

ARETE NEWSLETTER

SPRING 2020



INTERNATIONAL
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HIGHLIGHTS



RE-LIVING THE DREAM IN LAUSANNE 2020

Lausanne, 9-22 January 2020: The Olympic capital becomes the real heart of Olympism. It hosts the 3rd edition of the Winter Youth Olympics. The usually quiet city becomes active, the normally quiet streets of the city... (p.6)

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THE JOURNEY IS THE REWARD *An Olympic Experience*

I always loved sports and physical activity as a child, so much so that it was difficult for me to choose only one sport. I tried many kinds of sports and finally stuck with rowing when I was 15 years old. At that time, I was ... (p.9)

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TOKYO 2020 OLYMPIC TORCH RELAY

"Hope Lights Our Way" is the Torch Relay concept adopted by The Tokyo Organizing Committee of the Olympic and Paralympic Games (Tokyo 2020). "The concept is designed to bring the Japanese people... (p.14)

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EDITORIAL

Yarden Har Lev (ISR)



PAGE 3

Dear Readers,

Welcome to the spring edition of the Arete Newsletter!

First of all, on behalf of the Executive Committee, I wish all our members as well as the whole Olympic family worldwide the ability to stay safe, healthy and optimistic during these extraordinary days. At this time of uncertainty, it is more important than ever that we intensify communication among ourselves, strengthen the connections and act together in solidarity. The uniqueness of IOAPA family is that we always have each other. Have a look at this short [VIDEO](#), which was created especially for you ALL.

Sport as a significant part in our lives is also massively affected by the virus, even the Olympic Games were postponed as a result. However, in this difficult situation and despite the limited possibilities, we try keeping our activities as much as possible.

In this edition you will find a variety of interesting articles such as: a summary of the IOAPA Reunion in Lausanne 2020 by *Vagelis Alexandrakis*; valuable tips for working from home (very relevant nowadays) by *Caroline Bujold*; a touching Olympic story by *Jérémy Maillefer*; a new program for implementing Olympism which is a result of a collaboration between two IOAPA members *Arnaud Guillard & Bogusia Smolarek*; principles of Olympic Education for Athletes by *Laura Moreira León and etc.* In addition, I would like to use this platform to allow you to meet closely the **IOAPA Executive Committee for 2019-2021**. In each of the forthcoming newsletters 2-3 EC members will be presented. This time I have the honor to open with the IOAPA President Richard Koo and the IOAPA Vice President Laurel Brassey Iversen. Finally, a follow up on recent IOAPA news, where our IOAPA friends share their activities and experiences in their countries. We aim to keep you updated and inspire you by others.

Before I sign off, I just wish to THANK EVERYONE who contributed to this colorful newsletter. Please do not miss the next edition and note that the submission deadline is June 1st. We are looking to your contribution.

Enjoy your reading and remember - always - that the hope lights our way!

With Olympic regards,

Yarden Har Lev, Arete Newsletter Editor

yarden@ioapa.org

MESSAGE FROM THE PRESIDENT

Richard Koo (CAN)



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Dear IOAPA Members and readers of Arete:

If these were normal times, I would be writing to you to recap the events of Lausanne 2020, the initiatives we are working on with our partners to support Olympic education programs, our participation in the Tokyo Olympic Torch Relay, and the plans we had to gather in Japan this summer in the celebration of sport and Olympism in this busy Olympic year.

Clearly, as the world has so quickly come to learn, these are not normal times. Instead, allow me to tell you about an experience during my most recent trip to Olympia this past March.

Ilia prefecture had been one of the first areas of Greece to be seriously impacted by the COVID-19 emergency. It was a small precursor for what the nation and the rest of the world was about to experience. In the 48 hours I was in Olympia, the situation in Europe had escalated quickly. Italy had already implemented a nation-wide lockdown of its citizens, Spain was about to do the same. Schools in Greece had already been closed, with most shops and services soon to follow. Europe had become the center of the pandemic. And then word started spreading that borders were closing, first across Europe, then the United States. Most countries around the world would soon follow. Life, for the foreseeable future, would be much different for almost all of us.

Because of the escalating situation, many of the normal events surrounding The Torch Lighting Ceremony had already been cancelled, and the event itself was limited to representatives of the IOC and the Tokyo Organizing Committee. My sole purpose in travelling to Greece was to support our IOAPA members who were torchbearers in the event. In an abbreviated ceremony, the flame was lit, our torchbearers ran, the flame quickly departed Olympia, and the remainder of the relay itself was cancelled the next day.

And on that next day, the streets of Olympia were eerily quiet. The few that attended the ceremony had departed, and many of the local shops had closed in advance of a government mandated closure that would envelop the nation. It was a silence and restlessness that was unusual, even for this small village.

It was under this cloud, the maelstrom of chaos and uncertainty that was quickly descending upon us all, that I stepped outside of my hotel, and just started running. Running has been the one constant throughout my life. And In times of turmoil or stress, I would always put a pair of running shoes on and run as a way to clear my mind, or perhaps to run away from it all.





And so I ran. Through the village, across the Alfeios River, past the entrance to the Archaeological Museum, alongside the ancient stadium of Olympia, underneath the shadow of Mount Kronos, up the hill that surrounds the Academy, and then eventually to the Academy itself.

I passed through the gates, ran up towards the residences, over to the lecture hall, down to the de Coubertin Grove, and then back towards the base of the marble steps, that magical location where I had spent so many days and nights over the years meeting new and old friends, and then finally made my way on to the track.

And then I just kept running, lap after lap, not knowing for how long I had run, as if time had stood still, and troubles of the world disappeared from my mind. I was once again able to absorb the beauty and inspiration of this place just as countless others have, from the Ancient Olympians to Pierre de Coubertin to all of those who have followed in their footsteps.

For many of us, the IOA has become a second home, and it was as if by instinct I found myself back at the Academy. I was uncertain as to what kind of a world I would be returning to shortly afterwards. But for a very brief moment, I was able to put that aside. In this moment of peace and solitude, I found solace knowing that I was back, ever so briefly, to the IOA, my second home. It is a moment I hold on to for both solace and inspiration.

And I hope that as you read this, you find comfort knowing that this place will always be there for you too.

Stay safe, take care of yourself and each other. Rest assured, we will all see each other again in the very near future.

Richard Koo, IOAPA President

Richard@ioapa.org



RE-LIVING THE DREAM IN LAUSANNE

The IOAPA Reunion at the Youth Olympics

Vagelis Alexandrakis (GRE)

Lausanne, 9-22 January 2020: The Olympic capital becomes the real heart of Olympism. It hosts the 3rd edition of the Winter Youth Olympics. The usually quiet city becomes active, the normally quiet streets of the city - all of a sudden - get crowded and the literally «silent» environment becomes vibrant and full of happy voices! Indeed, voices, accreditations, people all over the world, all over the place! The Olympic capital is actually changing thanks to the 3rd edition of the Youth Olympics! And the full city is dancing in the rhythm of the Lausanne 2020 official song: «[Start now](#)»!

As in every edition of the Olympics, IOA past participants flocked to the city. In different functions and capacities, they had the chance to meet again on many and different occasions, catch up and remember the great moments in Olympia. The IOA booth at Flon naturally became the « meeting place » for all IOA past participants that were around. Of course, just like in every edition of the Olympics, IOAPA could not be absent. IOAPA organized – thanks to the dedication and motivation of its members – a reunion on Saturday, 18 January. The structure of the meeting was quite original, as - beyond the usual « Get-together »- the participants had the chance to attend a short conference-type event, in which IOAPA members with a strong involvement in the Games or in the sports movement shared their experience and triggered interesting dialogue with the audience. Not only did we have the chance to find out more about the sustainability strategy of Lausanne 2020, but also we had the opportunity to get a bit of a flavor of the significant work of Yunus Sports Hub, an NGO which seeks to make the world a better place through sport.

After the educational part, the approximately 40 participants moved to a nice sports-bar in one of the most famous areas of Lausanne: Flon. And on our way there we had the chance to attend some of the medal ceremonies of the YOG. Once again during the reunion we had the chance to interact with participants from the most recent years at the IOA, exchange views with them, and also of course to catch-up with our long-standing friends! What a nice atmosphere! And all these discussions brought back all the unforgettable memories of our days in Olympia. And this is always the magic about meeting past IOA participants: it feels like not one day has passed since the last time you saw them.

Although the Youth Olympics Games is now over, such reunions give us a sense of belonging, remind us that we all belong in the same group of people that have experienced something really special and unique: a lifetime experience in Olympia. And this is why, I would recommend to IOAPA Members to really stay tuned and await to hear from the IOAPA regarding the next reunion in Tokyo!!

Hopefully, see many of you there!

PRINCIPLES OF OLYMPIC EDUCATION FOR ATHLETES

Laura Moreira León (CRC)

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"It is up to the athlete to know, to govern and to conquer itself" (Coubertin, 1928).

I write this text from my own experience during more than ten years of work as a sports psychologist in Central America, where daily I observe and work on the physical and emotional consequences generated by high performance sports. Today, many athletes live a reality where their daily training is reduced to a linear mechanist repetition of physical-technical movements, limiting their education to specific motor variables, leaving aside a more comprehensive and complex learning through sport. The continuous search for specific high performance in many occasions generates physical and mental damage, with the result being that athletes lose a sense of purpose, well-being and balance, and importantly losing the true educational sense inherent to the sport.

Daily, I perceive that athletes are often reduced to focusing on a time, position, a result, medal, or sponsorship, and moving away from the true sense of education and training that sport brings. Many athletes are overwhelmed by physical and mental disorders because their training and competitions are reduced to simply winning over others. Sometimes they are valued solely as if they were machines, and not as integral, social and complex beings.

Pierre de Coubertin (1863-1937), who in years of academic work understood and defined sport as an educational tool and Olympism as a lifestyle based on the joy of effort, the educational value of good example, social responsibility and respect for universal fundamental ethical principles (Olympic Charter, 2019. p.11). In his speech: The Educational Use of Athletic Activity, which he delivered to the International Bureau of Sports Pedagogy in November, 1928 in Lausanne, he mentions the following sentence in Latin: "athletae proprium est se ipsum noscere, ducere et vincere: It is up to the athlete to know, to govern and to conquer itself." (Muller, 2000, p. 186). He believed that modern sport could lead to high levels of individual discipline as the competitor began to understand his capabilities, recognize his weaknesses and learn how to best leverage his talents, and that this was the true educational purpose of sport. Today, self-knowledge and self-management in sport is the key to the integral development of athletes. If the actions of athletes are focused only on specific measurable and quantifiable results, sport ceases to have an educational sense and becomes a constant search for winning against a rival, distancing the athlete from the true meaning that transcends results and competitions.





When the true task of the athlete is (as Coubertin mentioned) to know one's self, strength improve and thoughts and emotions are better governed and regulated. This is how growth and enjoyment of performance sport is generated. True winning in sport is not a medal, it is to be able to create one's self as a self-improving person that collaborates with and generates a positive impact on communities through sport.

Pierre de Coubertin leaves us an essential legacy for athlete education, as the current sports movement tends to confuse and deviate from Olympism and from the true formative sport that Coubertin proposed. For the athlete, the govern and overcome one's self should be the basic and essential thing in sports education. Even before learning the technical and motor abilities for a specific sport, the athletes should be educated in topics of Olympism and the real role of an athlete in society.

Together we can make a change, and as members of IOAPA we can collaborate in furthering Olympic education for athletes through creating courses and specific programs in our countries.

ACADEMIC OPPORTUNITIES

CALL FOR PhD STUDENTSHIPS

ULSTER UNIVERSITY has a number of funded PhD Studentships currently advertised, covering women and sports leadership, football and gambling and the effectiveness of sports-based interventions with prison populations. Further information can be found [HERE](#).

ONLINE COURSE: THE OLYMPIC GAMES AND THE MEDIA

Don't miss an interesting online course (in English) taught by Prof. Emilio Fernández Peña, director of the Olympic Studies Center of the Autonomous University of Barcelona (CEO-UAB). In five weeks you can discover the media universe and its role in the Olympics. Click [HERE](#) for registration.

ONLINE COURSE: SPORT FOR DEVELOPMENT: PLAN, ACT, GROW

Want to create a theory of change through sport for development (S4D)? Interested in the global impact of S4D? [THIS ONLINE COURSE IS FOR YOU!](#)
Click [HERE](#) for registration.

THE JOURNEY IS THE REWARD

Jérémy Maillefer (SUI)

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I always loved sports and physical activity as a child, so much so that it was difficult for me to choose only one sport. I tried many kinds of sports and finally stuck with rowing when I was 15 years old. At that time, I was playing with my friends more than pulling hard on the oars, but my coach recognized my potential and pushed me to train seriously after two years.

At the age of 17, I was selected to the junior national team; something that I have never thought I could achieve. Every training and competition was a new discovery for me and it extremely motivated me to consider rowing as my first priority. In a short time, I was awarded three Swiss champion titles and took part in six world championships (1x Junior, 4x Under-23, 1x Elite).

Then, in 2011, my teammates and I qualified our boat, the Swiss quadruple sculls, for the London 2012 by taking ninth position at the World Championships in Bled, Slovenia. Until that point, everything in my rowing career was on a crescendo. I got stronger and faster every year, avoiding injuries and managing to study sport sciences alongside rowing. It wasn't easy, but I loved it!

However, the year of 2012 – which was supposed to be the highlight of my career competing at the Olympics in London 2012 – didn't go as planned. I started to have spasms in my left leg when I was rowing. It did not hurt but prevented me from controlling how I applied force into my rowing strokes. Synchronized acceleration is the key in team boats and I couldn't do this properly anymore. Despite being in top Olympic form, I was slow on the water. How frustrating! Deciding to never give up, I kept training hard to stay fit and met multiple doctors and specialists for my leg. Each one thought that they knew what was wrong, but no one was able to offer a solution to get me back in the boat. I was going to be the first Swiss rower to qualify a boat and not go to the Olympics. My Olympic dream turned into an Olympic nightmare... As my crew could not wait for me, trials between the two substitutes were organized and – thankfully – my little brother Augustin was selected. He took my seat and even stroked the Swiss quad in London at the age of 18. I was very proud of him and traveled to London in order to support him. But as happy as I was for him, everyone can image how bittersweet of an experience it was for me.

After the London 2012, I kept training and consulting with specialists, hoping to make a comeback. I even underwent a surgery on my spinal cord, but it didn't change anything.

1

Image 1:
Maillefer (left) with his
teammates from the Swiss
quadruple sculls.

Image 2:
Maillefer virtually racing
2000 m on the rowing
machine at the Swiss national
championships when he got
the bronze medal.



Looking back, I can say that the 2012 season was de facto the end of my rowing career, even if mentally and emotionally it took me longer to turn the page. It felt like someone stole the cherry on the top of my cake. A cherry that I had worked so hard for. Although I have accepted this, it is still hard and it will always be a sensitive topic for me. I still get emotional when I think too much about it. It is an invisible scar that I will keep for the rest of my life.

Looking on the bright side, not having participated in the Olympics forced me to rethink how I saw my career in order to overcome not being completely devastated. Going to the Olympics would have been easy if I did not have this leg problem. All the hard work has already done. I just had to go, race hard, and become an Olympian. Not having gone though that experience was a much bigger challenge that made me grow stronger as a person. It's easy to accept victory and success, but much harder to accept failure and defeat.

All of my life, I have worked hard to be successful in order to avoid losing. Here are some personal reflections I have had and would like to share with you:

1. Rowing felt like it was my life and that I wouldn't exist without it. I now see rowing as a very important chapter of my life, but not the whole book. Sport is great, but life has so much more to give!
2. I used to care only about winning and achieving my goal. I now focus on doing my best and being happy with that regardless of the result. How can one be disappointed of oneself after having done your best?
3. Instead of seeing my career as a failure because of my non-Olympic participation, I now cherish the journey that I had to go through while aiming for the Olympics. I learned so much and had so many good experiences... how could this be a failure?
4. I now am aware that I cannot have everything under control and that to achieve a dream – whether is it going to the Olympics or something else – some luck is required on top of all the hard work.
5. I find it very important to maintain other ambitions alongside a career in sport as much as possible, because no one has everything under control nor can know when your sport career will end or what will happen next.



Image 1:
Maillefer (left) with
his youngest
Olympian brother,
Augustin, during the
torch relay in
Lausanne 2020.
Image 2: Maillefer
with his family.



The other good thing about having to retire from rowing is that I had a lot of time for me all of a sudden. It allowed me to practice many new sports that I couldn't do before, like mountain biking, ski mountaineering, running, and even rowing at fun regattas with family and friends. I was also able to travel, study abroad, learn English, build a relationship, get married and become a father... Sport has brought me a lot, through the good and bad times. I regret nothing and work everyday on finding the right balance in my life, because it is through balance that happiness is found.



NEW “ON THE SHELF”

THE OLYMPIC WORLD LIBRARY

The Olympic Studies Center in Lausanne has a collection includes 10.500 publications in digital format.

Check out the [Olympic World Library](#) and discover their unique collection, which includes all official publications by the International Olympic Committee (IOC) and the Organizing Committee of the Olympic Games going back all the way to 1894 when then the IOC was created.

WORKING FROM HOME

#IOAPAtips

Caroline Bujold (CAN)

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I've been working from home since late 2008 and I know how difficult this transition can be. So, if you find yourself suddenly working from home and want to be as productive as possible, follow these tips:

1. CREATE A DEDICATED WORKSPACE

Our physical space influences our productivity. If you don't or can't have a designated office in your home, carve out a little nook to set up your work tools. This can be your dining table, a small dresser or desk in a bedroom or living room, your balcony if you can go outside, etc. The idea is to create a space that will signal to your brain and body that it's time to work now. It's subtle, but I promise you, this works.

2. STICK TO A ROUTINE

If you usually work from 9 am to 5 pm, if possible, keep that schedule. If you work better at night, when your kids have gone to bed, break your day into chunks of time dedicated to working: maybe a few hours in the morning and a few more later in the evening. Set up a routine for the end of your workday. When the time is up, close your computer, tidy your desk or put away your work station if it's not a permanent one. This way, you won't be tempted to work non-stop.

3. TAKE REAL BREAKS

Real breaks are great for your mental health and your productivity. Every so often (experts recommend every hour), get up and walk away from your work station. Do something not related to work for 5 minutes: go for a short walk (if allowed), do a housekeeping task or have a kitchen dance party! Take a longer break for meals. Do not eat in front of your computer. If you have housemates, it's the perfect opportunity to check-in and connect with them.

4. IMPROVE YOUR CONCENTRATION

Forget about multitasking, humans can't actually do it well. In fact, research has found that it can take more than 20 minutes to get your concentration back after being interrupted. So, work on one thing at a time. Turn off all notifications that are not essential to your work, especially the news right now. Stay informed, but on your own time; no need to have it come to you every second of every day. Fend off dubious information by consulting official information from your authorities. You can also use something like the [Pomodoro Technique](#). This method uses the power of focused work. You set a timer and work without interruptions for 25 minutes (this is 1 Pomodoro), followed by a 5-minute break. After 4 Pomodoro, you can take a longer break (20-30 minutes).





5. CONTROL YOUR INBOX

Don't check your emails constantly; you could even turn the notifications off. Instead, set specific times to respond to incoming emails in a timely manner. Here is a suggestion:

- Scan emails first thing in the morning for pressing matters or emergencies - respond only to those.
- 30 minutes before lunch - respond to as many emails as possible or move to a To-Do List.
- After lunch, scan for pressing matters or emergencies – respond.
- End of day - respond to rest of emails, take note of tasks for the next day.

6. DRESS FOR SUCCESS

Don't work in your pajamas. It's ok to want to be comfortable, but a fresh pair of leggings or comfortable loungewear is preferable to staying in your PJs. Get up, have a shower, get dressed, make your bed, have breakfast and get to work. It will make you feel professional and put together, even in your own home.

7. COMBAT LONELINESS

This can be especially difficult for extroverts. Know that it's completely normal to feel lonely at times. Since we can't meet people face to face right now, stay connected virtually. Use instant messaging or group texts to stay connected with your colleagues; organize virtual "social nights" with your family and friends; reach out to your IOAPA friends from the world. There has never been a better time.

8. EXERCISE, EAT WELL AND HYDRATE

If still permitted, go for a walk outside at least once a day (keep practicing social distancing). If not, open a window and let the air circulate for a while. You could also exercise at home. There is a multitude of free programs on Youtube: yoga, strength training, cardio routines, etc. Plan and prepare some tasty meals. Again, if you lack inspiration, there are plenty of ideas and recipes online. If you can't go out to buy groceries, see if you can get them delivered to your home. Drink lots of water, not just coffee or tea :)

9. PLAN FOR FUN ACTIVITIES

Maybe, you can't even work from home or have been temporarily laid off. Do you have transferable skills you can offer virtually? Keep your mind busy by picking up that hobby you rarely have time for. Catch-up on a TV series, documentaries or movies you've been meaning to watch. Pick up that book that's been on your nightstand for months and read it. Some artists and organizations are even broadcasting shows online, check those out. Learn something new or take a course online to advance your skills. Clean and organize your space and maybe do a little decluttering while you're at it.

TOKYO 2020 OLYMPIC TORCH RELAY

ARETE Editorial Board

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"Hope Lights Our Way" is the Torch Relay concept adopted by The Tokyo Organizing Committee of the Olympic and Paralympic Games (Tokyo 2020). "The concept is designed to bring the Japanese people together around messages of support, acceptance and encouragement of one another, while also reflecting the Olympic flame's ability to promote peace and hope to the world" (IOC, 11.04.2018).

On March 12th, 2020, the Flame Lighting Ceremony marked the beginning of the journey. Near the temple of Hera, in the archaeological site of Olympia where the Ancient Games took place, the flame was lit by collecting sunlight with a parabolic mirror. Due to concerns related to the recent COVID-19 outbreak, the lighting ceremony had no spectators (apart from the 100 IOC and Tokyo 2020 guests). Anna Korakaki (GRE), Rio 2016 25m pistol gold medalist, was the first torchbearer (the first female athlete in history to do so), followed by Noguchi Mizuki (JPN), Athens 2004 marathon gold medalist. From there, the torch was supposed to travel throughout Greece until March 19th, when it would be handed over to the Tokyo 2020 team, at the Panathenaic Stadium in Athens. HOC Tokyo 2020 Torch Relay Commission later decided to cancel the Greece portion of the relay because of public health concerns surrounding the COVID-19 crisis.

IOAPA is fully supportive of this decision and grateful for having had the opportunity to participate in the relay on the first day with 3 members who were torchbearers, marking the first time IOAPA has participated in this event in nearly 24 years. They were selected from amongst those who attended the 2019 IOAPA Session in Olympia and have extensive backgrounds as athletes, administrators with international federations, and in Olympic education.

MEET THE TORCHBEARERS

Lucía Giamberardino (ARG)



Lucía is a Social Psychologist and a handball player from Argentina. She represented her NOC at the 58th Young Participants Session and was a coordinator the following year. These events enabled her to experience "the meaning of amateurism as the power and drive to do something purely for the pleasure, the love of it, and the fun and joy of merely participating in that activity".



Natalia Ramirez-Irizarry (PUR)

A former weightlifter, 29-year old Natalia Ramirez-Irizarry represented the NOC of Puerto Rico at the 56th Young Participants Session of the IOA. She is active in the Olympic Values Education Program (OVEP), visiting schools and educating students about Olympic Values. Most recently, she was the recipient of the Hans van Haute fund scholarship to attend the 2019 IOAPA session. Natalia was the first Puerto Rican ever to run in an Olympic Torch Relay.



Jim Carrabre (CAN)

Canadian Jim Carrabre is a sport medicine physician and member of the Executive Board of the International Biathlon Union. Jim has said that "Olympism has been my guiding light" since childhood and has led him to his extensive involvement in the Olympic Movement, from spectator to national athlete and later as an accomplished professional.

IOAPA wishes to thank Hellenic Olympic Committee President Mr. Spyros Capralos and Torch Relay Commission Chair Mr. Athanasios Vasileiadis and Torch Relay Director Mr. Christos Skaliarakis for granting this opportunity to our members.



WE ARE OLYMPISM

Arnaud Guillard (FRA)
Bogusia Smolarek (POL)

'WE ARE OLYMPISM' is an international Olympic education program for 10-11 years-old, recognizing the unique potential of Olympism as a tool for education and exchange.

This project is built on two observations:

1. In many cities bidding to host the Olympic Games, educational programs are run in schools as a means of promoting the bid. But these programs are almost always short-lived, and cease as soon as the bid process is over. What's more, some countries do not include any Olympic education programs at all in their curriculum.
2. In a world where everything is interconnected, paradoxically, there is little or no collaboration between schools to develop joint projects.

A PLATFORM FOR INTERCULTURAL LEARNING

This program aims to examine how Olympism can be used as an educational and a teaching tool for kids. Olympism is for everyone, it is not only for elite athletes.

Olympic education can enable kids from different socio-cultural backgrounds to develop a life philosophy based on Olympic values and to share it within their community. Our goal is to create an international Olympism learning community in primary schools in different countries. Children will give their perception of Olympism according to the cultural and social specificities of their country.

Partner schools in different countries work on a given topic (Olympic educational values, celebration of the modern Olympic Games, gender equality in sport, Olympic sports programs, environment, sport and ecology). In this context, education in Olympism can take on its full meaning by providing an intercultural framework for children.

AIMS

This project is structured around 5 main points:

1. Use Olympism as a learning tool.
2. Kids from different socio-cultural backgrounds interactive with each other
3. Use Olympism to learn about other cultures
4. Promote Olympic values and knowledge
5. Preserve the Olympic legacy into the future



INTRODUCTION TO OLYMPIC EDUCATION

The first project will take place between the cities of Saint-Quentin en Yvelines (France) and Wrocław (Poland), and will look at the question "What is Olympism?".

The program is in 3 parts:

1. **Presentation:** children discuss the geographical, demographic and cultural specificities of the partner country as a way of getting know the pupils.
2. **Learning:** the project coordinator in each country teaches through fun/game activities: the Olympic values and rings in France, the Olympic motto and torch in Poland. Then children then make a short video on what they have learnt and they explain and propose a fun/game activity at the partner school.
3. **Sharing:** Pupils watch the video and discuss with the partner school.

IMPACT

1. Teach kids about our rich, international Olympic heritage in a fun environment.
2. Make kids more aware of intercultural and socio-economic differences.
3. Build an international network of schools that helps kids to be more open to diversity and difference.

If you want to know more about our program or get involved you can contact us on:

contact@weareolympism.com

www.weareolympism.com



MEET THE IOAPA EXECUTIVE COMMITTEE

ARETE Editorial Board

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PRESIDENT

RICHARD KOO (CAN)

Short Bio

Richard lives in Toronto Canada and has a Masters Degree in Urban Planning where his thesis was on sustainability of the Toronto 2008 Olympic Bid. Over the past 20 years however he has been working in media, first for CBC Sports as a Research Officer responsible for audience measurement and market research testing on various sport properties including the Olympic Games. Currently he works for the Canada Media Fund as the Head of Media Analytics, examining consumption trends on both linear and digital platforms.

IOA & Olympic Experience

Richard attended the Olympic Academy of Canada in 2002 and subsequently the IOA Young Participants Session in 2007, followed by every IOAPA Session since 2013. He has attended 9 Olympic Games as either a spectator, OCOG volunteer or NOC Mission Staff, and has also been a torchbearer in two Olympic Torch Relays (Calgary 1988 & Vancouver 2010).

Interests & Sports

Richard is an avid runner having completed 14 marathons and qualified for the Boston Marathon 3 times. For the past 5 years he has also been a national umpire with Rowing Canada. He loves to travel and with his trusty backpack that he has had for almost 25 years he takes whatever opportunities he has to visit friends from all around the world.

Message to the IOAPA Members

"IOAPA for me is an opportunity to not only reconnect with people with a shared common experience and passion, but an opportunity to give back to the IOA by promoting Olympic Education and the values of Olympism in my daily life. I hope that we as an organization can help you, the membership, to not only staying connected to those special experiences you lived at the IOA, but also to continue the important work of spreading the message and values of Olympism in your communities".



VICE PRESIDENT

LAUREL BRASSEY IVERSEN (USA)

Short Bio

A good portion of the first five decades of Laurel life were spent playing or coaching indoor volleyball. Named to the United States National team at age 18, her international career encompassed 16 years, 350 international matches and two Olympic Teams: 1980 and 1988. She was the head volleyball coach at the University of New Mexico for 17 years.

Since 2006, Laurel has worked for a luxury real estate development and community on the south shore of the Hawaiian island of Kauai. She facilitates the architectural design review process for new homes and serve as the customer service manager for the homeowners.

IOA & Olympic Experience

While serving as a member of the USA Volleyball Board of Directors, Laurel attended the IOA in 1986. Then, with others, she helped to create the IOAPA and was its first president in 1989, a position she held on and off for a number of terms in the early years while the Association was establishing itself. Serving as an IOA coordinator for 11 summers between 1996 and 2007 solidified her love for the Olympic Movement. Also, during those years and until the present, she has attended all but two IOAPA sessions in Olympia Greece.

Interests & Sports

Laurel and her husband like to attend the Olympic Games as spectators (5 times) as well as to travel and visit IOAPA & IOA folks all around the globe.

Message to the IOAPA Members

"Last summer I decided it was time to get more involved again and run for a position on the Executive Committee to support our great President, Richard Koo, and help plan the next IOAPA Session. We are already thinking outside the box for the organization of the 2021 IOAPA Session. In light of so many changing conditions such as the renovations at the IOA premises COVID19 and Olympics during the summer of 2021, we must be prepared for flexibility and creativity in conducting our event".

BENEFITS OF IOAPA MEMBERSHIP?

Besides having the opportunity to keep in touch with other members, attend our Reunion at the Olympics and take part in our bi-annual Session in Olympia, as a member you also get exclusive access to the following (to get access, login our website):

- ✓ List of members
- ✓ Monthly emails with news on sport related opportunities
- ✓ Helpful links for jobs and research

KNOW A PAST PARTICIPANT WISHING TO BECOME A MEMBER?

Please refer them to [IOAPA MEMBERSHIP](#) and they will be able to register and pay online directly!

DO YOU HAVE OPPORTUNITIES FOR IOAPA MEMBERS?

You have access to great perks and you are able to share: sporting event tickets, cultural event tickets, sport promotions, special museum exhibits, etc.?

Send us the details at info@ioapa.org or post the information on our [Facebook group](#) (members only).

FEEL FREE TO JOIN US ON SOCIAL MEDIA!

You can find us on

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

PROMOTE YOUR IOAPA ACTIVITY

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

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



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UPCOMING SPORT EVENTS FOR 2020

Dear members,

Our hopes and wishes are that you and your families are well amid this global health crisis.

IOAPA usually provides you with a list of conferences in sport from around the world, updated monthly. This time, however, due to the circumstances, such information changes faster than we can keep up with it.

Thus, we have opted to only update our [PAGE](#) with the latest info we got, and remind you to check the official websites of those events you may be interested in.

Additionally, many organisations have stepped up during these times and have been providing content in articles, webinars, videoconferences, among other formats, to bring you quality content.

We highly encourage you to explore such contents.

Wherever each of you is, stay healthy, both physically, emotionally and mentally.

Stay safe,

Fábio Silva, Internet Coordinator

fabio@ioapa.org

New



IOAPA QUIZ: KNOW YOUR FRIENDS

How much do you know
about your IOAPA FRIENDS?

CHECK IT OUT on our

Instagram

Would you like to see yourself
amongst the questions?

SHARE WITH US interesting
fact & picture
at yarden@ioapa.org
and we will publish it!



WANT TO BE FEATURED ON OUR *Instagram* ?



Drop us a line at info@ioapa.org and tell us a little bit about yourself. Also, don't forget to tag us on your posts [@ioapa_official](#) for a chance to be featured.

AN OPPORTUNITY FOR OLYMPIANS

Check It Out!

TAKE A LEAP TOWARDS YOUR NEW CAREER

APPLY NOW for a scholarship and kick start your next career with the International Academy of Sport Science and Technology (AISTS) and The Russian International Olympic University (RIOU).

The **AISTS** Master of Advanced Studies in Sport Administration and Technology is the No.1 Sports Management Masters in the world. As an Olympian you qualify to receive 50% of your tuition supported, if you apply before the 1st May 2020 deadline. For further information click [HERE](#).

The **RIOU** Master of Sport Administration course trains the next generation of sports managers. Located in Sochi, Russia, the course is a one-year full-time program and covers how to manage sports venues, clubs, financial and information flows in sport, and create marketing strategies. Applications for scholarship are open until 30th April 2020. For further information click [HERE](#).

IN MEMORIAM

IOAPA would like to express its sincere condolences for the loss of our dear IOAPA friend, **LUC SILANCE**, who passed away on March 31st, 2020.

Laurel Brassey Iversen OLY, shared with us a few words that she wrote to his family:



*Elizabeth A. Hanley & Luc Silance
at the IOA in 2011.*

"Although I am sad, I am happy to have know Luc and so proud of all his accomplishments. I was so fortunate to have spent numerous sessions with him at the International Olympic Academy. He was such a great addition to our group and always a wonderful source of wisdom, cool headedness, and fun. He would always bring Belgian chocolates and I would bring him Hawaiian music. I remember seeing him walking around the IOA campus early in the morning when the first light was beginning to illuminate the beautiful valley and lush landscape. I think it was a spiritual place for him, like many of us; a bond with a place and the ideals of Olympism. He will be surely missed but widely celebrated. We all loved him dearly."

Country : *United States*

Name: *Megan Ritch*

‘Triathlon in the United States has historically been seen as an upper-middle socioeconomic class sport, with majority participation by those who's race is White (not of Hispanic origin). In 2018, roughly 400,000 people participated in at least one triathlon in the United States. Of these participants, 89% were White (not of Hispanic origin). As we look at promoting triathlon and growing participation in the sport, there are obvious gaps among diverse communities. The largest gap being participation among Black or African American athletes, which was slightly over 1% in 2018. For comparison, the United States population is comprised of about 13.4% Black or African American people (2010 U.S. Census Data). For Triathlon to continue to grow in the United States, we must tap into currently underrepresented populations.

USA Triathlon has introduced a participation growth initiative that promotes sustainable, holistic growth in the engagement of Black or African American individuals. The program partners with the network of Historically Black Colleges and Universities (HBCU) in the United States and comprises sport participation and industry engagement.

For participation growth to be sustainable and effective, we found that it was important to also promote diversity within the triathlon industry. As part of the HBCU Engagement Initiative, we have developed an implement the following sport industry opportunities for students who attend an HBCU:

1. Internship and Entry-Level Job postings
2. Access to USA Triathlon Staff for Information Interviews
3. Certification Scholarships (Coaching and Race Organizing)

In addition to the industry resources, USA Triathlon is also facilitating low-cost programming that offers an easy entry into triathlon. The most successful of these programs is Indoor Triathlons. This program eliminates some of the most common barriers to entry. This includes a simplified swim experience that takes place in a pool opposed to open water and the need for a bike as stationary bikes are used.

Through industry and programming engagement with Historically Black Colleges and Universities, USA Triathlon is creating a holistic, sustainable change in the athlete make up of triathlon in the United States.



Hampton University officials and USA Triathlon representatives.



Indoor Triathlon Running.

Country : Germany

Name: René Beck

On March 1st, 2020, I started the engine of my Land Rover Defender 110 Td5 to head off to the Tokyo 2020 Olympic Summer Games. **The idea: Spreading out the Olympic idea of Friendship, Respect, Tolerance and Peace across all countries I am going to travel.**

One month ago, when entering Croatia after the COVID-19 pandemic broke out, I was faced with the choice of either going into 14-day domestic or institutional quarantine or returning to Slovenia. After several phone calls with the German embassy in Zagreb (Croatia) and Ljubljana (Slovenia), I had the choice to stay or return to Germany as soon as possible. Due to the unclear situation around new regulations as well as several border closures mentioned in some media, I decided to make the 1,000 km long 14-hour trip back home in order to avoid similar sanctions or even an imminent arrest.

Back home in Germany, I was monitoring the situation and discussed possible further scenarios. Unfortunately, all alternative routes via Poland and the Baltic states or Ukraine and Romania broke down after the decisions of its governments to close the borders immediately. I am sad, right now. The most likely scenario is a postponement of my journey and a re-start in 2021 when international travel will be possible again, hopefully. But a postponement of my trip will also have financial consequences. Documents and visas must be reapplied and reissued. Most of the necessary vaccinations need to be renewed. The vignettes must be repurchased, overseas containers must be rebooked, insurance must be reapplied – just to mention some of the necessary paperwork. Finally, I hope to find supporters within the Olympic family and its partners who identify with my project and its continuation in 2021.

I would be more than happy to connect with you. Follow me on:

Facebook: www.facebook.com/road2tokio

Instagram: www.instagram.com/road2tokio

LinkedIn: www.linkedin.com/in/rené-beck

Many thanks to Tobias Knoch, Director of the German Olympic Academy, who supported my idea from the first day on.



IOAPA MEMBERS SHARE EXPERIENCES

Country: Lithuania

Name: Vita Balsyte

On January 27 until February 3, 28 participants from 10 countries and 100% positive feedback on knowledge and experience gained – this is the summary of the week-long international training course “Values education through sport: applying the Olympic Values Education Program (OVEP) methodology” that took place in Lithuania.

The training organized by the Lithuanian NOC was attended by representatives of the Estonian Sports and Olympic Museum, National Olympic Committees of North Macedonia, Portugal, Slovenia, Slovakia, the Czech Republic, Lithuania, Poland and the German Olympic Academy.

SPORT IS A POWERFUL TOOL FOR EDUCATION

Sport and physical activity are powerful tools of non-formal education. Sport helps to engage and inspire young people and can be used to develop self-confidence and XXI century skills, build motivation and disseminate values and principles.

In 2016, the International Olympic Committee developed the OVEP 2.0 version which blends sport with education and cultural expression so as to make learning fun and dynamic and to form well-rounded individuals. The Lithuanian NOC was one of the first NOCs to translate OVEP to its own language and built a structure to disseminate the program for the local educators.

It was this program that the participants of the training course analyzed and worked on. They also shared their experiences and participated in discussions on the application of non-formal education and Olympic education in different environments.

GOAL TO CONTINUE INTERNATIONAL COLLABORATION

Olympic Education is one of the priority areas of the National Olympic Committee of Lithuania. Therefore, gathering the NOCs and other Olympic organizations from around Europe was very important. Sharing the experience and knowledge in the field of Olympic education through similar trainings can drive further cooperation within the Olympic Family and more attention towards Olympic Education programs and projects.

“Values Education through Sport: applying the OVEP 2.0 methodology” training course was partially funded by the EU program “Erasmus+” which supports education, training, youth and sport in Europe.



Country : South Africa

Name: Gert Potgieter

Altus Sport, a Sport for Development organization in South Africa, in conjunction with the IOC Sport & Active Society Commission, hosted a Spirit of Olympism conference on the 7th of March 2020 in Johannesburg.

The objective of the conference was to spread the spirit of Olympism, reaching out to mostly neglected schools, creating a safe network environment for our children, and reinforcing positive life skill values. Most of all, carrying over the message that **EVERYONE can be winners in life!**

This successful event hosted 81 participants, ranging from principals, teachers, parents, and youth sport leaders from various areas in the Johannesburg region. Representatives from the Olympic Studies Center of the University of Johannesburg; Laureus Sport for Good; Skills Village and the Education Department also participated.

Each participant received an educational manual, Fun & Olympics, with various activities which could be completed by the children at the various schools and at Altus Sports' Life's a Ball sport & life skill sessions. Through this initiative we aim to indirectly reach 24 350 children.

Topics covered were the brief history of the Ancient and Modern Olympic Games, Symbols and Traditions, Olympic Truce and Women at the Olympic Games. Olympism, a way of living, was dealt with in interactive sessions, in which values were discussed and Resilience was highlighted.

Potlako Lesebe, a participant of our GOAL Life's a Ball program, shared her story from rising from the dust to a happy and self-confident speaker. Currently in grade 11, she is a youth sport leader and, due to her determination and to living by positive values, she has been taken up under the wings of the CEO of Standard Chartered Bank, in London.

Potlako is an excellent example of the Olympism values of JOY, EFFORT & STRENGTH!

Altus Sport would like to thank all our partners in assisting us in our drive to equip the youth with a positive, healthy attitude, compassion and strong moral values.



Potlako Lesebe, participant of Mamelodi High School.



Gert Potgieter, Director of Altus Sport & former Olympian.

OLYMPIC POEMS

IOA Past Participants

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ATHLETES

*Athletes come forward, Olympia is calling,
Wear crowns from olives whose sacred leaves are falling!*

*First, second, third and even those who finished last,
Bind all of your hands together and join into the dance!*

*Splendid glory and honor to the victors fall,
Winners as well as losers, she hails them all!*

*From competitors' respect, rivalry is born,
Equal before their fate, Olympic oaths are sworn!*

*Strong athletes as children, like a mother bemused,
True lovers of virtue, Olympia shall choose!*

*Let the sound of chariots, the shrill cries of war,
Be silent for a while, one sacred moment more!*

*And let Hellas' glory shine, brightly like the sun,
Brightest on Olympic land, where the athletes run!*

*Youth around the world, elite athletes full of might,
Take again the road to see this sacred vision bright!*

*Let Apollo's lyre sing again beneath his hand,
Scattering sweet melodies all across the land!*

*Perhaps a new Pindar will feel the good vibration,
Creating novel lyrics for the celebration!*

*Zeus will bow his head to give his sacred blessing
To the games and the altar in its finest dressing!*

*Come forth to Olympia, athletes who believe,
With honor she'll crown you, her honor to receive!*

“



Heather L. Reid , USA

CONTRIBUTE TO ARETE NEWSLETTER!

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

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

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

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

For any ideas, do not hesitate to contact the Newsletter Editor, Yarden Har Lev, at yarden@ioapa.org.

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IOAPA Reunion at Lausanne 2020

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At Olympic Games we will stand together, together united in all our diversity. We will be united by our commitment to the Olympic Values. We will be united by our emotions. This makes each and everyone of us a member of this unique Olympic community.

-Thomas Bach-

“

HOW MUCH DO YOU KNOW ABOUT THE OLYMPICS ?

What is the Games Motto of Tokyo 2020?



Answer to the winter newsletter: 1912-1948

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