

ARETE NEWSLETTER



INTERNATIONAL
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HIGHLIGHTS



THE FIRST EVER IOA ONLINE SESSIONS 2020 Editions

Challenges are meant to be met and overcome, and that was exactly the mentality behind the International Olympic Academy (IOA) Online International Sessions in 2020. Due to the rapid development of the COVID-19 spread and taking into serious consideration its dramatic impact to... (p.5)

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EDUCATION HUB *Olympic Education Resources*

The Canadian Olympic Committee is a leader in Olympic education through initiatives such as the Canadian Olympic School Program, and so the IOAPA is excited to be able to share their resources to our entire network of IOA alumni and other partner education organizations... (p.9)

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IOC OLYMPIC STUDIES CENTRE *News & Opportunities*

At the IOC Olympic Studies Centre, we have been doing our best to bring to the Olympic and academic community relevant quality content during this very special year. Among various initiatives being conducted we are happy to share with you updates about the new edition of our... (p.14)

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EDITORIAL

Yarden Har Lev (ISR)



PAGE 3

Dear Readers,

Welcome to the Winter 2020 issue of the Arete Newsletter!

Doing something for the first time is exciting, challenging and occasionally accompanied by concerns. But to make a vision a reality requires courage, determination, faith and most of all, people – your partners for the journey. Who could have imagined that our new reality would lead us to challenge the status quo with innovation, passion, humanity and forbearance? All this, in order to preserve the long-standing heritage of the International Olympic Academy that aims to spread Olympism worldwide, while taking inspiration from people who believe and act for realization of the educational mission of the Olympic Movement even in days of uncertainty.

The full and uncompromising support of the IOAPA for the great effort of the IOA in creating the first ever online sessions has proven that the Olympic spirit can capture the hearts and minds of participants from all 5 continents even from a distance. Personally, I had the privilege to cooperate with the IOA along its three online sessions in 2020, and - despite being far from Olympia - I have never felt closer to the IOA. Surely, this experience will remain in everyone's memory for a while.

Now, in this edition you will find a variety of interesting articles such as a summary of the first ever IOA online sessions by the **ARETE Editorial Board**; a special Olympic story about friendship and trust by the swimmer **Geneviève Saumur**; Olympic education resources of the **Canadian Olympic Committee**; five lessons from Olympism for COVID-19 times by **Laura Moreira León**; academic opportunities by the **IOC Olympic Studies Centre**; the impact beyond participating at the IOA sessions by **Maha Zaoui**. In addition, this issue continues with its special sections of presenting the **IOAPA Executive Committee** as well as our **Country Coordinators**. Also, follow up on recent IOAPA news where our IOAPA friends share their contributions to the Olympic Movement. Finally, do not miss an Olympic poem by a professional lyrics-writer **Stavros Stavrou**.

Please note that the first edition for 2021 is expected to be released in April, and I invite all of you to share with us your important actions in promoting Olympic ideals worldwide. The submission deadline is February 15. Before I sign off, my deep appreciation is given to all those who contributed to the production of the winter newsletter. YOUR VOICES MATTER.

Best wishes for the year end festivities!

Yours in Olympism,

Yarden Har Lev, Arete Newsletter Editor

MESSAGE FROM THE PRESIDENT

Richard Koo (CAN)



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Dear IOAPA Members and readers of Arete:

The year 2020 has challenged us in so many ways: by forcing us to rethink how we go about our daily lives, by changing our interactions with those around us, and by awakening us to how racism and social injustices have permeated our societies for too long. This forced reckoning however has given people around the world an opportunity to adapt how we do things and, in some cases, provided us an opportunity to be better contributors to society in a meaningful way.

The move towards an all virtual IOA session this year proved to be an unqualified success. Nothing can replace the feeling and inspiration of physically being in Olympia. However, bringing Olympia to all parts of the world via Zoom provided an opportunity for participants over four separate sessions to be together in a powerful manner, reclaiming an emotional connection to people and reenforcing the power of the human and Olympic spirit even during this difficult year. IOAPA was proud to collaborate with the IOA in the design and delivery the 60th Young Participants Session on this virtual platform. We are equally excited to have helped create a new way of reaching future participants and scholars from around the world to the magic of Olympia and Olympism.

In November, IOAPA formally announced our Memorandum of Understanding with the Canadian Olympic Committee. Working together, our two organisations will share Olympic education best practices developed by the COC to IOAPA members and other interested stakeholders internationally. In supporting this partnership, COC Secretary General David Shoemaker said *“The Olympic Movement has the power to build bridges, link cultures and unite the world through sport... We are incredibly proud to be the first National Olympic Committee to collaborate with the IOAPA to promote sport as a positive force.”* I want to take this opportunity to thank COC staff and IOAPA members Kate Moorhouse & Sandra Sassine as well as Lisa Muzzo for their support during this entire journey getting to this partnership.

Finally, while at this time we cannot officially announce in what form this will occur, I can say with certainty that there will be an IOAPA Session in 2021. Be on the lookout for an announcement from us in the coming weeks with information and registration links.

A certain rebirth for the world is coming with the exciting launch of proven vaccines and therapies that will combat the COVID-19 pandemic. I wish you and your family a safe and peaceful holiday season, with the hopeful confidence of a joyous and more prosperous 2021 to follow.

Richard Koo, IOAPA President

THE FIRST EVER IOA ONLINE SESSIONS

ARETE Editorial Board

PAGE 5

Challenges are meant to be met and overcome, and that was exactly the mentality behind the International Olympic Academy (IOA) Online International Sessions in 2020. Due to the rapid development of the COVID-19 spread and taking into serious consideration its dramatic impact to people around the world, the Ephoria of the IOA with high sensitivity and respect to public health reached the resolution to hold for the first time in history three online international sessions. The Sessions were transmitted live through the new IOA platform that was created especially for this new endeavour and both the live lectures as well as the IOA platform were offered in English and French. Each session took place over 7 days and included academic lectures on the topic “Olympism and Humanism”, followed by discussion groups in order to draw conclusions that will be reported to the International Olympic Committee (IOC). In addition, the programs were enriched with a variety of extracurricular activities including social and cultural meetings, virtual workouts, art workshops, an Olympic Quiz and a virtual tour of the Museum of the History of the Olympic Games of Antiquity. Importantly, the timeline of the program was adapted so as to accommodate the international participants that live on every continent of the world.

IOAPA worked closely with the IOA to help host this year’s Sessions, including designing and leading the portions of the session outside of the formal lectures. A number of IOAPA members also worked as coordinators for the sessions. The initiative, which was developed by the IOAPA steering committee and began preparations in May 2020, gradually expanded to a powerful team where each complemented the other to create one inclusive and diverse mosaic. The IOAPA members in team were: *Richard Koo, Anna Martirosyan, Anfisa Kasyanova, Dimitrios Regalos, Laura Moreira Leon, Laurel Brassey Iversen, Marija Lozančić, Lucía Fiorella Giamberardino, Jonathan Ruwuya, Megan Ritch, Panos Trikaliotis, Xavier Jeannin, Ulrich Rosen and Yarden Har Lev*. All those members received the privilege of being here because they do what they love and love what they do.

We would like to take this opportunity to once again thank IOA President *Isidoros Kouvelos*, IOA Honorary Dean *Kostas Georgiadis* and Session Coordinator *Stella Tachtara* for the opportunity to contribute to this landmark session. We would like to believe that in our common journey under the roof of the Olympic Movement, we will all continue to support the fundamental values of Olympism so that they remain a beacon for those who desire to be inspired by this philosophy even in days of social distance. To end in an optimistic spirit, as Juan Antonio SAMARANCH said: “It has always seemed especially important for our Olympic Movement not to forget its roots”. So, we really hope and wish that we all be able to meet next year in Olympia!

FRIENDSHIP AND TRUST

PAGE 6

Geneviève Saumur (CAN)

As many high-level athletes, I grew up doing sports and dreaming of the Olympics. In my case, I only truly started to believe I could make this dream come true about 4 years prior to the 2008 Olympics, when I made the trials finals at 16.

The story I want to share with you is about friendship and trust. It's not just my Olympic journey, because I believe that no athlete reaches the Olympics alone. We all have a family who believes in us, a team that pushes us and teammates that makes us better. Well, my teammate was (and still is) Victoria Poon. A smart and sweet 6'1" Chinese that hides behind her shyness but has such grit and tenacity that she can rock your socks off. She arrived in Canada when she was 12 and I've known her since she was 15. She has been part of my swimming career almost forever. We were also the only 2 girls able to keep up with the training volume of our training group. We've always been really close even though we were also opponents. Just an example, she was my bridesmaid at my wedding and in her speech, she told my husband that she probably had shared my bed more than him at that point! Friend, teammate, room mate, she's part of my journey.

At the 2008 Olympic trials, we both qualified for the Olympics and got super excited to be sharing this experience. Sharing a dream with your best friend is great but reaching it is unreal. I had qualified in the 200m freestyle individual and also in the relay 4x200m. I had a rough counter-performance in one of my best events the 100m freestyle, so I didn't even qualify for the relay. Victoria qualified in the 100m freestyle, the 4x100m and the 50m freestyle.

We finally arrived in Beijing at the Olympic Village and were pretty nervous and excited at this point. After a long flight, we didn't feel too good in the water and were hoping to get accustomed to the new environment before it all started. Victoria was swimming the relay 4x100m on the first day of competition, as for me I was only racing a couple of days later. She was doing a sprinter's workout and I was still doing mid-distance since I wasn't going to be sprinting. After a couple of days, Victoria still wasn't feeling better. She had a fever and some pimples showed up. The day of the opening ceremony she decided to go meet a doctor at the clinic in the village since no Canadian doctors were available. At the doctor's office, she received the bad news that she had CHICKEN POX. Who has chicken pox as an adult and more importantly, who has chicken pox AT THE OLYMPICS?! Apparently catching chicken pox when you're an adult is serious; you can get really ill and have high fever. Also, you're super contagious. We found out that in China, it's a really rare disease and that less than 1% had it as a kid and that they didn't really vaccine against it.



Image 1:
Geneviève
Saumur at the
2008 Olympic
trials in Montreal.
Image 2:
Canadian 4x100-
metre freestyle
relay team at the
2008 Olympics.



She was now the biggest threat to the Olympic village, to the Chinese, to China's chances of medals, to the volunteers, the athletes, to EVERYBODY. Just imagine the host country being out of the competition for chicken pox. When she called me, she was already in an army car on her way to the Canadian embassy. They had taken her accreditation and were evacuating her out of the village as fast as they could. This meant that her Olympic competition were pretty much over for her. It was so hard to see my good friend and teammate in this situation; I couldn't do anything for her. You'll understand now why I spoke so much about her story. Because she changed my Olympic experience.

I was put on the 4x100m relay team that was happening that same night. I had to get ready in a day to do some sprints while I had only trained in mid-distance for months. I hadn't practiced any relay exchanges in a while. I wasn't ready! This wasn't the plan. Where was my friend? I finally talked to her before the competition started and I told her that I wasn't ready to do this without her and that I felt like I was taking her spot, I had an impostor syndrome. Being as wise as Yoda, she told me everything that I needed to hear at the time. She asked me to swim for her and that she would watch it on TV, that I needed to make her proud so she could start healing. She also said that out of everyone I was the one she trusted to most with her spot on the relay. "I trust you, you got this", she said. That is what I did that night, I swam the fastest 100m freestyle I've ever swam in my entire life. Lucky, I didn't fall off the starting blocks since my legs were shaking so much. I barely remember anything about the race. We qualified for the finals as the leading team, we didn't even think we could make it into the final. It was exciting but we knew too well that the Netherlands, the Americans, the Australians and the Chinese hadn't put their best swimmers in the prelims and they were saving them for the finals. We ended up finishing 8th in the finals the next day. We still had a good race, but it was not the place we were aiming for.

In the next couple of days, I continued my journey and raced my individual race. After all the emotion at the beginning of the Games I felt drained and tired. My 200m wasn't bad but it was far from the best. My goal was to make the B final but ended up short finishing 25th out of the 16th moving into the finals. In the relay 4x200m, we were pretty sure of making it into the finals. We had been performing well for the past 2 years in that event. We could feel that we were exhausted, and that the energy wasn't there anymore but it was our last event. In the preliminary, we ended up in the 10th position, missing the finals by a hair. And that was it!



Image 1:
Geneviève
Saumur and
Victoria Poon in
2009.

Image 2:
Geneviève
Saumur at the
Hôpital Notre-
Dame in 2011.



Just like that, my Olympic experience halted to a stop. I didn't even see it coming, it was over before we knew it. Out of that tight swimsuit and done with the Olympics. Four years seems like such a long ride when you're still standing by the pool at the end of your Olympic competition. I was a bit nostalgic at the closing ceremony, like most athletes, I guess. But it was hard to let go of the experience that had happened, where nothing went according to plan, and it was to soon to see the silver lining. For Victoria, she ended up being released from the embassy the last day of competition, so she did race her 50m. But after a week without training and running a fever, it wasn't the best. She still did it to feel like she had participated.

I decided to try and do better at the London 2012 Olympics and trained my guts off for the next 4 years. I took under my wings younger athletes that were making me work harder to keep my lead. I became ill a couple of months before the Olympic trials, I was just feeling weak and had no energy. I got scared that I was over trained or having mono. My doctor made me stop training 3 months before the trials, which was like a death sentence. I was almost reaching the sweet taste of another Olympic adventure. Well, that taste it ended up being cancer! I was diagnosed with thyroid cancer and had to plan for a surgery and some radiation treatments. Since Beijing, I've known that my athletic career would end as soon as the Olympic flame from London was put out. In the end, my summer took a different turn and I knew my swimming career was over. Since I couldn't make it, my younger teammate Barbara Jardin drew me on her hand to accompany her in each stroke of her 200m race. On the other hand, looking straight into the eyes you might recognize Victoria's face ha! Barbara qualified for London and it made me proud! And envious obviously, knowing I could have made the team too. Don't worry, thyroid cancer is the kind of cancer you want to pick if you absolutely have to pick one. Death is really rare and it's fairly easy to get rid of. I got my radiation treatment on July 26th 2012, meaning I needed to stay in isolation for at least a week. The opening ceremony for London started the next day and I got to cheer my teammates from my parent's basement. Victoria had made the team again and could redeem herself from 4 years ago. It was my turn to accompany her in isolation, it was just less fancy than the embassy.

I took me a while to digest the abrupt ending of my athletic career but watching our girls win medals in Rio 2016 made me so proud. I could feel I was part of a heritage that was bigger than me or Victoria. It was the heritage of all the young athletes that could dream to make it to the Olympics.

EDUCATION HUB

Olympic Education Resources

COC & IOAPA

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On November 12, 2020, the Canadian Olympic Committee (COC) became the first-ever National Olympic Committee to sign a Memorandum of Understanding (MOU) with the International Olympic Academy Participants Association (IOAPA) to promote and strengthen the Canadian Olympic education programs.

Under the MOU, an [OLYMPIC EDUCATION HUB](#) will be created on the IOAPA website, where best practices and programs will be shared globally for those interested in the material. Canadian Olympic education programs, such as resources from the world class Canadian Olympic School Program (COSP), will be the first-ever National Olympic Committee led content on the hub.

The MOU also includes further promotion of Canadian Olympic education initiatives through IOAPA newsletters and social media platforms, as well as support for Canadian delegates attending International Olympic Academy sessions.

“The Canadian Olympic Committee is a leader in Olympic education through initiatives such as the Canadian Olympic School Program, and so the IOAPA is excited to be able to share their resources to our entire network of IOA alumni and partner education organizations around the world,” said IOAPA President Richard Koo. *“Education is an essential pillar of the Olympic Movement to promote fairness, leadership and respect amongst other important values. We hope that the collaboration with our friends in Canada will hopefully serve as a model for other National Olympic Committees to join.”*

Canadian Olympic education programs aim to teach Canadians about the importance of the Olympic Movement. The vision, is to inspire the next generation of Canadians to contribute to building peaceful communities by educating through sport practiced without discrimination of any kind by respecting the values of friendship, solidarity and fair play.

For over 35 years, the COC has developed valuable education initiatives that have impacted Canadians across the country, including Team Canada Champion Chats, which incorporates four weeks of learning activities culminating in a massive, nation-wide live chat featuring Team Canada Olympic and Paralympic athletes that has reached over 17,000 students in its first year. It continues to be a trusted educational resource for teachers across the country, including content that promotes inclusion, respect and pursuit of personal excellence in the classroom. *“Our mission is to provide the best possible environment for Canadian athletes competing at the Olympic Games and to advance the values of the Olympic Movement. Educating communities through our Olympic education programs helps us do just that,”* said David Shoemaker, CEO & Secretary General of the COC.





“The Olympic Movement has the power to build bridges, link cultures and unite the world through sport. It is an ideal that we will continue to celebrate at future Olympic Games. We are incredibly proud to be the first National Olympic Committee to collaborate with the IOAPA to promote sport as a positive force.”

COC EDUCATION RESOURCES

An Official IOAPA Partner in Education

With the vision of inspiring the next generation of Canadians through the legacy of Team Canada and the Olympic Games, the **Canadian Olympic School Program (COSP)** allows children and youth to experience the Olympic Movement in schools, classrooms, online learning and at home. Through the Fall of 2020, the COSP focused on working with various organizations in the education and sport field to support children in new learning adventures.

In collaboration with PHE Canada, Canada’s recognized leader in physical and health education, the COSP is thrilled to announce the launch of the **PHE Time Videos**. Featuring physical and health educators and Canadian Olympic athletes, the PHE Time Videos offer a series of virtual instructional videos to engage your students in physical education, healthy eating, and emotional well-being educational activities. With over 2,500 views in a week, students across the country are engaging with quality physical and health education programming. For the PHE Time Videos, click [HERE](#).

Team Canada Champion Chats (TCCC) held its final live chat of 2020, featuring hosts Tessa Virtue and Benoit Huot, as well as eight inspiring Canadian Olympic and Paralympic athletes. This new program, launched by the Canadian Olympic Committee, Canadian Paralympic Committee and Classroom Champions, is a national education program designed to empower Canadian students to focus on themes including embracing challenges, mental health, diversity and inclusion, achieving goals, and ultimately become a champion in their community. Visit championchats.olympic.ca to learn more.



FIVE LESSONS FROM OLYMPISM FOR COVID-19 TIMES

Laura Moreira León (CRC)

Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will, and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of a good example, and respect for universal fundamental ethical principles. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play. (Olympic Charter, 2019, p.11).

Olympism was developed by Baron Pierre de Coubertin (1863-1937), a French educator, who dedicated his whole life to develop and educate through sport. In June 1894, Coubertin presented at the International Athletic Congress in Paris, the idea of re-establishing the Olympic Games in the modern era, seeking to regenerate and link sport with the education of young people.

Coubertin developed Olympism throughout his life, wrote thousands of pages by hand, related to education and sport, culture, and the international community, providing spaces for learning and harmonious social development in sport. *“I decided suddenly to change my career in the desire to attach my name to a great educational reform.”* (Coubertin 1880)

Olympism is a philosophy of life for athletes and coaches that can collaborate to the development and psychosocial growth, it understands and conceives the athlete beyond winning or losing, a medal, a result, time, or record, beyond being a performance machine where everything is measurable and quantifiable. It understands the athlete as a harmonic, complex whole, where several variables are combined and intertwined and where learning is in the end the most important gain in the practice of sports.

The following text describes five lessons of Olympism for COVID-19 times, they correspond to ideas and texts developed by Pierre de Coubertin. These extracts contribute to a positive adaptation process of athletes and their entourage to changes due to the pandemic.

Lesson #1: The fundamental values of Olympism: excellence, friendship, and respect

According to the workbook: The Fundamentals of Olympic Values Education, a sport-based program (IOC, 2018), the value of excellence means acting in the best possible way. It reminds us that the most important thing in sport is not winning, but participating, advancing, and enjoying the healthy communion of body, will, and mind. The value of respect includes respect for oneself and one's own body, for others, for the rules, norms, sports, and the environment. Finally, friendship is at the center of the Olympic Movement, it invites us to use sport as a tool for mutual understanding.






Photo Credit: Carlos Rodolfo Chinchilla

Practicing the Olympic values during the COVID-19 times, becomes a way of "being an athlete", a philosophy that collaborates us to understand sport during the pandemic, for example, is to ask ourselves: How can I do my best today with the resources and space-time that I have available?

Respect and friendship are also necessary values to practice during COVID-19 times, where it is necessary to respect the rules and create virtual supportive communities.

The Olympic values complement educational themes, such as fair play, and the search for balance, which is associated with balance in the athlete's life. It is necessary in COVID-19 times to seek balance in our lives, which includes rest, work, sports, friends, family, among other personal and social activities.

Lesson # 2: "Mens fervida in corpore lacertoso" (Coubertin)

This lesson is based on the phrase of Juvenal the Roman poet: "*mens sana corpore sana*", who Coubertin in 1911 enriches it with the text: "*mens fervida in corpore lacertoso*", whose translation would be, an active mind in a well-trained body. According to Coubertin, this is the educational perspective of risk-takers.

A restless mind, full of movement, that seeks constant learning in a body that is not only healthy but also trained, is an important key to adapting to changes in sport, work, study, and daily life due to COVID-19. The motivation for developing new personal projects (not only sporting goals), the search for challenges and constant learning, the practice of conscious, creative, and at-home training is part of this perspective proposed by Coubertin.

Lesson # 3: Citius Altius Fortius

Citius Altius Fortius, means, "*faster, higher, stronger*". This motto summarizes the Olympic value of striving for excellence and trying to give the best of oneself. Faster, stronger, is not directly related to issues of records and sports brands but is related to the constant struggle of the athlete to defeat himself. It is not about competing against others but that the athlete seeks their improvement in self-knowledge.

As an everyday example, how can we apply the Olympic motto? Deciding objectives and daily tasks that encourage athletes and their work teams to constantly improve in different areas, such as physical, technical, strategic, psychological, nutritional, social, etc. Understanding competition as an experience that invites constant improvement and not necessarily a competition against a rival, or between countries.





Lesson # 4: "The inherent thing of the athlete is to know himself, govern himself and overcome himself." (Coubertin)

Lesson number 4 is related to the phrase of Coubertin that mentions: *"The inherent thing of the athlete is to know himself, govern himself and overcome himself."* (1928)

This phrase highlights the need to apply self-knowledge, self-management, and self-regulation in the life and daily tasks of an athlete. In times of COVID-19, where the daily rhythm, activities, and experiences changed, the athlete must seek and practice tools and actions of self-analysis and self-evaluation, a look inward, and then seek comprehensive techniques to regulate and overcome himself, at the same time seek a creative adaptation to the different challenges that the pandemic demands.

An everyday example where we can apply this lesson#4 of Olympism is to propose actions and challenges that collaborate with the integral development of the athlete, based on a self-analysis.

Lesson # 5: "Rejoice in humanity that is constantly reborn. Have faith in it, pour your energy into it, mix your hopes with it." (Coubertin)

The humanistic contribution of Olympism to sport: *"Rejoice in humanity that is constantly reborn. Have faith in it, pour your energy into it, mix your hopes with it."* (Coubertin, 1918)

Olympism is a philosophy of life that is emerging as a legacy for humanity, a humanity that is understood in constant change and rebirth. This lesson is related to seeking this rebirth from change, where it is perceived as a collaboration for personal and global development and growth, it is an important moment where changes can generate openings and new forms of action and understanding of the sport and humanity in general.

Finally, it is considered a great contribution to the sports experience to include the principles of Olympism, since it helps to broaden vision and general sports knowledge, adding meaning and value to the sports practice. Olympism proposes a sport that transcends beyond a specific result, a sport that collaborates as a tool for personal and social development. The five lessons of Olympism for COVID-19 times becomes a practical and enriching contribution for athletes and their entourage since it focuses on values, the search for excellence and constant learning, key elements for adaptation processes that we face today due to the pandemic.

IOC OLYMPIC STUDIES CENTRE

News and Opportunities

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The IOC Olympic Studies Centre

Dear IOAPA friends,

We hope that you and your families are doing well in this difficult time.

At the IOC Olympic Studies Centre, we have been doing our best to bring to the Olympic and academic community relevant quality content during this very special year.

Among various initiatives being conducted, we are happy to share with you updates about the new edition of our **Advanced Olympic Research Grant Programme** and our new **ZOOM IN** pages available on the Olympic World Library.

To learn more about us, visit www.olympic.org/studies, register to our [newsletter](#) and follow us on Facebook [@OlympicStudiesCentre](#).

We wish you nice end of the year festivities and a happy new Olympic year.

Stay strong, stay safe, stay healthy!

The Olympic Studies Centre team

ADVANCED OLYMPIC RESEARCH GRANT PROGRAMME


We have launched the 2021/2022 edition of our Advanced Olympic Research Grant Programme.

The programme is aimed at university professors, lecturers and research fellows who have completed their doctorate, and who currently hold an academic/research appointment/affiliation. It is also open to both individual and collective applications.

For this new edition, we invite the academic community to submit proposals related to at least one of the 16 IOC priority fields of research described in the rules, that can be found [here](#), with the application forms. As you will see, the topics cover key IOC's areas of activity such as the Olympic Games, the athletes, the contribution of the Olympic Movement and the world of sport to the Sustainable Development Goals, gender equality, ethics and governance as well as other larger important questions such as the future of the large-scale sport events or the contribution of sport to society's health and economy.

The deadline for submitting application is 1 February 2021.

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





NEW ZOOM IN PAGES ON THE OLYMPIC WORLD LIBRARY

Available on the Olympic World Library (www.olympic.org/library) and accessible to all, our ZOOM IN pages provide an easy access to our selection of official and academic sources on a wide range of topics such as the ancient Olympic Games, the sustainability and legacy of the Olympic Games, the Cultural Olympiads, ethics and good governance, athletes health and protection or women in sport. In 2020 we published various new pages, which we want you to know about, including on the [Paralympic Games](#), [Olympic Movement Diplomacy](#) and [Esports and Gaming](#). We also significantly upgraded the page on [Olympic Education](#). Don't miss those pages and please share them with your peers.

Should you have any feedback on how we can improve our services and content, we would love to hear from you. Write to us at studies.centre@olympic.org.

Btw, did you know that we include up to 2000 new titles in our library every year? If you want to stay up to speed on all that is new on the shelf, [sign up to your personalised alert now](#).

ACADEMIC OPPORTUNITIES

AUSTERITY, COVID-19 PANDEMIC AND THE RISK OF MISSION DRIFT AMONG GRASSROOTS SPORT CLUBS IN THE UK

Eligibility: UK/EU/International graduates with the required entry requirements

Funding details: Bursary plus tuition fees (UK/EU/International)

Duration: Full-time – between three and three and a half years fixed term

Application deadline: 31st January 2021

Start date: September 2021

For further details: Click [HERE](#)

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

Eligibility: UK/EU/International graduates with the required entry requirements

Funding details: Bursary plus tuition fees (UK/EU/International)

Duration: Full-time – between three and three and a half years fixed term

Application deadline: 1st February 2021

Start date: September 2021

For further details: Click [HERE](#)

IMPACT BEYOND PARTICIPATING AT THE IOA SESSIONS

PAGE 16

Maha Zaoui (TUN)

I can say that if today I am a Doctor in sport's management, general manager of women's rugby in Rugby Africa and member of Swimwear Approval Committee of the International Swimming Federation, and most recently advisor to the Minister of Youth, Sport and Professional Integration, it's because one day I started with the postgraduate session and I have been to the IOA.


As a student, my Olympic adventure started on May 10, 2002 with a 45-day stay in Olympia. The article I presented was entitled « Women within the Olympic Movement ». which I concluded with a quote from Mr. Juan Antonio Samaranch (IOA, 1990) “...I would like to tell you what a magnificent role can be yours in the world of tomorrow if you seek in Olympism your art of living, for your own development and in the service of those around you”. At the time, it never occurred to me that, one day, I'd occupy such positions.

The icing on the cake for this seminar was receiving the Loughborough University Certificate which made me one of the three recipients of the scholarship from the Olympic Studies Centre - a scholarship that allowed me to spend a month at the Olympic Studies Centre and especially to orient my master's thesis to an Olympic subject for which I chose the title “Women in the Olympic Movement: Analysis of the female participation in the 1896 - 2000 Summer Olympics. Towards gender parity?”.

As coordinator, I was invited 5 times (2003-2007) to the session for young participants. These opportunities served as life lessons, as each session allowed me to learn new things regarding the Olympic Movement and to develop on a human level. **Today, I keep saying that I am an Olympic product, and that I am imbued with Olympic values.**

In 2005, being coordinator and lecturer, I presented the closing address on behalf of the lecturers and I wrote: “But it is also a pleasure for me to be here again for the fourth consecutive year. Three years ago, I was one of the students. I have grown since then, but the Olympic spirit has also grown in me and the fact that I am one of the lecturers is the result of the research work I have done and am still doing on the Olympic Movement. At the end of my first participation I caught the Olympic «virus» and since then, I feel better, happy to belong to this large Olympic family, which never stops expanding thanks to you”.

In 2006, I presented the closing address on behalf of the coordinators and I wrote: “I want to thank you for sharing this beautiful life experience and say to you: remember the important lesson of finding inspiration in the fundamental Olympic values in order to be there at the meeting of hearts, those of men (and women) and those of Nations”.



Left to right:
Dr. Zaoui, Prof.
Gangas and
Prof. Georgiadis
at the IOA in
2015.



As a lecturer, many years after (2015 & 2016), I was invited to the 12th and 13th International Session for Presidents and Directors of National Olympic Academies. YES, at that time period I was a member of the Executive Board of the Tunisian National Olympic Committee (CNOT), President of the National Olympic Academy in Tunisia and vice president of Association Francophone des Académies Olympiques (AFAO) (2013 to 2016).

Thanks to the Olympic network, Arnaud Richard, one of the French participants of the 2006 session, now President of the French Olympic Academy, invited me in 2016, as President of plenary session on the theme of "Volunteers" at the International University Sports Forum in Montpellier, France. A very interesting experience which allowed me to understand the functioning of the International University Sports Federation (FISU).

How the IOA Seminars affected my career orientation!

In 2005, and because I was already part of the international Olympic Movement, I was asked to join the board of the Tunisian Rugby Federation (FTR) as the person responsible for women's rugby. I was surprised by this proposal, but at the same time, I said why not? It was a great discovery for me. As a sports teacher, it was not very difficult for me to set up a very efficient female team and manage it. And since that date I have never left the rugby family, even though, I was elected onto the board of the Athletics Federation of Tunisia (2009-2013) where I was responsible of the marketing commission.

In 2014, I did the Certification of Olympic Solidarity Directors Program at the IOC in Lausanne. It was a great opportunity to share experiences with leaders from all around the world and have Jean Camy as a lecturer.

In 2017, back again to the FTR, as union board member. In the same year, I was appointed as director of Rugby Africa Women's Sevens tournament. In 2018 I was selected for the first edition of the World Rugby Executive Leadership Scholarship and chose to do the Master Executive of Management of Sport's Organizations (MEMOS) exam run by the International Olympic Committee. It includes management in human resources, finances, strategy, governance, sponsorship. After a year of study ending in July 2019, I defended my thesis, "*Development strategy for women's rugby in Africa. 2019-2025*". 17 years after the postgraduate session, I am again with a subject on female sport, directed by Dr. Nicolas Scelles. Three months before that, I defended my PhD thesis which deals with performance of sports organizations.



Dr. Maha Zaoui
defended her
master thesis
“Development
Strategy for
Women’s Rugby
in Africa” in
2019.



I can also say that even the choice of this subject is linked to everything I have experienced since 2002 and since I started my path in sports movement and Olympic Movement management.

In 2019, I was appointed by Rugby Africa, to be the Women’s Rugby Manager responsible of women’s rugby development in all area (players, leaders, etc...) and different level.

In 2020, with the appointment of the new Tunisian government, I am part of the cabinet of the Minister of Youth, Sport and Professional Integration as an advisor responsible among other things for the development of women's sport.

CALL FOR ABSTRACTS

6TH WINGATE CONGRESS OF EXERCISE AND SPORT SCIENCES

The Academic College at Wingate we will be holding the 6th International Congress of Exercise and Sport Sciences on **June 9-10, 2021**. The congress will be **ONLINE** and **FREE** of charge.

The Israeli Centre for Olympic Studies contributes to the scientific program and has included **Olympic Education** as one of the main topics.

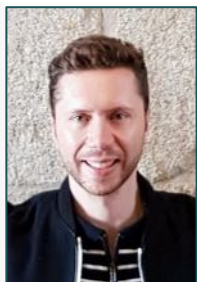
THE DEADLINE FOR SUBMITTING ABSTRACTS IS JANUARY 15, 2021
FOR FURTHER INFORMATION CLICK [HERE](#)



MEET THE IOAPA EXECUTIVE COMMITTEE

ARETE Editorial Board

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MARKETING OFFICER

Xavier Jeannin (FRA)

Short Bio

Xavier Jeannin lives in Lyon France. Currently he works as a quality auditor (ISO 9001, 20121, ISO 20400...) for Manufacturing and Sport sectors. Xavier has two master's degrees in Business Administration and in Industrial Strategy and Marketing.

IOA & Olympic Experience

Xavier began sharing the value of Sport by organizing sport events in student residence for all of the universities in his region. The French NOC approached him following these events in the Rhône-Alpes Auvergne region and he started teaching training courses for young leaders of sport club / regional leagues in France, Germany and Switzerland. At the same time, he attended the IOA Young Participants Session as a participant and then as coordinator in 2019. He also works on a future label of the French NOA for the leagues, clubs and events. He has participated at different Olympic games as a spectator or volunteer in the YOG in Lausanne, Pan American Games in Peru etc.

Interests & Sports

Xavier was a badminton and shooting athlete. He is also a fan of winter and water sports like sailing and skiing. He organizes sports charity events with the Tennis and Rugby federations, as well as Lyon Football team to fundraise for health research associations. Xavier loves to travel and is willing to embrace nature, local foods and different cultures. He also spends time for the arts.

Message to the IOAPA Members

- Help each other;
- Sharing experiences and happiness;
- Olympism can be your daily routine!





RESEARCH OFFICER

Neeraj Kumar Mehra (IND)

Short Bio

Neeraj Kumar Mehra is from Chandigarh and lives in New Delhi, India. He has worked with Ministry of Youth Affairs and Sports, SCERT, Commonwealth Games, Delhi 2010 etc. He is founder President of National Council of Sports Science and Physical Education (NCSPE), board member with World Martial Arts Games Committee, Country Coordinator - International Olympic Academy Participants Association-India and board member of Dr. B.R. Ambedkar Sports Foundation. He is a graduate from the University of Delhi and holds a post-graduate degree from Kurukshetra University in the field of Physical Education, Health Education and Sports Sciences.

IOA & Olympic Experience

Neeraj was the first Indian candidate in the Olympic Master's Degree Programme at IOA, Ancient Olympic, Athens, Greece in 2010. Since then, he has led Indian delegations during Imagine Peace Youth Camp, Olympia Praxis Summer Programme at IOA, Ancient Olympia. He has also attended International Session for International Olympic Academy Participants Association, International Session for Directors of National Olympic Academies. He is decorated with John. S. Latsis Fellowship - 2010, Olympic Solidarity Travel Grant from Nepal Olympic Committee – 2014.

Interests & Sports

He has played 15 years different games like Basketball, Korfbal, Netball, Softball etc. in his career.

Message to the IOAPA Members

Whereas IOA Olympic master's degree has introduced Olympism to me, IOAPA has given me trained human resource to strengthen Olympism. This aura of Olympism has changed my personality. It is always a great honor when I work with Olympians, Olympic medalists and experts in the field of Olympism together on different projects for social development. By joining IOAPA, we all may expect the same things in life which I have seen in last 10 years of my association with IOA. Believe me, it is really a great association. **THINK OLYMPISM, REACH OLYMPIA, JOIN IOAPA!**

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 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](#) & [LinkedIn](#)

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.

Country: Greece

Name: Dimitris Dimitriadis

The Project “Teen Spirit I” offers accommodation and support to male adolescent refugees from war zones. The idea was inspired by the phenomenon I observed every time I met a newcomer in the Nostos’ Facility for Unaccompanied Children in Piraeus where I am responsible for their training. I always ask “what do you know about Sports and Olympic Games?” and the majority of answers I get is that they do not know anything about the history of sports, organized sports or the Olympic Games. My colleague **Anastasia Kelesidi** and I created a sport project with the purpose to help them explore the history, ethics and importance of the Olympic Games. The project had nine sessions of 45 minutes, two times per week in the classroom of the facility. In the first and the second meeting we presented the creation of the Olympic Games, we spoke about the holy place of Ancient Olympia, the social impact in the Ancient Greek society and we watched several videos about how the place was in those years and what sports they were practicing. The third and the fourth sessions were dedicated to the history of Olympic Flame, the Torch Relay and to videos of Opening/Closing Ceremonies. The adolescents were very excited about the torch and the ceremonies. In the fifth session, the boys learned about the Olympic symbols, Olympic rings and everyone made a painting using these symbols as inspiration. The sixth session was something that surprised all of them - the Paralympic Games. In the beginning they could not believe or understand what we presented. At the end of this session, everyone was pensive and understood that every person faces problems, that they are not the only ones and they should never give up. The seventh session was about the extreme sports which were introduced in the last Olympic Games and the eighth was about the sports management of the Olympic Games. In this we also organized a workshop in order to understand the professions involved in the biggest sports event all over the world. The last session was not a presentation, a lesson or a workshop. It was a discussion and a small ceremony where all the participants were awarded with a Certificate of Attendance. Our reward was the smile of the teenagers when for the first time in their lives they received an award. Finally, as a last remark I have to note that it was an interesting project in which we had to facilitate interaction among a multicultural group of students. Our team from NGO Nostos hopes to have the chance for more projects like this and me, as a member of the IOAPA family, I promise to do my best to promote sports and Olympic ethics. Without doubt, it is one of the most touching experiences in my life, and also one of my favorite sports project in which I have ever participated.



Country: USA

Name: Elizabeth (“Betz”) Hanley

It was a hot, sunny day in July when **Laurel Brassey Iversen** called from Kauai, as she occasionally does, “out of the blue”. When I answered, I had no idea she was inviting me to join her in an olive oil venture to help our friend, Franca, survive the financially “dead” coronavirus year of 2020 for her family’s Magna Grecia Agriturismo. Of course, those IOAPA members who have attended our biennial meetings and enjoyed the delicious meals at Magna Grecia can appreciate the dearth of business in this coronavirus year. Cruise ships usually dock at the port of Katakalo and then bus their people to the village of Ancient Olympia to shop, tour the ancient site, and then head to Magna Grecia for a lecture/demonstration of olive harvesting and processing, plus tasty hors d’oeuvres prior to a sumptuous dinner complete with music and dancing! A lovely shop brimming with olive oil, wines, herbs and a variety of tempting items keep Magna Grecia in business. Alas, there have been no cruise ships this pandemic year. So...when Laurel asked me to join her in selling Franca’s special Koroneiko olive oil to friends, I was not sure what to say. How could I possibly, in Central Pennsylvania, coax any of my friends into paying \$28 for a can of olive oil from Greece? Laurel has access to a prominent clientele because of the business she is in, but I am retired. On the other hand, how could I say no to such a remarkable project to help Franca and her family? I accepted the challenge! After sending several emails to various friends, using Laurel’s well-crafted “Covid-19 charity project” plea and adding my personal plea to help Franca: voila! I filled box #1: 18 cans of olive oil! Armed with enthusiasm, I continued to fill box #2, #3, #4, #5, #6, #7, #8, #9, and ultimately, #10. I was pleased at what I had accomplished and I thoroughly enjoyed every minute of it: looking forward to each box as it arrived, tying a photo of Franca with a note of thanks pasted on the back to each person’s order, and greeting friends as they came by to pick up their orders – with masks and social distancing! Several friends noted how exceptional the olive oil was and re-ordered; they told others and more people ordered, thus filling the 10th box. I was pleased with my 10 boxes, but awed by Laurel’s 45 boxes! With 18 cans in each box we filled, the total was a fine start to help Franca and her family.

The best news for IOAPA is that a portion of the sales will be donated to the Hans van Haute Scholarship Fund in order to bring a participant from Africa to the next IOAPA session! On a personal note, I loved being an entrepreneur for the first time!

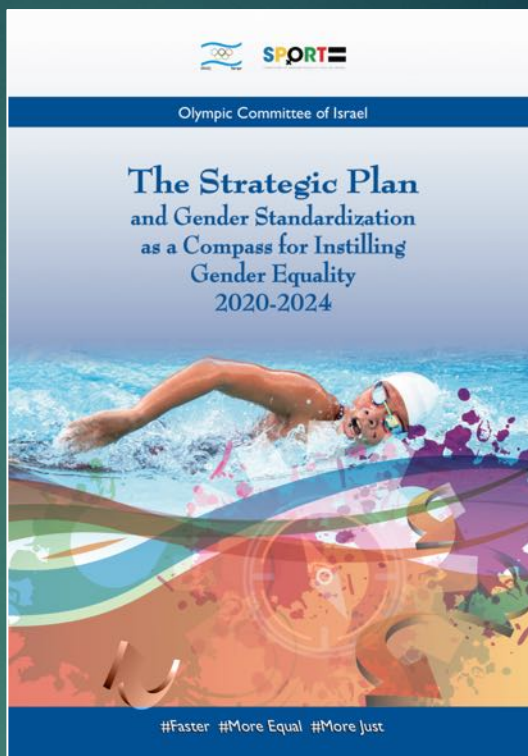


Country: Israel

Name: Yarden Har Lev

The Olympic Committee of Israel launched a strategic plan and gender standardization as a compass for instilling gender equality. In the introductory message, Igal Carmi, the President of the Olympic Committee of Israel, and Gilad Lustig, its CEO, write that “We are at an important milestone when the International Olympic Committee has launched a strategic road map for the future of the Olympic Movement within the 2020 Olympic agenda to include encouragement, support and promotion of women and girls in sport at all levels, making significant changes to achieve equality between the genders. We at the Olympic Committee of Israel have joined the call made by Dr. Thomas Bach, President of the Olympic Movement, to reduce gender gaps in sport and to strive for equality between the genders through commitment and responsibility, by making an influence and serving as an example to sport organizations in Israel”. Indeed, in 2018-2020 the Olympic Committee of Israel implemented 10 out of 25 recommendations presented by the International Olympic Committee via diverse projects, plans and allocation of budgets for their execution.

Click [HERE](#) for the strategic plan 2020-2024 in English.



"Sport organizations and we share an important responsibility to set an example to others in the world of sport and in society, in general. This is the reason that the IOC is committed to bridging the gaps between the genders. Promoting females in sport and through sport is a team effort. By joining hands and team work, sport can trigger the required change and lead the way".

Dr. Thomas Bach, President of the IOC, in his greetings to the Olympic Committee of Israel and the participants of the First Gender Equality Conference held in Israel (2019).

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





Country: France

Name: Julien Buhajezuk

Sessions and Years at IOA: YPS 2009(participant),
Master Program 2009-10, NOAs Directors 2020

How does the national IOAPA network operate in your country?

Within the French National Olympic Academy (ANOF), a committee composed of all former IOA sessions exists (CNRO). Every single participant that has attended one of the sessions is automatically a member, there is no need to apply, there is no fee and no obligation to be active, though it is of course encouraged for those who aim at becoming a member of the NOA. This committee is traditionally coordinated by a member of the NOA board and aims at maintaining the alumni and including alumni within the projects organized by the NOA.

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

As a primary goal, the idea is to keep the alumni involved on the long term and for the NOA to benefit from the experience, knowledge and network built within the Olympic Movement. To achieve this, several objectives must be pursued: involvement in the planning of the NOA activities; involvement in the implementation of the NOA's action plan; involvement as a jury for the IOA sessions delegates' selections.

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

The CNRO is a committee contributing to the work of ANOF (French NOA) by disseminating the work that is done and contributing to its development and implementation. Apart from the voting rights, nothing differentiates a member of the NOA from a member of the CNRO. Both act as one to promote and develop education programs and disseminate the Olympic ideals and values within the country. In France, this is currently done by cooperating with the French National Olympic Committee as well as the Organizing Committee of the Paris 2024.

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

Any IOAPA member can contact the NOA representatives and they will be put in touch with the person responsible for the project concerned.

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

Selection and training of the future IOA sessions participants by the former participants. This initiative empowers the former participants, but also gives them a chance to have a say in who should represent our NOA and to share their knowledge and experience with the future members.



Country: Tunisia

Name: Ahmed Allouch

Sessions and Years at IOA: YPS 2009 (participant)

How does the national IOAPA network operate in your country?

The national network in Tunisia is not so active. Recently, I contacted our NOC to support the alumni association and I got a positive response. I will do to my best to make it active.

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

Our main goals are:

- Support, advise and help new IOA participants
- Permanent meetings to exchange and share best practices
- Participating in national events as volunteers and the organization team
- Suggest, participate and organize learning, education and sport events - be active at national and international events.

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

All national IOAPA network members are usually invited to the NOC events especially in the field of education. We work to reinforce the collaboration by supporting the alumni association and coordinating our meeting and events. Sometimes, we are invited to give a course on Olympic values and volunteering.

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

The national IOAPA network in Tunisia uses a mailing list to send information and invitations. It also uses WhatsApp group and Skype. To join the network, please contact at: alouch18@yahoo.fr

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

Organizing sport events for youth in the framework of Sport Day, as well as education course on volunteering in the framework of International Volunteering Day.

OLYMPIC POEM

Stavros Stavrou (CYP)



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”

STRONG INSIDE

English version

There will be times
that the light is going to fade
the voice is going to stay silent
the eyes are going to cry...
Look at the sun
The light is still there...
Look within you
and you will hear that voice again
Look into someone else's eyes
There will be a smile for you there...

And when you reach the finish line
-whatever happens-
you know what light is
you know what a voice is
you know what a smile is

And even if that podium is a dream
that will never come true
you will stay strong...
...and shine...
...and shout...
...and smile...
Only because you were once weak

But now
-Even if you are not the fastest or the strongest-
You are strong
You are strong inside
And that's what matters...

ΑΠΟ ΜΕΣΑ ΔΥΝΑΤΟΣ

Greek version

Θα έρθουν στιγμές
που το φως θα ξεθωριάζει
που η φωνή θα σιωπάει
που τα μάτια θα κλαίνε...
Κοίταξε τον ήλιο
Το φως θα είναι ακόμα εκεί...
Κοίταξε μέσα σου
και θ' ακούσεις ξανά εκείνη τη φωνή
Κοίταξε μέσα σε κάποιον άλλον τα μάτια
Θα υπάρχει εκεί ένα χαμόγελο για σένα...

Κι όταν θα φτάσεις στη γραμμή του τερματισμού
-ό,τι και να γίνει-
εσύ ξέρεις τι θα πει φως
εσύ ξέρεις τι θα πει φωνή
εσύ ξέρεις τι θα πει χαμόγελο...

Κι αν το βάθρο μοιάζει με όνειρο
που δε θα βγει ποτέ αληθινό
θα είσαι ακόμα δυνατός
...και θα λάμπεις...
...και θα κραυγάζεις...
...και θα χαμογελάς...
Μόνο και μόνο γιατί κάποτε ήσουν αδύναμος

Μα τώρα
-ακόμα κι αν δεν είσαι ο γρηγορότερος ή ο δυνατότερος-
Είσαι δυνατός
Είσαι από μέσα δυνατός
Κι αυτό είναι που έχει σημασία...

“

CONTRIBUTE TO ARETE NEWSLETTER!

Do you manage an interesting project on Olympic Education in your country?

Do you organize a sport-related webinar during the COVID-19 time?

Do you work on an Olympism-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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*The important thing in life
is not the triumph, but the
fight; the essential thing is
not to have won, but to
have fought well*

- Pierre de Coubertin -

HOW MUCH DO YOU KNOW ABOUT THE OLYMPICS ?

Which of the new sports
in the Olympic program
of Tokyo 2020 originated
in Japan?



Answer to the summer newsletter: 2024

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