

ARETE NEWSLETTER

APRIL 2021



INTERNATIONAL
OLYMPIC
ACADEMY
PARTICIPANTS
ASSOCIATION



HIGHLIGHTS



ATHLETES AS ROLE MODELS IN TEACHING OLYMPIC EDUCATION

The core of the Olympic idea has to do with Olympic education rather than the Olympic Games. For Pierre de Coubertin the Olympic Games were an external motivation, every four years, for the world's youth to present the results of its education in the spirit of the Olympic ideals... (p.5)

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THE CANADIAN OLYMPIC SCHOOL PROGRAM

In its continuous commitment to inspire the next generation of Canadians through the legacy of Team Canada and the Olympic Games, the Canadian Olympic School Program (COSP) began the year with the launch of new and engaging resources to support teachers, caregivers and guardians... (p.11)

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INTERNATIONAL PIERRE DE COUBERTIN COMMITTEE'S REPORT

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EDITORIAL

Yarden Har Lev (ISR)



PAGE 3

Dear Readers,

Welcome to the April 2021 issue of the Arete Newsletter!

This week we mark the International Day of Sport for Development and Peace, which is celebrated annually on 6 April in order to recognize the power of sport to drive social change and community development. Reality shows us that sport can also cross boundaries and inspire hope across nations for building peace and solidarity. But we will only be able to get back to this if we support each other to recover better from the pandemic. As ambassadors of the Olympic Movement, I hope to see all of us joining the global effort to encourage everyone to be active and stay healthy at a time when the world is still fighting the spread of COVID-19.

In this colorful edition you will find articles such as: *Athletes as Role Models in Teaching Olympic Education* by **Juan Diego Blas** and *Sport & National Security* by **Luka Lesko**. Also, **Marisleyxis Cedeño** shares her personal Olympic story to qualify for Buenos Aires 2018 and **Clément Le Merlus** provides a special interview with endearing 2019 IOA Young Participant Rodrigue Ibrahim in order to help him recover after the explosion in Lebanon. In addition, do not miss the Canadian Olympic School Program by the **Canadian Olympic Committee** providing direct access to their resources, as well as a comprehensive report of the International Pierre de Coubertin Committee by **Prof. Stephan Wassong**.

Before the elections for the new term, Arete this month allows you to get to know more closely another member of the current **IOAPA Executive Committee** as well as our **Country Coordinators** from Greece and India. Finally, catch up on recent IOAPA news where our members present their Olympic Education activities in their countries. We aim to keep you connected and, as always, to inspire you with Olympic Poems – this time by **Filipa Russo Teixeira**.

To acknowledge the efforts of our members and partners, I wish to thank everyone who contributed to this interesting and varied newsletter. Please note that the **submission deadline for the August edition is June 1st**. Share with us your experiences and join the authors of Arete.

Enjoy your reading!

Yours in Olympism,

Yarden Har Lev

Yarden Har Lev, Editor

MESSAGE FROM THE PRESIDENT

Richard Koo (CAN)



PAGE 4

Dear IOAPA Members and readers of Arête:

Welcome to our first edition of 2021! As we await the start Games of the XXXII Olympiad in Tokyo, I am reminded of the Japanese proverb “愚公山を移す/ gukou yama-o utsusu / faith can move mountains”. While the world is still coping with the ongoing effects of the COVID-19 pandemic, the hosting of a well-organised and safe Games by Japan will be a testament to the overcoming of adversity and the enduring power of the Olympic spirit.

The IOAPA Executive Committee continues to be hard at work in this final year of our 2019-2021 mandate. I am pleased to announce that we will be organising the 17th IOAPA Session later this year, and will be held virtually for the first time ever. By taking advantage of all the available technology that this unprecedented era affords us, we will be able to welcome many more members to the session. Thus we continue to deliver on our mandate of gathering to exchange ideas and experiences in the service of Olympism. While we do not have complete details confirmed prior to our publication deadline, we will have more information in the coming weeks so please be on the lookout for news via our social media platforms as well as in your email inbox.

Following on the recent news that foreign spectators will not be able to attend the Games in Japan this year, we hope to nonetheless host a virtual gathering of our members in a manner that continues the tradition of our in-person reunions at the Olympic Games. This will be an opportunity not only to share our communal TV viewing experiences, but also an one for celebration and appreciation to our Japanese hosts for their determination despite the tremendous adversity that these times have presented.

Finally, in this issue I want to draw attention to an initiative started by the alumni of the 2019 IOA Young Participants Session to support Rodrigue Ibrahim in rebuilding the rowing and training facilities that were destroyed in the devastating Beirut explosion of 2020. His story and the rallying of his new IOA friends from around the world is chronicled in an article in this edition of Arête. It is heartwarming to see how the IOA pulls people together and I commend all those involved for the efforts they are undertaking to support not just Rodrigue but the entire rowing community in Lebanon.

Stay safe and keep the faith, we will all get through this together!

Richard Koo

IOAPA President

ATHLETES AS ROLE MODELS IN TEACHING OLYMPIC EDUCATION

Juan Diego Blas (GUA)

The core of the Olympic idea has to do with Olympic education rather than the Olympic Games. For Pierre de Coubertin the Olympic Games were an external motivation, every four years, for the world's youth to present the results of its education in the spirit of the Olympic ideals. Taking this into account, we have to turn our priorities to teach and promote Olympic Education and Olympic Values instead of only focusing on the high performance of the athletes at all costs. It might be considered that most NOCs focus on getting the so called "results" which are qualifying and winning Olympic medals, instead of focusing on social impact results that benefit our societies. This can be achieved in several ways, but we will be addressing the importance of athletes as role models in teaching Olympic Education in this case of study.

The first role of the NOCs is to promote the fundamental principles and values of Olympism in their countries, in particular, in the fields of sport and education, by promoting Olympic educational programs in all levels of schools, sports and physical education institutions and universities. Hence, in this article, I shall present the following question: ***Who is better than the athletes to be set as role models and teach these principles and values in the schools?*** Kids admire and look up to the athletes, in our experience not only Olympians and Paralympians, but any athlete that represents the country and wears the national uniform. Using the power of the athlete's voice to teach this principles and values is a way in which we can promote Olympic Values more easily on youth. Based on this argument, I will also analyze the impact that two Olympic Education programs of the Guatemalan Olympic Academy have had in the Guatemalan youth by using the athletes as mentors in the schools. Athletes have the power to inspire, persuade and influence. Let's use this to retake the philosophy of Coubertin that the Olympic Movement is mainly an educational movement.

(1) Classroom Champions

Founded in 2009, Classroom Champions is a one-to-many scaled mentorship organization that works with teachers and school administrations to position elite athletes as role-models in underserved K-8 classrooms. The athlete-mentors produce video lessons on a different topic each month of the school year, participate in regular live video chats, and when possible, visit schools for a day of face-to-face mentoring. Each lesson deals with a social and emotional learning (SEL) topic designed to build skills such as goal setting, teamwork, fair play, perseverance, courage, etc.




Image 1: My Olympic Friend visit to El Progreso with the Cycling athlete Manolo Castro.

Image 2: My Olympic Friend visit to Zacapa with the Judo Olympic Athlete Jose Ramos.



(2) My Olympic Friend

Founded in 2015 with the support of Classroom Champions and UNICEF Guatemala, My Olympic Friend is an Olympic education program from the Guatemalan Olympic Academy which works with Guatemalan athletes to share and inspire youth in scholar centers about the fundamental principles and values of Olympism through a program that is related to the National Base Curricula. The main objective is to search for a better and more pacific society and be the lead Olympic Education program at national level in the promotion of Olympic Values, with innovative and world class ideas, that associate culture and education with sport.

Impact Results

Classroom Champions (CC) worked since 2011 engaging more than 25,000 students, 1,000 classrooms, 125 athletes and 600 teachers mainly in the United States and Canada until 2017. Based on their document “The Impact of Scaled Mentorship on Social Emotional Learning” we can address some of the main impact indicators they have had in the last years. They have applied a sample of teachers (n=121), students (n=2282) and athletes (n=30).

My Olympic Friend (MOF) has been working since 2015 engaging more than 20,000 students, 800 classrooms, 60 athletes and 800 teachers in Guatemala, until 2019. Based on their impact report from 2019 we will provide some indicators that we have had. MOF also uses the poll methodology as explained before for measuring qualitative indicators. The sample applied was teachers (n=20), students (n=301) and athletes (n=15).

The following data has been taken from the impact reports from both programs:

- 83% of mentors reported CC was an integral part of their successes in training and/or competitions.
- 94% of CC mentors reported their mentees positively influenced their training.
- 100% of CC mentors said support from their mentees helped them during competition.
- 100% of CC athlete-mentors report that participating in the program helped them prepare for life after sport.
- 93.33% of MOF athlete mentors consider they established a relationship with the students.
- 93.33% of MOF athlete mentors feel an improvement in their communication skills.
- 100% of MOF athlete mentors perceive an improvement in their leadership skills.
- 100% of MOF athlete mentors mention they have more personal motivation towards life.

Image 1: My Olympic Friend visit to Huehuetenango with the Judo athlete Luis Eduardo Aguilar.
Image 2: My Olympic Friend visit to Sacatepequez with the Equestrian athlete Pablo Paiz.



Reflections and Conclusions

A proposal for Olympic Education, based on the values advocated by Olympic philosophy, can represent an important pedagogical alternative to issues of social inclusion through sport. The proposition of strategies for the development of an Olympic Education in social sports programs or projects has an innovative and differentiated meaning. In this study, it can be seen that athletes are great facilitators of the promotion and dissemination of general values and Olympic values as a lifestyle, by this we believe that athletes can be a great compliment for teachers in the facilitation of Olympic Education programs.

Elite athletes are excellent mentors for kids. They practice hard work, dedication and perseverance every day. They understand what it's like to face adversity and to struggle. By using technology to share their experiences with multiple classrooms, they show students how to integrate the principles of sport — effort, fair play, teamwork — into their own lives. Kids look up to them, and listen to what they have to say.

In conclusion, the importance to retake the philosophy of Pierre de Coubertin that the Olympic Movement must be primarily an educational movement, proving that Olympic Education programs have more impact using the athletes not only as role models but as volunteers in these programs mentoring and giving their voice to inspire the youth to be better in every aspect of life. By this, we might someday achieve the goal of Olympism that is to place sport at the service of the harmonious development of humankind, with a view to promoting a peaceful society concerned with the preservation of human dignity.

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Luka Lesko (CRO)

Security studies have undergone many changes, extensions and diversifications since their establishment, and they are in continuous development. They combine many different approaches and present a type of knowledge that follows both academic work and the requirements of the national establishment. Sport is one of the most current phenomena of our era, while some scientists say that the knowledge of sports is actually the knowledge of society. Despite expansion, the field of sport has remained outside the systemic interest of security studies and national security implementation policies. For this reason, this book had two basic objectives. The first is the theoretical analysis of the relations between sport and national security, backed up by over 500 empirical examples from around the world. The second objective was to create the guidelines for the development of security policy and practice in order to manage the effects of sport on national security systematically. At least three key reasons for the inclusion of sport in security studies have been determined: sport and national identity; sport, international reputation of the country and sports diplomacy; sport as a target and instrument of security threats.

National identity is one of the essential prerequisites for realizing national security of countries, especially because divided societies are more susceptible to external destabilizing influences. The role of sporting events in constructing national identity and the role of sports teams as instruments of expressing social pride and geographical identity are significant, as confirmed by many examples among the world. Homogenizing potential is not only achieved by great sports results of national selections, but also by hosting popular competitions. **International reputation of the country** is one of the most important factors for the realization of national security and national interests. Visible in numerous examples, hosting major sporting competitions and achieving great sports results benefits international branding of a country, while sporting achievement has become the integral factor of the international soft power index, which is the reason why sports are believed to affect the global perception of countries. Sport is used as a geopolitical weapon, as a medium for transmitting political messages, promoting dialogue and integration in multicultural societies, and as a tool of radicalizing relations between the countries. Although still systematically unrecognized in many countries, sports diplomacy involves a series of formal and informal actions by the country, diplomatic missions, sports officials, athletes and other actors for the purpose of implementing foreign policy through sport. Two basic forms of sports diplomacy include the use of sporting achievements as instruments of diplomacy (sports competitiveness), and the use of sport for communication, negotiation and sending diplomatic messages.




Image 1: The Olympic Park of 1972 Summer Olympics.
Image 2: Black September terrorist attack in Munich 1972.



Photo Credit: Yarden Har Lev



Terrorist attacks, through their direct and indirect effects, are largely a matter of the national security. Match dates known in advance, mass gatherings, high concentration of emotions and high publicity at little cost make sporting events suitable soft targets of terrorist attacks. From 1970 to the end of 2017, 61 terrorist organizations/groups carried out 234 terrorist attacks on sports facilities. At least 556 people were killed and 2490 were injured. Terrorism at sports facilities has previously been more selective, while today its most common objective is mass killing of civilians for the purpose of spreading collective fear. Since the budget for major sporting events has been significantly increased in the last decade, the data indicate less attacks and the efficiency in the prevention of terrorist attacks at major sporting events, which has subsequently led to the change in targets. Despite numerous attacks, terrorism did not significantly impede the hosting of major sporting events.

The political, economic, social and media power of sport opened the door to intelligence activity.

Espionage methods in sports often lead to prison and drastic fines, ranging from impersonation for the purpose of gathering secret information, illegal eavesdropping and recording of sports teams, hacking into computer systems, recruiting athletes and/or sports professionals, doping espionage, right up to espionage activities in the bidding process for sporting events. Contrary to espionage, **business intelligence** as a legal method offers a new dimension to the sports ecosystem, allowing sports organizations, federations and clubs to gain comparative advantage over the competition. Two interrelated levels of applicability of business intelligence methods in sport have been identified: for the purpose of achieving business goals and for achieving sports results.

Fans are the integral and inseparable part of the sports ecosystem, but social anomaly in the form of **hooliganism** has been recognized as a threat to national security in many countries. Hooligan violence is present in many countries today, while its incidence is not necessarily related to the development of countries. This book presents various modalities of fans hooliganism, in the form of mass violent entrances of fans to the sports field, individual attacks on sporting event actors, fans incidents across the continents/ countries and mass tragedies at sports stadiums. The consequences are evident in many injuries, damaged property and sanctions that cause clubs and federations to suffer significant reputational and financial damage. In addition to the need for explicit laws with clear enforcement mechanisms, educational campaigns for the prevention of fan violence are recommended, as well as training of security personnel to effectively implement security measures, especially at high-risk sporting events by the SESA system.

Image 1: Armed guards protect the athletes at Innsbruck 1976.
Image 2: The venue hosted the large hill ski jumping event at the 1976 Winter Olympics.



Corruption is not only a legal determination, but also a certain social relation, which has become a serious national security issue. Athletes, coaches, other sports professionals, clubs, federations, international sports organizations, betting companies, sponsor representatives, etc. may be involved in corruption processes. Corruption in sports includes bribery, blackmail, extortion, various types of abuse and conflict of interest, tax evasion, nepotism, clientelism, influence trading, etc. Examples of corruption or organized crime in sport have been presented through the following: corruption and organized crime in the process of bidding and organizing sporting events; match-fixing; non-transparent and illegal management; using doping methods. Some of the guidelines for the prevention of corruption in sport were identified: adequate legislation, domicile and international cooperation in data exchange, the role of research media, ensuring the integrity of employees in the management positions, preventive education of athletes and sports professionals, etc. In the organization of (especially major) sporting events, it is recommended to pay attention to the prevention of corruption in the areas of financial management, public procurement, infrastructure construction, etc.

Although initially conceived as safe, noble and devoid of politics, given the content of this book, it is justifiable that sport should be considered in the context of national security. The presented data indicates that sports, sporting events and their actors have security dimensions and are correlated with security, which is the reason why sport should be a part of security studies. The fact that sport is relevant to national security is additionally confirmed by the key documents, the national security strategies.

The article is based on the book: Bilandzic, M & Lesko, L. Sport and national security: Terrorism, espionage and corruption in football and other sports. Zagreb: Despot infinitus. The book was awarded the best Croatian scientific book in the field of security in 2020.

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.

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THE CANADIAN OLYMPIC SCHOOL PROGRAM

Canadian Olympic Committee

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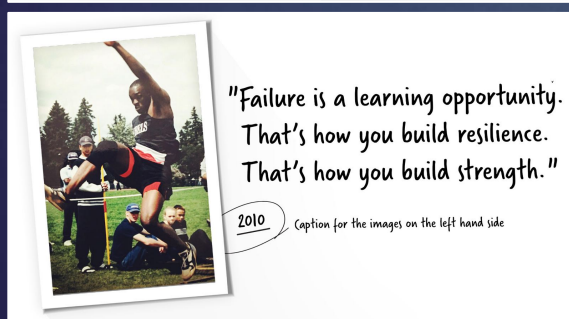
In its continuous commitment to inspire the next generation of Canadians through the legacy of Team Canada and the Olympic Games, the **Canadian Olympic School Program (COSP)** began the year with the launch of new and engaging resources to support teachers, caregivers and guardians.

In February 2021, in honour of *Black History Month*, the COSP proudly celebrated the stories of 8 inspiring Team Canada athletes who left a legacy in Canada with new Athlete Stories: Celebrating contributions made by Black Canadians in sport and the history of our nation. Driven by their values, commitment and quest for personal excellence, students are inspired by some of the nation's greatest role models and ambassadors including, Raymond Lewis, Phil Edwards, Daniel Igali, Sarah Nurse, Jennifer Abel, Gary Reed, Seyi Smith and Tammara Thibault.

Click [HERE](#) to download the resources for your classroom!

In collaboration with *Active for Life*, the COSP is developing a 6-part article series about the benefits of sport beyond the performance. Canadian Olympic athletes will be sharing tips on how to help children develop qualities like resilience, self-discovery, inclusion, leadership, finding their voice, and growing their confidence — and how participation in sport and physical activity can help.

Click [HERE](#) for the release of a new article monthly!



TEAM CANADA ATHLETE STORIES

Celebrating contributions made by
Black Canadians in sport and to the history
of our nation



BELIEVE IN THE BEAUTY OF YOUR DREAMS

Marisleysis Cedeño (GUA)

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“THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS”

- ELEANOR ROOSEVELT -

My Olympic experience was the most incredible experience I have had in my life, which also made me the person who I am today. I had a different process of qualification to the Games, compared with others athletes that went to the 2018 Youth Olympic Games (YOG) in Buenos Aires, because exactly two years before the qualification I stopped my training. In that moment of my life, I lost every kind of faith about going to the YOG. Yet, exactly one year before the qualification I was blessed to be able to start training again, and I promised myself that I would not give up and do my best in order to have the chance to qualify to the Games. None of this could be possible without the support of my family, my friends, teammates, and coaches.

My coach told me that dreaming is easy. You just lay down in your bed and dream. However, the most important thing about dreams is waking up every day and fighting to make that dream come true. Those words definitely helped me to qualify to the YOG. My qualification was not only a historical moment for myself, but also to my country. It was the first time a Guatemala rower had ever qualified for the Olympics!

The countdown ended and I went to Buenos Aires. From the first second being in Buenos Aires until the last one, it was an incredible experience for me. I still cannot believe that there were 4,000 people from all over the world in the Olympic village who shared the same passion of sports. My performance was not as I expected. I was very conscious that I worked so hard for it, but it was not enough. Along with the disappointment of my participation, I learned a lot from that competition and it helped me to be a better athlete afterwards. Besides that bitter moment, I continued enjoying my time in Buenos Aires; one of my favorite activities in the village was exchanging pins with many athletes from all over the world. In addition, there were two moments of my Olympic experience that I will never forget.

The first one was the gold medal of the Argentina rower Sol Ordas. It was an incredible feeling even though I was not the person to win this medal. The reason I was very happy for her is because she was winning a medal for the America Continent. Even today, I remember the happiness of the locals when she crossed the finish line. This moment just made me feel great. The second moment was when the Olympic flame was extinguished.

Image 1: Marisleysis Cedeño with the Guatemala team at the Buenos Aires Olympic Park.



Image 2: Coral Nuts, the Marisleysis' rowing international mixed team at Puerto Madero in Buenos Aires.



It was an emotional moment for me because I knew that the Games had come to the end, my dream having come true.

To conclude my story, I would like to encourage everyone to fight for their dreams. It is not enough just to dream; one also has to work hard to make a dream a reality. And if you have fulfilled your Olympic dream, share every day the values of friendship, respect, and excellence, alongside the passion for your country, for your family and for sports.



Photos Credit: Guatemala Olympic Committee

**“ MY QUALIFICATION WAS NOT ONLY A
HISTORICAL MOMENT FOR MYSELF, BUT ALSO TO
MY COUNTRY. IT WAS THE FIRST TIME A
GUATEMALA ROWER HAD EVER QUALIFIED FOR
THE OLYMPICS! “**

INTERNATIONAL PIERRE DE COUBERTIN COMMITTEE

Activities Report

Stephan Wassong (GER)



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On behalf of the members of the International Pierre de Coubertin Committee (IPCC), it is my pleasure to address the members and readers of the International Olympic Academy Participants Association (IOAPA) with an update on the IPCC activities for their Arete Newsletter, spring 2021.

2020 has been a challenging year. We were obliged to make certain adjustments and apply new ways of developing our activities. It was with the help of modern technology that we were able to maintain most of our meetings and contacts with other institutions through webinar conferences. At the same time, it is with great satisfaction that we observed an increasing number of new IPCC members, new National Coubertin Committees and new requests for recognition of Coubertin schools worldwide. This situation led us to initiate a project on the IPCC Directory.

IPCC DIRECTORY

The editing of an IPCC Directory is one of our projects to be finalized in 2021. It will contain standardized information on our members, on the International Network of Pierre de Coubertin Schools and on National Pierre de Coubertin Committees. This publication will have a printed and an electronic format.

The objective of this project is for our members to learn more about each other in a very concise way. This would strengthen collaboration on individual interests and interests related to IPCC activities. It would also offer National Pierre de Coubertin Committees a platform to present themselves and their activities. A standardized questionnaire was circulated in order to obtain all this information. At a later stage the directory will be uploaded on the website of the IPCC. General Data Protection Regulation (GDPR) will duly be taken into consideration.

A software project has also been designed by one of the IPCC members (Sport4.life). It is a tool with the possibility to manage relevant data of the National Pierre de Coubertin Committees, the individual IPCC members and the Pierre the Coubertin Schools in a unique platform. It would provide better communication between all IPCC stakeholders through a unique database. Each member would have individual credentials in order to be able to have access to the system, manage personal pages, enrol in events and upload initiatives and their own events. Every member would easily have access and give full report on their activities. It would be the first step for the IPCC to be integrated with social webpages and collect all the international and national activities developed on behalf of the IPCC.



Our members who are working on this project are: Natalia CAMPS Y WILANT, IPCC member (Germany) and former Secretary General of the German Pierre de Coubertin Committee; and Marco TOMASINI, IPCC member (Italy), member of the Malta Pierre de Coubertin Committee.

INTERNATIONAL PIERRE DE COUBERTIN YOUTH FORUM 2021

In view of the present situation, it was recommended to postpone the Youth Forum for one year and celebrate it in 2022. Our hosts in Cyprus were in full agreement. We had to give priority to the health and safety of students and their teachers as well to the security of the society at large.

However, it was considered that the spirit had to be kept alive and that we should use modern technology and connect with teachers, students and the organizers by setting up meetings and exchanging messages. A virtual activity via the ZOOM platform has been foreseen to keep the Coubertin schools network alive.

E-JOURNAL: DIAGORAS INTERNATIONAL ACADEMIC JOURNAL ON OLYMPIC STUDIES

The e-journal Diagoras (<http://diagorasjournal.com>) has been established through a joint collaboration of the Olympic Studies Centres of the German Sport University Cologne, Autonomous University of Barcelona and University of Canterbury (NZ). The aim of the journal is to foster a critical understanding of Olympism, the Olympic Movement and the Olympic Games. With this goal, the journal's approach is a multi-interdisciplinary one. The articles place an emphasis on, amongst others, the educational, pedagogical, philosophical, historical, socio-cultural, communicative and commercial aspects of Olympic studies.

The IPCC joined the editorial team in 2018. Since then, the IPCC has contributed to the editing and publishing of the second, third and fourth volumes of this e-journal which is enjoying an increasing academic reputation on the national and international level. The journal provides the members of the IPCC with a valuable opportunity to publish their articles on the Olympic Movement and the educational and ethical dimension of Coubertin's Olympic idea. We invite readers to send their articles for the publication of the fifth volume in 2021.

'COUBERTIN AND THE ARTS' EXHIBITION IN TOKYO

This exhibition consists of 13 panels dedicated to Pierre de Coubertin and his philosophy of the unique relationship between sport and art. This project was developed in collaboration with the IPCC, the Japanese Pierre de Coubertin Committee and the Japanese Olympic Committee.



This exhibition will be shown at the Japan Olympic Museum during the Tokyo 2020 (21) Olympic Games. It was already shown at Rio 2016 Olympic Games. The 13 panels have been translated to English and Japanese languages. Junko TAHARA, who is a long-time Vice President of the IPCC, is in charge of the exhibition. Exceptionally, on this occasion, we will also have a virtual presentation of the exhibition.

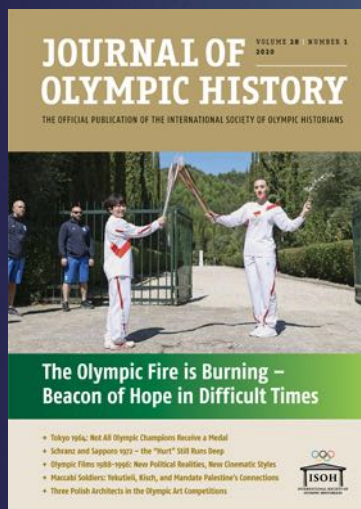
Finally, I encourage you to visit our [WEBSITE](#) to learn more about our activities.

Stephan Wassong

President of the International Pierre de Coubertin Committee



ACADEMIC OPPORTUNITIES



WRITE AN ARTICLE

By: Elizabeth (“Betz”) Hanley, IOAPA Founding Member

For those IOAPA members who would like to have articles published on topics related to Olympic History, Olympism, the IOA or related subjects, the opportunity is waiting for you: The Journal of Olympic History, The Official Publication of the International Society of Olympic Historians welcomes your input! As one of four Associate Editors of the Journal, along with IOAPA member Philip Barker, I invite you to send your articles to the Editor, Volker Kluge (GER) at olympic.journal@t-online.de.

M.A. International Sport Development and Politics Koln

The German Sport University Cologne welcomes applications for the new edition of its Master's Degree Programme - M.A. International Sport Development and Politics.

The deadline for application for non-EU students is May 31st and for EU students is July 15th.

CLICK [HERE](#) FOR FURTHER DETAILS

THE DREAM IS STILL ALIVE

Interview with Rodrigue Ibrahim

Clément Le Merlus (FRA)

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“BEFORE THE BLAST, I WAS TRAINING SO HARD TO ACHIEVE MY OLYMPIC DREAM”

Called “The Beast” for his herculean body, endearing 2019 IOA Young Participant Rodrigue Ibrahim doesn’t intend to admit defeat. The dreadful Beirut explosion last August devastated his Lebanese rowing federation’s infrastructure. But it didn’t blow away the 29-year-old’s dream to take part in the Olympic Games, despite very limited means.

Q: What were you doing when the blast happened?

I should have been at the rowing centre, but I had a meeting on Zoom in the afternoon which was delayed until that moment. Our rowing centre is 200m away from the place of the explosion, only separated with water. It is the area where we train, where we also have our national championships. Fortunately, there was nobody there due to the coronavirus.

Q: What was your first reaction?

I couldn’t go to the rowing centre, but a friend of mine sent me videos of what happened to our place. What I saw has been the biggest shock for me. I was living more in the rowing centre than in my house. I took care of all the boats as much as I could with a small budget.

Q: What remains of the rowing centre?

Nothing at all. There was nothing left. All of our 21 boats are broken – each one costs, at least, \$3,000. Same for our indoor rowing machines. All the walls fell down, as well as the roof. We just removed the rubble only a few months ago.

Q: What are your plans for rebuilding your training centre?

We launched the “reBuild reRow” fundraising campaign. We didn’t get as much donations as we were expecting. The boats are so expensive. We’d like to try to fix them, but we’re not sure that it would work. We also face severe economic crisis here in Lebanon, which started way before the pandemic.

Q: After the blast, did you receive support from abroad?

Yes, a lot of support from the IOA family. We still have an active WhatsApp group with the young participants of the 2019 session that I was part of. Many people said, “we’re next to you”. It pushed me to continue to pursue my Olympic dream. We also got support from the world rowing federation (FISA), and several boat manufacturers are trying to donate us boats. The community support is amazing. Not many people even knew there was rowing here in Lebanon. But I’d like to make us known in a different way, by competing internationally. I want people to see that there’s rowing in Lebanon.



Q: The Lebanese rowing federation is not so young, though, is it?

Our federation was created in 1968! One of our guys went to the World Championships once, but it was more than 20 years ago.

Q: Is your aim to be the next one to do so?

I hope so. I started rowing in 2016, after a serious knee injury which prevented me from continuing my basketball and MMA careers. I have progressive goals. The first step is the Arab championships. Then Worlds, and maybe the Olympics. Before the blast, I was training so hard to achieve that dream. I was improving day by day.

Q: Are you still able to train at the same rhythm as before?

I used to train twice a day, but now I train only once a day. The restrictions due to the pandemic don't help. The gyms aren't allowed to open.

Q: How do you train without boats and without a gym?

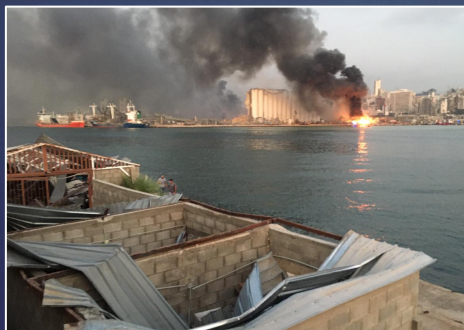
I have a strategy! I'm going to the back of the gym, because the managers of the place opened the fire exit for me. And I train there in order to not lose the shape. Sometimes, I go to the rowing centre. We've got a double boat which was scratched but can still work. With my partner, we only can do 1500 to 2000 meters with it. If we did more, we would sink. Anyway, I don't want to lose the technique. Even the Federation doesn't know that (laugh), because it is unsafe!

Q: The Olympic Games is your dream. What does it mean to you?

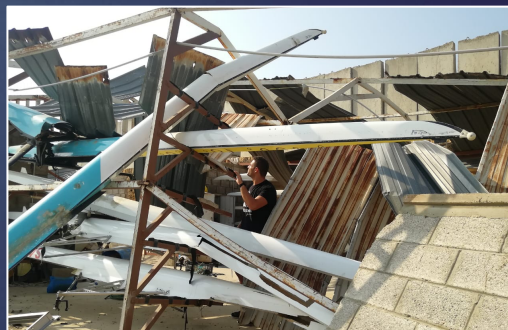
The Olympic Games are not called Olympic championships. A lot of people think that it is a championship. But that's where you get support from people around the world, the motivation. And it would also be a good place to spread the Lebanese culture, I mean our happiness: we've got several crises here and people are still happy – that is insane!



Rodrigue with his teammates.



Lebanon's rowing training center in the moments after the blast.



Rodrigue in the remains of the rowing center.



Q: Almost two years after flying over to Olympia, what memories have you kept from that experience?

I memorized everything in Olympia. Day by day, minute by minute. Even at breakfast, at lunch and at dinner. The IOA changed me. From the first day. It totally changed me, in a good way. The IOA Session made me the real Rodrigue. I saw that I love helping people, being educated more and more, talking to people. I found out my potential, because I saw others trusting me.

Q: What has changed for you once you returned to Beirut?

I decided to take a leadership management course. It taught me how to be a leader and how to help others achieve their dreams. Since I came back from Olympia, I'm never done, I'm always 'hungry'. I want to get out of the box. Because there's always a way, there's always a hope.

Help rebuild Lebanon's rowing training centre by donating: www.rebuildrrow.com



Rodrigue Ibrahim with his fellow young participants at the IOA in 2019.

MEET THE IOAPA EXECUTIVE COMMITTEE

ARETE Editorial Board



NEWSLETTER EDITOR

Yarden Har Lev (ISR)

Short Bio

Yarden is an education entrepreneur, who has a B.Ed. in Physical Education & Teacher's Certificate at Academic College at Wingate. Nowadays, Yarden is working for the Olympic Committee of Israel as Olympic Education Projects Manager, while studying for an M.A. in Olympic Studies at Deutsche Sporthochschule Köln. She is also a member of the Olympic Education Commission of the European Olympic Academies (EOA).

IOA & Olympic Experience

Since the 1992 Barcelona Olympics, when she was a child watching the Games on TV and witnessing the first medal ever for Israel, Yarden has been on an ongoing journey in the Olympic Movement. Her interest grew substantially when she participated in the 55th International Olympic Academy Young Participants Session. This extraordinary experience inspired her to come back to Olympia after only two months for the International Olympic Academy Participants Association (IOAPA) Session. Since 2017, Yarden has been an Executive Committee member as the IOAPA Newsletter Editor, and for the past 3 years she has served as a coordinator for IOA Sessions. In 2020, she volunteered in Media Operation Team of the Youth Olympic Games in Lausanne.

Interests & Sports

Yarden is a long-distance runner by her nature. She competed for more than 10 years in triathlon, while running 3 marathons. However, her favorite sport is football and she is a true fan of Athletic Bilbao.

Message to the IOAPA Members

"The educational mission of the Olympic Movement is our mission, and it can be realized only thanks to people who consistently act for its fulfillment. Therefore, I would like to believe that in our common journey under the roof of the IOAPA, 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".

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).

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.

FEEL FREE TO JOIN US ON SOCIAL MEDIA!

You can find us on

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

Country: Argentina

Name: Elena Iñíguez de Heredia

As a figure skater, I have always enjoyed performing. Now, when I work in sport events management, I always look for ways to give skaters the opportunity to perform even in the middle of a pandemic.

When the COVID-19 pandemic hit and everyone had to stay at home during a lockdown that lasted for months, my team and I started to look for alternatives to keep the skaters motivated and active. They have already been training off-ice virtually via Zoom classes, but they were missing the opportunity to compete and perform. Then, we came up with a virtual format to adapt different types of events to this new reality.

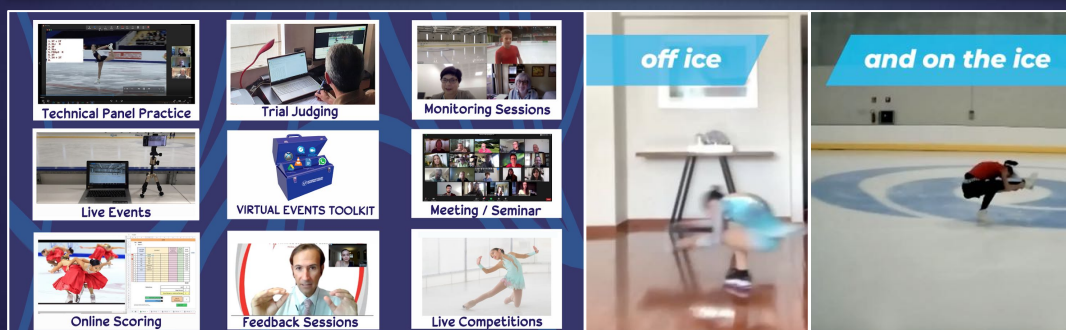
We used a Zoom meeting room as if it was the rink where we usually gather for our events: skaters could perform from their homes (off-ice elements and using spinners) or from their rink (those who are allowed to skate), and the Panel of Judges could watch them online to give their marks using a collaborative spreadsheet to calculate the scores. During 2020 we hosted different virtual events that were very successful. Some of them were off-ice competitions, including one with more than 250 participants from 8 different countries, and some were on-ice challenge events with skaters from the ISU Centers of Excellence.

Can you imagine skaters and officials all connected remotely from 28 different locations around the world to deliver a figure skating competition? All these events were the inspiration for the International Skating Union to create an online course for their eLearning platform, from which everyone could learn how to host these virtual events and replicate the experience in their own countries. The result of this project is the [Virtual Events Toolkit](#), an online DIY course that includes step-by-step instructions for hosting different types of virtual events: live and non-live virtual competitions, meetings and seminars, practice sessions for Officials, and skaters' monitoring for development purposes.

CLICK [HERE](#) for the embed video to watch all the possibilities and examples.

The course we created is **FREE AND AVAILABLE FOR EVERYONE** who wishes to host these kinds of virtual projects. I would like to share it with all of you because I believe these virtual tools are very useful for the **development of any sport** and can be adapted to host not only figure skating events but any type of sports-related activities!

For more information or questions, you are invited to contact: helenonice@hotmail.com



Country: Argentina

Name: *Silvia Dalotto-Marcó*

By introducing this guide of activities based on Olympic Education, we propose to include Olympism as a curricular content based on the guidelines established in the Olympic Charter—a statute that summarizes the fundamental principles, rules and texts of application of the International Olympic Movement—and it fits in the context of the national public education policy, regulated by the current National Education Act N° 26,206 and the Integral Rights Protection for Children and Adolescents Act N° 26,061.

The origin of Modern Olympism goes back to the Rondeau Seminar (France, 1832), in which the students proposed Games to be held every four years. An Olympic Charter was drafted with this purpose.

But it was the French pedagogue and political scientist Pierre Fredy Baron de Coubertin (1863 -1937) who shaped and decisively fostered the visionary initiative to re-establish the Olympic Games that existed in Ancient Greece.

Pierre de Coubertin raised the flag of sport as a pledge of unity and peace among peoples and maintained a rich network of symbolic and ritual contents while removing the religious character of the ancient Games.

During the 2007 Session of the International Olympic Committee, a set of three fundamental values was approved to support and consolidate the Olympic vision: **EXCELLENCE, FRIENDSHIP and RESPECT.**

Curricular spaces that can be accessed by means of Olympism, and its different ways of approaching it can undergo different implementations. Thus, this handbook intends to provide some examples for teachers to use. They will surely need to be adapted and will give rise to other activities, depending on the group and the context in which they are used. Olympism can and should interact with the educational system to share knowledge and resources in solidarity, strengthening the respective human, cultural, social, symbolic and economic capital.

Olympic Education conceived as a relational, conceptual, evaluative and attitudinal space in which sport is a means to shape better people, better organizations, better communities and societies where everyone, able-bodied and disabled people, under the integration principle, can improve themselves by setting their own personal and collective goals, discovering their talents and recognizing their limitations.



WELCOME TO THE WORLD OF OLYMPIC EDUCATION!

CLICK [HERE](#) for the English version

CLICK [HERE](#) for the Spanish version

**CHECK
IT OUT!**

Country: Greece

Name: Stavros Stavrou

The book *Five rings - one world: Olympic Games and Values* is a new Olympic education book, written by Stavros STAVROU and published by the Hellenic Olympic Committee and the Hellenic Olympic Academy. The aim of the book is to initiate readers into exciting and beautiful world of Olympism. The book follows a modern approach both in terms of its content, as well as in its illustration, while it includes QR codes and other characteristics which make it more interactive. It also includes a Game zone, with fun activities for kids.

The book is made up of around 90% international content, which could be used in any country, while one chapter is dedicated to famous Greek athletes.

Each chapter includes:

- “Did you know?” sections, with trivia and facts.
- “Olympic stories” sections, with interesting stories from the Games’ history.
- “Olympic figures” sections, with portraits of Olympic champions who made history.

CLICK [HERE](#) for a digital version of the book.

It would be a great honour to see the book translated in many different languages and reach children and young people all over the world, since we all share the same passion of spreading the Olympic values across the globe.

For more information or questions, you are invited to contact: stavrosst@gmail.com



ΠΕΝΤΕ ΚΥΚΛΟΙ ΕΝΑΣ ΚΟΣΜΟΣ

Ολυμπιακοί Αγώνες και Αξίες





**ΠΕΝΤΕ ΚΥΚΛΟΙ
ΕΝΑΣ ΚΟΣΜΟΣ**

Ολυμπιακοί Αγώνες και Αξίες

Έκδοση της Ελληνικής Ολυμπιακής Επιτροπής σε συνεργασία με την Εθνική Ολυμπιακή Ακαδημία της Ελλάδας (ΕΟΝ.Ο.Α.)

ISBN 978-960-88541-5-4



Country: Israel

Name: Yarden Har Lev

The Olympic Committee of Israel and the Academic College at Wingate are proud to launch the Olympic Studio: A dialogue between sport experts and academics regarding various topics on the agenda of the Olympic Movement.

The aim of the Olympic Studio is to create a fruitful academic discussion and offer practical solutions regarding the most current issues. Each of the 10 episodes will deal with an important topic in the field as follows: genetics and environment, safeguarding in sport, doping in sport, Olympians' career challenges, sports and gender, changes in the Olympic program, locating young athletes, sports technology, media coverage of the Olympics, economic upsides of the Olympics.

The Olympic Studio is broadcast every two weeks on the social media channels of the Olympic Committee of Israel. In the upcoming months selected parts will be translated into English, and hopefully you will find them interesting, thought-provoking, and inspiring.

CLICK [HERE](#) for watching the episodes in Hebrew.



Photos Credit: Yarden Har Lev

From left to right: Ori Fadlon, NOC Social Media Manager; Miri Nevo, Israeli Sports Broadcaster; Neta Rivkin, Olympic Rhythmic Gymnast; Sharon Davidovitch, Israeli Sports Broadcaster.



From left to right: Dr. Liat Perl, Pediatric Endocrinologist; Adi Bichman, Olympic Swimmer; Muli Epstein, NOC Chief Scientist.



From left to right: Alex Gilady, IOC Member; Yael Arad, Olympic Medalist in Judo (Silver, Barcelona 1992) and Marketing Strategy Specialist.

MEET THE IOAPA COUNTRY COORDINATORS



Country: Greece

Name: Kyriaki Oudatzi

Sessions and Years at IOA: Professor at the Master Program

How does the national IOAPA network operate in your country?

Under the auspices of IOA.

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

The main goal is to spread the Olympic values through cultural, educational and sport activities and programs, especially to youth.

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

The collaboration is expressed through common activities and educational programs, a common celebration of the International Olympic Day, as well as through the realization of the Olympic Day Run, in collaboration with Hellenic Olympic Committee, the Hellenic Olympic Academy, the International Olympic Academy, the Hellenic Olympians, the Hellenic Olympic Winners and the Hellenic Paralympic Committee. All the activities aim to spread the Olympic spirit and values to youth, as they focus on Olympic Education and highlight Olympism as philosophy and way of everyday behavior and life.

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

IOAPA members can contact us by a digital or physical way. We can be contacted using the following email: k.oudatzi@olympicmuseum.org.gr

Which initiatives has your national IOAPA network put in place?

Details can be found at the <http://www.olympicmuseum-thessaloniki.org/> and <http://olympicdayrun.gr/>

MEET THE IOAPA COUNTRY COORDINATORS



Country: India

Name: Neeraj Kumar Mehra

Sessions and Years at IOA: Master Program 2010, NOAs Directors 2011, IOAPA 2013 & 2019

How does the national IOAPA network operate in your country?

IOAPA India is more into the scouting and mentoring role for all interested people in the meld of Olympism, Olympic Education, Olympic Values etc. It has recommended and assisted potential candidates for securing admissions in Olympic master's degree Programs at the Russian International Olympic University and Tsukuba University. Also, it disseminates the information for prospective participants for IOA Sessions. Due to mobility issues, virtual discussions are preferred instead of onsite meetings.

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

The main objectives of the IOAPA India include:

- Promote Olympism, Olympic Education and Olympic Values in India;
- Assistance to the prospective candidates for the IOA Sessions;
- Provide a preliminary presentation and invitation to join IOAPA;
- Participate in the organization and operation of international seminars & conferences;
- Help promote sport and Olympism at school and higher education level.

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

IOAPA India collaborates with National Council of Sports Science and Physical Education, Dr B.R. Ambedkar Sports Foundation, National Martial Arts Committee, National Martial Arts Academy, Traditional Sports and Games Association - India, Indian Pierre de Coubertin Association, Association of National Sports Federation for various programs to Olympism.

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

IOAPA India is always open for discussion with the people interested in activities related to Olympism. They can contact us through email or meet personally through mutually agreed appointment dates and timings in New Delhi.

Which initiatives has your national IOAPA network put in place?

Recently a 2-day International Webinar on Olympism and Olympic Education in the 21st Century was organized, including 28,000+ direct participants from more than 40 countries and several million viewers.

OLYMPIC POEM

Filipa Russo Teixeira (POR)



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AN OLYMPIC TRANSFORMATION

I was as empty as the lights in that arena.

The one that had burned me so strongly in the shield of my chest while living my dream.

Like the one shining in the torch reflected in my eyes.

I had changed the roads but was still on the same path.

The conquered freedom, confused in the conquest of the biggest podium.

The world is no longer the universal stage in a joyless journey.

I saw human beings, but I didn't see real people.

I was used to fighting, but I didn't wear the same armor.

Being strong was not enough and life had another kind of magic for me.

A suffering like never before, and I who was an athlete had a defeated body.

The head knew the theory, but the practice was different.

My journey began.

What a battle, what an opportunity to grow. Today my eyes can see.

But like the scar marked on my body, I felt my rights. I was human.

I built bridges, opened doors and smashed all the windows.

I went to look for Olympia's magic, the strength of the gods and the legacy of the champions.

Values, attitude and an absorbing quest to transcend barriers.

They became a reflection of me.

Little did I know that that cycle was going to be the most important Olympics of my life.

I was going to discover my role in this world.

And there is no bigger medal than that. My right to freedom.

The flame is shining again in my heart.

English version

UMA TRANSFORMAÇÃO OLÍMPICA

Estava tão vazia como as luzes daquela arena.

Aquela que me tinha ardido tão fortemente no escudo do meu peito ao viver o meu sonho.

Como a que brilhava na tocha refletida nos meus olhos.

Tinha mudado de estrada mas continuava no mesmo caminho.

A liberdade conquistada, confundida na conquista da maior medalha.

O mundo deixou de ser o palco universal numa viagem sem alegria.

Eu via seres humanos, mas não via pessoas reais.

Estava habituada a lutar, mas não vestia a mesma armadura.

Ser forte não chegava e a vida tinha outra espécie de magia para mim.

Um sofrimento como nunca, e eu que era atleta tinha o corpo derrotado.

A cabeça sabia a teoria, mas a prática era outra.

Começava a minha jornada.

Que batalha, que oportunidade de crescer. Hoje os meus olhos conseguem ver.

Mas como a cicatriz marcada no meu corpo, eu senti os meus direitos.

Era humana.

Construi pontes, abri portas e quebrei todas as janelas.

Fui procurar a magia de Olympia, a força dos deuses e o legado dos campeões.

Valores, atitude e uma procura absorvente de transcender barreiras

Tornaram-se um reflexo de mim.

Mal sabia eu que aquele ciclo, ia ser a Olimpíada mais importante da minha vida.

Eu ia descobrir o meu papel neste mundo.

E não há medalha maior que essa. O meu direito à liberdade.

A chama brilha de novo no meu coração.

Portuguese version

“

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 17TH IOAPA SESSION IN 2021 WILL BE HELD VIRTUALLY FOR THE FIRST TIME EVER!

*This unforgettable session will provide you the
opportunity to:*

- ✓ *Meet new IOAPA friends*
- ✓ *Enrich your knowledge with fascinating lectures*
- ✓ *Participate in diverse extracurricular activities*
- ✓ *Make your voice heard in the IOAPA elections*
- ✓ *Relive the unique spirit of the IOA*

Stay tuned...

” 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

- Heather Reid -

HOW MUCH DO YOU KNOW ABOUT THE OLYMPICS ?

What is the first city to have hosted both the Summer and Winter Games?



Answer to December newsletter: Karate

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