details to [studies.centre@olympic.org](mailto:studies.centre@olympic.org).

Looking to the future, the OSC is excited to be strengthening its ties with the International Olympic Academy and to build on synergies and joint missions to promote Olympism and strengthen Olympic education and studies throughout and beyond the Olympic Movement.

### **Funding Olympic-related research**

Every year, the OSC funds Olympic-related research conducted from a humanities or social sciences perspective, via two grant programmes:

#### **The PhD Students and Early Career Academics Research Grant Programme**

The main objective of this programme is to support young researchers engaged in scholarly Olympic-related research and foster the development of future professors in the various fields of Olympic studies. The programme is addressed to all PhD students preparing a PhD thesis in one or more of the disciplines within human and social sciences and who have Olympism, Olympic sports or the Olympic Games as one of their research topics. It is also open to early career academics (academic staff members and postdoctoral fellows who have completed their doctorate or equivalent terminal degree in the past three years) and are proposing to conduct Olympic-related research.

#### **The Advanced Olympic Research Grant Programme**

This programme aims to encourage established researchers to conduct research on priority topics identified annually by the several IOC departments that cover areas related to, among other things, elite athletes, Olympic sports, the Olympic Games and the Olympic Movement’s organisation and activities. The advanced grant programme is an excellent tool to facilitate and encourage collaboration between researchers and the IOC staff.





The list of all the research projects that have been funded by the OSC since the creation of the grant programmes in 1999 is available on this [webpage](#), and a selection of the most recent final research reports can be consulted online via the Olympic World Library.

**We look forward to being in touch with you**

The Olympic Studies Centre is located next to The Olympic Museum in the Olympic Park, Lausanne, and is open from 9 a.m. to 5 p.m., Monday to Friday, except on public holidays.

No appointment is needed to use the library and the study rooms, but you are required to fill in the [visitor request form](#) on the website to be able to consult the historical archives or benefit from a personal orientation session.

Remember that you can access the [Olympic World Library](#), with its full catalogue and the digital and digitised collections, and request loans for books from anywhere in the world. So, stay informed about all new releases, and sign up to the OWL to benefit from automatic alerts.

If you have any questions or wish to learn more about our services, visit <http://www.olympic.org/studies> or send an email to [studies.centre@olympic.org](mailto:studies.centre@olympic.org). For regular news, sign up to our [newsletter](#) and follow us on [Facebook](#).



## ACADEMIC OPPORTUNITY

### OPPORTUNITY FOR A PHD!

In 2-3 months time the following PhD studentships will be advertised at Coventry University with a full 3.5 year studentship open to UK/EU and International students. That means fees plus about £14k per year tax free. **IAN BRITTAIN** will be first supervisor on No 1. (led by Dr Simon Gerard) and Director of Studies for No 2. Both include additional money for conference attendance and research expenses.

1. **Austerity, COVID-19 pandemic and the risk of mission drift among grassroots sport clubs in the UK.**
2. **The role of ableism in the ability of the Paralympic Games legacy aims to contribute towards the goals of the GCRF and SDGs: The case of Tokyo 2020.**

Candidates will need a master degree in a relevant subject area with 60% or higher for their thesis plus an IELTS score of 7.0 or higher if English isn't your first language.

**START DATES:** May or September 2021.

If you have any questions, please send an email to [ian.brittain@coventry.ac.uk](mailto:ian.brittain@coventry.ac.uk).

# OLYMPIC VALUES EDUCATION IN TURKEY

Eylül Çisem Uçar (TUR)

I was first introduced to the Olympic Values in Education Program in 2018 when I was a Young Participant at the IOA. Since then, I try to bring the legacy and Olympic values to the places I can reach in Turkey. Hence, I would like to share my personal experiences with you.

I have been implementing Olympic Values Education Program (OVEP) for different age groups as well as in different sport branches such as figure skating, triathlon, baseball, softball and rugby. For triathlon, baseball, softball and rugby, OVEP was presented during the camps for the national teams and candidate rosters. For figure skating, the education program was designed for a 3-month-period for a club.

My first impressions were that the knowledge and relevance of Olympic values differed according to the motivations of the athletes. Different age groups and sports have different motivations when they start their sport life. Some are motivated by their parents' support; some are motivated by their possible career in sports; some are motivated by the love towards their sports.

## FIGURE SKATING

The athletes, aged from 6 to 22, have different motivations for the sport. Most of them were registered by their parents. However, in time, they have developed fondness towards figure skating. This had led them to follow the professional athletes and levels of the sport, arousing curiosity for the Olympics, World and European Championships and other competitions. The 3-month-education plan with presentations formed according to the Olympic Values Education Kit, stories, quizzes, activities, small games etc. gave them Olympic Spirit and made them to believe that one day, they can be a part of the Olympic Games. The education improved their knowledge and self-confidence. The process was a unique experience for children, coaches and me.

## BASEBALL & SOFTBALL AND RUGBY

While I was working as an International Relations Specialist in Turkish Rugby Federation, I had the privilege of working with national teams and candidate rosters of Baseball, Softball and Rugby. Most of the athletes were introduced to their sports in school and they have just started to develop their sport cultures. I gave lectures about Olympic history and Olympic values to the athletes and coaches during camps. We played games related to the values and talked about their motivations in sports. Most of them love what they do and they pursuit a career in those disciplines.

The education was very useful for them, according to the feedback from the athletes themselves and the coaches. They also feel motivated to continue and gain self-confidence.





Image 1: OVEP  
with Vizyon  
Figure Skaters.  
Image 2:  
Introduction to  
OVEP in  
Triathlon  
Development  
Camp.



1



2

After watching movies about Olympic athletes and their disciplines, they stated that they feel more of a belonging to their athletic life.

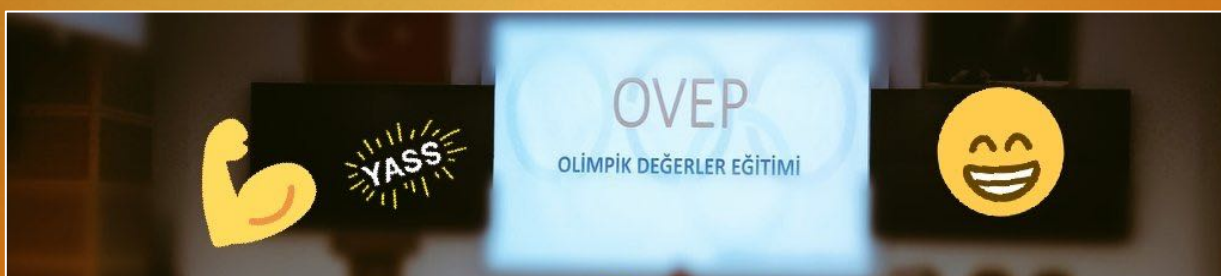
### TRIATHLON

I am currently working at the Turkish Triathlon Federation as an International Relations Specialist and I have the opportunity and privilege of also working with the candidate rosters and young athletes. During the development camps, we planned 3-day-lectures and activities for both coaches and the athletes to start. After giving the lectures and learning the motivations and opinions of the athletes about Olympic values, we discussed the results with the coaches. At the end of 3 days, according to the answers of the athletes and coaches' recommendations, we came up with a plan to implement OVEP for Triathlon with general knowledge of Olympic values and sport activities for warming up and motivating athletes for Dakar 2022 and Paris 2024.

After these and many other experiences, I started to do some research about implementing OVEP to different groups. Until now, I have worked with federations and sports clubs. All of them were planned differently, lasting from 3 days to 3 months. As a result of the feedback and notes taken from the experiences, 3-month-education was more useful for athletic minds. However, the main aim, creating awareness for the Olympic spirit, was achieved.

Implementing OVEP for schools might be a next step for Turkey. For a trial, me and my mum, who is a primary school teacher, planned different lectures and activities for 8-year-olds, in the light of OVEP Kit. As a result of the lectures, more and more children want to start a sport as they are 'moved by the Olympic spirit'. They became interested in the upcoming Olympic Games with the awareness of Olympic spirit and peace that came with it.

Let me end on a personal note. Since I have watched my first Olympics on TV in 1996, my dream has been to be a part of the Olympic Movement. And while giving education to the athletes, I feel that I am the part of the Olympic Movement and I am honored by it. With Olympism, the future is brighter!





# MEET THE IOAPA EXECUTIVE COMMITTEE

## ARETE Editorial Board

PAGE 19



### SECRETARY

### CAROLINE BUJOLD (CAN)

#### Short Bio

Caroline is an Event Manager, currently working for the Fédération de la jeunesse canadienne-française on the Canadian Francophone Games. She has a degree in Leisure Studies and lives in Edmonton, Canada with her husband and her dog.

#### IOA & Olympic Experience

Caroline attended the Canadian Olympic Academy in 2002 and the 43rd IOA Session for Young Participants in 2003. She has been volunteering for multisport events since 1999. Her first international event was the 2004 Paralympic Games in Athens. Since then, she was able to be part of the 2010 Vancouver Olympic Winter Games and the 2015 Pan American Games in Toronto, Canada. Caroline first came back to the IOA in 2013 for the IOAPA Session, and joined the Executive Committee in 2015 as the Internet Coordinator. She was elected to the position of Secretary in 2019.

#### Interests & Sports

Sport has been a constant presence in her life. First attracted to gymnastics, like many other little girls after witnessing the extraordinary performance of Nadia Comaneci, she tried her hand at different sports from swimming to basketball and running, but always mainly to have fun with friends. These days, contemporary dance is her preferred activity. In her spare time, Caroline enjoys working on her blog about organizing and simplifying life.

#### Message to the IOAPA Members

*"As you may have gathered from my interests and experiences, I like to sort and organize things. It's my superpower. So my goal when I take on a volunteer role is to build on what was done by my predecessors and make things even better, where I can. I hope you are seeing the evolution of IOAPA, as we all work on making our beloved association a sustainable one, that will live on well after we are gone and for generations to come".*





## TREASURER

**Ulrich Rosen (GER)**

### Short Bio

Ulrich lives in Gütersloh in Germany and holds a Masters Degree in Neuropsychology and a PhD in Training Medicine. For the past 20 years he has been the Director of the Department of Health Science at Reinhard Mohn Professional College. This college is the leading institution in its field in Germany with 120+ years of experience and a 30+ years track record of national excellence. Here, Ulrich, together with his team, teaches Health Science to 2000+ undergraduate students each year. In addition, Ulrich is a sought-after speaker and lecturer, travelling the globe as visiting professor to universities and institutions in China, India and the USA. His main research and teaching subjects are Nutritional Science, Epigenetics and Psycho-Neuro-Endocrinology. He has published 25+ books in four languages.

### IOA & Olympic Experience

Ulrich attended the IOA Young Participants Session in 1995, followed by nearly all IOAPA sessions since 1999.

### Interests & Sports

Ulrich has a lifetime commitment as an athlete to the Chinese Martial Arts, winning 13 World Championship Gold medals. Today he serves as the head coach of the German national team with his athletes winning numerous medals all over the world. He has been invited as a guest coach to several national teams, including Japan, Singapore, Indonesia, Malaysia, Spain, Portugal and Austria. Ulrich serves as president of a Martial Arts Association with 20.000+ members.

### Message to the IOAPA Members

*"I serve as the treasurer of IOAPA because I want to support the work of our President, Richard Koo. Also, I would like to give back a little bit of what the IOA gave to me".*

## ARETE Editorial Board

### 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](mailto:info@ioapa.org) or post the information on our Facebook group (members only).

### PROMOTE YOUR IOAPA ACTIVITY

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

### FEEL FREE TO JOIN US ON SOCIAL MEDIA!

You can find us on

[Facebook](#) , [Twitter](#) , [Instagram](#) & [LinkedIn](#)

# Lead IOAPA in your country!



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

CONTACT US:  
[info@ioapa.org](mailto:info@ioapa.org)



## IOAPA MEMBERS SHARE EXPERIENCES

**Country:** Thailand

**Name:** Suriyan Somphong

To celebrate the Olympic Day in Thailand, the Thailand Olympic Academy and Manee Anusorn Suksa School had an opportunity to host the Sport Day through Olympic Day. Those participating included children, teachers and parents who spent an entire day with great enjoyment and happiness.

Picture this: the Olympic rings as each ring from elementary schools on up enter the “stadium,” led by children carrying the Olympic Flag and the rest of the five-colors in costumes appropriate for the continents. You see blue, yellow, black, green, and red. all marching in, ring by ring. Students assemble upfront as parents and community members in the audience listen to an inspirational guest speaker who represents the Olympic spirit. A large flag with “Citius, Altius, Fortius” (Faster, Higher, Stronger: the Olympic motto) waves above the crowd, challenging students to become the best they can be. Then each continent comes to centre stage to present a flag and torch from “their” continent. Once the Opening Ceremonies are completed, let the games begin!

Games take place over the whole school day and involve all students, teachers, parents and community members. Students (prior to the big day) choose five events, from a wide variety of choices, in which to participate such as the foot race, long jump, tug of war, funtastic rings and frisbee. When not competing in an event, they watch others and cheer them on. Events are run by the Thailand Olympic Academy and include teacher volunteers and community members, etc. They include a variety of types of games to allow all students to have fun and feel successful.





**Country:** *Argentina*

**Name:** *Silvia Dalotto de Marcó*

*Note: this project was conducted in February 2020, prior to the postponement of the YOG to 2026.*

Between February 19th and the 24th 2020, the Argentine Olympic Committee participated in Olympic Education workshops within the framework of the Dakar 2022 Campus organized by ENARD.

This Campus brought together 480 youth athletes from all over the country, potential members of the Argentine Delegation who were to represent us at the Youth Olympic Games in Dakar 2022.

The program was very intense. The athletes participated in hard training session, shared with athletes from other sports, participated in conferences on nutrition, hydration and actively learned about the values of the Olympic Movement. The activities were designed in accordance with the Olympic Values Education Program (OVEP). The groups were made up of approximately 50 athletes, from different sports with full respect for gender equality.

The educational pillars on which they worked were:

- Fair play
- Balance between body, mind and will
- Pursuit of excellence
- Joy in the effort.
- Respect

It is important to understand the game by itself is just a playful activity, but true learning occurs by correlating the rules of activity with the corresponding educational pillar. From the Olympic Education area, we focus on adapting the activities and teaching proposals according to the group with which we have to work. On this occasion we applied OVEP, because it is active learning and in high performance athletes who also do not have time to "play", it was a fun space to learn about the Olympic Values -- values that they must represent when being part of the team that represents our country. In the this [VIDEO](#), we invite you to see a compilation of what has been done on the Campus carried out in 2017 (because of YOG Buenos Aires 2018) and the referenced Campus Dakar 2022.

Thank you to everyone who made these workshops possible. Let's continue working for education in values through sport!



**Country:** Poland

**Name:** Bogumila Smolarek

Although the Olympic Game in Tokyo have been postponed, sharing the Olympic Spirit by educating kids about Olympic Values and Olympic Games has not stopped.

"We Are Olympism" conducted series of workshops for kids 6 -11 years old during summer holidays sport camp.

The Olympic Adventure consisted of 5 days full of activities where the kids had to show their Olympic knowledge and their creativity by designing a torch and Olympic flag or mascot. While playing different kinds of games, the participants learned about the importance of respect, following the rules, fair play and inclusion. One of the days was dedicated to Paralympics Values and Games by means of traditional games from India or China. The workshops finished with an event like the Olympic Games, where kids competed in individual and team disciplines, and were decorated with medals they created by themselves. Another highlight of the workshop was the visit of a former volleyball player Dawid Murek who participated in Athens 2004, sharing his Olympic story with the kids by expressing the importance of their DREAMS. His main message was: "If you believe in your dreams and work hard for them, they will come true!"



**Country:** Armenia

**Name:** Lilit Mkrtchyan

Sport is a person's mental and physical ideal. An athlete's popularity, authority and positive characteristics are all means for achieving and strengthening peace. As a part of an Olympic family with a great pride we spread the Olympic humanitarian ideas all over Armenia and share our experiences. To popularize every idea effectively we have been on various leading TV channels and on radio with challenges, along with developing online courses for different age groups. Gevorg Khitryan has also organised event-competitions at the Armenian State Institute of Physical Culture and Sport entitled «To Tokyo 2020» with participants including the staff at our NOC.







**Country:** Argentina

**Name:** Silvia Dalotto-Marcó

**Sessions and Years at IOA:**

YPS 1996 (participant)

Since then at least 20 more times

## How does the national IOAPA network operate in your country?

We have a very large country. In the year 2000 we created the Argentine Olympic Academy Participants Association, similar to IOAPA but with all the past participants of our NOA.

## What are the main goals and objectives of your national IOAPA network?

In the '90 and early 2000 I was sending e-mails with the international news. Today, with the access to technology the role is not of "information and promotion". As coordinator I act more as advisor of the actives, projects, goals the past IOA participants wants to promote/implement.

## How does the national IOAPA network collaborate with your NOA and / or NOC towards Olympic Education programs in your country?

As lecturers and group coordinators of our session and programs.

## How can IOAPA members from your country contact you and contribute to the national IOAPA network?

We have a list of people with great skills but depend on the needs of IOAPA we can suggest people. We can be contacted using the following email: [silvia.dalotto@coarg.org.ar](mailto:silvia.dalotto@coarg.org.ar)

## Which initiatives or programs has your national IOAPA network put in place that could benefit fellow Country Coordinators?

I have shared with the IOAPA Country Coordinators two handbooks in Spanish and English of material about Olympic Education that can be use at school and during homeschooling.

Here are the links:

[Guía de Educación Olímpica 1 en español](#)

[Guía de Educación Olímpica 2 en español](#)

[Handbook 1 \(english\)](#)

[Handbook 2 \(english\)](#)





**Country:** Cyprus

**Name:** Christopher Papamichalopoulos

**Sessions and Years at IOA:**

YPS 2013 (participant)

YPS 2017 (Coordinator)

#### **How does the national IOAPA network operate in your country?**

Though at its early stages, our national IOAPA operates to gather as many members as possible and grab their attention into fostering an international and multicultural Olympic society of IOA past participants, with the aim of providing tools and resources to promote Olympic education and support Olympism. By the use of social media platforms, info and ideas are being exchanged, given out and shared between members to maintain our community up to date.

#### **What are the main goals and objectives of your national IOAPA network?**

Our main goal lies in being active by promoting Olympism, Olympic legacy and Olympic education within our country. As official guideline, we have since adopted the national IOAPA Guidelines, written by Marko Levovnik. Click [HERE](#) for the source link.

#### **How does the national IOAPA network collaborate with your NOA and / or NOC towards Olympic Education programs in your country?**

Members within our national IOAPA community happen to be Olympians and thus strongly connected to the Olympic movement through the NOC and NOA's Olympic legacy and Olympic education. Such IOAPA members are also linked to committees within our NOC, National Sport Organization, the EOC, and the IOC.

#### **How can IOAPA members from your country contact you and contribute to the national IOAPA network?**

Mainly through social media platforms. Also, by the following email:

[christopher.papamichalopoulos@olympian.org](mailto:christopher.papamichalopoulos@olympian.org)

#### **Which initiatives or programs has your national IOAPA network put in place that could benefit fellow Country Coordinators?**

Preparation of a complete informative checklist for future IOA Session for Young Participants. That includes a summary of the most important information needed for the newly chosen young participants, prior to their departure for Ancient Olympia.



### THE TIME IS NOW

*If there was a time when the basis were laid,  
if the philosophy set the steps and lit the way  
through the flame for Gods offered,  
The time is now, now is the moment!  
To transform fire into movement*

*Now is when, the most difficult battle (αγώνας) faces us  
Friendship, respect, and excellence  
determining the result of this struggle in our daily actions  
Meanwhile, a flame awaits protected,  
to blaze in real protagonists hands*

*The time is now, Olympism is called to act  
To be heroes through small actions  
To make the difference,  
To transform isolation in community,  
To create solidarity from love,  
To build our humanity as the huge team ever*

*The time is now.  
The flame is lit  
The responsibility...is our.*

English version



### AHORA ES CUÁNDO

*Si hubo un tiempo en que las bases se sentaron,  
Si la filosofía fijó los pasos e iluminó el camino  
Con el fuego por los dioses ofrecido,  
Ahora es cuándo, ¡ahora es el momento!  
Transformar el fuego, en movimiento*

*Ahora es cuándo, la contienda (Agón) más difícil nos enfrenta  
La amistad, respeto, y excelencia determinando en nuestras acciones  
El resultado final de esta batalla  
Mientras, una llama espera protegida,  
arder en manos de verdaderos protagonistas*

*Ahora es cuando, el Olimpismo es llamado a actuar  
Ser héroes de pequeñas acciones  
Marcar la gran diferencia,  
Para hacer del aislamiento, comunidad  
Del amor, solidaridad  
Un gran equipo, de nuestra humanidad*

*El tiempo es ahora.  
La llama está encendida  
La responsabilidad, es nuestra.*

Spanish version



Written by:

Lucía Fiorella Giamberardino, Argentina

## CONTRIBUTE TO ARETE NEWSLETTER!

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

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

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

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

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

PAGE 28



### HELP OUR FRIENDS AT MAGNA GRECIA AND THE HANS VAN HAUTE SCHOLARSHIP FUND!

COVID has dealt a severe blow to the tourism sector around the world. Our friends at Magna Grecia Agritourism Farm near Olympia (home to the biannual IOAPA Session banquet) have also been hit hard by the catastrophic decline in tourism to Greece this year. However, you can help both Magna Grecia and the IOAPA Hans van Haute Scholarship fund through the purchase of a bottle of Magna Grecia's signature Organic Extra Virgin Olive Oil. **15% of the net proceeds will go to the HvH fund to support a recipient from an underrepresented country to attend the next IOAPA Session in Olympia!** Each 750mL bottle of olive oil costs approximately \$28USD (shipping included, cost is less if shipping to Europe) and 18 bottles completes an order (1 box). Laurel Iversen has already sold 28 BOXES for her friends in Hawaii, and Elizabeth Hanley has arranged for 9 boxes for her friends in Pennsylvania, USA. Gather your friends and help support IOAPA/Magna Grecia, and take home a delicious taste of Olympia at the same time!

For more information, please contact Laurel at: [laurel@ioapa.org](mailto:laurel@ioapa.org)

Magna Grecia Website: <https://magnagrecia.gr/shop/>

*“We shall not have peace until the prejudices that now separate the different races are outlived. To attain this end, what better means is there than to bring the youth of all countries periodically together for amicable trials of muscular strength and agility?”*

- Pierre de Coubertin -

