



**THE INTERNATIONAL  
OLYMPIC ACADEMY**



1961

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**TENTH SESSION  
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INTERNATIONAL OLYMPIC ACADEMY  
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REPORT  
OF THE  
TENTH SESSION  
OF THE  
INTERNATIONAL  
OLYMPIC ACADEMY  
AT  
OLYMPIA



ATHENS  
1970



MESSAGE  
FROM THE PRESIDENT OF THE  
INTERNATIONAL OLYMPIC COMMITTEE

Mr. AVERY BRUNDAGE

*I have just returned from Olympia where I have visited the International Olympic Academy, inspected its attractive facilities and studied its comprehensive program developed over the period of the last 10 years. This Institution of the Hellenic Olympic Committee, under the patronage of the International Olympic Committee, is now equipped to welcome representatives of the youth of the world each summer to the sacred precincts of the Ancient Games, thus to absorb the high principles of the Olympic Movement inherited from the Golden Age of Greece. While there are now almost 130 National Olympic Committees following the Olympic Code of Fair Play and Good Sportsmanship, it has been impossible with our only volunteer workers to educate every one and we are very grateful to the Hellenic Olympic Committee for its establishing this fine Institute, which will help us in the promulgation of the lofty Olympic Ideas.*

Athens, 30th September 1970.

AVERY BRUNDAGE  
PRESIDENT OF THE I.O.C.





*H. M. King Constantine of the Hellenes, Olympic Gold Medallist, Honorary President of the International Olympic Academy.*



*The Secretary General for Sports, Mr. Constantine Aslanidis, inaugurating the 10th Session of the International Olympic Academy.*



*Lieutenant General Theodosios Papathanassiadis, President of the Hellenic Olympic Committee.*



*The President of the International Olympic Academy and Secretary General of the Hellenic Olympic Committee, Mr. Epaminondas Petralias, presiding over the opening ceremony on the Hill of the Pryx.*

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## FOREWORD

*The 10th Session of the International Olympic Academy, held in Athens and in Ancient Olympia from July 31st to August 16th, had the character of a festive celebration. For, at the end of ten years of active and fruitful life, the I.O.A. was able to show that it had been fully accepted by the proponents of the cultural aspect of the Olympic ideology, both in Greece and internationally, having proved that it serves and defends the cause of human progress, by cultivating a living philosophy, a philosophy of enormous moral value, covering all fields of humanistic knowledge.*

*From 1961 until today, there has been steady progress in the exemplary work of the I.O.A., which thus had reached a stage of completion by this year's celebration of the first ten years of its operation. It had reached completion because this brief interval was consecrated to thorough study, efficient organisational endeavour, careful preparation, dedicated effort, the will to fight for the Academy's consolidation and acceptance, and unshakable faith in the ideals of Olympism. In its endeavour the I.O.A. was also supported — sometimes to the extent of sacrifice — by the Greek Government, which gave it the necessary financial resources, so that it could erect those truly magnificent facilities.*

*The Hellenic Olympic Committee takes pride in having been able to carry out in full the task entrusted to it by the International Olympic Committee, namely the establishment and operation of an International Olympic Academy.*

*The cultural centré of world sport is operating in Olympia today. It has been accepted at an international level and strives for international cooperation by means of yearly Sessions and discussions whose purpose is to speed up humanitarian and scientific evolution and keep the flame of the Olympic ideology everburning through these difficult times of tension and darkness.*

*The 10th festive Session began in Ancient Olympia with the deposition of a laurel wreath at the memorial stele dedicated to the founders of the I.O.A., Ioannis Ketseas and Carl Diem, to honour their memory.*

*In order to celebrate the first ten years of the Academy's active life, during the closing ceremony of the Session, a commemorative diploma and plaque were awarded to those who during these first strenuous ten years have striven for the achievement of the Academy's goals.*

*The participation of many Olympic Committees in the celebration was indeed moving. Through special representatives they offered souvenir gifts and wished for the continuation of the Academy's work.*

*The atmosphere of friendship and fraternisation that prevailed during the 10th Session was particularly warm. Although these young people came from various countries, many of which have lately been in conflict for political reasons,*

*they all lived together for a fortnight in an atmosphere of friendship and understanding so characteristic that it could truly be defined as the atmosphere of the real Olympic family.*

*And although it is true of course that this warm spirit of friendship uniting participants from the various countries of the world prevails every year, fraternal cooperation was particularly evident during the 10th Session, possibly because the intellectual level of the participants was very high, from an academic point of view, since apart from students participants also included many Physical Education teachers, as well as University and High School Professors.*

*As a result of this, perhaps for the first time during those last ten years, a programme so rich that it was almost overloaded, was fully covered without it being necessary to reduce time devoted to exchanges between participants and guests, discussion, recreation, sports, etc.*

*And another characteristic of this year's success is the fact that time allotted to recreation and sports, far from being reduced, as had happened in the past, was on the contrary supplemented by very interesting excursions and visits. Participants visited the site where the ancient Isthmian Games were held and listened to a very instructive lecture by Mr. Oscar Broneer, Professor of Archaeology at the University of California. They went to the centre of the Péloponnèse where the ancient temple of Apollo is located and finally, apart from the visits to the Altis and the museums, they made an all-day excursion to the island of Zante, in the Ionian Sea.*

*Participants also organised interesting swimming, basket and volley ball, table tennis and chess competitions. The winners received commemorative prizes.*

*The special theme of the 10th Session was «The Preparation for the Olympic Games». This subject was examined in detail, from the point of view of national preparation, as well as from the point of view of technical and individual preparation.*

*The eminent lecturers of the 10th Session were highly appreciated by the participants who listened to all lectures with interest and attention and participated actively in the discussions. Among the Lecturers of the 10th Session were Mr. A. Siperco, I.O.C. member for Rumania and Mrs. M. Berlioux (France), I.O.C. Director of Public Relations and Information. Two lectures on the preparation for the Munich Olympic Games and the Sapporo Winter Games, both to be held in 1972, attracted general interest. These lectures were presented respectively by Dr. Max Danz, Vice-President of the N.O.C. of the Federal Republic of Germany and Mr. Tomoo Sato, Secretary General of the Sapporo Organising Committee. They fully covered all aspects of the organisation and showed related films.*

*During the 10th Session, 20 lecturers in all, coming from 11 countries presented lectures and the Session was attended by 115 participants from 23 countries.*

*Mr. E. Petralias, President of the I.O.A. and Secretary General of the H.O.C., presided over the work of the Session, assisted by the Curator, Mr. Otto Szymiczek.*

*The Session was attended by the President of the H.O.C., Mr. Theodosios Papathanassiadis, Mr. Ivar Vind, Chairman of the I.O.C. Committee for the I.O.A., Mr. A. Touny, I.O.C. member for the U.A.R., Mr. Cheik G. Gemayel, I.O.C. member for Lebanon and Mr. P. Lappas, I.O.C. member for Greece, the H.O.C. members, Messrs. E. Moiropoulos, First Vice-President, I. Athanassiou, C. Lycouris and the members of the Ephoria of the I.O.A., Messrs. G. Papastefanou and G. Pantzaris.*

*For a few days meetings were also attended by Mr. Constantinos Aslanidis, Secretary General for Sports and the Under-Secretary for Education of Bavaria, Mr. E. Lauerbach, who seized the opportunity of his visit to Olympia to discuss with the H.O.C. officials the various problems of the Olympic torch relay for the 1972 Munich Games.*

*Fifteen champions from various countries were present at the 10th Session, all members of National Teams participating in the Olympic Games. It was the Curator's idea to have them present short talks on their impressions and feelings from their participation in this great event in the sports life of a young man, the Olympic Games. Their presentations were much appreciated by the participants.*

*The 10th Session of the I.O.A. was a complete success from every point of view — a milestone in its progress into the future. Success is due to many factors among which the most important are : the perfection of the I.O.A. installations providing comfortable lodgings, rich food, an excellent meeting hall equipped with a system for simultaneous interpretation in three languages, recreation rooms, sports grounds, a beautiful swimming pool, an open air cinema, administrative buildings, a post office, a bank and a library with a modern system of book filing that greatly facilitates its use.*

*If we now wish, at the end of these first ten years of the I.O.A.'s life and operation to draw some conclusions we could sum up the work accomplished, with courage and sincerity, with the following words :*

*The purpose of the International Olympic Academy is to teach the ideals of the Olympic movement, ideals that form a philosophy in itself, whose main dogma is to inspire young people with the spirit of fair competition. The philosophy of the Olympic movement enhances the powers of the body and the spirit, thus securing a safe future for youth, the family, society as a whole. The philosophy of the Olympic movement teaches individuals mutual respect and understanding, mutual assistance, the necessary adaptation to the environment and to the needs of others, justice, kindness, love.*

*In these last ten years, many subjects were presented, relative to the philosophy of the Olympic movement, the history of the ancient Olympic Games, their progress and evolution during one thousand years, as well as subjects relative to the modern Olympic movement, the relation between arts and the Olympic Games, the evolution of modern training techniques and sports medicine, the specific preparation of athletes for the Olympic Games, the institution and regulations of the I.O.C. All the above subjects were discussed in detail and the conclusion from the discussions were submitted to the I.O.C.*

*From year to year, the I.O.A. has progressed with a steady pace towards the achievement of its goals and, from year to year, it has completed and perfected itself.*

*During the first years, the I.O.A. could rely only on its own strength. But later, the importance of its task became apparent and more and more it began to enjoy the assistance and, in particular, the moral support of the I.O.C. It should be noted that the Greek Government, through the General Secretariat for Sports, has granted the H.O.C. the necessary financial resources for the organisation of the sessions and the accommodation of foreign attendees and has already granted important sums for the development of facilities. It only remains to add that the historical continuation of the I. O.A. has been ensured, that the institution has fully succeeded and it is now the task of the international sports world to contribute by its yearly participation to the continued successful operation of the I.O.A. and to the further achievement of the aims it pursues, in faithfulness to the hopes and the wishes of its founders.*

*Greece has accomplished her duty for ten years and will go on supporting and perfecting this institution. May the N.O.Cs of the world answer her call.*

THE INAUGURAL CEREMONY  
ON THE HILL OF THE PNYX  
ON THE 1ST AUGUST 1970





*Dr. Henri Pouret, delivering his speech at the opening ceremony of the 10th Session on the hill of the Pnyx.*



*The President and the members of the Hellenic Olympic Committee at the opening ceremony of the 10th Session on the hill of the Pnyx.*



*At the opening ceremony of the 10th Session of the International Olympic Academy, were also present from left to right: Mrs.S. Jernigan (U.S.A.), Dr. L. Holbrook (U.S.A.), Mr. G. Gemayel (Member of the International Olympic Committee for Lebanon), Mr. G. Meyer (France), Mrs. and Miss Meyer, Mr. D. Christopoulos, Director of Physical Education at the Ministry of National Education, Mr. C. Aslanidis, Secretary General for Sports, Mr. Sisto Favre (Italy) etc.*



*Snap-shots from the reception at the Greek Royal Yachting Club given by the Hellenic Olympic Committee for the participants at the 10th Session of the International Olympic Academy.*

ADDRESS BY THE PRESIDENT  
OF THE INTERNATIONAL OLYMPIC ACADEMY

MR. EPAM. PETRALIAS

*at the Opening Ceremony on the Hill of the Pnyx*

In the midst of the continual upheavals and tempests that rock the modern world, in these dramatic times, Greece has managed to find the spiritual serenity needed to lift her thoughts and sentiments above the realism and the exciting events of our era. This is a great Hellenic virtue that can rarely be found among other peoples.

It is therefore with special pride that we celebrate today the completion of the first decade since the foundation and putting into operation of the International Olympic Academy. It was founded at the suggestion of the Hellenic Olympic Committee, submitted in the year 1948 to the International Olympic Committee; the latter approved the suggestion and entrusted the foundation and management of the Academy to the Hellenic Olympic Committee.

The aim of the Academy is the study and propagation of the Olympic Idea which combines, as in a bundle of rays, the moral rules that govern competition and seeks to create the perfect type of man. During this first decade, much has been achieved, so that the pride felt by the Greeks is fully justified.

Thanks to the hard work of the Greeks and to their unshakeable faith in the Olympic Ideals, but most especially thanks to the eager support lent to the Hellenic Olympic Committee by the National Government, which has assumed — through the medium of the General Secretariat for Sports and the personal interest of the General Secretary Mr. C. Aslanides — the really high expense involved, there functions at Olympia today a really imposing Cultural Center, the Ideological Center of World Sports.

In antiquity, Hellenism, which had spread over the whole of the Mediterranean basin, had succeeded, thanks to the Olympic Games, in consolidating the idea of a Universal, Religious, Civilizing, Artistic and Athletic Unity. Olympia, with its religious ceremonies, the suspension of hostilities, the festive gatherings of thousands of spectators on its neutral territory, its theories and its Games, neutralized the political divisions and oppositions of the City-States of the times and cultivated the common conscience of the Greeks. The greatest achievement of Ancient Olympia was certainly the preparation and the realisation of the union of all Greeks.

It is under the inspiration of this high ideal, and of our loyalty and faithfulness to the Olympic Spirit, that we work at the Sessions of the International Olympic Academy. Olympia must become the Centre of the ideological union of the whole World; and this task has been undertaken by the Hellenic Olympic Committee with the guidance and the moral support of the International Olympic Committee.

From this rostrum, and on behalf of the Hellenic Olympic Committee, I wish to express to the honorable members of the International Olympic Academy, to the lecturers and to the participants, our great joy and satisfaction at their having accepted our invitation to take part in the Tenth Session.

Now that the first decade has elapsed since the foundation of the International Olympic Academy, my thoughts turn with deep emotion towards the great deceased founders of this fine institution, John Ketseas and Carl Diem the Olympian; their inspiration and their ideas have prepared the road we are now following.

The Hellenic Olympic Committee is fully aware of the extent of the work accomplished during the past decade, and has therefore decided to honour those organizers and lecturers who have worked up to the present with devotion and zeal to further the aims of the International Olympic Academy. The honours will be conferred during the closing ceremony of the Tenth Session.

Ladies and Gentlemen :

We appeal to the whole world and especially to the young of ardent heart and pure spirit, and urge them to join us in our efforts to safeguard, through the ages, the wisdom of the Olympic Ideal which is at the service of beauty, justice and truth.

May divine Olympia inspire you, so that your efforts be fruitful and when you return to your beloved homelands you become not only eager heralds, but also apostles of the moral teachings which spring from the institution of the Olympic Games, and which today, constitute our hope that even in its darkest hours Mankind can be directed towards a better future.

## MESSAGE OF WELCOME

By MR. AVERY BRUNDAGE,

*President of International Olympic Committee,  
at the opening of the Xth Session of the International Olympic Academy*

To my regret I cannot be present to welcome you to the Xth Session of the International Olympic Academy operating under the auspices of the Hellenic Olympic Committee. You are here to learn something of the Olympic Movement which has been called the most important social force in the world today, and its major manifestation, the Olympic Games. The last Games staged in Mexico in October, 1968, inaugurating the XIXth Olympiad of the modern cycle in a blaze of glory, and transmitted worldwide by satellite for fifteen days, held the concentrated attention of millions.

For fifteen days the world could forget the stories of crime and corruption, of disorder and warfare that fill the news columns. What other enterprise could arouse such intense and widespread interest?

Competitors from one hundred and fourteen different countries, of every colour, creed and political affiliation, regardless of social or financial status, with strange customs and habits, not even speaking the same language, but each possessing the high ideals of youth, contested passionately, on an equal footing, with amazingly little friction, for the greatest honour in sport, at the same time sharing a friendly camaraderie, with everything provided for their comfort, in the Olympic Village. Fair and honest competition on the athletic field, no matter how strenuous, brings mutual respect, not enmity or hate. The spontaneous demonstration of international goodwill during the emotion-charged Closing Ceremony left hardly a dry eye in the stadium.

For fifteen days, the millions of spectators could watch this huge international festival of youth, where everyone has the same opportunity and the rewards go to each according to his ability and his diligence, the kind of society sought by all sociologists, educators and statesmen who hopefully dream of a world where the Olympic principles of amateurism and fair play will prevail.

It was the same in Japan in 1964, when years of exposure to Olympic philosophy led to the general adoption of Olympic principles and helped create the fantastic miracle of Japanese recovery since the war. Mexico also will benefit and will occupy a much more important position in the world, as the result of the Games of the XIXth Olympiad.

This outstanding success in Mexico once more testified clearly to the

acknowledged excellence of Olympic principles to the prescience of Coubertin's vision in reviving the festival that was the outstanding event of an outstanding era, and to the sound direction and control of the Olympic Movement by the International Olympic Committee.

It is only 75 years ago that Baron de Coubertin finally succeeded in gathering a group of the sport leaders of the world in Paris where he convinced them of the desirability of reviving the Olympic Games, which, after their beginning in 776 B.C., had continued for almost twelve centuries. Search all of history and you will find few, if any, man-made institutions which lasted longer.

Of course Coubertin's idea was a most virile and dynamic one with its roots extending back 2,500 years to the days when the foundations of modern civilization were being laid in ancient Hellas. In that ancient era, so aptly called the Golden Age, culture was both physical and mental. It was a harmonious, balanced, well rounded development of both mind and body that was sought. In the contests, beauty and grace, intangible things, were esteemed as well as strength, speed and agility. Honor was held above all. The events were staged in a beautiful natural park. The charm of the Greek landscape was enhanced by the creations of the most accomplished architects. The finest sculpture in the world adorned the grounds. Music and poetry greeted the ears of the athletes; elegance and good taste surrounded them.

It was in this enlightened atmosphere that the Games developed. They were organized on an idealistic, semi-religious basis, and they were strictly amateur. Just as in the days of Pericles knowledge was sought for its own sake and there was a wholesome contempt for mere money, so sport was practiced for pleasure and enjoyment and the only prize was a wreath or crown of wild olive which soon faded.

Today we live in an extremely uneasy and even rebellious world, with a greatly discontented younger generation expressing its dissatisfaction with prevailing conditions in frequent destructive demonstrations in France, Japan, the United States and many other countries. The participants violently oppose war and demand the cessation of hostilities. They are against discrimination of any kind. They feel the world is over-commercialized and they refuse to accept the conditions created by their elders, in which they find themselves placed, where everything seems to be measured in dollars. It is difficult not to sympathize with some of their views and the results of this international rebellion are yet to appear.

As a matter of fact, the Olympic Movement for years has, in anticipation of such dissatisfaction, been actively striving to cure many of the conditions which these disillusioned young people find objectionable. The Olympic Movement aims to bring the youth of the world together in order to promote

international friendship and goodwill. Its basic policy is equal opportunity and no discrimination of any kind. It forbids commercialization of sport, and no one, either competitors, officials or organizers are permitted to profit from the Olympic Games. It sets an example for a society that today seems to be based on dollars. An Olympic medal must be earned, it cannot be purchased.

Your sojourn in Olympia in the serene atmosphere of the hallowed area where the Games were born, surrounded by memories of the glorious past should be an inspiring one. You have our best wishes for an exciting and successful fortnight.



## ADDRESS

By DR. HENRI POURET (France)  
LAUREATE OF THE ACADEMIE FRANÇAISE  
*at the Opening Ceremony on the Hill of the Pnyx.*

Mr. Minister,  
Mr. Secretary General for Sports,  
Mr. President of the Hellenic Olympic Committee,  
Mr. President of the International Olympic Academy,  
Members of the International Olympic Committee,  
Members of the Hellenic Olympic Committee,  
Ladies and Gentlemen,

Here we are at the opening ceremony of the Tenth Session of our International Olympic Academy.

Will my voice be strong enough? Will my thoughts be sufficiently ordered to do justice to the grandeur of this place and to echo the great voices of those who, through the ages, have raised theirs on this very spot, to honour man and man's destiny?

If it were not for the friendship I bear those who had the kindness to grant me the title of Honorary Member of the Academy, and who have made me a lecturer at every session, I would be inclined to take refuge in silence and to content myself by uttering a silent prayer at this place which is the home of the Hellenic Genius. We must, however, communicate among ourselves and we must make use of words and of ideas, thus affirming the privilege of Man over Animal.

My first words will be words of gratitude to those who, animated by their faith in the Olympic ideal, have created this inimitable institution that is the International Olympic Academy.

I can say that I assisted at the genesis of this institution, when in 1949 John Ketseas thought of creating such an organisation at Olympia. He forged his way ahead through the world, with all the weight of his Country's past history, and overcame one obstacle after the other, although they were numerous and formidable.

In the setting sun of this magnificent day, I would like our common thoughts to soar in memory of that Greek citizen who became, by his work, a real citizen of the world.

Your Excellency, Mr. Secretary General for Sports, you have had the kindness to preside over today's manifestation; this is a proof of your support

to the great work undertaken, to which you contribute not only the weight of your moral authority, but also the finances necessary for the construction and administration of the Olympic installations; please allow a disciple of Coubertin to tell you how much you are helping the great work of the Revival of the Games and how your efforts set an example for all Countries.

Today; the torch has been taken up by the Hellenic Olympic Committee, which, following the tradition of its ancestors, is opening new ways for the ideology of Sports by drawing it nearer to Olympism.

To do so, a group of John Keteas's fellow countrymen, numbering some of the best sons of Greece, administer and manage the International Olympic Academy, by attracting all those who, all over the world, are working to give to the Olympic Spirit its real dimension.

Our gratitude goes out to all these leaders who know so well, how to conserve their national heritage — which is their duty — and at the same time to offer it to the world - which is generosity.

You, the Participants, have undertaken a long journey to come to this land of reason, which can be at the same time Apollonian by the cult of the mind and Dionysian by the cult of passion. For a few days you will listen to presentations by the best specialists on the general theme of «Olympic preparation». Those who will address you would like with all their heart to kindle in you a flame, and they would like you to participate, very actively, in the debates and seminars that will follow the lectures. Your thoughts, your observations, will help to lend the right note by blending the thoughts of ripe age with those of youth, and this right note should lead to the happy evolution of the Olympic movement.

Recently, in The Netherlands, President Brundage, while speaking of Olympism said :

«It is a modern philosophy, alive and virile, that survived the stormy years of two world wars and that claims ever more and more followers».

It is up to you to answer the call of the man who devoted all his life to Olympism, and to adhere to this inspiring philosophy so as to make it an example to educators who are seeking to teach the world, to politicians who govern it, and to the public in general that is thrilled by muscular exploits; because, according to Coubertin's wishes, it is not only a question of sporting contests, but a four-yearly gathering of the world's youth, to ensure to every man on earth, after the Olympic idea has prevailed, «bread - dignity - knowledge».

This is the human architecture that the world expects. It is from the historic city of Olympia that this philosophy must be expressed again. By coming here you will be able to become the apostles of tomorrow.

Ladies and Gentlemen, allow me to conclude by an illustration.

The Greek Temple, a beautiful specimen of which is here before you, is in the main, the sign of life. To be more explicit, I shall make a comparison. The Egyptian Pyramid, in its beauty, is the sign of death; its lines slanting towards the earth signify the universal sinking of all things under the influence of the force of gravity and of time ; the Egyptian architect constructed for a dead man, a man prostrated on the ground.

On the contrary, the Greek temple is the sign of life. It is, with its columns, the image of man very much alive and standing upright on the ground ; the colonnade supports the fronton and the roof, and the architect makes them meet under the sign of the right angle ; that sign signifies refusal to join the earth, fight against the force of gravity and against time, victory of man over materials — it is really reason in marble.

The Parthenon teaches us the will to stand upright and resist adversity and time.

As for me, I would like this sign of the right angle to dwell in us during the whole of the Tenth Session.

Must we not always thank the wonderful Country that welcomes us, for teaching us through its monuments and its thinkers, the permanent elements of the Springtide of Men and the voluntary grandeur of their Destiny?

«Zito i Hellas»

OPENING OF THE 10TH SESSION  
OF THE INTERNATIONAL OLYMPIC ACADEMY

By MR. C. ASLANIDES,  
*Secretary General for Sports*

To you all, the adepts of the universal religion of Sports and the continuators of the most beautiful of traditions, I wish to convey the welcoming wishes of the National Government of Greece.

At this moment, you can look at the immortal and majestic view of the Acropolis of Athens, the work of our ancestors ; and, starting tomorrow on your pilgrimage to the Olympic Idea, you will receive new inspiration from the suggestive surroundings of Ancient Olympia.

We have received you with open arms and you shall be our respected guests, as are all foreigners visiting this country. We trust that your stay under the blue skies of Greece and in the life-giving, pine-scented air of Mt. Kronion will be a pleasant one and that it will contribute to your getting to know one another and to forging among you that spirit of affection and brotherliness which is commanded and inspired by Olympism.

Wishing you a successful achievement of your aims, I open the 10th Session of the International Olympic Academy.



CLOSING CEREMONY OF THE 10TH SESSION  
CELEBRATION OF THE 10TH ANNIVERSARY  
OF THE I.O.A.

AWARDING OF HONORARY  
DISTINCTIONS AND DIPLOMAS

ANCIENT OLYMPIA, 15 AUGUST 1970



## CLOSING ADDRESS

By MR. EP. PETRALIAS

*President of the International Olympic Academy.*

Distinguished speakers,

Dear participants,

We have come to the end of this year's successful session.

This Session was a milestone in the history of the International Olympic Academy because it marked the end of its first ten years of operation; it is the close of this fruitful first decade that we are celebrating to-day.

We have worked for two weeks on the problems of the Olympic Movement and of sports in their ever renewed and acute forms; we have come here to draw inspiration from the past, from the sacred Altis, to work together at the building of a cultural, social and idealistic edifice that serves the great cause of human progress and cooperation among peoples, and thus the cause of world peace.

We listened with great attention and interest to lectures on the philosophy of the Olympic Movement, on the history of the Games, on the city-state of Elis and the sanctuary of Olympia, on sports and the fine arts, on the importance of bibliographical documentation, on physical education, on the contribution of mass media and the role of the Press, we examined the topic of this year's Session concerning the preparation of athletes for participation in the Olympic Games, and we discussed a number of other subjects during the Seminars.

It is indisputable that the athletic movement is continuously gaining ground in our times, and that the faithful of this new religion — as it was so successfully termed by Mr. Brundage, President of the International Olympic Committee — have multiplied and become predominant all over the globe. But at the same time the size of the problems, which have always existed, has increased accordingly.

We, of course, are not the body that bears the great responsibility of providing immediate and definite solutions to the problems of sports.

We have discussed some serious problems, and we have discussed them with mutual understanding and an excellent spirit of cooperation; we will now submit our conclusions to the International Olympic Committee which is the international body vested with the power to make decisions.

From this rostrum, I wish to express to all of you my full appreciation for your readiness to cooperate, and my gratitude to the main speakers of the 10th Session for their valuable contribution to the success of the proceedings.

All of you are of course aware that our era is marked by tendencies which can be described as irrational and abnormal. All over the world there are islets of restless youth, and the only possible justification I can think of for all the absurdities, is that parts of impetuous youth remain uninformed and therefore look with terror to the unknown future.

The Olympic Philosophy in its simplicity includes humane ideals apt to heighten the value of the human body and the human mind and lead to genuine «beauty».

It is a philosophy which, by inspiring youth, can support the family and hence society, can lead to the individual's physical and mental perfection, can improve man's culture and help him develop his creative faculties, face the vicissitudes of life with optimism, acquire the sense of responsibility and finally to form a proud and stable personality.

You, the few high-principled young men and women who study and inquire into the Olympic ideals with us, are our comfort and our hope. With your help and your ready and dedicated cooperation, we shall succeed in making this nucleus grow and in spreading the Olympic principles and beliefs until they become widely accepted by all nations.

Dear friends,

The time has come for me to wish you all farewell.

Believe me, we have tried to do everything in our power to make your stay with us as comfortable and pleasant as possible. Any shortcomings you may have noticed were certainly unintentional and I hope you will forgive us for them.

Please take with you to your several home countries our cordial Olympic greetings and our love from this Country - Greece.

## ADDRESS ON BEHALF OF THE LECTURERS

By Dr. LEONA HOLBROOK

UNITED STATES OLYMPIC COMMITTEE

*Chairman of the Brigham Young University, Provo - Utah.*

Officers and members of the Hellenic Olympic Committee, Officers and Members of the International Olympic Academy, Guests, and participants :

The lecturers of the Tenth International Olympic Academy extend a deep appreciation to our organizing hosts, the Hellenic Olympic Committee and the International Olympic Academy. We sojourn in Olympia and in Greece through the natural graciousness and the well considered and well planned hospitality from you our Greek hosts. Here together, we live each day finely, fully and humanly in the manner of the Olympic ideal.

We speak several languages and yet we speak a common language, the language which unites in understanding all men of all colors, of all faiths, and from all lands. We speak of man's condition and of man's future in his full realization of the human condition.

We appreciate the response and the expression of our fellow participants in the Academy. The best of you give to this Academy the qualities which are important in any academically related endeavor. For the «joie de vivre», for the boundless energy, for the vigorous sports, for the courtesies, for the generous adaptations and acceptants, for the natural and cultivated intelligence of our participants we give recognition, and for all of these we give appreciation.

It must be clear that we the lecturers have given our personal and professional lives in the past to a fullness of human endeavors which carry the quality of Olympism. We presently take our stand and state our supporting opinions. We assure you, our hosts and fellow participants, that our minds, our faiths and our works of the future will continue to foster the spirit of Olympism in our many and varied walks of life. Our youthful acts and sports led us to Olympism. Our maturity and experience both accept and promulgate the spirit of Olympism.

We join with all persons present in making, each his own personal pledge to carry an ever glowing spirit of Olympism which will enlighten the ways of all mankind for a better life through the ideas and the ideals of sport in the Olympic way. This enlightenment from the past must prevail and it must pervade the lives of men and the ways of all worthy sport.

We pledge the interpretation and the example of Olympism in our ca-

sual sports and in our competitions. In our personal and professional lives we will extend to all persons the spirit of Olympism and a knowledge of the opportunity which lies for them in the heart of Greece, in Olympia and in the International Olympic Academy.

The lecturers have been favored by the best of conditions, an encouraging and enlightened administration and a cooperating and informed assemblage. We thank the participants. We are grateful to our hosts «ephkharisto poli».

We have *brought* something of Olympism with us. With us we *take* the ideas, the faiths and the experiences which now are more than ours, they now are us.



*The Bank and Post Office of the I.O.A. continually at the service of the participants.*



*Mr. I. Vind, member of the I.O.C. for Denmark, President of the I.O.C. Sub-Commission for the I.O.A. Left: Mr. Ep. Petralias, President of the I.O.A. Right: Mr. Otto Szymiczek, Curator of the I.O.A. and Mr. Cl. Palaeologos, Deputy Curator.*



*In the large conference room in the speakers' seats on the first row from left to right: Mr. Ito (Japan), Mr. T. Sato, Secretary General of the Organizing Committee of the Sapporo Winter Olympics, Professor J. Recia (Austria) and Mrs. S. Jernigan (U.S.A.).*



*Mr. Cl. Palaeologos, Deputy Curator, presenting his talk.*



*Part of the audience in the large conference room. From left to right: Mr. I. Vind, Chairman of the I.O.C. Sub-Commission for the I.O.A., the Secretary General for Sports Mr. C. Aslanidis, Mr. G. Gemayel, member of the I.O.C. for Lebanon, Mr. A. Touny, member of the I.O.C. for the U.A.R. and the Prefect of Elia, Mr. Ch. Mavrakis.*

## ADDRESS ON BEHALF OF THE PARTICIPANTS

By Mr. FRANCIS VON BUREN (Switzerland)

*Student of Economics*

As spokesman of the participants of the IOA I would like to express our gratitude both to the Hellenic Olympic Committee and to the IOA for having given us the opportunity to spend 2 weeks of learning and reflection in this historical location of Olympia. Our thanks are also due to the direction and the staff of the Academy who have spared no effort to make our stay pleasant as well as constructive. We have all deeply appreciated the cordial welcome given to us. We would also like to extend our thanks to the lecturers who played a major role in making this Session a success.

Our common life and work have helped us to learn to understand the Olympic ideal better than before. We have made contracts and acquaintances, we have developed friendships and have lived in an atmosphere of fraternity which will remain unforgettable to us. The seminars made it possible for us to get to know, understand and appreciate each other better. In our opinion they are the quintessence of the Academy. In spite of our vastly different ethnic and cultural origin we exchanged our views with a high degree of objectivity and mutual understanding. On the basis of this experience we wish to address the following message to young people all over the world, so that they become conscious of the inestimable value of the Olympic ideal which inspired us throughout this Session :

«On occasion of the closing ceremony of the 10th Session of the International Olympic Academy the participants address a fraternal salutation to the young people all over the world and call upon them to realize the deeper meaning of the Olympic ideal and to adopt the principles of mutual respect, understanding and peace which constitute the pillars of Olympism, as well as the indispensable factors for the creation of a world of hope and joy for the future».

Now that we are going to part and return to our countries, we promise to become the enthusiastic exponents of Olympism and we hope that the Academy will give again to many young people the opportunity to live the experience of Olympia.

## ADDRESS

By Mr. AHMED D. TOUNY,

*Member of the I.O.C. for the U.A.R.*

Dear Mrs. Ketseas, dear Vice-Admiral Lappas, and members of the Hellenic Olympic Committee, Mr. President and members of the EPHORIA, dear lecturers and guests, ladies and gentlemen :

It is my pleasure as a sportsman and as a member of the International Olympic Committee to be with you here in this sacred Olympia for the tenth session of the Olympic Academy.

I followed the lectures, discussions and seminars, and I can state that this session has reached its goal and made you good apostles and ambassadors of Olympism in your countries.

I have to congratulate the members of the EPHORIA and the Staff of the Academy for the great success. In my opinion the Academy is a great success, because as I can see it safeguards the ethical morals of our Olympic movement and it declares the true idea and rules of the Olympic Games.

Dear colleagues :

The Olympic movement is based on sound foundations of fair play and good sportsmanship away from any politics, racialism and commercialism; and the Olympic movement is the same from whatever country it may come.

The important thing in the Olympic Games is the character of the man and not the land of his birth. It is the man's ability that counts and not the colour of his skin or the religion he believes in. It is the human being himself and neither his race nor his political affiliation that affords him a place in our Olympic family. Dear friends :

I assure you that it was not easy, and still it is not easy but it is very difficult for the International Olympic Committee to keep the Olympic movement and the Olympic Games far away from politics, racialism and commercialism. We live now in a materialistic world far removed from morals and good ideals. Aware and full of terror at world politics and race discrimination, the International Olympic Committee is trying to demonstrate to the statesmen of the world a better way of life for all mankind.

The Olympic movement brings together all the men and women from all over the world to live together every 4 years in the Olympic village, as members of one family, the human family. And in the Olympic Games they



*The 1st Vice-President of the Hellenic O. C. ^Mr. E. Miropoulos awarding a distinction to Mr. A. Touny (Member of the I.O.C. for the V.A.R.) on the occasion of the 10th anniversary of the I.O.A.*

all compete peacefully without any difference between colours, races, religions, nationalities, or political affiliations, and this is a better way of living. I am sure.

Dear colleagues :

Being a member of the International Olympic Committee for my country, I can give you some of the data about the relation between my country and Greece and the modern Olympic Games. The Egyptian Olympic Committee was one of the very first committees to join the Olympic family in 1910.

The first member of the International Olympic Committee for Egypt was an Egyptian by birth and residence but a Greek, named Angeles Volonakis; they call him the father of modern sports in Egypt. He stayed as a member of the International Olympic Committee for over 52 years, a record which is very difficult to break. He represented our country for a quarter of a century and he represented Greece for another quarter of a century. He was a very ardent Olympian, he even persuaded Averof who lived in Ale-

xandria too, to help in organizing and staging the first Olympic Games in Athens in 1896.

Volonakis celebrated the 20th Anniversary of the International Olympic Committee "la his estate in Alexandria, and unfolded the Olympic flag for the first time in history. This was the 23rd June 1914.

The United Arab Olympic Committee celebrated the 50th anniversary of the raising of this flag on the 23rd June 1964.

It is my honor to present the president of the EPHORIA with this commemorative medal of the 50th anniversary of unfolding this flag.

I must thank the Hellenic Olympic Committee and the EPHORIA and the Staff of this Academy for their kind invitation and the hospitality and the friendship I was offered here, and I am sure everyone of you has shared with me. And I can promise you one thing, that I shall always help this Academy to continue its progress in serving our Olympic ideas.

The Olympic Idea will continue to pursue its task with all our blessings and aid and support. Thank you.



## MESSAGE

FROM THE PRESIDENT OF  
THE HELLENIC OLYMPIC COMMITTEE  
LIEUT. - GENERAL TH. PAPATHANASSIADIS

On behalf of all the members of the Hellenic Olympic Committee as well as in my own name, as President, I wish to extend cordial thanks for the work accomplished during the 10th Session of the International Olympic Academy and to congratulate all who have contributed to it; more particularly, I wish to thank the President of the International Olympic Academy, the Curator and other officials, the lecturers, the members of the I.O.C. who have attended the Session, and all participants.

I regret that for reasons beyond my control I was only able to attend during the first week and had to leave before the end. But I must admit that even in that short period, I was able to convince myself that the work being accomplished here is very promising and can justify high hopes on the part of the Hellenic Olympic Committee, the International Olympic Committee, and sportsmen all over the world.

The Hellenic Olympic Committee, being fully supported in this by the Secretariat General for Sports, will spare no efforts and no expense to further improve the operation of the Academy, for much remains to be done.

I trust that all participants will return to their countries with good memories from the International Olympic Academy, that they will talk of these with their friends and associates, and that they will do everything in their power to spread the noble Olympic ideals throughout the world.

Thanking you again, I wish you a pleasant journey home, and a lot of progress and happiness in the future.

## CELEBRATION OF THE 10TH ANNIVERSARY OF THE I.O.A.

To celebrate the 10th anniversary of the International Olympic Academy, the Ephoria has decided to award honorary commemorative diplomas or plaques to persons who with their enthusiasm and dedication have contributed to the progress and development of the International Olympic Academy.

An Honorary Diploma is awarded to :

H. M. King Constantine of the Hellenes  
Mr. C. Aslanidis (Greece)  
Mr. Avery Brundage (U.S.A.)  
Lieutenant - General Th. Papathanassiadis (Greece)  
Vice-Admiral P. Lappas (Greece)  
H.R.H. Prince George of Hanover (Germany)  
Mr. G. Papastefanou (Greece)  
Mr. Otto Szymiczek (Greece)  
Mr. Cl. Palaeologos (Greece)  
Mr. Ivar Vind (Denmark)  
Dr. Henri Pouret (France)  
Prof. Dr. Josef Recia (Austria)  
Prof. Dr. Sisto Favre (Italy)

### HONORARY DISTINCTIONS

#### A. HONORARY DIPLOMAS

##### H. M. KING CONSTANTINE of the HELLENES

As Crown Prince and President of the Hellenic Olympic Committee and Olympic Gold Medallist, He strongly supported the founding, organization and function of the International Olympic Academy. He closely followed the Sessions of the International Olympic Academy and subsequently as King of the Hellenes He personally attended the Sessions and lived within the installations of the International Olympic Academy. At the 7th Session in 1967 He was a lecturer.

#### C. ASLANIDIS

##### *Secretary General for Sports*

He has immediately grasped the high significance of the International Olympic Academy and with keen personal interest has offered invaluable moral and material assistance; more particularly he has undertaken the expense of hospitality to be offered to five representatives from each nation

at each session and has contributed the funds necessary to complete the construction of the dormitories and to build the conference hall, the restaurant, the recreation room, the library, the offices, as well as the Modern Olympic Games Historical Museum.

#### AVERY BRUNDAGE

##### *President of the International Olympic Committee*

A faithful and dedicated exponent of the spirit and the ideas of Pierre de Coubertin, he approved the proposal concerning the establishment of the International Olympic Academy and has supported the candidature of Greece for the organization and the operation of the Academy, thus proving that he is a true follower of Olympic ideals and a sincere friend of Greece. He has always closely followed the activities of the Academy and has used his personal prestige to support and promote it internationally.

#### LIEUTENANT - GENERAL TH. PAPATHANASSIADIS

##### *President of the Hellenic Olympic Committee*

As First Vice-President and then as President of the Hellenic Olympic Committee, he made a considerable contribution to the establishment and the operation of the International Olympic Academy, and has ever since taken a keen interest in its work.

It was during his term of office that the Academy was first founded and then developed into an institution of international significance.

#### VICE - ADMIRAL P. LAPPAS

##### *Member of the International Olympic Committee and of the Hellenic Olympic Committee*

As Secretary General of the Hellenic Olympic Committee and as member of the International Olympic Committee he extended great efforts for the establishment of the International Olympic Academy, and its promotion and operation. It was due to his daring and personal insistence that the lot on which the present/acuities of the I.O.A. stand was chosen and purchased.

As a member of the I.O.C. and of the Special Commission for the I.O.A. he is working with dedication towards the achievement of the aims of the Academy.

#### H.R.H. PRINCE GEORGE OF HANOVER

As President of the Ephoria of the International Olympic Academy for a period of three years, he worked with keen interest and contributed to the development and the propagation of this Institution.

G. PAPASTEFANOU

*Director, Modern Olympic Games Historical Museum.* By his kind donation to the I.O.A. of his invaluable collection of stamps and objects of Olympic interest, he has contributed to the establishment of the Modern Olympic Games Historical Museum and thus enriched both the I.O.A. and Olympia with an establishment of high value and great importance, which is expected to show further considerable development when the new excellent Museum building has been completed.

OTTO SZYMICZEK

*Curator of the International Olympic Academy, Technical Adviser to the Hellenic Olympic Committee* As a close collaborator of the founders of the International Olympic Academy, the late Ioannis Ketseas and Carl Diem, he worked for long years towards the definition of the spiritual aspirations of the I.O.A., the planning of its work, and the conducting of the Sessions.

He offered an invaluable contribution to the success of all Sessions held to-date as a permanent curator of the I.O.A. and as regular lecturer on subjects related to the Olympic Ideology.

CLEANTHIS PALAEOLOGOS

*Honorary Director of the National Physical Education Academy  
Member of the Ephoria*

As a close collaborator of the founders of the International Olympic Academy, the late Ioannis Ketseas and Carl Diem, he worked for long years towards the definition of the spiritual aspirations of the I.O.A., the planning of its work, and the conducting of the sessions.

He offered an invaluable contribution to the success of all sessions held to-date as sole co-worker of the curator and as regular lecturer on subjects related to the history and the philosophy of sports and the Ancient Olympic Games.

IVAR VIND (DENMARK)

As President of the I.O.C's Commission for the International Olympic Academy, he has rendered valuable services for the promotion and consolidation of the International Olympic Academy.

HENRI POURET (FRANCE)

As a regular lecturer and enthusiastic exponent of the International Olympic Academy.

Prof. Dr. JOSEF RECLA (AUSTRIA).

As a regular lecturer from the first Session onward, and an enthusiastic and dedicated co-worker.



*Lieutenant Colonel L. A. Ribeiro, special delegate, conveys the congratulations of the Portuguese N.O.C. to I.O.A. President Mr.Ep. Petralias on the occasion of the 10th anniversary of the Academy.*

**Prof. SISTO FAVRE (ITALY).**

As a regular lecturer and faithful supporter of the International Olympic Academy.

A commemorative plaque is awarded to the following members of the International Olympic Committee for outstanding services rendered to the International Olympic Academy as members of the special Commission of the International Olympic Committee :

- Mr. ARMAND MASSARD (FRANCE)
- THE MARQUESS OF EXETER (ENGLAND)
- Dr. GEORGIO DE STEFANI (ITALY)
- Mr. ADE ADEMÓLA (NIGERIA)
- Mr. JUAN A. SAMARANCH (SPAIN)
- Dr. RYOTARO AZUMA (JAPAN)
- Mr. AL. SIPERCO (RUMANIA)
- Mr. JEAN HAVELANGE (BRAZIL)

A commemorative plaque is awarded to the following members of the Ephoria of the International Olympic Academy for services rendered in the promotion and development of the International Olympic Academy : Mr. EPAM. PETRALIAS

Mr. C. GEORGAKOPOULOS  
Mr. D. XIROUHAKIS Mr. N.  
GOUMAS Mr. ATH.  
TZARTZANOS Dr. N.  
PAPARESKOS Mr. N.  
GIALOURIS Mr. G.  
KOURNOUTOS Mr. G.  
PANZARIS Mr. C.  
LAGOUDAKIS

A commemorative plaque is awarded to the following regular lecturers, for their long-lasting contribution to the success of the International Olympic Academy :

Prof. Dr. OTTO MISANGYI (SWITZERLAND)  
Dr. OSCAR BRONEER (USA)  
Prof. Dr. LISELOTTE DIEM (GERMANY)  
Mr. PAUL VIALAR (FRANCE)  
Mrs. SARA S. JERNIGAN (USA)  
Mrs. MONIQUE BERLIOUX (FRANCE)  
Dr. MAX DANZ (GERMANY)  
Mrs. DORA KETSEA  
Mr. A. TOUNY (UAR)  
Mr. S. DUNCAN (GB)

To Mr. Conrado Durantez (Spain) who participated in all ten Sessions of the International Olympic Academy.

To Dr. Georg von Opel (Germany), President of the German «Olympia-Gesellschaft».

To Mr. W. Daume, President of the German Olympic Committee.

To Mr. Edgar Fried, Secretary General of the Austrian Olympic Committee.

To the «Deutsche Olympia Gesellschaft».

To Mr. X. Messinezis.

To Mr. Ef. Spiliopoulos, Mayor of Olympia.

To Mr. Th. Hardavelas, President of the Moiraka Community.

A commemorative plaque is further awarded to the 55 National Olympic Committees from all over the world, which demonstrated their interest in the International Olympic Academy by sending participants to Sessions.

Mr. AVERY BRUNDAGE,  
PRESIDENT OF THE INTERNATIONAL OLYMPIC COMMITTEE,  
VISITS THE INTERNATIONAL OLYMPIC ACADEMY

Unable to attend the meetings of the 10th Session, Mr. Avery Brundage, President of the I.O.C., used the opportunity of his trip to Europe to come to our country and visit Olympia and it so happened that the day of his arrival in Athens was also his birthday. On the following day, September 29, he visited Olympia, accompanied by Messrs. P. Lappas, I.O.C. member, E. Moiropoulos, First Vice-President of the H.O.C., E. Petralias, President of the I.O.A., Otto Szymiczek, Curator of the I.O.A., and E. Panas, General Director of the I.O.A.

During his visit to the I.O.A. facilities, Mr. Brundage expressed his admiration and complete satisfaction for progress achieved and underlined the fact that the I.O.A. is now well-known the world over and has been accepted as the unique cultural centre of the Olympic movement.

On his return to Athens, Mr. Avery Brundage issued the following message :

MESSAGE OF THE PRESIDENT OF  
THE I.O.C.

Mr. AVERY BRUNDAGE

I have just returned from Olympia where I have visited the International Olympic Academy, inspected its attractive facilities and studied its comprehensive program developed over the period of the last 10 years. This Institution of the Hellenic Olympic Committee, under the patronage of the International Olympic Committee, is now equipped to welcome representatives of the youth of the world each summer to the sacred precincts of the Ancient Games, thus to absorb the high principles of the Olympic Movement inherited from the Golden Age of Greece. While there are now almost 130 National Olympic Committees following the Olympic Code of Fair Play and Good Sportsmanship, it has been impossible with our only volunteer workers to educate everyone and we are very grateful to the Hellenic Olympic Committee for its establishing this fine Institute, which will help us in the promulgation of the lofty Olympic Ideas.

Athens, 30th September 1970.

AVERY BRUNDAGE  
PRESIDENT OF THE I.O.C.



PROCEEDINGS  
OF THE 10TH SESSION AT OLYMPIA



## INTRODUCTORY TALK

By Mr. EP. PETRALIAS (Greece)  
*President of the International Olympic Academy and General Secretary of the Hellenic Olympic Committee*



Members of the International Olympic Committee,  
Lecturers of the International Olympic Academy,  
Dear Participants,

With profound and justified emotion I greet the inauguration of the work of this Session, the tenth since the establishment of this excellent institution, the International Olympic Academy. This great work has a history of its own, brief, it is true, but full of interest. Ten years ago, in June 1961, we held our first Session at an improvised camp. Torrential rain cancelled the athletic and gymnastic events which had been planned by the Higher Schools of Physical Education of Cologne and of Athens. The events took place the following day on the site of the Ancient Gymnasium, in the presence of all the members of the International Olympic Committee, and the festival was a resounding success.

I remember with the deepest emotion the noble figures of the two unforgettable pioneers of this great institution, Carl Diem and John Kete seas, and I express my sincere joy at having with us two other pioneers and close collaborators of the late founders, Mr. Otto Szymiczek, Dean of the Academy and Mr. Cleanthis Palaeologos, Deputy Dean, and I wish them both good health, so that they may long continue to offer their collaboration to our Academy, as they have done up to the present.

I should also like to mention the apostles of the Olympic Idea and our select collaborators: Prof. Dr. Josef Recia, Prof. Sisto Favre and Dr. Henri Pouret, who with their wholehearted assistance and their devoted contribution have encouraged and helped us in our difficult task every year.

I am particularly pleased to mention another select initiate of the Academy, Mr. Durantez, from Spain, who is participating as an observer at our Sessions for the tenth time, and who has been inspired by the teachings of the Olympic Academy to write a beautiful book on Olympia, in the Spanish language.

I note with pleasure the presence of the distinguished German Profes-

sor Lotz, after a ten-year absence, and I am sure that he too must be glad to see the progress made by the Academy during the last ten years. We appreciate his coming and hope that he will ever be a fervent supporter of the aims of the Academy,

I left for the end of my talk our distinguished friends and sincere supporters of our Academy from within the International Olympic Committee: Messrs. Ivar Vind, Alexandru Siperco, Gabriel Gemayel and Ahmed Touny, who greatly contribute towards the progress and development of the International Olympic Academy with their remarkable experience, their enthusiasm and faith in the ideals of Olympism.

Also, I gratefully mention Mrs. Monique Berlioux, who is in charge of the Office for Public Relations and Information of the International Olympic Committee, and to whom the International Olympic Academy is greatly indebted.

Finally, from this troune, I would like to express my gratitude to the Secretary General for Sports Mr. Const. Aslanides, for his contridution to the achievement of the aims of the International Olympic Academy. Dear Co-workers and friends,

The World Olympic Festival, celebrated every four years, is intended to remind men that they had far better apply their energy to noble ideal work than waste it on bloody and dangerous antagonisms. World athletic emulation, the recognition of an adversary's merit, the reward of assiduity and honest endeavour, that is to say of virtue, the attachment to ideals and unwritten moral laws, mutual respect, the love of liberty, such are the aspirations of the Olympic Spirit. Young people should be inspired and developed

by these ideals; that is the Olympic Light that the International Olympic Academy strives to keep alight.

The Ancient Greeks, by the spirit and by art, by the culture of the natural instinct of emulation and the apotheosis of the Athletic Games, succeeded in giving the true meaning to the concept of man and in creating the high Hellenic ideals.

If the Ancient Games succeeded in uniting the Hellenic world of those days, what is to prevent us from hoping that the Modern Olympic Games will succeed in joining the whole world in a peaceful spiritual unity?

I believe that Mankind is always advancing towards its aim, which is the creation of a human being, as happy and as prosperous as possible.

Although we are living in times of turmoil and uncertainty, I believe that the work of our Session, which is conducive to the realisation of an ideal spiritual unity of peoples, is a comforting phenomenon, that justifies manifold and favourable hopes for the future.

By the time you return to your native lands, I am sure that you will have learned a great deal as regards the real and true Olympic ideal, and that, inspired by the Sacred Altis, you will work for the propagation of these fine ideals, to the benefit of your respective Countries and to the whole of Mankind.

With these thoughts, I greet this year's Session of the International Olympic Academy, trusting that your efforts may be united and fruitful, and I declare the opening of the Tenth Session 1970.



*Phases of the intramural volley-ball matches.*



## ADDRESS

By Mr. I. E. VIND (Denmark).  
*Chairman of the International Olympic Committee Commission for the International Olympic Academy.*

Mr. Aslanidis, Secretary for Sports in Greece,  
Mr. Petralias, President of the International Olympic Academy,  
Members of the Hellenic Olympic Committee,  
Members of the Ephoria, Students and Participants to the 10th Session,  
Ladies and Gentlemen :

At the Ceremony, two days ago, Mr. Avery Brundage, President of the International Olympic Committee, brought a special message and good wishes to this Session. I have not much to add, however, I should like to take this opportunity on behalf of my colleagues from the International Olympic Committee and myself to extend my thanks to the Hellenic Olympic Committee for their generous invitation to this Session — this specially so — as it gives us the opportunity to meet and come in contact with selected students and participants from all over the world.

My short address should, therefore, be to all of you students who have come to Olympia. I feel sure that you have studied what this sacred place meant in the Golden Age of Greece. It became one of the centres of a high developed culture which may never be surpassed, and it brought thoughts and inspiration to millions of people and generations throughout the ages.

As you know, it inspired Baron De Coubertin when he revived the Modern Olympic Era, and few are his speeches and essays without references to this place, Olympia.

In Amsterdam the International Olympic Committee gave its patronage to this Session. Our Greek friends have done their very best to organize this Session and outstanding lecturers have been invited. Now it is up to you and with your individual participation to make this Session a success.

On behalf of my colleagues and myself, we hope that you all on your return to your home Country will feel more enriched by what you have heard and observed during the next two weeks and we hope that it will inspire you and your countrymen to attend the coming Sessions here in Olympia.

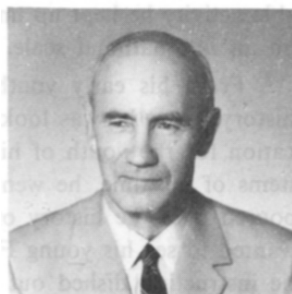
Thank you Mr. President !

## THE FUNDAMENTAL PRINCIPLES OF THE OLYMPIC IDEOLOGY

By Mr. OTTO SZYMICZEK (Greece)

*Curator of I.O.A. Technical Adviser  
of the Hellenic Olympic Committee*

*President of the International Track and Field  
Coaches Association.*



The contemporary Olympic Games constitute an institution of world-wide repute, based on the idea developed and bequeathed to us by 12 centuries of ancient Greek civilization.

The idea lying at the foundation of this grandiose institution of the Games has remained unaltered — to remind the nations of the world that they would be well-advised not to waste their energies on dangerous, destructive and progress-inhibiting conflicts, but to channel them into those lofty deeds and aspirations that help maintain and preserve the idealistic values of humane feelings.

The athletic ideology indeed enriches human life by enhancing it with simplicity and nobleness, and thus promotes happiness.

Appreciation of the value of athletic virtue, adherence to mankind's universal ideals, upholding of the principles of fair competition, mutual respect, recognition of an adversary's superiority, striving for excellence, dedication to an idea from which no material benefits can accrue — such are the ideals inspired by the Olympic Ideology.

This presentation is an attempt to analyse the Olympic ideals as they were passed on to us by the ancient Greeks and as they were defined by the revivers of the Games.

The Olympic Ideology contains a wealth of social and cultural elements as a result of which it has assumed in our day the dimensions of a universal social movement — a movement described by the President of the International Olympic Committee, Mr. Avery Brundage, as a «contemporary religion» and as the «greatest social power».

The contents of Olympic Ideology have been defined by Pierre de Coubertin in his numerous books, proclamations, announcements and other publications, all of which are full of faith and enthusiasm.

Who was Coubertin, the man who was fortunate enough to become the reviver of the Olympic Games and achieve everlasting fame? It would be useful to briefly investigate the personality of this slightly built but wiry man, so we can correctly appreciate his divine inspiration and the indefatig-

able activity he kept up until he saw his life's work become an actual reality on an international scale.

From his early youth, the nobleman Coubertin became a student of history; what he was looking for was a new, alive and «juicy» type of education for the youth of his country. He studied the various pedagogical systems of his time, he went to England to see the new English colleges, he poured over the history of Ancient Greece. He was fervently patriotic and wanted to see his young French compatriots develop not by the dry, pedantic instruction dished out to them by scholarly teachers, but by a kind of education which, in addition to training and ennobling their minds, would nurture faith, build strong bodies and create solid, courageous personalities and sound characters.

While studying ancient history and the history of the ancient Olympic Games, it occurred to him that if the Games of the ancients had aroused keen interest among all Mediterranean peoples, if they had been a highly dynamic element in the life of Ancient Greece while that nation dominated the world scene, if they had remained the most brilliant periodic event of the ancient world for as long as twelve hundred years — surely, there must have been weighty and important reasons for this.

His investigations into the ancient Games led him to the recognition that the ancient Greeks used competitive sport neither as a means of developing the body nor by way of providing a cheap spectacle, but rather as a way of shaping human personalities; they believed that development of character presupposed training of the body and that training of the body in noble emulation at competitive sports led to the development of the mind and hence to the creation of the perfect and fully integrated human personality.

The ancient Games were associated with religious worship; hence the element of divine encouragement and exhortation attaching to them. But there were also simple rules that people had to observe if they were to gain favour with the gods who were the patrons of the Games.

Add to the foregoing Coubertin's conviction that youth represents the happy future of mankind and that the peace and civilisation of contemporary nations depend on the careful education of the young, and it is easy to imagine that Coubertin felt the euphoria of inspiration when he decided that competitive sport could do for the young of today as much as it had done for the education of ancient youth. And then the French patriot spread out his arms to embrace the world and trumpeted his message to the ends of the earth.

But Coubertin was not working for antiquity; he drew inspiration from antiquity in order to serve the contemporary world. He proposed the orga-

nisation and celebration of the Games but he also added the elements necessary to fulfill the desires of mankind today: the international character of the Games, the inclusion of different athletic competitions and sports based on the theory that all sports are of equal value if correctly practised, the development of friendship and cooperation among peoples, the development of relations and the exchange of views between nations as a means of strengthening and consolidating world peace, the abolition of racial discrimination and the establishment of an International Committee, which would be the guardian of the Olympic Games idea.

Thus the Olympic idea was born. It has since — from Coubertin's days to our own time — gone through various stages of development following the rapid and continuously increasing technological progress and the various social changes which occurred after two World Wars. But the basic idea remains unchanged and is based on the ancient Greek example.

Today, the Olympic Idea is a philosophy pursuing intellectual achievement along with the development of physical capacity, the final goal being the harmonious growth and the perfection of the individual. Furthermore, the Olympic Idea, by striving to educate individuals and masses in such a way as to form physically and mentally harmonious human types, aims at achieving the ancient Greek ideal of «kalos k'agathos». It thus becomes evident that the Olympic Idea has a purely pedagogical and educational purpose and affects not only persons directly involved in the sports movement but also the infinite numbers of the masses.

After this introduction we can now proceed to analyse the rich contents of the Olympic Idea. We must start with its religious content — and at this point we will let Pope Paul VI talk to us by quoting an excerpt from his address to the members of the International Olympic Committee when he received them in audience on 28th April 1960, at the Vatican :

«Sport commends struggle, effort, and victory over our opponent, whereas religion teaches us unity, harmony, brotherhood, rejection of antagonism, social peace. Whether religion regards sports as physical education, or as moral and social education, or as international education, it discovers in all of these three fields not merely some common points but even a profound harmony and a certain close relationship, as it were, between the healthy practices of sport and the principles of religion. What is so surprising about this? Is it not the same God who created the soul and the body of man? Moral beauty and physical beauty? Let us, then, have no fear: The true God is a friend of the life that He Himself created and he cannot but approve of competition and sport, provided they are based on mutual respect and on a desire to promote the true prosperity of man.»

The modern Olympic Games are the greatest social phenomenon of

our times because their structure involves a world-wide society free of any discrimination, because they promote mutual appreciation, cooperation and friendship among peoples, sincere understanding and fair competition on equal terms, and because they set a concrete example for competition among nations on other social fields. The Olympic Games stress the importance of individual effort and exclude all discrimination on grounds of nationality, race, political systems and beliefs, class, financial status or social development. Thus, they promote international understanding, help the young in developing a correctly understood sense of freedom, and provide opportunities for ideal living side-by-side in a community.

An ideal society is a society composed of people who have mastered the principle of «know thyself», who have self-assurance, respect for others, faith in ideals, independence of opinion and action, and a correct and sound democratic attitude and behaviour.

Coubertin seems deeply influenced by the extraordinary institution of the ancient Greek «truce». For a certain period of time prior to and after the termination of the ancient Olympic Games, all hostilities among the ancient Greek cities ceased and Elis became a sanctuary. No one carried arms. It is important to note that this powerful custom of the truce persisted throughout the period of historical development of the Games, i.e. for about 1200 years, without ever being enforced by political, military, or any authority other than its own sheer moral force. It was this moral force of the Games Coubertin had in mind when he said : «The Olympic Movement and the Olympic Games serve a reasonable and wise peaceful internationalism; they serve the cause of social peace both within the individual nations and at the international level, thus contributing to a sound moral and health education».

The President of the I.O.C., Mr. Brundage, wrote: «We live in a socially, politically and economically sick world ; and the world is sick because human relations have been deprived of the sense of honest competition, mutual esteem and mutual respect - feelings which at bottom are appreciated by the great majority of mankind, by all groups, all classes and all races. The world is being whirled around in a vortex and nations in utter confusion are enraged by a flood of doctrines, absurd theories and bizarre, entirely unfamiliar, philosophical thinking. We are neither competent nor able to remedy the whole situation. But by faithfully applying the lofty ideology of the Olympic Movement, we can set a good example and then perhaps the world will find the solution to its unsolved problems».

According to Coubertin, to believe that the peoples of this earth will ever get to love one another is utopia, but at least we can make them show some understanding. But then understanding presupposes acquaintance, and

for people to become acquainted with one another some meeting ground is necessary — a theory in which they can believe, a philosophy they can accept, some point on which they can agree. If they start from a common basis, they will find it easier to understand one another's problems. And this is precisely what they can get from the Olympic movement in the form of the recurrent four-yearly opportunities for communal living in the Olympic village, in the form of identical qualification criteria and an equitable evaluation of their effort and merit.

Reconciliation of nations during the Olympic Games starts with the acquaintance and the development of relationships and friendships among individuals. Not the comparative value of nations but the performance of individuals is what is rated at the Olympic Games and individual successes should never be taken to imply superiority of a nation, a race, or a political system. Athletic competition in its finest and purest sense means absolutely personal effort, and by displaying friendliness and understanding among themselves, athletes can influence the masses and show the world that there is an area of life where men can compete while keeping their competition on an idealistic level, unaffected by collective interests or national strife. There are no obstacles in this direction : neither language differences nor differences in skin colour, political or religious convictions, or social origin can block the way, provided emulation is inspired by noble motives and emanates from faith in common ideals.

The Olympic Games constitute an international institution which is completely independent, free and unbound by any national, political, economic, or other commitments. This independence safeguards the fulfilment of the aims and aspirations of the Olympic ideology. Coubertin regarded the autonomy of the Olympic movement as a condition sine qua non for the advancement of the Games and their undisturbed continuity; he therefore ruled out, right from the start, any political, economic, social, or other influence. He thus succeeded in establishing an independent International Olympic Committee, which still maintains its original form, and it was he, too, who defined the original and peculiar system of filling any vacancies on this Committee. The exclusive task of the members of the I.O.C. is to preserve the principles of the Olympic movement with faith and dedication. The independence of the I.O.C. is extended to the N.O.C.s of the various countries and thus the independence of the Olympic Idea is guaranteed on an international level.

The Olympic Games should not be regarded as an event laying emphasis on physical and muscular capacity alone. The Olympic Games are essentially an intellectual event for no physical competition is possible without intensive and dedicated intellectual preparation. The presence of the spirit

is felt during the whole course of athletic effort. The competition does not only require a perfect preparation, but implies the recruitment of all human forces — physical, mental and intellectual. Thus the Games are in fact supported by an intellectual foundation since they involve the utilisation of man's intellectual and mental forces.

But the intellectual element of the Games is also manifested by other events associated with the Games, such as exhibitions of painting and sculpture, publications of literary, historical and poetical works, displays of scientific and technological achievements, musical compositions, films, theatrical plays, etc.

The Olympic Games is the periodic world festival of human spring time. During this great festival, not only the physical, but also the intellectual, scientific and artistic achievements of the younger generation are displayed.

The Olympic Games bring together the flower of world youth in truly admirable noble competition. The young athlete who has made it to the Olympic arena and to the high honour of representing his country in a confrontation with the athletic elite of all nations, has behind him a long period of intensive preparation.

Throughout that period of hard labour and often overwhelming fatigue he had nothing to sustain him but his desire to excel — for he knew that victory would bring him no reward other than a simple wreath.

This desire for excellence has been a divinely inspired philosophical tenet since the remotest antiquity — ever since the Games were established. It has taught man that victory need not be accompanied by material benefits, and that there is a highly valuable benefit to gain by participating in competition at a level as exalted as that of the Olympic Games : the reward for and recognition of his effort represented by his admission to the Olympic arena.

This way of thinking spreads from the athletic track to everyday life and the young athlete thus gets ready to engage in struggles of a different nature — social, humanistic — for the benefit of mankind as a whole. So the desire for excellence becomes a supreme moral incentive with beneficial effects on the overall development of the individual.

No less praiseworthy and beneficial are the efforts of the great number of young athletes who try but do not make it to the top. Those are cheered by the knowledge that they did their best and their failure is offset by the great lesson they have taken in intensive, honest and persevering effort. They, too, have benefited from the preparation, they have learned the principles of the Olympic Idea and are now ready to apply these principles all their life long.

The Olympic Games bring together the amateur athletes of all nations in honest competition on equal terms. This is the first and fundamental princ-

iple of the Olympic ideology. Only amateur athletes may participate in the Olympic Games according to the principle established at the earliest stage of the effort to revive the Olympic movement. The noble aims of sports can be achieved only when there are no material motives and interests. A true amateur is an athlete who participates in competitive sport out of inner inclination and because he is certain that he will benefit, physically and mentally, and he will gain distinction in ideological fields within society; the professional, on the other hand, by exploiting his physical skill or strength, tries to turn his qualities into material gains and is indifferent to the loss of his moral prestige as an individual.

Coubertin realised that the future of mankind is in the hands of young people. He believed that amateur sports is the common ground on which the generations of tomorrow can meet in equality and develop their forces. Only amateur sports comprise elements apt to improve character and only those young men who adhere to the principles of honourable competition can later lead peoples on the peaceful path of understanding and mutual esteem. Coubertin said:

«My friends and I have not laboured to revive the Olympic Games in order to provide you with museum items or moving picture themes or that others may appropriate them for commercial purposes or for political exploitation. In reviving a twenty-five-century-old tradition, we wanted to give you an opportunity to become the new adepts of the religion of sports, as our great ancestors had conceived it. In the contemporary world, a world full of great possibilities but also a world threatened by all sorts of decadence, Olympism can become both a school of moral nobility and purity and a school of physical endurance and activity. But all this implies the necessity that you, the athletes, unceasingly elevate your sense of athletic honour and unselfishness to the level of your muscular strength and impetus».

Basically, the idea of amateurism is very simple. Either athletic performance is attended by material benefits, or it is maintained at the level of noble effort involving no material interest. However, serious problems arose in this area as soon as the Olympic Games were revived.

«We have faced the intrusion and domination of professionalism which is an attitude mainly and essentially founded on materialism and involves not only those actually practising sports, but chiefly those who try to obtain material profit from the spectacle of sports», Coubertin said at another point.

And President Brundage, a militant supporter of the idea of pure amateurism, pointed out:

«We have no personal dispute with professional athletes. We appreciate the hard professional work they do for a living. We merely believe that our roads do not cross and we wish neither their cooperation nor their participation

in our Games. The Olympic Games represent the practical application of idealism based on the Olympic principles of the golden age of Ancient Greece. The amateur organisers and participants of the Games are dedicated adepts who try to present their idea in the best possible way without any thought or desire for material benefits. The amateurs take pride in being uncommitted and free. They do not wish to lose that freedom in exchange for any reward or other social distinction. They practise sports because they find joy in competition and because in competition they fulfill their inner self».

Amateurism is a feeling that can be neither measured nor calculated in terms of money value. Like the religious feeling, it comes from inside; like philanthropy, it is a feeling that provides intrinsic satisfaction ; like friendship or love, amateurism is an inner urge that finds satisfaction in intense effort directed at the achievement of ideological distinctions on which no price can be put. The world would be deplorable without these human feelings.

The great masterpieces of art are the work of men whose inspiration was untinted by any thought of material gain ; and the great performances in sports were not motivated by any promises of material rewards.

It is our duty to fight for the preservation of the original dignified simplicity and of the aesthetic and moral principles of the Games ; we must not allow them to be turned into commercial operations or spectacles or to be exploited for political or financial benefits.

It can of course happen that principles and rules are occasionally violated in the course of the Games. But it is the task of everyone of us to see that the spirit of the Games and their moral principles are kept inviolate.

Every amateur athlete knows that his athletic activity is recreation, play, a noble hobby — never a profession. He pursues other serious aims : his studies, his profession, his future place in society. He always endeavours to do his best under any given circumstances, he gathers valuable experience, and improves his abilities. He does not conquer nature. He conquers himself, and the joy which is always connected with honest effort or victory remains his and his alone.

There is another source of joy ; yet another kind of great, though inconspicuous victory : voluntary commitment and long service to sports. Service in the military sense is compulsory and limited to a determined brief period of time — one, or at the most, two years. Service in sports is long and not compulsory but voluntary. It starts the moment the athlete gets on his way to the stadium. The path is strewn with temptations : easy pleasures, cheap enjoyments, brief entertainments, quick profits. The athlete wins his first victory when he gets around these temptations and reaches the stadium determined and willing to go through his voluntary service. He has then taken the first great step and has proved that he wishes to become a perfect human type.

Voluntary, too, is the service of the thousands of sports friends who serve sports by offering dedicated work as organisers, judges, or administrative personnel of sports associations, technical committees, etc. Without the invaluable services and the dedicated voluntary contribution of these thousands of sports friends', the organisation and carrying out of any competition — from the yearly contests of sports clubs to the giant Olympic Games — would be impossible. All these sports friends are aware of the value of the contribution they offer out of their love of sports and their conviction that they are serving high ideals by helping to achieve the noble aims of sports and the Olympic movement.

This area of voluntary service may be extended to include the many fans who flock to the stadiums during amateur competitions because they believe in the ideals of competitive sport and hope that the price of their ticket may contribute to the development and encouragement of athletic effort.

At this point, I would like to point out an erroneous view held by a part of the general public. Unfortunately, there are quite a few sports fans who believe that the basic aim and the main task of the Olympic movement consists in the celebration of the Olympic Games. I believe that the opposite is true. It is the Olympic Games that are instrumental in spreading, publicizing and promoting the principles of the Olympic movement and winning people over to the Olympic Ideals. The Olympic Games play the role of an incisive four-yearly reminder, and the resplendence of their celebration is intended to attract the interest of the world to the merit and usefulness of the principles of the Olympic Movement and to demonstrate that mankind is in need of such principles.

I may use this opportunity to mention the important role of educators, whose position enables them, at an early stage, to orient their students' inclinations towards the fine ideals of the Olympic movement which alone can help youth in improving their physical, intellectual and mental qualities and develop a stable personality. It is the educator's task to convince young people that appropriate exercise can do a great deal towards improving their minds and their characters. It is the educator's task to direct the young to the arena of sports, not in order to form teams of champions but in order to give them a chance to absorb the philosophy of fair competition. It is, finally, the educator's task to teach his charges that only those young persons who have exercised in the gymnasium and competed in the stadium are enabled to carry over into the arena of social struggle and other areas of life, the honest, sincere, persistent and strong-willed competitive mores of the stadium.

The President of the I.O.C., Mr. Brundage, said in a speech delivered on the occasion of the 100th anniversary of Coubertin's birth in 1964: «It has not yet been generally recognised that the revival of the Olympic Games was

only a first stage in Coubertin's plans. The Games were intended to create sufficient interest to induce governments, educators and the general public to demand the establishment of national programmes for physical education and amateur competitive sport. These programmes would help eliminate social injustice, counteract the rampant materialism of our day, and offset the adverse consequences of industrialisation and urban life. By extending the ancient Greek concept which was strictly national, the Games were further intended to create and develop international friendship and good will... The outstanding success of the Games allows us now to concentrate on the broader and more important stages of Coubertin's dream».

It is true that we have now successfully completed what Coubertin regarded as the first stage of our efforts. The Olympic Games have been firmly established in the conscience of nations as an institution of universally accepted validity. We must now proceed, with courage and determination, to the second phase of our efforts. This second phase includes an increased awareness of the principles of the Olympic Movement, and the propagation and prevalence of the Olympic ideals — without compromise or deviation. We are firmly convinced that we serve a right and eternal philosophy, a philosophy that combines thought and action and proposes to produce a better human type in the interests of the universal human community.

We have gathered here under the shadow of Cronion Hill, in this unspoiled, calm landscape of Divine Olympia, in order to devote a few days of our life to the study of subjects connected with the Olympic movement.

We have come for this study to the mainspring of the idea that engendered an admirable civilisation and eventually led to the creation of our own modern civilisation. We have learned how to draw inspiration from the everlasting, unalterable principles of Olympism in order to envision a better world, and how to inspire the young, who will succeed us, so they can build a better future.

The high aims of the International Olympic Academy will have been fulfilled if, on leaving Olympia, we can all say that we have added something to our store of knowledge, that we have received inspiration from the holy ruins from which soul and spirit have never fled, and that we are ready to serve the Olympic Movement in its noble aspiration to serve mankind.

## PHILOSOPHY OF THE MODERN OLYMPIC MOVEMENT

By Prof. SISTO FAVRE (Italy)



A subject such as the philosophy of today's Olympic movement opens up endless horizons to mankind. It poses problems without number requiring inherent solutions never to be found wanting through faulty reasoning, whether of catachresis or action. Such a philosophy acts not only as a brake upon the natural, downhill trend of things, but also as an uphill stimulus to the perpetual, psycho-physical ascent of the human creature.

In the paper I read at the 9th session of the Academy, I had occasion to affirm that, «Socrates and Plato having held philosophizing to be the supreme mental exercise of man, philosophizing on sport could therefore be said to be the height of heights; and still more so when philosophizing on the Olympic movement, which represented the quintessence of sport». Let me now further liken Olympic philosophy to a diamond-point able to reveal deeper mysteries of thought, art and hidden aspirations in that most malleable, and at the same time hardest, of 'metals': the human clay into which God Himself, as shining proof of His creative power and of His infinite, forbearing love, has willed to breathe His own vital breath.

Almighty God has infinite ways of kindling the desire to know Him more, of communicating knowledge and will to order life towards the final goal of salvation — goal to some extent instinctively apprehended by every human being. The Olympic philosophy and movement, as ideology, teaching, training, athletic combat, ritual celebration might be considered one such way of inducing reflection in human beings towards the acquiring of a light which, deep within, is felt to be that of the Creator, the Supreme Being. The light may be unidentifiable, or it may be identified and defined according to capacity, and called Dvjious, Jahvé, Zeus, Jove — or Deus, God.

It is anyway essential that, in the search for the light and the possession of enlightenment — inwardly perceived before becoming outwardly articulate in creative beauty and energy — the physico-psyhic movement whose human history has evolved by procedures pre-eminently gymnastic, athletic and agonistic should continue to develop and go forward according to sound methods, ideals and ultimate aims.

I may, I think, also here fittingly recall certain other affirmations contained in my last year's lecture, already quoted from, for example: «The Olympic games, as the Pythian, Isthmian, Nemaean and pan-Athenian, thus constituted the highest expression of the Greek way of living, that welded in an admirable, harmonious whole physical and spiritual qualities : highest expression, and at the same time origin and cause determining the excellence of the Greek civilisation above others of the ancient world and its permanent monitor in regard to the modern world». I added: «One certainly cannot get away from the fact of the Olympic games having had determining influence upon the moral, civil and religious factors affecting the thought and customs of individuals and peoples». Something of utmost actuality, as I think we are all here able to agree.

Did any other affirmations of mine contribute to the developing of our actual theme today? One of these indeed emphasized how «the long duration of the Olympic games, giving whole peoples emotional outlet and at the same time educative impulse».. .explains «their tenacious hold upon the imagination, their steady growth, their exuberant flowering, so that they came to be grafted into the ethics and customs of medieval chivalry, to be resuscitated once again in the modern, technocratic world of our time...»

In fact — I have to repeat myself yet once more — «On account of this irreplaceable need, we thus witness, during the 9th century, a remoulding of society which, though still fraught with barbaric customs, turns back to the ancient Greco-Latin world as model. In my opinion, those historians are right who see in the feudal Carolingian society the Hellenic Middle-Ages of the Homeric epoch: both times of preparation germinating seeds of great fecundity for civilisation».

We find ourselves now in a third epoch, that of the engine and nuclear energy, in which the Olympic ideology and movement cannot do otherwise than adequate themselves to the rapid ascendancy of every kind of ecumenical relationship and activity, phenomenon which must be mastered in its turn. For it is growing into a domination of Dionysian technological proportions, verging on the catastrophic — and such a possible catastrophe as ancient man, with only natural and animal energy at his disposal, never dreamed of, even had he been able to imagine an Apocalypse more frightful than that described by St. John the Apostle.

Here again I ask pardon for reverting to a reflection which already made me say: «I must not, however, lapse into Utopianism, dear to Plato and Campanella, foreseeing the advent of a perfect mankind. Evil, alas, we know, inevitably remains. Only may it be reduced to lesser proportions, serving as it does to make goodness worthier». For the rest, it is plain that without contrast, or negation of evil, the good might neither exist or persist.

We leave definitions and disputes on this subject to philosophers and thinkers from Plato to Aristotle and Ulpian, Boethius, Averroes ; from Plotinus to St. Augustine, St. Thomas Aquinas, Vergerius, Piccolomini, Erasmus, Bacon, Descartes, Montaigne, Vico, Kant, Hegel, Bergson, Nietzsche, Rousseau, Huizing, De Sanctis, Gentile, Russell, Croce *et alia*, and pass on to the philosophy of the present-day Olympic movement which, inevitably looking back to antiquity, has to reckon with developments now of a universality no longer cradled in the classical Mediterranean sphere, but reaching out to the entire globe.

We are dealing with a movement that was already in the air in the Renaissance period, fruit of the archaeological, artistic, literary, philosophical and historical rediscovery of the Greco-Roman world, greatly extended and intensified following on the excavations, re-exhumations and studies of Winckelmann, Curtius, Schliemann, Diem and others, and still more after the thrilling revelations of Egyptian, Etruscan, Asian and Cretan civilisations.

From the beginning until beyond the middle of the nineteenth century, this movement found synthesis and meaning in the term «sport» — itself of Latin origin and later Hispano-Provençal adaptation — rapidly re-exported from the British Isles which, long having had to live on and by the sea, had always known how to keep her soldiers and sailors, artisans and colonisers in good trim by means of compulsory games and physical training, from the early days of sailing to the adoption of fire-arms, steam, electricity, then the aeroplane — and who does not recollect the fabulous epic and technical exploits of the R.A.F. during the last World War? The 1948 Olympic games held amid the ruins of an as-yet unrebuilt British capital put a seal, besides, upon the character of a people providentially born and bred under the guiding star of sport.

Today, that generic monosyllable *sport*, already so well-deserving with every ethnical group at every social level, finds its natural *épanouissement*, realisation and character in the modern Olympic games.

Their true and timely universal resuscitation is owing to the Titanic genius and great heart of one man Pierre de Coubertin : valiant athlete, skilled fencer and horseman. Of far-seeing mind, he was also a poet, showing himself a man of faith, too, both in teaching and action. With the charm and grace of a well-bred gentleman, the wisdom and daring of a pioneer, the fearless and untiring energy of an apostle, in him we might fancy to see again something of the greatness of Hercules the institutor, of Plato and Pythagoras the philosophers and educators, of St. Paul the apostle and preacher, of Vittorino da Feltre and his enlightened Renaissance pedagogy, of Pierre Terrail, the dauntless and innocent chevalier de Bayard. Yes, it was first and foremost de Coubertin in person, and according to the personality that was his, who was the

inspired reviver, re-builder *ex novo* of an admirable past, creating from an inert pile of ancient ruins an institution transformed by him into one of universal ideology, philosophy and practice.

The word «humanism» was coined to express certain criteria pertaining to the 14th and 15th century Renaissance; the discoveries of the 19th century gave rise to a new use and meaning of the term «science»; the neologism «humaniculture», regarding the present-day education and training of man, combines and fuses both with proper balance. It is quite a new term, though the matter is old as the hills, starting with the very first contest men took part in with the honest ambition of winning a prize.

By the new term *humaniculture* is understood the nature and function of the anatomo-athletico-agonistic — hence moral, intellectual and finalistic — conditioning of individuals and society faced with present and future hyper-technology.

Some sort of hyper technology there may indeed have been with the transition from bronze to steel, as well as human hyper-dynamism with the outpouring of equestrian hordes from the Cimmerian steppe into Asia Minor and Thessalia, towards the close of the 2nd millennium B.C. The outcome of the Trojan war, sung by Homer, provides us with our first proof of the prevalence of iron over bronze and stone; of the decisive superiority of the Achaean-Thessalian cavalry, constantly reinforced by means of the free seaway, whilst Troy under siege could not furnish its leader «Hector the horse-tamer» with any such fresh reinforcements.

Moreover, the new and more highly tempered weapons — the lance and sword no longer of bronze but of tempered steel, which gave Achilles the advantage in facing Hector — meant an inevitable end of all comparison between the old world of antiquated resources and the new, glorying in more efficient materials and workmanship. The stratagem of the Trojan horse, preceded by the feigned retreat of the Achaean fleet, testifies to the superior industry and craftsmanship allowing more subtle tactics and contrivances, prerogatives of a knowledge fortified by exceptional athletic-heroic qualifications characteristic of conditions which had progressed, with synchronized pace, from muscle to metal to the brain with its Ulysean devices: to the all-round cult of man — to «humaniculture». Essentially Olympic action in fulfilment and borne out by all the various workings of the mind.

Now, the practice of sport and its ordinary Olympic applications require no more time than that normally allowed for so-called «leisure hours» — hours all too often idly, thoughtlessly passed, if not dissipated in a sordid way.

One hears a good deal today about the projected 40-hour week, 42 hours already having become the accepted norm. Holiday times apart, a good three hours a day may be given to sport, on an average, by the most enthusiastic

in the gymnasium, or stadium. Students, besides many of the professional and working classes, often manage to find time, when work is over, for various kinds of artistic, literary and musical activity, or technico-scientific studies. All these pursuits through natural association of standpoint and idea, may be brought within the orbit of the Olympic movement and games, fraught as they are with art, poetry and philosophy. And also with technology of a pre-eminently sporting kind. A technology that had its beginnings with the invention, adoption and personal upkeep of the bicycle, scarcely a hundred years old: mechanical invention and custom soon developing into the two — or four — wheeled motor and internal combustion engine, then the aeroplane ... On these lines the world sporting movement has historically developed until a neo-Olympic super-movement now effectively holds universal primacy.

The Olympic movement, an electrifying hyper-movement having all the attributes of aristocracy — *aristokinetic*, we might call it — is without doubt at a stage of intense development in all countries of independent régime or associated autonomy. From the dozen member nations taking part in the first Athenian celebrations of 1896, we have today reached an array of over one hundred, of which some of the lesser are able to provide champions of athletic-agonistic prowess and calibre equal to any of continental proportions.

A glance over today's Olympic scene affords surprising technical data: techniques of equipment and training, of chronodynamic perfection, of dieting, therapy, eugenics, welfare-hygiene, specific preparation, systematized development and maintenance of highest standards in capacity and style: science has become the richer by the addition of another therapy, well-known to the gymnasiarchs of old — the therapy of sport, but today provided with altogether new and exceptionally efficacious means of research, resources and solutions.

With all the experience and philosophy of the ages of Asclepius, Asclepiades (with his motto of *cito, tuto, iucunda*), Pythagoras, Plato and Hippocrates, and of the cycle stretching from John Arnold and Ling to Guts Muthus, Spiess, to Angelo Mosso and De Coubertin, the art of educating and training human beings, developed and imparted by such effective ways and means, ought by this time to have satisfactorily solved all ethico-ethnic problems everywhere.

Yet precisely at this time we find ourselves faced with the terrible phenomenon, of far-reaching ethical, social and hygienic import, which presents today's Olympic movement with crucial problems: the widespread and horrifying drug addiction and traffic. Chief among those caught in the tentacles of this monster octopus are the young, those very ones whom the ideal of the

Olympic flame calls every four years to international gatherings and championships of highest ethico-ethnico-historic scope and worth; and, during the intervening periods, to the same ideal by means of Olympic committees, federations, the sporting press, schools, moral associations and religious bodies of different confessions endeavouring, each in their own way, to help man ransom himself from brutishness, teaching, tempering, directing successive generations towards sublimer goals.

No «civilised» country, including those in the Olympic sphere, is now immune from the drug invasion.

Drugs have been likened to an individual and social cancer. They are a cancer and leprosy combined, still further worsened by the plague of pornography spread by every available modern means. And this disease, contagion that has so far known neither barrier nor boundary, no sanitary measures have yet been able effectively to deal with or effectively check.

This is not the place to attempt an answer to the «*cui prodest?*» of the Roman judges in process of enquiry; but it *is* the place to launch a plan, of ideas and action, for intensifying a movement and outlining a valid counter-offensive on the part of all right-thinking persons, linked by a truly ecumenical Olympic endeavour against the forces of evil our young people are being threatened by.

Philosophy must here be called in and the modern Olympic movement must bring to bear all its strength of ideology, teaching and discipline, of national and international organisation, of proven technological means, of preventive as well as curative therapy for present and future needs : a working, not an armchair, philosophy.

The Olympic movement philosophy comes into the field of battle decantating such a sporting culture as was preannounced by Michel Bouet in a recent volume of his, «*Signification du Sport*», a «culture of being», inducing man to adopt autonomistic study-norms, finding within himself the treasure and spring of creative inspiration and training.

But how far have we yet to advance before arriving at «creative inspirations» of this kind, of which there have indeed been outstanding examples through the centuries and still are today — yet rare enough as to make history and eponyms.

But it is necessary for such examples to be multiplied if order, homogeneity and temperance are to replace the social Plutonism provoked in one way by the onrush of technodemagogy, in another by the toxicomania now undermining human beings and the social framework.

Could we not take once again, as starting-point and standard for such an enterprise, the matchless cultural, athletic and intellectual criteria of the

Olympic and pan-Hellenic games as they irreprehensibly were from their beginnings in the 8th century until the 5th and 4th B.C. ?

We could, and ought, indeed. Moreover, it has already been done: the new Olympic fire is, in fact, no will-o'-the-wisp hovering over ancient ruined cemeteries, nor a mere glimmer remaining of shattered bygone powers : it is a vigorous, steadfast flame that shines and has shone aloft the scene of 19 celebrations within living memory — flame springing from earth yet pointing to perfection of life inspired by the Absolute. Preparations for the 20th celebrations are now under way; and in Munich this Olympic flame will once more shine as an ideal above the Black Forest of the Teutons.

Mankind standing in need today of far more elaborate and complex cultural forces, classical humanism must in our time be replaced by a modern philosophical system valid also for future generations. But before coming to work out such a philosophy or *raison d'être*, however concisely — before peroration and actuation — let us offer a clear *definition and function* ascribable to this weighty word «humanism»: humanism is the cultural movement that arose in Italy between the end of the 14th and the beginning of the 15th centuries — period of troublesome prelude to the fall of the Byzantine Empire, decisively brought about by the conquest of Constantinople by the Mussulmans in 1453 — period, also, of continual exodus from Byzantine centres of renowned Greek philosophers, men of letters and scholars, received with marks of highest honour in Italy, which had remained without any knowledge of the language of Homer and Plato, up to that time read only in Latin translations.

This cultural movement spread fast, greatly favoured by the newly discovered art of printing, through Central and Western Europe, as a general reaction (preceding many another of religious, philosophical and scientific character) from the mystical and theological mentality of the Middle-Ages. It was a turning toward the human world of nature and history, accompanied by an ardent revival of Latin and Greek learning, comparative studies and fecund exegesis. It marked the point of departure for the Renaissance men of genius and the upsurge of works reaching magnificent heights expressed in masterpieces of ideal art, thought, poetry, beauty and strength, and positive knowledge.

The term «humanism» looks back to the «*studia humanitatis*», the literary and moral studies of Cicero, who furthermore in his learned Latin employs the verb «*deportare*» (to go out from the city doors) in more or less the modern «sporting» sense. It was humanism that led to the rediscovery of Olympia; and the re-exhumation of the cult and creed of the Olympic movement, as inspiration and action, as athletic-agonistic discipline inserted in the fabric of the social structure, we owe to the man who may be called the high-priest of this humanism: to name him again, Pierre de Coubertin.

That re-exhumation served to arouse and maintain, as burning topics

of the day, the problems of an up-to-date sporting culture — and all accomplished in the brief span of a few 24-hour days during which scientific-humanistic planning (combination today reaching fusion-point) was able to give immediate and essential programmatic application to a movement that has been steadily marching forward and potentially developing during the course of 24 centuries !

The resurrected Olympic movement has now to take up again its mission and Herculean function, which was one of transforming and reconstituting primitive man, man the horseman, the «*faber*», «*Prometheus*», «*ludens*»: neo-Olympic mission and task in our time comprising not only physical and psychological adaptation to the tremendous needs and responsibilities connected with the machine, electronics, astrophysics and of inherent creative energy still to be discovered and exploited by the mind and hand of man : today's neo-Olympic mission and task must unflinchingly be carried out in the interests of mankind — a mission of men to men — providing for a further transformation and reconstitution of human beings at a particular time in history when they have arrived at a remarkable degree of development, destined before long to reach still greater.

What I have said has regard to pre-disposition, initiation and programmatic treatment. Has regard to assailing, conquering and glorifying action, whether of well-endowed units, or of flourishing and spirited minorities able by sheer force of quality to overcome the dead weight of mediocre majorities and bring scientific humanism once again into ascendancy and indeed into manifest dominance. And able in the mass of people to regain and recruit selected adepts and aspirants so that in the very midst of these dim masses the light and warmth of the Olympic ideal be felt as solar radiation, acting upon the apparently inert geoplasm all the while palpitating with hidden life waiting to find expression.

The Olympic movement is really of itself like solar radiation, bringing forth movement ; and the Olympic radiation — human radiation drawn from solar virtues — is of itself a movement : its thought, ideology and impetus, its mission and function bound — with inexorable vigilance, I would even say jealously and drastic tensions — to effect and develop teachings and practice that must protectingly precede or flank the Olympic forces in their onward march.

The inner front of these forces perpetually in a state of warfare, from the youngest to the oldest, in social and scholastic spheres and those of productive activity : inner front — with its major and minor means of communication, network of associated interests and social reflexes of larger or smaller ethnical nuclei — having to be preserved from sabotage, contagion and insidious, lethal perils that would pull down the pillars, shatter the supports and structures and

make a shambles of the very framework of human society, which has needed all these centuries to gain the title of «civil», attaining Olympic heights of prowess, philosophy, art, achieve Olympic crownings, golden trophies and awards and prizes of true civilisation.

The philosophy of the Olympic movement, embracing all branches of human knowledge and culture, is the «interpreted reason» (Vico) upon which logically follow model teaching, diligent learning of conscientious keenness yielding results of most praiseworthy, often highest, degree.

But this philosophy of the Olympic movement has to be infused, transfused and fostered from the first moments of conception following on the union of two beings, man and woman, forming one flesh, one in spirit also — two beings convinced to their very roots of the utter sacredness, the crystalline, germinal purity of the procreative act free from torpid lust or recrudescing brutish, sub-human passions.

They that have practised sport, that are outstanding in the Olympic theory and practice, are its true interpreters. Submitting to its discipline and rigours, suffering and overcoming its conflicts in the depths of their own being, mind, heart and limb tested in the arena of Olympic agonistics, such men and Women, permeated by the Olympic philosophy, vibrant with its thought and energy and applying themselves to it as perfectly as they are able, will be the ones capable of giving birth to other human beings with privileged gifts and charisms, conscious of being heirs to a destined nobility of the Olympic ideal. Whereby, as a matter of course, they will influence the whole of society.

Let us ask ourselves a question : do there, will there, exist enough minor groups or genealogies of this kind and calibre, such special and privileged lines of heredity as to form veritable oases, islands, currents and centres or branches capable of conceiving, rearing and proliferating a breed of genetically, ethically superior Olympic stamp, mould and character, for the present and for the future?

The answer is: such did, do and will exist. But it remains to be seen whether they will now be able to resist the flood, the deluge of hallucinogenic, cancero-leprous corruption.

Long-resisting were those sporting, Olympic, theocentric and philosophical civilisations *par excellence* such as the Egyptian, Grecian, Roman and Greco-Roman; and under the inherited insignia of chivalry, under the sign of the militant and missionary Cross, were born wise and humane movements which, if at the start they were thought arid, are once again coming to be recognised for their transcendental worth.

Civilisations and cultures succeeding one another down the centuries, we know they in turn also absorbed their poisons, drinking to the dregs their

golden cups brimming with suicidal infections. Yet something, both ideal and practical, was always salvaged; and, as the yeast that leavens one day's baking as another's, that «something» still goes on producing, in human frames and spirits, resuscitations seemingly prodigious, but really according to the nature of things — nature, be it understood, raised up and transformed by transcendental philosophy.

Philosophy of the Olympic movement, its ideals, ennobling beauty, teaching and agonistic application strengthening mind and body; philosophy of present and future healthfulness, safeguarding the family, the young, the great mass of people ; philosophy that initiates, guides and confirms a man, from the tenderest age to the hoariest, in physiopsychological ways conferring real personality, self-respect, responsibility and that truest and most positive joy of all — a life of virtue, temperance and wisdom. May this philosophy make headway, by degrees, but indelibly : little by little, but incisively — as rimed precepts that remain instilled upon the mind regarding an entire curriculum of education and training, socially operative, everywhere fruitful: presenting itself decorously, sincerely appreciated and well-deserving in all surroundings : bringing well-being and satisfaction, individually and collectively: in a word, peace, order and general welfare.

May this philosophy permeate the family, the school, all places where people are employed in learning — for it is the *raison d'être*, the reasoned explanation, needing practical exemplification, of the Olympic movement, and of its general organisation, teaching, formation, comportment, scrupulous dedication to the new and scientific «humaniculture».

In conclusion, with regard to man's future cosmonautical qualifications and possible destiny, to his combined physical and intellectual progress and gifts of creativity in necessary collaboration with others, I affirm that no organisation, whether political or social, no single religious denomination, however high the ideal, has power to unite all peoples and all races in brotherly understanding as has the sporting ideal at its greatest and in its particular classic and most constructive expression: the modern Olympic games. And along with them, their radiant, triumphant and divinely uplifting philosophy.

PREPARATION  
FOR THE OLYMPIC GAMES  
IN ANCIENT GREECE

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The subject of the 10th Session of the International Olympic Academy, «Preparation for the Olympic Games», mainly refers to our time and in the course of this Session distinguished speakers will examine it from many different angles. In ancient Greece, however, there have lived great athletes whose impressive achievements have come down to our day, and it is my hope that my young friends who attend the sessions of the I.O.A. with such interest, will be eager to hear how the athletes prepared themselves for the games in ancient times and whether there existed a special preparation for participation in big games. This is the subject of my lecture today.

It is quite impossible to compare the life of the ancient Greeks with the ways and means of contemporary life or with the social concepts of today; for all these reasons the subject of preparation for the Olympic Games shows peculiarities of its own, if an attempt is made to investigate it all along the long period of Greek antiquity.

It is well known that the prevailing education of young men in ancient times prepared them in a natural way to become strong, to have fortitude and endurance. Education aimed at serving the interests of the state and these dictated the development of «kalo kàgatho» citizens. «Kalos kagathos» was the Youth who was beautiful and balanced in body and soul. In addition, they had to be in a position to read the laws and the poets in order to draw examples and be taught from the narrations of heroic events and the deeds of heroes. But in order to become balanced, strong and beautiful, a youth was taught music and physical training. Formal intellectual education was left to the individual. The state was mainly concerned with the strength and, above all the health of its citizens. Thus, it is certain that in the heyday of Greek civilization athletic exercise constituted the main part of the citizens' life and a basic element in the education of boys. When the depth and the extent of the different political and philosophical bases on which the education of the Greeks was built have been fully understood, it will be shown that there was no such a thing as a special preparation of talented athletes for their participation in the Olympic or other sacred games. It will then be seen that the handsome

youth and the men with the chiselled bodies who were crowned at Olympia were the fruits of a natural method of culture and development of the human being, a method which was applied to the population at large. This must be attributed to the continuity and uniformity of the Greek concept of man for almost fifteen centuries; a concept developed, taught and supported as a common, both physical and mental, ideal, by philosophers, poets, physicians, politicians, trainers and tutors of that period.

Gymnastic exercises, games and contests were known to all peoples, even the most primitive ones. As early as in the pre-Homeric period it had been recognized that physical training ensured certain physical advantages of practical use, such as better handling of weapons, and general superiority over untrained individuals. It can thus be maintained that the endeavour to improve the human being biologically and to increase its abilities through physical exercise and special physical activity, was a purely Greek invention and institution, and one of the principal characteristics of Greek civilization long before the Homeric period, as has been proved by the excavations of pre-Mycenaean and Minoan settlements.

Already in the Homeric period, the educational ideal, the beginning and end of every educational system had been crystallized in these words : «thought and activity, the right way of thinking and acting». The purpose of education is put by Homer in the mouth of Achilles' tutor, the old Phoenix, who at a certain point relates that Achilles' father had sent the boy to him to look after and see to it that

**«μύθων τε ρητήρ ἔμεναι πρηκτῆρα τε ἔργων»  
(Iliad, I, 442)**

i.e. he learned how to narrate the myths but also how to do deeds.

During that period it was believed that there is no greater glory for a man than feats he could achieve with his own hands and legs. This is said by Alkinoos, the King of Phaeacians, to Ulysses when he invites him to take part in the games organized in his honour.

**«οὐ μὲν γὰρ μεῖζον κλέος ἀνδρός,  
ἄφρα κ' ἔησιν.  
ἢ ὅ,τι ποσσίν τε βέξη  
καὶ χερσίν ἔησιν» (Odyssey, IX, 147, 148)**

i.e. because there is no greater glory for a man, however he may be, than what he can achieve with his own hands and legs.

A beautiful and imposing posture, a combination of health, beauty, stature, strength and nimbleness of body as it was understood by Aristoteles «eedyneinai meta foveroteetos» (Rhetoric A, 5, 1361, b), i.e. graceful, good-looking but strong too, which is the most perfect expression of male beauty,

is mentioned as the particular characteristic of all the heroes who are depicted as gifted with all virtues ; valour, the impetus and force necessary for warfare, but also with reason which goes hand in hand with and expresses true bravery.

It should be noted at this point that the most recent archaeological investigations have proved that the Homeric civilization is the end and not the beginning of the historic period<sup>1</sup>. The Homeric period had been preceded by the Mycenaean and this again by the Minoan and pre-Minoan period. Consequently, the contests of Homeric times which clearly show the system of education applied by the Greeks in conscious knowledge of its influence on the culture and development of a healthy, vigorous and mentally sound human being have their origin at a much earlier stage of history. Still, it is the Homeric period that marks the beginning of great progress and development of games and purposeful exercise.

The beneficial influence of physical exercise on health, bodily beauty, strength, as well as on the brave and manly attitude of a youth and on all the other virtues of human character were duly appreciated by philosophers, doctors, magistrates and legislators in all Greek city-states. Physical exercise in the form of specific training for participation in games was a necessary consequence of the games as such. The games had become a custom and they were held either in honour of the gods and heroes or in order to celebrate an important event or even to honour the memory of a famous dead man. When the games were established as a true Greek institution, when they became events to which people flocked from all parts of the country, physical training was recognised as one of the principal methods of educating young men; numerous gymnasia and palaestrae, public and private ones, were founded and they became the meeting place of boys and men alike. It was there that learned men and elder citizens held their debates.

As soon as the Greeks realized that the games offered occasions for mass gatherings and that mass gatherings enhanced religious feelings and fostered the development of a common national consciousness, further that the masses liked to watch contests as such and, finally, that the competitors became physically and mentally better men, they saw in the games a means of cultivating and improving the race and they established contests not only for men but also for boys and adolescents. Contests for girls were not favoured by the Greeks. In some cities games for virgins were held in three age groups, e.g. games in honour of Hera at Olympia (Pausanias 5. 16, 2), but it seems that these were not appreciated and were abolished in due course.

The tribute paid to a victor did not aim at increasing the fame of the city he happened to come from, but at increasing the masses' interest in games

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1 — *J. Chrysafis* : *Gymnastics in ancient Greece*, (Greek text p. 41)

and at attracting people to the gymnasia and the palaestrae. Solon says this to Anacharsis:

«καὶ διαπονεῖν τὸ σῶμα καταναγκάζομεν,  
οὐ μόνον ἔνεκα τῶν ἀγῶνων, ὅπως τὰ ἀθλα  
δύναιντο ἀναιρεῖσθαι, – ἐπ’ ἐκείνα μὲν  
γὰρ ὀλίγοι πάνυ ἐξ ἀπάντων χωροῦσιν—  
ἀλλὰ μείζον τι ἀπάσῃ τῇ πόλει ἀγαθὸν  
ἐκ τούτου καὶ αὐτοῖς ἐκείνοις προσκτώμενοι»

(Lucian, Anacharsis)

i.e. and we compel them to train and tire their bodies not only for the sake of the games and of winning prizes — because very few of them achieve such high performances as to obtain them — but because we expect that a much greater . good will ensue for the city and for themselves». What must be stressed here, therefore, is that the Greeks knew only too well that the real benefit from the games was not to be sought in the few victors and that the immense effort was not undertaken merely in order to award big prizes to the few athletes who had excelled; those few were shown as examples worth following, so that young men were prompted and induced to exercise their body.

Later, when philosophers, writers of tragedies and poets became famous through their works, formal intellectual education became an inseparable part of the compulsory education of young men. Aristotle maintains:

«πρώτιστα τοῦτ’ ἂν εἴη τῷ νομοθέτῃ  
πραγματευτέον, ὅπως ἂν ἄνδρες ἀγαθοὶ  
γίγνωνται καὶ διὰ τινῶν ἐπιτηδευμάτων  
καὶ τί τὸ τέλος τῆς ἀρίστης ζωῆς» (Politics, G, 13)

i.e. the legislator's first and foremost task is to see to it that the city's men grow strong and choose the best means to enable them to lead lives of excellence.

In implementing this common and uniform education, the city's main concern should be the improvement of the citizens' health and the promotion of their physical strength.

«Ἐπ’ ἀρχῆς τὸν νομοθέτην δρᾶν δεῖ ὅπως  
βέλτιστα τὰ σώματα γίνηται τῶν τρεφομένων»  
(Politics, G, 14)

i.e. right from the start the legislator must see to it that the bodies of young men become excellent.

Aristotle further defines the content of education as follows :

«ἔστι τέτταρα σχεδὸν ἃ παιδεύειν εἰώθασιν,  
γράμματα καὶ γυμναστικὴν καὶ μουσικὴν  
καὶ τέταρτον ἔνιοι, γραφικὴν»

i.e. the elements of education are about four: reading, and writing, gymnastics, music ; some add painting as a fourth element.

Like all ancient Greek scholars, Aristotle believed that education should have an exclusively cultural and esthetic purpose and should not aim at athletic extremes, because these destroy and harm the body's harmony and symmetry, as well as its good shape and posture. Nor did he approve of the Spartan system of education, because this, he said, on the one hand avoided athletic exaggerations, but on the other hand the excessively severe discipline imposed on the young people required an almost inhuman degree of training. Aristotle maintained that, until they became adolescents, young boys should do easier exercises and avoid any special regimes and heavy training so as not to prevent the body from developing in a natural way. An indisputable proof of this theory, continues Aristotle, is the fact that among Olympic champions those who won a prize as youths and later again as men will be found to be two or three at most. This is to be attributed to the fact that, by training too hard at an early age, they lost their strength. In his Politics (F, I, 1342 b) he writes: «Physical education is the science which examines which kind of training is beneficial to most, and if possible, to all men, since the main purpose of educa-

**Four hundred years later, Plutarch writes:**

**«ἔτι ὡσπερ ἐν γράμμασιν καὶ περὶ λύραν  
καὶ παλαίστραν» (On Listening 17)**

**Xenophon adds:**

**«Εὐθὺς δὲ πέμπούσιν εἰς διδασκάλων, μαθη-  
σομένους καὶ γράμματα καὶ μουσικὴν  
καὶ τὰ ἐν παλαίστρᾳ» (Laced. Polit.. 2. 1)**

i.e. they send them to teachers to learn reading and writing, music and to train in the palaestra. Plato says that this was the education dictated by the laws :

**«ἢ οὐ προσέταττον ἡμῶν, οἱ ἐπὶ τούτοις  
τεταγμένοι νόμοι παραγγέλλοντες τῷ πατρὶ  
τῷ σὼ σε ἐν μουσικῇ καὶ γυμναστικῇ παιδεύειν» ; (Criton 12)**

i.e. don't you know that the laws in force dictate to your father to educate you in music and physical education?

Plato, however, believes that the principal purpose of education should be the life-long training and preparation of citizens for the greatest of contests, the struggle for the defense of one's country, and not the breeding of professional athletes, be they boxers or pankreatists. In his Republic (E, f) he writes that since women are almost similar to men, in bodily construction, they too should be prepared in the same way for war and life. Because nothing better

can be achieved for the city than the preparation of its men and women to become excellent citizens. And this will be achieved when they train in music and physical exercises. Plato rejects specialized, intensive and exclusive athletic

**«ὕπνωδι καὶ σφαλερὰν πρὸς ὑγίαν» (Republic, C, 13)**

i.e. as the cause of sleepiness and as having uncertain influence on health, in other words as inappropriate for the normal life of a man and the useful life of a citizen. The athletes training specially for games, he says, sleep all their life long, and he adds :

**«ἢ οὐχ' ὄρας ὅτι ἂν σμικρὰ ἐκβῶσι  
τῆς τεταγμένης διαίτης μεγάλα καὶ  
σφόδρα νοσοῦσιν οὗτοι οἱ ἀσκηταί» ; (Republic, C, 13)**

i.e. don't you see that if they deviate even a little bit from their special diet, these athletes become seriously ill?

Not all city-states of ancient Greece applied the same educational systems and methods. However, the basis of education was the same everywhere and everywhere it aimed at one and the same thing: at the development of «kaloi kagathoi» citizens. However, the conception of «kalos kagathos» differed from state to state according to the environment, nature, and the attitude of the different Greek races.

The greatest educational differences existed between the two strongest races, the Dorians and the Ionians. The other city-states adhered to one of these two systems.

The Dorians were trained to endure hardships, were inflexible, rough warriors, and used to plain living. The Ionians on the contrary were mild, refined, with a flexible body and mind, with a tendency to philosophise. Typical examples of the two races were Sparta and Athens.

The Athenian philosophy of life is best expressed by Plato when he defines the purposes of Athenian education :

**«πρῶτον μὲν ἀγαθὸν ὑγίεια, κάλλος δὲ  
δεύτερον, τὸ δὲ τρίτον ἰσχύς εἰς τε τὸν  
δρόμον καὶ εἰς πάσας τὰς ἄλλας κινήσεις  
τῷ σώματι». (Laws, I, 6).**

i.e. the most important thing is health, the second is symmetrical development or harmony, and the third is strength of the body both in running and other physical activities. The Spartans on the contrary believed that the foremost and only important thing was vigour and endurance in hardships.

So the life of the ancient Greeks developed along these lines and it can be easily maintained that the citizens lived their lives mainly in the gymnasium

and the palaestra. These pivots of ancient Greek life were not only frequented by the young for purposes of training, but also by grown men and old men. When they did not train or exercise, they gathered in the nearby colonnades and alleys to listen to the teachings of philosophers and enjoy the discussions and intellectual scrimmaging of the sophists.

In his Republic (5, 3) Plato mentions that even old men exercised. When

**«οἱ μὲν γυμνασάμενοι καὶ χρισάμενοι,  
οἱ δὲ λουσάμενοι. παρήλθον»** (Xenophon, *Symposium*, 1,7),

i.e. some exercised and massaged themselves with sweet oil, and some took a bath and departed for the dinner.

Visiting the gymnasium was not only regarded as a necessary but also as a noble occupation. We find this in Aeschines, an Athenian orator and opponent of Demosthenes :

**οὐκ ἀγενεῖς διατριβὰς ἔχων  
ἀλλ' ἐν γυμνασίοις διατρίβων»** (On *Embassies*, 149)

i.e. he did not keep bad company because he spent his time in the gymnasium.

Some later authors supported the view that the contests of the ancient Greeks aimed at preparing warriors for the battle. It is easy to reject this opinion. When Pausanias attempts to explain in this way the introduction into the Olympic games of the hoplitodromos, i.e. a race for competitors in full battle order, he says so with obvious hesitation : «meletees moi dokein, heneka tees eis ta polemika askeeseoos» (5,8,10), i.e. it seems to me, in my opinion, in order to get exercise in warfare.

Lucian also reports Solon to have maintained that boxing and the pankration indirectly aimed at preparing warriors (Anacharsis 24). Anacharsis, however, answers that it would be better if they learned to handle weapons, since neither wrestling nor boxing can be of any use in war. Plato expresses much the same view when he says that wrestling and boxing are not useful in war (Laws, 7,8). This is the very reason why Plato had proposed the introduction of special contests, long races and archers' 100 stadia long (ca. 20 kms), cross-country races as well as duels (Laws, 8,4). Euripides finally, makes fun of athletes in *Autolykos*:

«And what does it matter if you are a wrestler, or quick in running, if you throw the discus far, or if you break your opponent's jaws with your strong fists? How does one fight an enemy, with a discus in one's hands? There you need a strong shield in your hand and none is so foolish as to stand face to face with the enemy without arms».

(*Athenians I*, 4-6).

The Spartans, on the contrary, required from trainers a complete knowledge of the art of warfare, because they regarded athletic contests as a preparation for war (Philostr. Gymn. 19). And Plutarch says about the Spartans

**«ταῦτα μοι πάντα μμήματα δοκεῖ  
καὶ γυμνάσματα τῶν πολεμικῶν»**

i.e. all this in my opinion is an imitation of war manoeuvres.

But Plutarch, Lucian, Pausanias and Philostratos are later authors and the time they lived is a much later period than the heyday of ancient sports.

A little later still, the Romans who, as everybody knows, lived and thought only of war, will accuse the Greeks that by engaging excessively in athletic contests they neglected military training and became slaves.

**ἔλαθον ἐκρυέντες τῶν ὄπλων καὶ ἀγαπήσαντες  
ἀνθ' ὀπλιτῶν καὶ ἱππέων ἀγαθῶν, εὐτράπελοι  
καὶ παλαιστρίται καὶ καλοὶ λέγεσθαι»**

**(Plutarch : Roman Scriptures, 40)**

i.e. without becoming aware of it they neglected the use of arms, and instead of military exercise and riding they got to like contests and they preferred to be called flexible, excelling in the palaestra, and good-looking.

The athletic contests and games may not have developed soldiers, but they brought forth strong and brave men; the success of the Roman conquest of Greece is due to other reasons including the fact that it occurred at a time when contests and exercise were at a decline. But this exceeds the limits of our present subject.

By an examination of the reasons which contributed to the fact that the Greek education was generally based on training in the gymnasium and the palaestra, we came to the conclusion that we should reject the view that the athletic contests of the Greeks aimed at preparing warriors.

From what has been said up to this point, it becomes evident that no special preparation of athletes took place either for the Olympic games or for the other big sacred games. The athletic exercises were part of the Greeks' life and a natural method of educating the young. However, a victory in Olympia, in the Pythian, Nemean or Isthmian games was an event of immense importance for the individual and for the city he came from.

In order to attract people to training and games, the Greeks used the power of religion and tradition over men, also the power of legends and myths; thus, people of all social strata had a vivid interest in games. The gods were the first athletes, the patrons and inventors of contests. Zeus, Kronos, Apollo, Mars, Hermes, all of them had participated in games. Heroes and half-gods were champions. Theseus, Hercules, Castor and Pollux,

Peleus, Telamón and Pelops were champions too. The oracles protected the efforts of the organizers of games and the wise Pythia had often given oracles recommending the celebration of games.

For these reasons competitors came from all strata of society. The Olympic champion in boxing, Glaukos, was a farmer from Karystos. Polymnestor, the champion of the stadion contest for boys at the 46th Olympic games was a goat shepherd in Miletos. Amesinas from Varke, the wrestling victor at the 80th Olympiad was a shepherd too. Eurybates from Argos, victor in the pentathlon, was a general. Eualkides from Eretria, the victor of games praised by the poet Simonides, was a general who fell in Ephesos during the battle against the Persians. Chelon Lacaedaemon, head of the colony of Kyrene, won the stadion race three times, at the 29th, 30th and 31st Olympic games. Orsippos, victor in the stadion race at the 15th Olympiad, was a general from Megara. During the contest he lost his belt and from that time the athletes competed naked. Fayllos from the city of Kroton in Lower Italy, victor of the pentathlon at the Pythian games and famous for his 55 feet long jump, took part in the battle of Salamis with a ship of his own. Kylon, who very nearly became tyrant of Athens, Alexander, son of Amyntas, king of Macedonia, Plato, the greatest philosopher of all times, all of them were athletes.

The wreath of victory from Olympia, Delphi, from the Panathenean games, from Nemea, the Isthmus, from Rhodes, was a precious possession and the greatest honour for all men, regardless of the social class they came from. For this reason the palaestrae and the gymnasia were full of athletes and athletic contests had become the main and basic institution for the culture and development and education of youth. Solon explains this in a typical way when talking to Anacharsis :

**«εἰ γέ τις, ὦ Ἀνάχαρσι, τὸν τῆς εὐκλείας  
ἔρωτα ἐκβάλοι ἐκ τοῦ βίου τί ἂν ἔτι  
ἀγαθὸν ἡμῖν γένοιτο ; ἢ τίς ἂν τι λαμπρὸν  
ἐργάσασθε ἐπιθυμήσειε» ; (Luc. Anach. 36)**

i.e. if a man, Anacharsis, my friend, were to exclude from his life the loss of glory, what other good thing would remain ? And who would be eager to achieve anything brilliant or great any longer ?

Even the austere Pythagorians believed in the need to exercise. The sophist Porfyrios Malchos says about Pythagoras that

**ἀθλεῖν μὲν παρήνει, νικᾶν δὲ μή,  
ὡς δέος τοὺς μὲν πόνους ὑπομένειν,  
τοὺς δ' ἐκ τοῦ νικᾶν φθόνους φεύγειν·  
συμβαίνει γὰρ καὶ ἄλλως μηδ' εὐαγεῖς  
ὄντας τοὺς νικῶντας καὶ φυλλοβολουμένους»**

i.e. he induced them to compete, to participate in athletic contests without striving for victory, because they should be taught on the one hand to suffer the pains of training, on the other hand to avoid the pride of victory; because it has happened often that the athletes who won the victory and were crowned were not the noblest and purest in character.

In spite of this dictum of the Pythagorians, one of the most famous Olympic victors, Milon from the city of Kroton, was a pupil of Pythagoras.

Thus we see that famous men participated in the games, kings, rulers, scholars and that each of them appears to have not only a particular physical quality such as strength, endurance, speed, a talent in wrestling, a high performance as an archer or an agility in the handling of arms but also general physical advantages, such as beauty, stature, agility, grace.

Let us now examine some details in order to throw light on our subject from all angles. Up to this point we have encountered no instance of a state or a city extending efforts to prepare athletes for the sole purpose of sending them to Olympia to win prizes.

Philostratos says the following : the Elians required the athletes to arrive in Olympia 30 days prior to the beginning of the games. There the Elians supervised their training and told them : «proceed to the stadium and prove that you are men capable to win a victory. If you have trained as much as is necessary for the Olympic games and have not been lazy, nor have indulged in evil deeds, proceed with courage. But those among you who have not trained well take your leave now». (Philostr. Apoll. Tyann. 203, 8).

However, it is well known that each athlete had trained adequately at home with his trainer. The Elians had no obligation to train them. It is much more probable that during these 30 days the Elians examined the athletes and selected the best ones among them. Philostratos calls this training in Olympia «proagon», i.e. preliminary games. Those who were not deemed good enough were excluded. According to Pausanias (6.13,4) sixteen runners at the most participated in the stadion race in four rows. How could these sixteen be selected without preliminary races ? As regards other big games we have no written testimonies as to preparations or preliminary games.

It thus becomes evident that the great tributes, the glory and fame of victory were the only incentives which induced the talented youths and men to undergo the great pains, deprivations and hardships of training and diet in order to win the crown of Olympia. Their city, of course, participated in their happiness and pride as well as in their glory, yet these honours never induced a city to make any special effort or take special measures for the preparation of its athletes.

Later, however, when the period of decline starts, we will see states

and cities buy athletes and their victories, we will also see athletes dedicate their wreath to a king, a tyrant or a city; but this, once again, is a deviation from our subject.

In the heyday of athletic contests in ancient Greece there was no special preparation of talented athletes for the games. Because, as we mentioned earlier, physical exercise was something natural for all citizens, of all ages and classes. Those who distinguished themselves from the masses reached the fields and tracks of the big games.

What is perhaps of greater importance for my dear young listeners and what has been already proved is that the training of ancient athletes was really intensive and arduous and lasted almost all day long.

From the severe criticism expressed by Hippocrates, Galen and other doctors and philosophers against the excesses of exercise and the lack of measure, «ametría», as they called it, we learn that the coaches and trainers knew a great many things about training and applied methods of intensive training similar to those applied today by the coaches of different states.

The coaches of ancient times were in a position to distinguish between the quantity and the quality of exercise. They knew details about the increase of muscular size, about the need to be obese for some contests, about the rhythm and intensity of exercises, about the speed or slowness in executing them, about the merits of continuous or interrupted training, about the influence of open air or the diminished performance in closed space. They further knew about the need for certain types of figure for certain contests. From the good colour and the greasiness of the athletes' skin they could judge about the successful result and the progress of training. They could see when the signs of exhaustion appeared in an athlete. They had a vast experience in prescribing diets to suit each contest. They knew about the excessive heat or coolness of the human body during training, about the slackening or hardening of muscles, local muscular fatigue and the ways of curing it, about that special exhaustion that comes not from training but from mental causes, such as melancholy, a bad mood, etc.

They had full knowledge of the different methods of massage and relaxation which they regarded as the last part of a well executed daily training; they also knew enough about respiratory exercises. They had clear views about the training that older men required and a sound knowledge of the cure of different diseases by exercise. They even went so far as to investigate the medical family history of athletes to see if there were any hereditary diseases in the family.

It is indeed admirable that, at a time when the real purpose of the respiratory functions of the body was unknown, not only doctors but also practical trainers attached due importance to special respiratory exercises, both

because they contributed to the development and exercise of the thorax and because they helped the athlete to relax after training<sup>1</sup>.

It is thanks to this kind of training that famous athletes developed in antiquity and thanks to the presence of these athletes in the stadia the games were maintained as an institution for over a thousand years'. As Lucian says, (How History Should Be Written, 35), all men trained

«οὐκ ἐξ ποίησιν τῶν προσόντων  
ἀλλ' ἐξ χρῆσιν αὐτῶν τὴν προσήκουσαν»

i.e. not in order to develop their physical qualities but in order to be able to make proper use of the qualities with which they were endowed. This statement of Lucian expresses all the grandeur of the ancient athletic period. The devotion of the ancient Greeks to training is incompatible with our present way of thinking.

Galen tells us that the intensive training of ancient athletes lasted all day long (On health, C,2) :

«τοῖς μὲν γὰρ ἀθληταῖς ἀναγκαῖόν ἐστιν,  
ὡς ἄνω παρασκευάζωσι τὰ σώματα πρὸς  
τοὺς ἐν τοῖς ἀθλοῖς πόνους, ἀμέτρους ἐσθ'  
ὄτε καὶ δι' ὅλης τῆς ἡμέρας γιγνομένους»

i.e. because it is necessary for athletes to train their bodies to endure the fatigue of contests which are excessively arduous and last all day long.

**Not did they spare their life in order to win a victory :**

«Τοὺς ἀγωνιστὰς τούτους ὁρᾶτε ὅσα πά-  
σχουσι γυμναζόμενοι, δαπανῶντες, τὸ τελευ-  
ταῖον ἀποθνήσκειν αἰρούμενοι ἐν αὐτοῖς  
τοῖς ἀθλοῖς ; (Dion. Chrysost. 31,32).

i.e. do you see these athletes, how much they suffer and endure during training and exercising and at the end preferring to die even for the sake of athletic achievement ?

In my opinion these are the reasons why no special preparation for the Olympic games took place in antiquity. Simply because it was superfluous, since the men and the youths of those times *did not train in order to develop their physical qualities but in order to be able to make proper use of the qualities with which they were endowed.*

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1.— For the above chapter see *Philostratos*, *Gymnastikos* 14-50, Galen, *On health*, E, c and *J. Chrysafras*, *Physical training in ancient Greece*, p. 135.

## THE STATE OF ELIS AND THE SANCTUARY OF OLYMPIA

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The city-state of Elis, in the NW part of the Peloponnesus, has so far received comparatively little interest on the part of scholars, because the radiance of Olympia, the main Sanctuary of Elis, has entirely absorbed the interest of the investigators.

However, there is a close connection between Elis and Olympia, as old as the history of these two settlements. Moreover Elis had undertaken the supervision of the games of Olympia since very old times, at least since 776 B.C., when the games became Panhellenic.

Elis, away from the great centers of the Greek mainland and isolated as it was on its NW side by a harbourless coast and on the SE by the mountains of Arcadia and Messenia, did not play even a mediocre role in the political and military life of ancient Greece.

Thus, it seems strange that the oldest Panhellenic center, the Panhellenic center *par excellence*, was established in its land. Much more astonishing is the fact that the laws and the holy truce, which Elis and the Sanctuary of Olympia had established, remained respected for a very long time, even by the most powerful cities of ancient Greece, such as Athens and Sparta.

Though bordered on its NW side by the Ionian sea, Elis had never been distinguished as a sea-power. Besides, its few unimportant harbours were very often inaccessible because of the frequent strong winds of the open sea.

On the contrary, having the most mild climate of Greece, together with Messenia, the South Cyclades and Crete (lowest temperature 10-11°C.) and one of the most fertile soils, mostly flat and watered by great rivers (Alpheius, Peneius) and innumerable natural springs (rainfall yearly 90 - 100 cm.), Elis was given exclusively to agricultural and pastoral life, throughout the whole period of antiquity.

The myth of the Augean stables, as well as Homer's information (Odyssey IV 634), that the herds of horses of Odysseus had their pastures in Elis, are allusions to its developed cattle keeping, even in the prehistoric period.

This fertility of the land restrained Elis from the creation of big cities-urban centers and the people remained for centuries scattered in small towns,

villages or farms all over the country of Elis. This is confirmed by Strabo (VIII 336), who gives us the information that «the people of the country lived only in small towns».

The ancient literary sources mention a total of 49 small towns. But the archaeological research has, during the last years, brought to light 112 settlements and located about 160 others by surface finds, which certify the ancient information about the non-existence of big city-centers in ancient Elis. The only exception was the capital of the state of Elis, Elis, which remained the unique big city Of the state, until the end of the antiquity.

The agricultural and pastoral character of Elis was further accentuated by the countless Sanctuaries and sacred groves, scattered all over the land of Elis : «The whole country is full of sanctuaries of Artemis, Aphrodite and of the Nymphs, being situated in sacred groves, that are generally full of flowers, because of the abundance of water. And there are also numerous shrines of Hermes on the roadsides and temples of Poseidon on the seashore», writes Strabo (VIII 343).

For the same reason, Elis did not participate in the great movement of the Greek world for colonisation, in the 8th, 7th and 6th centuries; when the other Greek city-states inundated the coasts of the Mediterranean Sea, from the Herculean Columns (today Gibraltar) to the Black Sea, Elis remained indifferent.

Some later sources, it is true, mention the settlements Alba, Pisa and Capitolio in Italy, Syracuse in Sicily, Pandosia, Vouchetion and Elateia in Epirus, as colonies of the Eleans, but there is no certain evidence of their connection with Elis.

Another consequence of the prevalence of the agricultural and pastoral character of life was that Elis, being self-sufficient in food production, did not develop to any great extent either commerce or industries. The needs of the Elean people were met, in a way, by craftsmanship and by a limited commercial activity.

The state of Elis, by suitable laws, encouraged and supported this way of life, and in order to avoid the gathering of the citizens into the capital, and to fight against urbanism, it established the travelling law courts, that went all over the country and settled the disputes of the citizens, locally in every village, so that they had rarely to leave their fields and waste their time in the capital.

Characteristic in this connection is the information of the historian Polybius (IV 72) who lived in the 2nd century B.C. : «For Elis is much more thickly inhabited and more full of slaves and farm stock than any other part of the Péloponnèse. Some of the Eleans in fact are so fond of country life, that though men of substance, they have not for two or three generations

shown their faces in the law-courts, and this because those who occupy themselves with politics show the greatest concern for their fellow-citizens in the country and see that justice is done to them on the spot, and that they are plentifully furnished with all the necessaries of life».

The first mention of Elis is in the Iliad, (2, 615 f. 11, 671 ff.) and Odyssey (4, 635). Its name Elis or FALIS is usually connected with the latin VAL-LIS - Valley (See Frisk, Etym. Lex).

In the Mycenaean period, Elis was a town, one of the four or five towns of the state of the Epeians (2, 615 ff.). Its inhabitants were Achaeans and Aeolians mixed with the earlier prehellenic races.

These Epeians, divided in four groups, under one chief each, took part with 40 ships in the Trojan War. Among these chiefs was Polyxenos, Augeas' grandson and commander of the army of the town of Elis. His son and successor Amphimachos was succeeded by Eleios, whose reign is supposed to coincide with the Dorian Invasion.

Elis was built near the river Peneius, at the place where the river comes out from the mountainous inland and traverses the valley down to the sea.

In that place rises a high hill, now called Kaloskope (Bellevue), dominating all of the valley. On this strategic site, the city was built and the acropolis of Elis.

During the Dorian Invasion, Oxylos, according to the ancient tradition, came down to Elis from Aetolia, defeated the earlier, Mycenaean, inhabitants and became the sovereign of the land.

The mixture of the newcomers with the older tribes explains also the peculiarity of the Elean language, which belongs to the NW idiom, containing a lot of Aeolic and Achaean elements.

Oxylos, thereafter, according to many ancient sources, created the first 'synoikismos' of Elis, as Theseus of Attica. Whether this 'synoikismos' by Oxylos is a later invention ascribed to him after the pattern of the 'synoikismos' of Theseus, is not certain. However, the need of a 'synoikismos' that is, the moving and setting together of the neighbouring villages to a settlement, should have been felt to be very urgent in such a turbulent period, as was the period of the Dorian Invasion. The excavations in Elis provided new evidence confirming that mythological tradition. Moreover, the quick rise of Elis after Oxylos and its domination over the greatest part of the Elean territory, certifies once more this mythological tradition, because only by the 'synoikismos' can be explained its sudden power and domination.

Soon after Oxylos, the name of the inhabitants predominated as Eleans.

Literary information about the history of Elis is very scarce and, moreover, its interpretation causes great controversy among scholars.

If we were to sketch an outline of the main events in Elis, we could say that in the period from 11 -9th centuries B.C., Elis was originally limited to the valley, along both sides of the river Peneios, down to the NW coast. That valley, low and flat, bordered on N. and S. by the hills and the mountains of Acroreia and Pisatis, is known as Koele Elis : Holland, Tiefland, Pays Bas.

Not much later, there was added to it Acroreia and the part of Pisatis towards the coast. This new land, had been called 'perioekis' (= dependent land), in contrast to the «Koele Elis», occupied by the citizens.

In that time (8th cent. B.C.) the Sanctuary of Olympia was already incorporated in the state of Elis. Thus Elis had also the patronage of the games, which she kept until around the 26th Olympiad. (Strabo VIII 355) (ca 676 B.C.).

From then onwards, during the whole second half of the 7th century, it seems that Pisa, allied with the Arcadians, Messenians and Pheidon of Argos and enjoying a great prosperity in those times, had the supervision of the games.

The Pisatan kings of that period, Pantaleon and Damophon, seem, together with their allies to have defeated the Eleans repeatedly.

After the second Messenian war and the death of Pheidon, Elis allied with Sparta and regained the supervision of the games, while Pisa, deprived of the control over Olympia, tried to move against Elis, which finally (580 B.C.) defeated Pisa and conquered the whole Pisatis definitely.

Many cities of Pisa were during that time completely destroyed and many inhabitants were obliged to leave their country.

The whole Pisatis was incorporated as a 'perioikis' in the state of Elis. Part of it was distributed to the Eleans and the rest was left to the Pisatans only for cultivation, under the condition that they paid a yearly tax to Elis.

It was then that a part of Triphylia was also incorporated to Elis as a 'perioikis'.

The monarchy in Elis was probably abolished as late as the 9th cent. B.C. and a strictly oligarchic regime must have taken its place soon after. One Hellanodic chosen among the oligarchic families was responsible for the Olympic Games.

In 580 B.C., the State was reorganised and the oligarchic body, more moderate now, was enlarged. The number of Hellanodicae was now increased from one to two and they were chosen by lot among all the citizens. Some of these reforms must have been analogous to those established by Solon in Athens.

The Demoi and the towns seemed to be loosely connected with the capital and rather independent.

The events in Elis during the years 580 - 480 are rather obscure, yet we know that in those times Elis reached its highest prime.

In a period when all the Greek cities suffered deeply from wars against each other and inner agitations, the Eleans, protected by Zeus and by the holy truce, which was 'internationally' respected until the end of the 5th cent. B.C., lived in prosperity and peace, under the supervision of the priests of Zeus. Misery and distress came upon them when they started becoming involved in the conflicts of the rest of the Greek cities, which Elis had avoided systematically until the end of the 5th century. At that time also starts the first emancipation of the Eleans from the patronage of the Sanctuary of Olympia, that is, from the supervision of Zeus. The reverence reflected in the games of Olympia becomes then slowly looser, for they begin since that time to lose their religious character and spiritual value.

Paus. IV 28, 4 : «The Eleans in the earliest times were the most law-abiding of the Peloponnesians».

Polyb. IV 73 : «As it seems to me they have adopted such a system from old time and legislated accordingly in a measure because of the large extent of their territory, but chiefly owing to the sacrosanct life they formerly led, having, ever since the Greeks conferred immunity on them owing to the Olympian games, dwelt in a country which was safe from pillage, with no experience of danger and entirely unmenaced by war».

Just because of that earlier theocratic conception of life, some scholars characterised Elis as the Greek Thibet. This theocratic character, so beneficent to the Eleans, disappears slowly from the 4th century on. An allusion to another peculiarity of the Elis State, is found in a passage of Pausanias, according to which 16 Elean women, during the 6th century B.C., undertook the reconciliation of Elis and Pisa and attempted to enforce new legislation in order to attain peace and happiness in Elis :

«Besides the account already given they tell another story about the Sixteen Women as follows. Damophon (lived in the 6th c.), it is said, when tyrant of Pisa did much grievous harm to the Eleans. But when he died, since the people of Pisa refused to participate as a people in their tyrant's sins, and the Eleans too became quite ready to lay aside their grievances, they chose a woman from each of the sixteen cities of Elis still inhabited at that time, to settle their differences, this woman to be the oldest, the most noble, and the most esteemed of all the women. (The cities from which they chose the women were Elis, ...). The women from these cities made peace between Pisa and Elis. Later on they were entrusted with the management of the Heraean games, and with the weaving of the robe for Hera. (The Sixteen Women also arranged two choral dances, one called that of Physcoa and the other that of Hippodameia)». (Paus. V 16, 6)

Though we don't know how old this story is, yet it is characteristic that a task of this kind is here ascribed to women, and not to men, as usually happened in other similar cases. This story could have been an allusion to the special position of woman in Elean life. And this hypothesis is reinforced by another testimony by Pausanias (V 15, 12), that the Eleans sacrificed not only to the heroes but also to the wives of the heroes. Let me also remind you of the Games of the Girls in Olympia, the Heraia, that took place every four years, besides the well known Olympic games. (Paus. V 16, 2).

To the above mentioned peculiarities, another must be added : the fact that the city-state of Elis had as its main task, at least until the 5th cent. B.C., not so much the management of political and civic affairs, but rather the organisation of the Olympic Games. And this is reflected in the picture of the Agora in the city of Elis, which was, so to say, the Propylon and the preparatory school of the Sanctuary of Olympia.

In that Agora predominated the buildings which were connected with the games : Two Gymnasia, a Palaistra, the House of Hellanodics and the Portico of Hellanodics. Besides these, there were temples and shrines, but no other civic buildings. Even the Parliament was housed in the one of the two Gymnasia. Thus, the Agora of Elis was pervaded by the spirit of the games rather than by other activities, such as political, social, juridical or commercial.

It was here also, in one part of the Agora called the Hippodromos, that the Eleans trained their horses.

It must also be pointed out, that the most important and also most ancient offices were those which were connected with the games and the Sanctuary of Olympia : a. Hellanodic, b. Archiereus, c. Mandéis, d. Hiarmoas etc.

In the Persian Wars, the Eleans, though they participated in the fortification of the Isthmus in 480 against the Persians, did not appear to be actively involved. They did not participate in the sea battle of Salamis, and at Plataea they arrived after the battle was finished. Yet their name was inscribed on the tripod, the *ex voto*, at Delphi.

In 471 B.C. important changes took place in the political life of Elis. The democratic ideas, which had gradually prevailed, obliged the oligarchs to make concessions.

Moreover, by the second 'synoikismos' (Diod. II, 54, I. Strabo VIII 336. Paus. 5, 95) which is ascribed to that year, Elis became the biggest or one of the biggest cities in the Peloponnesus. In the capital was now centralised the political power of the whole state, and consequently the demoi lost part of their former autonomy. The whole Triphylia then capitulated,

except Lepreon, which was forced to pay a talanton yearly to Olympian Zeus. It was then that the temple of Zeus was built in Olympia.

During the Peloponnesian War, the political attitude of Elis was deeply changed. The Eleans ceased to be neutral. They began to interfere with the affairs and controversies of the other states. They became an active ally of Sparta, supporting it with their endless financial resources against Athens and their allies.

In 425 B.C. appears the first discord between the former allies, because of Lepreon, whose claims Sparta finally vindicated.

In 421, Elis entered the coalition of Corinth, Boeotia and Megara and at last made peace and a coalition with Athens. And still continued to irritate Sparta.

In the same year (421 B.C.), the Messenians and Naupactians defeated Sparta and their victory was celebrated by an *ex voto* in Olympia, the Victory of Paionios, set up in the most spectacular place of the Sanctuary, in front of the east façade of the temple of Zeus.

After Sparta invaded Triphylia, during the holy truce, Elis excluded all Spartans from the games, for punishment. Moreover, when Agis, the king of Sparta, came to Olympia after his victory over Athens, he was prevented from making a sacrifice at the altar of Zeus.

At that time the democratic party of Elis, under Thrasydaios, controlled the government of the State. Thrasydaios, friend of the orator Lysias, financed the movement of Thrasyboulos for re-establishment of the democracy in Athens.

After this last provocation, Sparta, encouraged also by its recent victory against Athens, attacked Elis in 402 B.C. This is the first time that the holy truce was violated. Agis, with the Spartan army, entered the territory of Elis, pillaged the land and humiliated its former ally by forcing it to re-enter the Peloponnesian League. Elis lost then the greatest part of its 'periokis'. Yet there was left to it the patronage of the Sanctuary of Olympia. Oligarchy regained the power in Elis and became the leading party.

In 371 B.C. after the defeat of Sparta in Leuctra, Elis re-won the 'periokis' to which was also added Koryphasion and Kyparissia.

After the destructive invasion of Agis, Elis suffered two others, that of the Arcadians in 356 and that of Philip the V in the early 3rd century. This second invasion is described in detail by Polybios.

From the 4th century B.C., the inner political history of Elis was marked by a continuous alternation in the government of the two parties, the oligarchic and the democratic.

Always, inconstant, in its external policy Elis shifted from one coali-

tion to another, sometimes an ally of Sparta or Arcadia and sometimes their fanatical enemy, sometimes adhering to Philip or his son Alexander and vice versa.

The same attitude also prevailed during the period of the Successors.

Its unique interest, to keep and extend its territory, urged Elis always to follow the most powerful, and when the latter were defeated by their enemies, Elis was not excluded from the requitals imposed by the victors.

In 191 B.C., the incorporation of Elis to the Achaian League meant also the end of its independence. In 146 B.C., with the complete submission of Greece to Rome, Elis formed a part of the Provincia Achaia.

Because of the prevailing pastoral character of the city-state of Elis, it was for a long time believed that no art, letters or science had been developed there. We now know that Elis not only received, but also reflected, spiritual and artistic ideas.

Its two main centers, not to speak of the other smaller ones, reflect that reciprocal relationship of receiving and giving, even in very early times.

Cycladic idols and Minoan products found in the territory, show that as early as the 3rd and early 2nd mill. Elis had some contacts with the islands of the Cyclades and with Creta. The many Cretan cults in Olympia, on the other hand, and the fact that the river Alpheios was navigable, allow us to think that Olympia was at that time an important 'emporion'. The numerous E, M, and LH settlements found all over Elis, show that in those remote times, there had been flourishing centers with local workshops, producing splendid works of art in clay or metal, rivaling in quality those of the rest of the East Mediterranean world.

The local workshops of Elis have much in common with those of Achaia and Triphylia, as well as with those of the Ionian islands.

During the geometric period, when the Olympic games were already Panhellenic, there was in Elis an intensive local production of artistic manufacture, as is shown by the thousands of idols in bronze or clay brought to light by the excavations.

At the same time other ex votos, in an astonishing quantity, were imported from the rest of Greece and from the Orient.

During the 7th century B.C., like the whole Greek world, Olympia and Elis are strongly marked by the influence from the Orient and the colonies of East Ionia.

In the archaic and classical periods (6 - 5th cent. B.C.) Elis and Olympia reach the high peak of their flourishing. Their cultural influence radiates far beyond the mainland of Greece, to the colonies of Asia Minor and much more to those of Magna Graecia.

It is not accidental that most of the so called 'treasuries' at Olympia (a kind of small temple built by the Greek cities) were dedicated by the colonies of Magna Graecia.

The works of art found in Olympia and elsewhere in Elis, show its close connection to: a. Corinth (bronze and clay products); b. Laconia (bronze and clay products); c. Arcadia (bronze figurines); d. Argolis; e. East Ionian cities.

The connection with Attica appears to be much more manifold. Some cults and myths of Elis (e.g. the cult of Ionidae Nymphs, who according to the literary sources were daughters of Ion, son of Gargettos), came from Attica.

Also the hero Aleisios, after whom was named the town Aleision came from Attica.

Another allusion of a cultural contact between Athens and Elis in the 6th cent. B.C. is offered in the analogies to the political reforms in both city-states: local law-courts, etc.

In the artistic field, mutual relations are testified by the great number of Attic vases found in Elean tombs and by the strong influence of the Attic vase painters on the Elean artists.

Moreover, Pheidias worked in Olympia and Elis and so did his son and grandsons, who were in charge of the chryselephantine statue of the Olympian Zeus.

Finally, Socratic and Platonic philosophy influenced Elis through the two Elean pupils of the philosophers, Phaidon and Phormion.

a. Phaidon, the beloved pupil of Socrates, known also from Plato's homonymous dialogue, established in Elis ca 350 B.C. a philosophical school, known as the «Elean Heresy».

b. Phormion, during the 2nd half of the 4th cent. B.C., inspired by Plato's political ideas, undertook some political reforms in his native city, «διεκόσμησε τὴν πολιτείαν» says Plutarch, limiting the role of the Oligarchs, who had then regained political power. However, his reforms were short-lived.

Besides the above mentioned philosophers, Hippias the Sophist, an advocate of self sufficiency and representative of one sophist party preaching the tendency toward encyclopedic polymatheia, had an important place in the intellectual life of his time. Plato treats his theories in three of his dialogues (Protag. 337 D, Hippias Elasson and Hippias Meizon, the latter regarded as not authentic).

Also Xenophon speaks of him in his Memorabilia. His works are : «Ἱστορικαὶ Πραγματεαίαι», «Ἐθνῶν Ὀνομασίαι», «Ὀλυμπιονικῶν ἀναγραφὴ», «Συναγωγὴ».

Pyrron, another Elean philosopher of the 2nd half of the 4th cent. B.C. and early 3rd c., was equally important. Being a sceptic, a student of Anarchos, he was deeply appreciated by his fellow-citizens, who named him archiereus. Thanks to him a special law was established by the city, according to which philosophers were discharged from any kind of taxes.

Much more scarce is ancient information about the artistic activity in Elis.

In any case, we know of:

- a. The famous Elean sculptor Kallon (late 5th cent. B.C.) who had worked also outside Elis. (Paus. 5, 35, 2-4, 5, 27, 8. Inscr. 271).
- b. Libon, the architect of the temple of Zeus at Olympia.
- c. The Elean coiners were famous for the admirable coins they created for Elis and their work influenced that of the coiners of Argos, Arcadia, Macedonia and Creta.

However, the main radiating influence of Elis on the rest of the Greek world, was through its sanctuary at Olympia. It offered an amazing contribution to the awakening and cultivating the idea that all the Greeks, though scattered in small states and opponents of one another, formed a unique race, with a common language, religion and especially, common ideals. When every fifth year they assembled on the neutral, sacred area of Elis and occupied themselves with the peaceful work of athletic contests, they forgot their political rivalries.

The speeches of the wisemen, who every now and then encouraged the Greeks gathered in Olympia to reconcile their differences and cooperate, helped gradually develop the belief in the need of unity. Of that belief, mature already in the 4th cent. B.C., Philip derived profit in his political undertaking.

Summarizing the political history of Elis, we can say that its greatest prosperity and contribution to the Panhellenion, is confined especially to two centuries, the 6th and 5th and even not the whole 5th cent. During the greatest part of these two centuries, the people lived in prosperity and peace. They lived a sacrosanct life under the auspices of the gods, their country being not menaced by war or other vicissitudes of life. The change in their way of living and their emancipation from the religious patronage, coincides with the start of their misfortunes. Their involvement in the controversies of the other Greek cities and their abandonment of their previous neutrality and generally the change of their mode of life, brought great grief upon them.

At the same time the character of the sanctuary also underwent a definite change.

At about the beginning of the 4th cent. B.C., the severe Doric style with its serenity and heavy proportions no longer reigned supreme in the holy

precinct. The Ionic and Corinthian styles had made their invasion, and with them lightness and elegance. The ideal of the serene Doric conception of life slowly receded. Thus we can agree with Polybius (IV 74, 3) when he expresses his sorrow because of that change. He says: «Peace is a blessing for which we all pray to the gods... If then there be any people which, while able by right and with all honour to obtain from the Greeks perpetual and undisputed peace (as in the case of the Eleans), neglect this object or esteem any other of greater importance, every one would surely agree that they are much in the wrong». The spirit of the games is no more the same. Professionalism replaces the old athletic idea. The removal of the Stadium, which happened then, to a place outside the sacred precinct, seems to symbolize the secularisation of the Games. Of course, the activity of the sanctuary did not cease to be intensive for centuries thereafter, but the profound and essential contribution of Elis and Olympia faded out with the end of the 5th cent. B.C.



*At the I.O.A. dining room.*



## THE ISTHMIAN GAMES

By Prof. OSCAR BRONEER (U.S.A.)

*Director, American School of Archaeology*

As we stand in the Temple of Poseidon and look eastward we see the startlingly blue waters of the Saronic Gulf, the element over which Poseidon held sway. Then, turning toward the west we see Akrokorinthos rising in isolated grandeur above the nearer and lesser heights of the Corinthian landscape. On autumn days, when the sky is partly covered with clouds, the sun setting behind the mountain creates a crown of golden rays aptly illustrating the modern Greek phrase denoting the sunset: βασιλεύει ο Ήλιος, «the sun is king». These two entities, sun and sea, give distinctive character to the Isthmian landscape. And out of such warp and woof the ancients wove the myth about a strife between Poseidon and Helios for possession of Isthmus. An arbitrator was appointed, by the name of Briareos, one of the Cyclops; he opted in favor of Poseidon and gave possession of Akrokorinthos to Helios who later ceded it to Aphrodite. This contest between two elemental forces of nature gives the physiographic and mythological setting for the origin of the games on the Isthmus of Corinth.

Other myths account for the actual founding of the Isthmian athletic festival. The Corinthians ascribed the origin to their king Sisyphos, more popularly known for his sin and punishment in Hades, where he rolls a stone up a steep hill only to see it roll down just before reaching the top. The founding hero was the boy Melikertes, grandson of Kadmos of Thebes, who was drowned when his mother Ino fled from her maddened husband, king Athamas of Orchomenos, with the young boy in her arms. She leaped into the Saronic Gulf and was forthwith metamorphosed into a sea divinity and renamed Leukothea. Melikertes was drowned and his body carried on the back of a dolphin to the Isthmus, where Sisyphos found him and at the funeral of the boy instituted the Isthmian Games. Melikertes too received a new name, Palaimon; the Wrestler. By this myth the Corinthians sought to account for the origin of the Isthmian Games.

The Athenians, who held special privileges — seats of honor (proedria) — in the Isthmian Stadium, credited the founding of the Games to their own hero Theseus, son of Aigeus. On his famous Journey from Troizen to Athens the

young hero dispatched many monsters — Periphetes, Skiron, Prokroustes, Phaia, a sow of Krommion — who made the road unsafe for travellers. At the Isthmus he encountered Sinis, who challenged him to a pine-bending contest. Sinis' method of execution consisted in tying the legs of his victims to two pine trees that he had forced down to the ground and then let fly apart, tearing the unfortunate contender to pieces. Theseus, inflicting the same form of death on Sinis, celebrated his victory by instituting the Isthmian Games. Sinis became known as Pityokamptes, the «Pine-bender». All these myths reflect the reality of conflict in nature, prefiguring the striving of the athletes for possession of the wreath of victory, which from earliest times was made out of pine branches.

Poseidon, chief god of the Isthmus, was not only ruler of the sea ; he was god of the horse and wielder of the subterranean forces that cause the earth to tremble. The Isthmus, lying between two seas, the Saronic and the Corinthian Gulfs, is more frequently visited by earthquakes than any other part of the Greek peninsula. The worship of Poseidon goes back at least to the eighth century B.C. His first temple, a remarkable early example of Doric architecture, was built about 700 B.C. ; when destroyed in the fifth century it was replaced by a larger and very splendid temple, erected about 465 B.C. The later building, though damaged and repaired several times, remained standing throughout antiquity and was then, together with the other buildings at Isthmia, demolished to provide material for a fortress and wall across the Isthmus, erected in early Christian times as protection for the Peloponnesos against invasions from the north.

The second most important cult place on the Isthmus was the Palaimonion, a complex of buildings, including a small, circular temple to Palaimon. What remains of this structure dates from Roman times, but it is unlikely that the cult of Palaimon originated at that late date. Palaimon, having originally been human, was worshiped with rites suitable to a hero. These rites centered about sacrificial pits in which black bulls were burned whole. They were mystery rites staged at night. The whole area in front of the temple was then illuminated with large oil lamps, and the worshipers carried small lamps in their hands. After the sacrificial fire had been lit in the pits, the participants brought oil in small containers and threw them into the flames. At the height of the celebration, they brought up the black bull to the pit, his horns and hooves gilded and garlands hanging on his neck. A swift stroke of the axe wielded by the officiating priest sent the consecrated animal to the ground, and as soon as his struggles ceased, the attendants heaved the body into the fiery pit where it was, quickly consumed by the flames.

This impressive — if to us perhaps unsavory ceremony — probably formed the opening act in the great Isthmian festival, which athletes and de-



*Professor Oscar Broneer addressing the participants at Ancient Isthmia.*

legates from the whole Greek-speaking world attended; for the games were by origin religious in nature, although in later times their secular character predominated. The trainers, directors, and the athletes, prior to the contest had to swear on the Altar of Poseidon that they would perform their offices according to the rules and would use no unlawful means to obtain victory. The Temple of Palaimon contained a crypt in which the athletes took additional oaths. This was an awesome rite, administered in total darkness. So sacred was the oath to Palaimon that the conviction prevailed that anyone who perjured himself could in no way escape punishment.

The Palaimonion was built on the site of the abandoned older Stadium, one of the earliest known stadia of Greece, in its original form going back probably to the sixth century B.C. The Isthmian Games were reorganized into a Panhellenic festival in the 49th Olympiad, 480-476 B.C. At some later period the Stadium was rebuilt, and a new intricate starting gate set up, the only known example of its kind. It consists of a triangular pavement and a stone sill with holes for vertical posts, separating the starting line into sixteen lanes a little more than one meter in width. From a shallow pit at the apex of the triangle a starter operated all the gates by means of strings attached to a wooden bar by which the gates were closed. When he let go of a string the

gate attached to it opened as the bar (called *balbis*) fell by its own weight to the side. The starter could open two, four, or all the gates simultaneously, in accordance with the requirements of each race. Only one end of the Stadium is preserved, but it is possible to calculate its length as about 192.24 m.; and since a stadium always had a length of 600 feet, we obtain a foot length of 0.3204 m. Thus the length was almost the same as that of the Stadium at Olympia (192.28 m.). Before the Earlier Stadium at Isthmia was abandoned, the race track was shortened by 10.93 m.

Some time later, perhaps at the time of Alexander the Great when Corinth was chosen to be the capital of the world, a new Stadium was built in a natural hollow some 250 m. to the southeast. This Stadium used a shortened foot measure (0.302 m.) for the layout of the new race track, which measures 181.20m. in length. It too had sixteen lanes, each 1.51 m. wide (five feet of 0.302 m.). This later Stadium, which we have investigated by means of pits and tunnels, lies buried to a depth of two to six meters under a grove of fruit trees. It is in remarkably good state of preservation and would repay the effort and expense of excavation. It contains several unique features that might throw new light on the material apparatus of Greek athletics.



*Participants to the 10th Session try the ancient starting technique at the Isthmian Stadium.*

The Isthmian Games comprised horse races, as did the other Panhellenic Games. The hippodrome is to be sought at some distance to the west of the Sanctuary, where there is a stretch of level ground large enough for such a purpose. There was a sanctuary of Glaukos, son of Sisyphos, who was worshiped at the Isthmus under the cult name Taraxippos, because it was he who threw the horses into panic near the end of the hippodrome. We have discovered the foundation of a structure which we may conjecturally identify with the cult place of this hero. It consists of an unroofed space set against a hillside and surrounded on three sides with a broad foundation that may have held seats for judges or important spectators. In front of this structure was a parapet, separating it from the race track. Although the area had been ransacked in modern times in illicit search for antiquities, our excavation yielded many spear points and strigils of bronze, and a small amount of pottery of the fourth century B.C. These finds go far to show that the monument was somehow connected with the Isthmian Games, and the likelihood is good that the hippodrome was located at this point.

From our excavations in the Sanctuary came other objects related to the Games: haltères (jumping weights), shields and helmets that may have been used for the races in armor, and a surprizingly large number of small boats of terracotta and one of bronze. The latter may be dedications offered to Poseidon by boatmen who had competed in a regatta, a type of contest that seems to have formed a part of the Isthmian program of events. Finally, a marble torch found in the Later Stadium points to the inclusion of torch races among the contests in the Stadium. Inscriptions also record victories in musical contests. In the year 67 (or 66) of our era, the Emperor Nero competed with compositions of his own, at which time he of course was proclaimed winner.

The prize of victory at Isthmia was a wreath, at first made of pine, but in the fifth century B.C. a wreath of wild celery was introduced. In late Hellenistic times and in the Roman era, both types of wreaths were awarded to victors in the Games. The celery of the Isthmian crown was withered, in contrast to the Nemean which was made of fresh celery. The withered wreath bestowed upon winners at Isthmia may have lent color to the Apostle Paul's statement in his first Epistle to the Corinthians (9.25), where he contrasts the «imperishable (ἀφθαρτός) wreath » («incorruptible crown » in the King James version), which the Christians receive, with the «perishable wreath» (φθαρτός (στέφανος) of the athletes. Paul may well have been at the Isthmus for the celebration of the Games in the year 51, when he lived and worked as tent-maker in Corinth.

The festival held on the Corinthian Isthmus was probably the most popular of all the Panhellenic celebrations. The place was more easily accessi-

ble than either Olympia or Delphi, and a visit to Corinth, with all its famed attractions, that followed upon attendance at the Games was considered the high point in the experience of a lifetime. The often repeated saying, οὐ οὐ παντός ἀνδρός εἰς Κόρινθον εἶσθ' ὁ πλοῦς («it is not every man's fortune to visit Corinth») expresses the exaggerated value placed upon such an event in a man's life.

Little enough remains of the splendid temples of Poseidon and Palaimon, or of the more humble cult houses of several other gods and heroes at Isthmia. But the ruins of these buildings now attract visitors from more distant lands, who come to see and to learn about the ideals that inspired athletes of ancient times in their striving for the right to wear a crown of pine or of celery as the badge of excellence. These values are as unchanging as the phenomena of nature, the sea and the mountain, that gave luster and myth to the Isthmus of Corinth.



## WHAT ARE PEOPLE DEMANDING FROM OLYMPISM?

By Dr. HENRI POURET (France)  
*Laureate of the Académie Française*

The modern world calls for a daily effort of adaptation and understanding.

«Old values» appear to be overthrown and those that are to replace them are often badly formulated, badly known; they do not always provide a remedy for the anxiety of the young, or of the less young for that matter; mankind is constantly divided between the bored lethargy of those who have plenty and the restless agitation of those who are underdeveloped.

We are living in a terror-stricken world; this is the reason why the problems of adaptation and communication between men have never been so acute as they are to-day.

It is within the context of these considerations that I would like to discuss with you the following subject :

«WHAT ARE PEOPLE DEMANDING FROM OLYMPISM?»

Whatever our nation, our race, our religion, we are all entering simultaneously, in this year 1970, a period of revolutionary change.

Other revolutions have taken place in the course of the millennia, and have changed life on earth.

As a result of the first revolution, prehistoric and isolated man became a biped, handling the flint-stone to defend himself and to kill for food, the possessor of that Promethean power called «fire», the fire that will allow him to forge metals.

The second revolution led man to a collective life within the great civilisations, some of which have disappeared.

Each of these civilisations, whether Chinese, Egyptian, Incas, Greek or European, was the reflection of balanced relationships between people with the assistance of the strong power of a religion. These were, before all, civilisations of peasants, travellers and mariners, civilisations both agrarian and maritime.

The third revolution is the industrial revolution launched by the discovery

of new energy sources, the development of mechanisation and of credit, which were to cause economic, political and social upheavals, resulting in intolerable inequalities between people and between nations.

We are at present living through the fourth revolution, which you will permit me to call scientific revolution and which presents disquieting features; this revolution is dominated by four factors :

1) Nuclear physics which can, at any time, bring about atomic catastrophe in the form of mass death.

2) Over-population, due for a good part to the progress of medical science as a result of which births now exceed deaths 2 : 1 .

3) Mass media, using all the power of imparting knowledge and exerting influence, of audio-visual means. These create instantaneous personal information in the world, but such information inevitably and brutally upsets education, town planning, economic structures, medicine and, mainly, the relationship between State and Citizens.

4) Cybernetics that lead us to the era of automation, computers and robots, will leave to man no place other than the field, fortunately unlimited, of creative thought.

In the face of such progress, Homo Sapiens has to choose between hope and despair; the bet for happiness can only be won at the price of a new planetary organisation, a mass cultural effort, equal opportunities, subordination of science and technique to world-wide political control, and to a personal morality, voluntarily defended.

#### *What does the average man demand from Olympism ?*

The average man demands to be able to attend, every four years, a competition in different sports; he is concerned with the research of the champion, and he makes his own, for about fifteen days, the Olympic slogan :

Altius - Fortius - Citius

He is happy to applaud those perfect athletes who demonstrate, in the stadium, the value of the healthy man as well as his plastic beauty and the esthetic meaningfulness of his movements.

For the average man the Olympic Games are also a dramatic performance; thanks to World Television, the Olympic stadium has become *the biggest theatre in the world*! but contrary to other manifestations outside Olympism, the majority of men realise that the Olympic Stadium is not a circus but a temple where the Olympic ritual is celebrated.

There are many examples of drama during the games : the fall of a relay staff when the team has practically won its Olympic title ; the marathon

runner, who enters the stadium first, to be overtaken just on the very last lap.

There are some who are not content to hear the news of the games from afar, so they undertake, like true believers, the long pilgrimage to Rome, Tokyo or Mexico. These trips constitute, for the average man, a reserve of memories that will embellish his whole life.

This same man, who forms a part of our civilisation of comforts will become enriched through knowledge of the history of Ancient Games ; he will applaud, morally, the victory of Koroebos, he will take delight in the clever idea of the Olympic truce, and he will appreciate those Greek politicians who, using the opportunity offered by the Games, built up their national unity — a fact absolutely unique in the history of political institutions.

The average man, in his moments of leisure, will refer to the Olympic idea for an understanding of events in the recent past, like the Renovation of the Games, the parallelism between modern history, the political and military events. On the whole, Olympism can induce the average man to spend his free time in an edifying way, since he will also be able to come back to his memories by watching the films dedicated to each Olympiad, or reading one of those remarkable books dealing with athletic activities.

#### *What does a representative athlete demand from Olympism ?*

The representative athlete, that is the one who will defend the colors of his Nation at the Olympic Games, will have demands equal to his athletic value.

During long months, or even years, he will subject himself to training, a training that will take place at different places according to the climate or the altitude of the Olympic city.

He will be honored and happy to participate in the — so orderly — opening ceremony, but also in the — so disorderly — closing ceremony, which is dominated by a happy community spirit.

Any representative athlete knows already, by his participation, that he is living the great moment of his life, and he will demand to be protected by impartial judges in his classification.

If he wins a medal, whatever the metal it is made of, he knows that this will be perhaps the greatest reward he will ever get because the Olympic medal means that, at the moment it was won, the athlete was the best man on earth in his particular field.

The representative athlete has the right to expect results from his participation in the games, especially in terms of his personal and social promotion.

The seriousness he has put into his preparation and the success obtained allow him to become someone very powerful, as he has, through courage and perseverance, distinguished himself from the mass of other athletes.

In all civilisations it has been customary to award distinctions to the soldier for valour. The representative athlete deserves a distinction for having obtained a peaceful victory in the field of the Olympic ideal, which is the field of universal brotherhood.

It is a victory won in peace and for peace; a triumph of reason over blind force.

Later in the course of his life, the man who has been an athlete of value will have his old age embellished by his exceptional memories and by the comforting sporting brotherhood that sustains and supports him against the adversities of time.

#### *What are officials demanding from Olympism ?*

Thanks to the Olympic movement, sports officials are oriented along two axes : that of technique and that of thought.

#### *Technique*

Officials must be thoroughly familiar with sports techniques, not only those of their own country but also those of others. Their first task is an important documentation work which can be carried out by viewing the games. Apart from the technique of motions there are techniques associated with the material of sports installations. Recently, officials had to get acquainted with synthetic fibre tracks, tartan, they had to appreciate the diversity of spikes, to cite only the example of track and field. They must also know organisation techniques and time-tables to be imposed on the athletes in order to get the best out of them. And this leads us to the second axis, the axis of thought, which means to be possessed by enthusiasm and certitude as to the value of the athletes. To be able to play a psychological role so as to give those an official is accountable for, that self-confidence and aptitude for contest that is the primary condition of success. This moral part of the official's mission — one allowing for a great deal of further development — often permits the athlete, to surpass himself.

#### *What are psychologists and physicians demanding from Olympism ?*

It is unquestionable that the Olympic Games of Mexico, because of the altitude of the city, have put physicians before many physiological problems.

It has been necessary to study the effects of altitude on the different organs, especially cerebral, pulmonary and cardiac effects caused by effort at an altitude of 2,300 metres.

I had the opportunity to read the papers presented at the Sports Medicine Congress held in Mexico, in 1968, and I am in a position to assure you that the Olympic Games created new medical knowledge about the behavior of the perfect human organism.

It is necessary to stress too that, thanks to the Olympic Games, dietetics has greatly improved as well as the treatment of certain injuries.

We may add here the beautiful crusade undertaken thanks to medicine against «impostors» in the field of sex determination and the anti-doping campaign.

#### *What are Town Planners and Architects demanding from Olympism ?*

In this field, the Olympic Games of Tokyo and those of Mexico have led to striking recognitions.

Because of the Olympic Games, town planners were asked to re-model the centre of a city (it was the case in Tokyo), to make new airfields, to create access roads mainly underground and mono-rail railways. Architects had to build dwellings (Olympic villages), hotels, even hospitals. The main effort however, is concerned with the construction of athletic installations.

The creative power thus developed, is immense, because funds are, as a rule, generously given and talented men, like architects, spurred by the Olympic ideal, succeed in constructing stadiums, swimming pools and other installations that become, in a way, the cathedrals of modern sport, as well as, by their esthetics, the most representative monuments of our time.

It is, perhaps, strange to note that the construction «types» of our modern world will largely be of sportive inspiration.

#### *What are politicians demanding from Olympism ?*

Every time the Games are entrusted to a city, the whole Nation is concerned.

The celebration of the Games becomes a political event.

Eager to ensure national prestige, politicians have to clear out credits which lie heavily upon the budget of the Olympic city and of the Nation ; it is noted then, that will of power leads to expenses which are, more or less, disputed by a part of public opinion because the gigantism of the organisation unfortunately tends to increase.

Politicians, however, are anxious to enhance the glory of their country

by ensuring perfect organisation and warm hospitality. Behind the celebration of the Games, there is always some very legitimate publicity and tourist activity, which goes on long after the end of the Games.

Looking at the recent open competition for the organisation of the 1976 Games and what followed, we may conclude that Olympism is a matter of interest to the political power of several countries. There is, therefore, a very good argument in favor, not only of the organisation of the Games, but also of the Olympic ideal.

### *What are sociologists and philosophers demanding from Olympism ?*

It is worth noticing that in view of the violence throughout the world, many sociologists are wondering and analysing the causes of aggressiveness between men.

Some of them, and not the lesser ones, are seeing in sport and Olympism a curing element for this aggressiveness.

Marcus, has written somewhere : «We must establish a new way of life that would put the instincts of aggression in the service of the instincts of life and would educate the generations of the young with a view to life and not to death».

As for us, we believe that sport and Olympism can play some kind of biological role in transforming the sanguinary concept of combat into a ritualistic competitive contest between members of mankind.

The Games are, of course, a competition, but they are governed by rules which are respected, and characterized by respect of races and beliefs.

This character of non-violent contest is the germ of one of the major elements of future society : that men can fight without killing each other and each competitor is under the obligation to respect the rules of the game. In reality it is a *modern Olympic truce*, and the observance of this truce leads, in the individual field, to the notion of camaraderie and also to the notion of individual freedom - notions which, if supported by the aspirations of all men, can carry us towards a world without frontiers.

Sociologists and philosophers have also noted, in the Olympic Games «the intensive character of great human moments of art and happiness».

In this sector, Olympism can give some answers to the anxiety caused by the scientific revolution. In fact, in the face of the computer, of cybernetics and the robot, Olympism is a glorification of all human beings by the certitude of that measurable language represented by the Games, giving both to participants and spectators that «enraptured joy» gratis and that supplement of the soul, by means of simple muscular phenomena.

## CONCLUSION

Gentlemen, if you are so numerous to attend the 10th Session of the International Olympic Academy and if you are so attentive to what is being said here by the speakers, it means that you are persuaded of the social and universal value of the Olympic Idea.

The latter, has not obtained, as yet, the following it deserves, and it deserves a large following because it constitutes a major argument in deciding on our choice of a future.

I told you, at the beginning of my talk, that in this disquieting period of all-out revolution we are living through, men have to choose between Hope and Despair. With all our strength we must choose Hope. You will choose it by becoming, each one of you in your respective countries, the believer and the apostle of the Olympic Ideal.

You are curious of the past, so majestically manifested in this country and at Olympia, you are clever analysts of the present, it only remains for you to demonstrate that you are willing to be guides to the future; the greatest freedom of man resides in his power to choose his future. You will choose Hope.



*There were morning exercises every day.*

## THE INTERNATIONAL OLYMPIC COMMITTEE

By Mrs. MONIQUE BERLIOUX (France)  
*Director of Press and Public Relations, C.I.O.*



For the third time I have the great pleasure and greater honour to be at Olympia, in your company and in that of our Greek friends. Also for the third time, the theme I must deal with, «Rules and Regulations of the Olympic Games», is no less serious than the subjects previously presented.

Your programme does not include a talk about Olympic organisation in general, thus it appeared to me important, and I discussed it with our Greek hosts, that you do not leave Olympia without a general idea about the International Olympic Committee. Therefore, before I embark on the actual topic, I am going to try to explain to you how the International Olympic Committee originated, what it is — the first world sporting - authority —, what it has given rise to, and its function in 1970.

In fact, it seems necessary to me to sketch a picture of the organisation before coming to the more specific point of the Olympic Games. To recount their history would be an exciting exercise and full of the unexpected. To talk of the evolution of their regulations is another matter, which reminds me of Coubertin's words : «*The more regulations you make, the more you will be shackled. Allow some flexibility to Olympic organisation*».

Pierre de Coubertin was first and foremost a politician and jurist. Consequently rules were never far from his mind and, at the celebrated Paris Congress — the first — which determined the revival of the Games, the cornerstone was laid by the prime theme chosen : «Amateurism and Professionalism».

What is interesting, if one goes back over the order of events, is that Pierre de Coubertin, an educator at heart, started from the idea of reforming teaching methods in his country, thus to make France a sporting nation. His aphorism is well-known : «*Il faut rebronzer la France*». Then it was the worldly character of sport and international contact it can bring forth, as in the field of art, which captivated him. That is why he called together the Paris Congress in 1894, the title of which specified : «For the examination and diffusion of the principles of amateurism».

If we go back to Point 1, I quote : «*Definition of the amateur : basis*

*of this definition. — Possibility and usefulness of an international definition», or to Point 7 which deals with what we now call prognostics contests — I quote again : «Betting — is it compatible with amateurism ? — Means of preventing its spread», it is seen that the subject remains topical.*

Among the aims envisaged by Pierre de Coubertin in drawing up the programme of the Congress, we should keep in mind, for it concerns us, the last one : *«Of the possibility of the reestablishment of the Olympic Games».*

This was, among all the topics brought under discussion, the most solid, but also the most rash and therefore the most thrilling. Thus it was with enthusiasm that the Congress voted unanimously for the re-birth of the Ancient Games.

How to re-create the Olympic Games ? Thanks to an organisation, both stable and flexible, which was to become the International Olympic Committee.

In the beginning, the International Olympic Committee is, and must only be, in the mind of Pierre de Coubertin, the organising committee, the presidency of which he would yield to a Greek, Mr. Bikelas. Soon enough Coubertin was to realise the influence and usefulness of such a committee, also he was to make it a body of instruction and guidance of Olympism; the new religion — a word never too strong — of which Coubertin himself would be the high priest.

In obtaining the re-establishment of the Olympic Games, Pierre de Coubertin wished to give to the youth of the world the conception of another organisation, a new philosophy, conception, and different way of life. Through the means of competition, conducted in a chivalrous and religious spirit which only few possess, he hoped to loosen and then transform the educational system and, in that way, the very life of the people who followed his doctrine. According to Pierre de Coubertin, it is by regular exercise, this constant modelling of the body, which moulds the spirit and character which makes an all round man, the Olympic contestant of the time of Pericles as much as the «gentleman.» of the 17th century.

This is why, at subsequent Congresses, Pierre de Coubertin took great pains to define the role of the International Olympic Committee. Alas, he had to admit, when officiating at the 40th anniversary of that Paris Congress, on 23 June 1934 : *«Led to a technical role which is ever-increasing, the I.O.C. has not been able to continue the educational task resulting from the Congresses of 1897 and 1913».*

Likewise in 1970 we can affirm that the I.O.C., with the considerable increase in the organising of the Olympic Games — which nowadays gather together several thousand athletes and more officials — does not have the possibility for any other vocation than that of the celebration of the Olympic

Games, other than to sustain the balance of the various sporting bodies and especially two forces, the National Olympic Committees and the International Federations, which also constitute its base.

In contrast to the N.O.C.s, which emanate from the I.O.C., several International Federations had been in existence well before the I.O.C. They revel in this — and so they rightly may. However, their development — the importance which they quickly found in the world of sport — their multiplication, is due — and they acknowledge it — to the enormous publicity represented and brought to them by the Olympic Games.

Let us analyse these three forces for strength, ideas and action, so different one from another, and all three indispensable for the organisation of the Olympic Games.

The International Olympic Committee is a group of people who are co-opted — according to the words of its founder : «*a self-recruiting body*». In fact, Pierre de Coubertin wished that the ministry over which he may preside be independent in all aspects : whether financial, political, religious or even technical.

An I.O.C. member must in essence be devoid of all ties and restrictions. The seventy-five personalities currently selected from the world have been co-opted for their knowledge of sport, their brilliance, valour, independence and availability.

Once elected to the assembly, a member becomes its ambassador in his home country, and not the spokesman for his country to the assembly. This distinction, which still exists, is essential.

The I.O.C. is an inspirational body, as responsible for making the rules as for ensuring their observance; it delegates authority, in certain cases, and may rely upon either technicians — the International Federations, or territorial representatives — the National Olympic Committees.

The speech entitled «Trustees of the Olympic Idea» is well-known, in which Baron de Coubertin elaborates on this theme from 1908. «*We are not elected. We are self-recruiting and our authority is unlimited... Undoubtedly this independence would have drawbacks as far as we are concerned if, for example, it were a question of issuing strict regulations destined to be made compulsory. But that is not our role. We do not trespass upon the privileges of the Societies; we are not a counsel for technical policy. We are simply the 'trustees' of the Olympic idea*».

Pierre de Coubertin was not to change his mind over the years. Forty years after the creation of the I.O.C., he was to declare : «*I still consider excellent the constitution of the International Olympic Committee, based on the principle of what I would call the 'reversed deputation' which means that the authority derives from the idea to incite disciples, and not from the crowd*

*of divided followers to create the idea : a principle which could be applied to many fields and which would bring about if not the salvation of present-day society, at least a noticeable alleviation of its problems».*

Many a time the electoral system prevailing in the I.O.C. has been discussed and above all criticised, quite often in the press. Well, when one studies all the possibilities of creating an international group capable of judging supremely and with total impartiality, the keenest supporters of election by universal or proportional vote may end up agreeing that only this solution is viable and ensures the eternal continuity of the I.O.C.

The second pillar is formed by the International Federations. Each has its own rules concerning the constitution of the group itself, the appointment of members, its income. Likewise public attendance in different sports must be borne in mind.

Each International Federation has, therefore, its own particular problems; those concerning rules, equipment, the form of competitions — whether individual or team. This is why the I.O.C. observes scrupulously, as a golden rule, the principle of dealing with each Federation separately.

Furthermore, the I.O.C. only allows a certain number of sports in the Olympic Games. Even being aware of all existing sports, it could not possibly open wide the gates of the Olympic stadium to all. A selection had to be made. We shall come back to that.

The third block comprises the National Olympic Committees which, as their name indicates, are national bodies. Let us leave Pierre de Coubertin to expound their constitution :

*«They must not be created from the main Federations or sporting societies of the country and they must in principle rise above the internal problems which exist almost everywhere. Therefore, they have to be composed of competent people who are beyond reproach and free from influence of external organisations. It is to everyone's advantage that these committees should be permanent, in order that they can meet whenever required, even during the intervals of Olympiads. But these meetings need not be long or frequent. One cannot emphasize enough the danger of making a National Olympic Committee into a central mechanism and a director of sports activities in a country. Discord would result, because the Federations would not tolerate such an encroachment on their prerogatives. The duty of a National Committee is to give help when needed, and facilitate its representatives to participate in the Olympic Games».*

The mission of every National Olympic Committee remains the same today : to aid entry of its countrymen to the Olympic Games. This is not to say they simply act as travel agents. The National Olympic Committee has the task of establishing within its country a plan of action efficient enough to arouse talents, promote principles and ideals of Olympism, and instill

its youth with the strong ambition to strive for the highest honour for a sportsman : to take part in the Olympic Games.

The National Olympic Committees are, in essence, very varied. Their means of existence is different one from another. Some are rich and powerful, living on state subsidies or betting revenues, or even private funds. Others vegetate, having difficulty in carrying out their administrative tasks and, like the salamander kindling from its ashes, only come to life every four years as the Olympic Games draw near.

No common law governs the National Olympic Committees with the exception of the basic statute laid down by the I.O.C. which guarantees the recognition of independence and liberalism on racial, religious and political grounds.

Let us now quickly go over the workings of the I.O.C. I have explained the election mechanism. I shall not go back to that, except to add that the chosen personalities must, in accordance with the rules, speak one of the two official languages of the I.O.C. : French, which also takes precedence in the case of discrepancy of interpretation, and English. Moreover, all members elected since 1966 are obliged to retire at the age of 72 years.

I.O.C. members meet each year in general assembly, called the Session, and twice during the year of the Olympic Games. The members entrust the execution of current affairs to an Executive Board, composed of the President, three Vice-Presidents and five Members. The President is elected for eight years, after which he is again eligible for election for four-year periods. It is the President of the I.O.C., Mr. Avery Brundage, who exercises control over the Board and leads discussions at the Sessions. Between Sessions, he alone can take action or decisions which will then be ratified at the following Session. He can also, in an emergency, arrange for a postal vote on a resolution.

The Vice-Presidents and Members are elected for four years and retire in rotation. The present Vice-Presidents of the I.O.C. are : Lord Killanin (Ireland), Comte Jean de Beaumont (France), and Jonkheer Herman van Karnebeek (Netherlands).

The Executive Board is responsible for seeing that the rules are strictly adhered to, for preparing the agenda for Sessions, for the examination of any proposals made, and for the study of resolutions before they are put to the vote. It is also in charge of management of I.O.C. finances. The Executive Board is helped in its work by specialist commissions whose advice it accepts.

The official headquarters of the I.O.C. are at Lausanne, by virtue of an agreement signed by Baron de Coubertin and the Municipality of that town on 10 April 1915. Originally established in the «Campagne de Mon-Repos»,

where the Olympic Museum is still located, they moved in March 1968 to the Château de Vidy. This is where the administration, known as the General Secretariat, operates; day-to-day matters are dealt with here, according to the directions of the President and the Executive Board.

The I.O.C. is not a body of direct action. For example, as far as the Olympic Games are concerned, its mission is not to organise them but to encourage their regular celebration and see that the respective rules are observed.

I have told you that, as soon as the decision was taken in 1894 to re-establish the Games, the I.O.C. was created under the presidency of a Greek, Mr. Bikelas. After the Athens Games, Mr. Bikelas handed over his command to Baron Pierre de Coubertin, conforming to the decision taken at the time of the formation of the Committee *«to confer the presidency for four years to a representative of the country which was to hold the next Olympic Games»*. Later, this decision, in order to ensure the continuity it was wished to ensure, was changed and Pierre de Coubertin remained permanent President until 1924 when he offered his resignation.

Parallel to the I.O.C., an Organising Committee for the Games was founded in Athens, placed under the presidency of the heir to the throne, the office of secretary-general being assumed by a former mayor of Athens, Mr. Timoléon Philemon. Nine specialist commissions were sharing the responsibility for the organisation of the Games. Today, the organising committees have become huge administrative machines necessitating thousands of employees. Let us look at the relevant figures given by Mr. Pedro Ramirez Vasquez, President of the Organising Committee for the Mexico Games :

*«For itself alone», said Mr. Ramirez Vasquez, «the organising committee employed 14,000 people, to which must be added 10,000 supplementary staff. We estimate the number of athletes, officials, leaders of the International Federations and National Olympic Committees, at 13,000; members of the press at 4,000».*

To be precise, we should say 4,729, including the technicians necessary for radio, television and journalism.

Therefore, if we make the addition : there were more than 40,000 people mobilised for the Olympic Games on the sporting side alone.

In Athens, 13 countries were involved. 285 athletes (all male) took part in ten sports and 42 events.

In Mexico : 113 countries, 6,059 athletes (of which 844 were women), 18 sports, 170 events. So you see what changes the face of things, and therefore the rules.

Until the end of the first world war, the rules relevant to the celebration of the Olympiads were kept to a dozen lines :

1. The Olympic Games gather together amateurs of all countries as far as possible on an equal footing.
2. They are celebrated every four years. An Olympiad may not be celebrated, but neither order nor intervals may be changed.
3. The International Committee has the right to designate, in the time given, the place of celebration of each Olympiad.
4. Generally only nationals or duly naturalised persons qualify for entry to the Games, on condition that they are also amateurs recognized by the National Olympic Committees of their respective countries and of undisputed honour.
5. Every Olympic Committee which is constituted by one or more members of the International Committee for the country in question or in agreement with them, is considered a recognized National Committee. This recognition lasts for as long as the agreement between them. If they advise the International Committee that agreement no longer exists, recognition ceases *ipso facto*.
6. The Olympic Games must include the following categories : athletic sports, gymnastic sports, combative sports, water sports, equestrian sports, pentathlons, etc...

These rules, it is stated, were very flexible and left great latitude for the interpretation desired.

Nowadays, these rules form a booklet which has a concise text and is constantly revised. To make it clearer for you, we shall divide them in two large groups :

- Ideological rules.
- Technical rules.

The ideological rules have not varied in essence since the first Olympic Games. There are two basic principles : universality of the Games, and the amateurism of the athletes which govern them. On the other hand, the form has evolved.

For example, Rule 1, the original form of which I reiterate : «*The Olympic Games gather together amateurs of all countries as far as possible on an equal footing*» which has become : «*The Olympic Games take place every four years. They gather together, in sincere and impartial competition, amateurs of all countries. No discrimination is allowed against a country or a person on grounds of race, religion or political attachments*».

We have made the point of rationalising and classifying what was still in the field of subjectivity, trying to build a rigid frame, though without succeeding completely for, in each rule, there is always room for interpretation.

Likewise a definition of the amateur was needed, which resulted in the

famed Rule 26, object of steadfastly pursued study by the specialist commissions. It will be revised before the next Games, since a new text must be approved at the I.O.C. Session which will take place in Luxemburg in 1971.

Amateurism, stumbling-block of the Games. There is something which might appear strange if it had not become a classical subject. Nothing is more difficult, in fact, than making the world understand that the Olympic Games are a choice of competitions reserved for amateurs and not of international championships open to all who practise a sport. As Pierre de Coubertin said : «*Rugby is not played on a football pitch*». There you have an assumption admitted universally by players of rugby, of football, and even by all sportsmen, referees and judges, officials, and spectators too. It would not even come to the mind of a leader to infringe the laws of sporting technique. It is, on the other hand, normal to try to bend ideological laws because they are difficult to control. This is something, equally distressing and illogical, when sport is one of the basic means of youth education to whom it must be repeated continually that one must not cheat!...

The second group of rules governing the Olympic Games are technical. There we make a subdivision :

- rules relevant to the I.O.C.
- rules relevant to the International Federations.

Let us first talk about the second point. The I.O.C., having determined the Olympic programme, delegates its powers for each sport to the relevant International Federation. Each Federation assumes, therefore, supreme control of events chosen by the I.O.C., according to its own rules and with its judges.

The administrative body is therefore enormous. Here is an example. During a 100 metres swimming heat — I choose swimming on purpose because it seems to me that this requires the largest number of officials — we need a minimum of seven officials for one athlete, comprised as follows : one starter, three timekeepers for each lane, one judge at the turn of each lane, one finishing judge, one arbitrator, without counting the personnel required for electrical timekeeping and photo-finish.

Other sports, and in particular combative sports, are less exacting. In wrestling, for example, five judges for two contestants are sufficient. Let us add also that the five judges for wrestling and the seven for swimming officiate several times.

The improvement of electric timekeeping (or of electric control in fencing, for example) allows us to hope for an important decrease in the number of officials during the next competitions. Due to this fact, certain Federations have taken action in order to restrict the number of their technicians in proportion to that of the athletes.

Since we are talking of officials, a word about those composing the delegation of each country. The number of authorised assistants is fixed by Rule 38. In general, this number is always respected as far as admission to the Olympic Village is concerned, and sometimes for the distribution of official cards. Often exceeded, it is not necessarily reached.

Thus, in 1968, 32 officials accompanied the delegation of the West German team, comprising 281 athletes, when Rule 38 would have authorised 74 members for that delegation, that is to say about one official for every four athletes. It goes without saying that the officials mentioned in Rule 38 are added to those of the International Federations.

This is something which, for the organisers, increases their task considerably. This is why the I.O.C. appointed ad hoc commissions to undertake special studies on the subject. In just a moment we will talk about the programme, the problems of which will be examined by the commissions in the same careful manner.

Among the technical rules being the prerogative of the I.O.C., we shall retain :

- the choice of towns responsible for organising the Games,
- the choice of the Olympic programme,
- the protocol rules.

The candidate cities for staging the Games are under the obligation to answer a questionnaire established by the I.O.C., in which the arguments are explicitly elaborated. After having studied them, the I.O.C. puts out a vote six years before the date chosen for the celebration of the Games. In fact six years are necessary to ensure thorough preparation of the competitions, equipping the sportsgrounds, and the reception of athletes and officials.

I have just mentioned the Olympic programme. Which rules does it obey ? Why do we perform nowadays some events and not others ?

You have seen that, according to the regulations established during the first Games, Point 6 stated :

*«The Olympic Games must comprise the following categories: athletic sports, gymnastic sports, combative sports, water sports, equestrian sports, pentathlons, etc... ».*

The initial distinction has disappeared from the present Rule 30 which enumerates 21 sports, of which at least 15 must be included in the official programme. In Mexico, only 18 of them were recorded — judo, archery and handball not being retained. In Tokyo, only archery was omitted from the programme. Let us note in passing that this discipline has not figured in Olympic competitions since 1920.

What are the events chosen within each sport? When the Games began, the I.O.C. had itself selected a certain number of competitions. Each Inter-

national Federation then made up the ideal programme in its sport and submitted this to the I.O.C. for approval. In the course of the Olympiads, the number of events has changed a lot, if we take into account the requests made by the International Federations. Certain disciplines have been eliminated. Many have been added, and we must admit that two sports in particular have increased considerably their number of competitions, for both men and women: athletics and swimming.

The I.O.C. becomes, thereby, more strict. Its tendency is then not to close the door but to leave it ajar in certain cases. The specialist commission, in charge of studying this programme, will present its conclusions during the Luxemburg Session. A decision will then be taken about the programme of the 1976 Games, but the very form of the Games will remain in abeyance.

The I.O.C., by the voice of its President, Mr. Avery Brundage, thinks that the Games have become too considerable an undertaking, which makes them lose the initial character. The International Federations, themselves, have recently stated that the very essence of the Games was their universality, that all sports should be entered and all athletes admitted whether amateurs or professionals, to celebrate what Coubertin called : «*the festival of human springtime*».

Let us retain here the word 'spring', as we have also noted that the Olympic Games were meant for «*the youth of all countries*» (Rule 59). Despite this assumption, no I.O.C. text controls the age of participants since Rule 28 stipulates that no age-limit is imposed. In certain sports, however, elimination of older athletes occurs spontaneously, for various reasons : marriage, or search for a profession or trade, then difficulty in devoting sufficient time for training, which results in poorer records.

To end, I still have to talk to you about protocol rules. I told you, at the beginning of this speech, that Pierre de Coubertin had wanted to create a new religion. Its cult? It is mostly due to the pomp of the opening ceremony, every detail being studied thoroughly. The same goes for the presentation of prizes and the closing ceremony, despite sometimes a certain easy-going way, moreover indicated by the Rules.

The glorification of the athlete is there, sought after, not to sublimate man but to make an example of him for, above all, we must not forget that Olympic competitions are a means of attaining fraternity between peoples; their aim is not the distribution of medals to the winners.

To conclude, let us quote the I.O.C. President, Mr. Avery Brundage : «*The Games are a lot more than a sporting festival. They are a widespread social demonstration... The real aim of Olympism is not the transitory glory conferred by a few medals and other records held by a highly-trained elite, but consists of an harmonious development of a strong and healthy youth, brought up to respect the fundamental principles of the code of amateurism...*».

## THE OLYMPIC ATHLETE

By Mr. ALEXANDRU SIPERCO (Rumania).

*Member of the I.O.C.*

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The importance of a precise definition concerning the notion of an Olympic athlete resides in the fact that the I.O.C. is not simply called upon to sponsor the Olympic Games, but at the same time it finds itself placed at the head of a movement meant to bring about a moral renovation of worldwide scope. Recently, however, we are witnessing an increasing separation between the active propagation of the ethical concept of Olympism, on one side, and the Olympic Games considered as the manifestation of those who share this concept, on the other side. The Games have become so large they involve forces and interests of commercial and political propaganda so great, that they tend to become independent phenomena, occupying an important place in the activities of big business and of certain political factors.

Those interested try to profit by any split in the barrier which the I.O.C. is opposing to the transformation of the Games into an immense source of material and political profits, in order to preserve them as the best means of propagating the ethical concept of Olympism.

The result of this pressure, is that within the activity of the I.O.C., between the concern for the education of the younger generation and that for safeguarding the purity of the Games, the balance tends to incline towards defending the Games by a bitter struggle against all kind of pressures. Often in the eyes of public opinion the I.O.C. appears as the censor called upon to control eligibility for the Games by a process conditioned by two directly proportional influences : the more the pressure increases and the methods to deceive the watchfulness of the I.O.C. multiply, the more the rules defining those who comply with the ethics, and are therefore admissible to the Olympic Games and may serve as an example for the amateur athletes the world over, become severer, or vice versa. The result is, that in these years we have been witnessing a paradoxical process whereby the rules of eligibility for the Games are getting harsher, in apparent contradiction with the evolution of contemporary society and the views of modern youth. But, as I said, this is only an apparent contradiction.

De Coubertin's genius succeeded in condensing into the notion of amateur

sport and the contents of the Olympic Games the elementary and essential ethical precepts of human relationships, at the same time removing from the modern concept of Olympism any accidental, conjunctural, perishable and as such always adjustable element, which the ever-changing economic, religious or political factors of the times might impose upon it.

These fundamental principles of human equality and fraternity put into the service of peace and grafted on human activities as fundamental as games and competitions, have become — under the designation of «amateur sport» — a way of thinking and behaving for ever larger strata of the youth the world over. Being the fruits of a revolution that broke out in the conscience of men and which abolished privileges of all kinds, these principles will last as long as our society.

The paradox of the I.O.C. which, though having been accused for three quarters of a century of rigidity and conservatism, has nevertheless raised the level of the Olympic Games converting them into the most prestigious international sporting manifestation, resides in the fact that, while defending resolutely the principles and lines of development adopted at its foundation, it goes incessantly forward along the very same lines as the manner of thinking of those who represent the future of humanity — youth.

Following the paths of history does not necessarily mean to reflect the conceptions dominant at this time on a large part of our globe i.e., the conception of the consumer society which tends to turn everything, including human relationships, into merchandise, into a source of profits, to depersonalize and condition the human being, inciting him to cater exclusively to his artificially created material needs.

Though the pressures and attacks of which the I.O.C. has been the target on the part of those interested in exploiting sport have reached their climax in the past years, it seems nevertheless that the horizon begins to clear up. Refusing to comply with the mercantile spirit and to adopt a narrow-minded policy, the I.O.C. is on the way of regaining — this time under another aspect — an ally from whom, in fact, it has never been separated : youth.

Modern sport, a phenomenon unknown in the past of humanity, represents the ideal means of communication and understanding between people belonging to different nations, political affiliations, religious creeds or social positions. From this point of view, it meets the aspirations of the young people of our days, who are seeking those moral truths and lasting principles which each new wave of history brings to the foreground. Through the Olympic Games, the I.O.C. offers young people the possibility to live together, in the village and on the Olympic stadium, a life free from the ever-lasting commercial and political pressures, in a community ruled by the fundamental moral laws of fair play, mutual respect and friendship, regardless of race, nation, religion

or political opinion, with peace as a supreme aim. If these notions are preserving their value throughout the sports world, that is firstly due to the I.O.C. and its president, Mr. Avery Brundage, who has always stood on the ramparts, calling to battle in order to repel the gloomy wave threatening to annihilate one of the most brilliant actions ever undertaken for the benefit of humanity; it is also due to the National Olympic Committees and the International Sports Federations, which share in and defend the fundamental Olympic concept of amateurism. In the unanimously accepted meaning of this word, amateurism is at present deeply rooted in the conceptions of athletes. Far from declining, it makes progress, as shown by the tremendous success of the Olympic Games.

As I was just saying, the pressure to which the I.O.C.'s concept regarding amateurism is subjected through the mass media used by interested groups cannot be compared to that of some decades ago.

Those who, consciously or unconsciously, undermine the work of the I.O.C. are numerous. There are, in the first place, those who deny that it is possible at present to make a distinction between the Olympic athlete and the show professional; they acknowledge only the «sportsman» who respects the technical rules of the sporting competitions. Evidently, what we have here is the promotion of unrestricted professionalism.

Then, there are, those who suggest the setting up of a special category of athletes, «non amateurs» and «non professionals», eligible for the different championships of the International Federations, but not entitled to take part in the Olympic Games. In this way, within the same sport, the athletes eligible for the Games would meet those who, from the point of view of the I.O.C., would be in an inferior position compared with the former. The result of such a procedure could only be the converting of the top sportsmen to professionals.

Then, even among those who are in favour of the ethical conceptions of amateurism there are some who question the necessity of a precise interpretation of the eligibility rules for the Games, because, they say, no interpretation could cover all of the particular situations arising in each sport. The conclusion to draw would be that the I.O.C. should restrict itself to a general enunciation of principles and accept the statutory rules of the International Federations concerning amateurism. But the I.O.C. finds itself at the head of a movement having its own ethical conception, while the International Federations are technical organisations of the respective sports. The totality of their rules referring to amateurism could not replace the conception of the I.O.C. regarding the Olympic athlete, just as the totality of world championships could not replace the Olympic Games. Fair play surpasses formal respect of the technical rules established by the International Federations. The penalization of an athlete for the violation of the technical rules does not absolve him of moral responsibility, the I.O.C. and N.O.C.s being the only authorized bodies to

decide whether his ethical behaviour on the sports ground is consistent with eligibility for the Games.

Besides, to find out which International Federations should be eligible for the Games, it is necessary that the I.O.C. itself should have a clear concept, well defined by a very precise rule concerning eligibility for the Olympic Games.

On the other hand, many are those who oppose any change, insisting that the present interpretations of the eligibility rule are perfectly valid and there is no reason to modify them.

From the beginning of its activity, the special Commission set up by the I.O.C. in 1968 in Mexico in order to study and propose improvements to the present eligibility rule for the Olympic Games, which includes eleven members of the I.O.C. and representatives of the N.O.C.s, and of which I had the honour to be elected chairman, found that while the fundamental ideas and ethical principles of the modern Olympic movement are shared by the majority of world opinion — which also explains the universal success of the Games — on the other hand, the official interpretations of the eligibility rule for the Olympic Games have been for a long time strongly criticised. The sporting public opinion considers that they are not realistic, that they do not take into account the great changes that have occurred in the life of society, that their stipulations cannot in effect be respected by an increasing number of top sportsmen, participating in the Olympic Games.

On the one hand, the strict application of the rule, such as it is interpreted at present — would entail the risk of lowering the level of sporting performances at the Olympic Games, as a result of withholding the eligibility right from certain meritorious athletes. This would only diminish the interest of the Olympic Games and thus neutralize their effectiveness as a means of educating the young in the humanistic spirit represented by the Olympic Games. On the other hand, the obligations undertaken by the athletes, the National Federations and the National Olympic Committees in view of participation in the Games are often deliberately transgressed with the support of a part of public opinion which in good faith accuses the I.O.C. of closing its eyes complaisantly.

Just as the founders of the International Olympic Committee were pioneers of progressive spirit in the domain of physical training, so for the present time the I.O.C. has come to strive for a readjustment of the modalities of implementation of its rules to the realities of the modern world.

While resolutely defending the spirit of amateurism, we must make a distinction between the substance of our ethical conceptions and the form in which they are couched so as to keep pace with ever-changing social conditions. To stick to ancient forms of past times in our contemporary world with

its ever quickening pace might be as harmful for the spirit of amateurism, as a frontal attack from positions fundamentally hostile.

All along history, the hypocritical formal respect of absolute dogmas, for fear of excommunication, has always ended by striking at the very heart of the ethical concept proclaimed and by morally desintegrating the respective society. Only the emancipation from the old, rigid dogmas has made it possible, each time, to restore the brilliancy and the power of conviction to the fundamental moral precepts in human relationships. Amateurism as a «state of mind» — as it was designated by one of the founders of the Olympic movement will live as long as the athletes respect its rule of definition without any compromise. The fraud perpetrated by those who proclaim their adherence to the obsolete forms in which the basic concept of amateurism is clad, for fear of being left outside the Olympic community, harms the very idea of amateurism and throws doubt upon its viability from the moment the interpretation of the rules materializing it is not respected.

The new interpretations of the eligibility rules for the Olympic Games, such as they have been proposed by the Joint Commission of the I.O.C., reflect the fundamental ethical conception of the Olympic movement and secure at the same time the integration of the top athlete in the contemporary society, while enabling him to develop his talents without forcing him to moral concessions detrimental to the Olympic spirit.

The new interpretation of the rules must draw a new line of demarcation between the top athletes who observe the ethical criteria of Olympism and the professionals of sporting shows. Only a line of demarcation the rightfulness of which would be acknowledged by the sportsmen, could be defended vigorously by the I.O.C. with the support of the National Olympic Committees and of all those who share the Olympic ideals.

Any attempt to avoid compliance with this new interpretation of the eligibility rules unanimously accepted, would, in these circumstances, be justly considered as a fraud and condemned as such by public opinion.

We appreciate that Rule 26 of eligibility for the Olympic Games, as well as the majority of its present official interpretations could be preserved as such or with minor changes. We still consider that amateur sportsmen can be only those who have a well defined profession, who are preparing themselves for an occupation or can prove the lawful source of their means of subsistence. Those who, at any moment, have become professionals in any sporting branch or have accepted to become members of a professional team, as well as those who have organized sporting competitions with the aim of obtaining material benefits cannot be eligible for the Olympic Games. In the same situation are those who agree that their name or their sporting successes be used for publicity purposes, obtaining in this way personal material profits, those who, in view

of their participation in the Olympic Games, receive subsidies or other advantages besides those expressly stipulated in the new official interpretation of the rules of eligibility, those who convert into money the prizes they have won, those who are remunerated as coaches for other persons training towards competitions in the sporting branch they are practising themselves, finally those who do not observe unconditionally the criteria of behaviour on the sports ground, as expressed by the notion of loyalty and fair play, and those who adopt discrimination of any kind.

But we must not forget either, that during the last decades new phenomena have appeared in the social life and in the conditions within which competition sport is practised.

a) Deep modifications have occurred in the ethical conceptions of modern man through the general acceptance of certain ideas, especially the universality of mankind, the common destiny of peoples, the equality of men, the rejection of racial, political, religious discrimination, the striving for peace and understanding among men. That is the reason why we proposed to introduce into the official interpretations of the eligibility rules for the Games, at point 1, the obligation for the athlete, to observe the Olympic spirit in his private and social life and not only on the stadium, and to reject, in any circumstances, any discriminatory attitude on racial, religious, national, political or social grounds.

b) The part of organized communities in the social life of man and in the development of sport (state, community, trade unions, clubs, associations etc.) has grown, and at the same time the place occupied by the sportsman in society has assumed other dimensions than in the past.

The athlete who achieves superior performance has become at present a social factor, whose activity is useful for the whole of society. He is the impersonation of man's aspirations to surpass himself, to go beyond the limits of human possibilities, an example of character and will, who subordinates his personal wishes to a moral aim, imposing upon himself great efforts in order to achieve this goal, a factor of improving human relationships by asserting the principles of loyalty in the sports contest and of respect of the adversary, a messenger of peace, friendship and mutual respect among peoples.

He is a propagator of regular physical exercise, a living example to be followed in this domain, a subject for biological research, a pilot-station for studying the limits of human performance.

Finally, he is a subject of inspiration in literature and arts, of pride for the community he lives in and which he represents at the Games.

A high competition athlete practising sport for pleasure in his desire to surpass himself by measuring his strength against others, accepts sacrifices of different orders quite voluntarily. If he does not receive an aid from society,

he will not be able to prepare properly for the Olympic Games without subjecting himself and his family to unjustified material privations.

Not to force the athlete to resort to all kinds of compromises by rigid and obsolete interpretations, which are no longer in keeping with the times we live in, not to push him to appeal to the unlawful help of those who want only to exploit him, to allow him to receive the unselfish aid of society, which protects him against humiliating concessions, means to permit young people to step proudly on the path opened by sport, toward the world of the future.

While disapproving and rejecting, through our rules, any subsidies whereby athletes are offered a material benefit surpassing a compensation for the sacrifices they are imposing upon themselves, or any grants causing prejudice to their human dignity, leading to the loss of their freedom of action or to the conclusion of a business agreement under which the sportsman will be exploited for publicity aims by physical persons or commercial enterprises, we must proclaim the lawful character of the assistance provided by society to top athletes.

This social assistance will help avoid unfair treatment of a social category in comparison to another, all the more so as sport has long ceased to be the privilege of people enjoying ample material means. Nowadays, the absolute majority of top athletes comes from the class of employees and students. But it is practically impossible to control the time dedicated by performance sportsmen to their training for competitions unless they are granted a material compensation for the loss they incur by staying away from their working place. Pupils and students may at will devote their holidays, which are much longer than the holidays of employees, to their training. There exists no practical means of controlling army and policemen, especially as certain sports are necessary for their professional training. Persons disposing of certain material prosperity may engage in training throughout the year.

In our opinion, this assistance should :

- come only from or through the sporting community of which the athlete is a member;
- be granted only in kind, with the exception of the pecuniary loss incurred by the sportsman who is an employee or exercises a liberal profession, and of pocket money.

The employed performance sportsman retains thus his right to receive from his employer, his N.O.C. or his National Federation, the salary he received at the time he discontinued his activity in production. Also, the sportsman who exercises a liberal profession may receive from the N.O.C. or the N.F. the amount he can be reasonably expected to lose, within the limits decided upon by the latter.

If the athlete is a pupil or a student, one might give him the possibility to

retrieve the time lost by granting him an assistance in the form of text-books, tutors, the right to sit for examinations at special times etc.,

A top athlete may be granted scholarships if these are granted according to the generally applying rules and provided that he fulfils his school duties.

One must say that the idea of social assistance to be granted to the athlete of high performance by society and especially the compensation for his lost gain during the period of training and competition has met with the strongest opposition on the part of those who insist upon the maintaining of the «status quo». It was claimed that such social assistance granted by the community will transform the free sportsman into a gladiator, compelled to fight for the interests of that community — the national community in the first place — obliged to be victorious at any price in order to affirm that community's superiority above all others.

The time at my disposal does not allow me to combat this thesis as thoroughly as I would like. I shall only say that in our present so complex society, the absolute independence of the top athlete is — except for sporting millionaires, of course — but one of the slogans so frequent in the consumer society. The top athlete enjoys, directly or indirectly, enormous advantages which society puts at his disposal. He does not accomplish his performances on just any grounds, but on very expensive stadiums fitted out with the most costly installations and facilities ; the equipment he is using is of a high technical level; to reach the competition sites he flies in super-jets, he gets special food, first class medical assistance, a very qualified technical assistance from his coaches. And all this is granted by the society whose member he is ! Nothing of all this could transform an amateur athlete into a gladiator, especially because, as you know, the new rules stipulate that any social assistance has to be granted the athlete only through or with the approval of his National Federation or his National Olympic Committee. When the decisive moment of the competition arrives he will be the same human, inspired by the same high ethical spirit which provided motivation for his superhuman efforts to surpass himself and measure his forces in an honest contest with one of his fellow-competitors, who shares the same moral conception.

Then, why this stubborn barricade fight to prohibit the grant of compensation for the gain lost, why this stubbornness in obliging the athlete and his family, to endure, supplementary material sacrifices besides those any young top sportsman already imposes upon himself in his private life through the extraordinary and often painful physical effort as well as through the nervous tension he undergoes ?

Are not these the last remains of the conception of the «amateur gentleman», so unfair if one considers that these material sacrifices involve only employees?

c) The Commission heard some objections to the effect that to aim at high performance means transforming sport from relaxation into a drudging activity; and that a sportsman needs no special conditions to attain Olympic level, this being attainable by practising sport as a relaxation in one's free time.

These are objections contrary to the most elementary scientific data unanimsously accepted long ago with reference to performance sports.

At present, leisure sports and performance sports have become distinct activities. Performances of Olympic level can be obtained no longer by practising leisure sports nor is it possible to attain them without the material and the technical equipment referred to before. Optimum results require an ever more intensive training, which takes most of the athlete's time and also means a tremendous consumption of energy. Nowadays performance sports have become an area where outstanding psycho-physical qualities and capacity for effort carried to the highest limits of endurance become manifest.

In the majority of sports, these efforts are so great during the climactic periods of training and events, that the sportsman is exposed to the risk of excessive effort if at the same time he has to make efforts of equal intensity in his professional activity or at school.

As a general principle, the rules of eligibility for the Olympic Games established by the I.O.C. should not hamper, but aid the attainment of the highest performances. They should contain only the indications contributing to the development of the physical and moral qualities of the performance sportsman. They cannot impose arbitrary time limits for the preparation and events, opposed to the laws of biology and which could involve the risk of physical or moral deterioration of the sportsman, all the more so as the concept of incompatibility between sporting effort and young age has been abandoned, leading to a permanent decrease of the age of those who achieve high performances.

Finally, the conditions under which high performance can be attained are so different from one sport to another, that the preparation time and the length of the competitions themselves cannot be limited by the I.O.C. but only by the organizations that are technically responsible for each sport separately, namely the International Federations. But even though the sportsman of today can no more display his talents under the conditions in which his grandfather practised sports, who in his own time was just as far removed from the antique palaestra, sport remains sport in its perennial and essential features : the beauty of the competition aiming ever higher, farther, and faster, to replace the savage struggle for survival by the friendly cooperation which is the best means to ensure survival, the confirmation of games as one of the primordial concerns of man. The superhuman effort of a performance sportsman remains an act of high moral value. It inspires men with the conviction that there are

ideals towards which man tends without any expectation of gain from the attainment of his aim, other than self-perfection as an individual, ideals exemplified by personal conduct.

The increased role and responsibility of the International Federations, National Federations, as well as the new conditions of sporting life compel us to revise certain stipulations of the old interpretations concerning the rule of eligibility.

We cannot agree with those who would indiscriminately, consider coaches, journalists, teachers of physical education, as well as employees of sports administrations and manufacturers of sports accessories as professionals. We believe that each category must be dealt with separately and very carefully in order to distinguish between those who want to practise an honorable profession and those who gain benefits by exploiting the sportsmen.

Referring to the situation of coaches, we came to the conclusion that persons who are paid for training others towards high level competitions are not eligible for the Olympic Games. But exception should be made for the graduates of coaching schools acknowledged by the respective National Sport Federation. These should be eligible except in the sport branch in which they exercise or have exercised their activity as coaches. This stipulation emphasizes the very honourable character of the coaching profession which has nothing to do with professionalism in the accepted meaning of this word, the only hindrance to the eligibility for the Olympic Games being the concern to match the chances of the sportsmen who arrive on the sports grounds after their working day and of those who, by the nature of their work, are permanently in the stadium. At the same time, the obligation to be acknowledged as a coach by the National Federation prevents sportsmen from being fraudulently paid as coaches in any sport without having a qualification, using coaching as a means enabling them to prepare themselves all day long in their branch — which would be tantamount to the practice of professionalism.

It is a matter of course that as long as the teachers of physical education confine themselves to the training of beginners, they are eligible for the Olympic Games, and so are the athletes who, receive pay for teaching beginners.

We consider that the sportsmen may cash fees for any writings and papers whose author he is, for commentaries on sport themes on the radio or television, provided these imply an effort on the part of the author, they do not refer to his own performances and they are approved by his National Federation or his N.O.C. Of course, a professional journalist fully employed in his profession remains an amateur sportsman.

The Olympic competitor may accept prizes in kind, obtained at competitions he is taking part in (sports articles, objects of art or items for personal use). The amount of these prizes must be established by the rules of the Inter-

national Sports Federations. They must figure in the lists made out by the National Federations or the clubs and controlled by the I.O.C.

We came to the conclusion that one cannot request a sportsman to declare that he has no intention of becoming a professional, because any engagement taken, even with the intention to keep it, may, later on, not be respected, and the I.O.C. cannot accept to be deliberately deceived. But those who openly express their intention to become professionals should be excluded from the Games.

Finally, we consider that in settling all the cases which might arise with regard to the implementation of the eligibility rules, an important part could be played by the creation of «athletic orders» under the N.O.C. in each country. These associations would have not only the function of strengthening the relationships among their members, but also of watching if the rules of the I.O.C. concerning the limits of the social assistance received by sportsmen, according to the official interpretation of the eligibility rules are respected, and of intervening in case sports ethics are violated.

With reference to the relationships of the I.O.C. and the International Federations in the sphere of amateurism, the old interpretations of the rules of eligibility for the Olympic Games as well as the new ones specify that the competitor must «respect the rules of the Federation of the sport he is practising». We have only added a further requirement: «even if these are more restrictive than those of the I.O.C.».

This implies that sportsmen who do not respect the rules of their International Federations, even if personally they comply with the general limits of the eligibility rules of the I.O.C. and their official interpretations, could not be eligible for the Olympic Games.

At the same time, the rights which in our opinion the I.O.C. will be conceding to the International Federations concerning eligibility for the Olympic Games suppose that the International Federations acknowledged by the I.O.C. should introduce into their statutory rules the eligibility rules decided upon by the I.O.C., or more restrictive rules.

Before concluding, I should like to inform you in a few words about the stage of the work done by the Joint Eligibility Commission. After the approval of its activity by the I.O.C. session held in Warsaw in June 1969, we appealed to all N.O.C.s asking their opinion as to our proposals. We received in all 57 answers, many of them being the result of thorough discussions conducted with the participation of the National Federations of the respective countries.

Of the answers received, 52 were positive or contained proposals with which we agreed; 5 answers were negative. The great number of suggestions and remarks received have been discussed by a restricted Secretariat of the Commission composed of the president of the International Olympic Aca-

demy, Mr. Epaminondas Petralias, the sheik Gabriel Gemayel of Lebanon, Mr. Luc Silance of Belgium and myself.

The systematized material was submitted for discussion by the N.O.C.s at their meeting in Dubrovnik last October, on which occasion a resolution approving it was voted by 64 votes to 5.

After Dubrovnik our material was submitted for discussion, with the recommendation of Mr. Avery Brundage, the president of the I.O.C., to the International Federations which in their great majority adopted a positive standpoint towards it. In March, the president of the Commission presented the material before the International Federations General Assembly at their meeting in Munich, which adopted a resolution appreciating the proposals as a step forward in comparison with the old interpretation of Rule 26 of Eligibility for the Games.

Lastly, at the I.O.C. session in Amsterdam, after the Commission presented its report to the Coordination and Supervising Commission and the Executive Board of the I.O.C., as well as to the plenary session of the I.O.C., a resolution was adopted for the proposals, together with the proposals of the Standing Eligibility Commission of the I.O.C. presided by Mr Hugh Weir and of which the chairman of the Joint Commission is also a member, to be discussed with each of the International Federations ; a final decision is to be adopted at the next session of the I.O.C. in Luxemburg. The Executive Board declared that it would grant priority and special attention to this problem-

As you see, we are engaged in a long and difficult process of explanation for the public opinion and, first, for ourselves. The investigation undertaken by the Commission and the proposals presented are only a step aimed at facilitating the rallying of the sporting world youth round the I.O.C. in an ample movement of moral purification and of producing men of physical and psychic equilibrium in a world that urgently needs just such an equilibrium.

## IS SPORT AN ART ?

By Dr. HENRI POURET (France)  
*Laureate of the Académie Française.*



Gentlemen,

Many times, in these historic sites, I have thought about the relationship between Art and Sport.

In 1964, I had talked of an experiment : a happy union of Art and Sport, in the creation of a museum at the stadium.

In the course of another Session, we had tried to define : «THE AESTHETICS OF FORM and MAN'S MOVEMENTS in SPORT».

Finally, last year, we dedicated one day to a seminar on :  
«CONTEMPORARY OLYMPIC GAMES AND ARTS»

I had brought a list of prize-winners at the artistic contests associated with the Olympic Games held between 1912 and 1948. You may also find the texts of my lectures in the Annual Records of the International Olympic Academy.

To-day I would like to present my subject in the form of a question so that my talk may simply set the scene for a discussion, because I believe that the intellectual contribution of each one of us will allow us to get an overall picture of one of the major questions of our consumer and affluent society.

You are all familiar with the traditional arts :

*ARCHITECTURE* : which permits man to arrange space and build his dwellings and meeting places ; a major art, in my opinion, that gives man the possibility, in the course of time, to make stones speak in his stead and mark the rhythm of great civilisations.

*SCULPTURE* : which is perhaps the most sporting art. Pierre de Coubertin said that «sculpture is athletic in essence» because it resides in the figuration of a human or animal form; it is a three-dimensional art that creates «volume».

*PAINTING* : which includes two ways of expression, design and colour, but is limited to a single dimension.

*MUSIC* : an alternation of sounds and silence, it is the art that appeals to the sense of hearing and generates limitless sensations and boundless dreams.

*LITERATURE* : which presents, under different forms, the condensation of a thought at a given moment. Literature is a testimony of the intellect. What would remain from the Trojan War if Homer had never written the Iliad and the Odyssey ?

Besides these classic and traditional arts, we have witnessed, in the course of the last fifty years, the appearance of a new art, *cinema*, an art of vision, of course, but mainly, an art of vision of motions : it is an art of all dimensions, because it reproduces motion in an integral way.

Nearer to us, two phenomena have developed, which, in a way, could be classified under Fine Arts :

*Radio*, directed to the ear.

*Television*, directed to the eye.

These two audio-visual means are, in my opinion, causing disturbances in the relations between people, for two reasons :

1) By the instantaneous broadcast of information and picture brought simultaneously to all men.

2) By the enlargement of the Olympic stadium, for example, which, thanks to television, is brought within the sight of 700 millions of our contemporaries.

These Fine Arts seem to correspond to Tolstoi's wish, that *Art is an appeal for communion among men and it constitutes one of the biggest feasts of Humanity*.

The question in which I would like to frame the subject of our discussion today is :

CAN SPORT, IN ITSELF, BE CONSIDERED ONE OF THE FINE ARTS?

#### SPORT CONSIDERED AS ONE OF THE FINE ARTS

Our past experience has taught us how difficult it is to associate in the framework of the Olympic Games a sports and an artistic programme ; these difficulties have proved insurmountable since 1948.

We know that sport can inspire Art, but only under very definite conditions.

In fact each Art has its own life that tallies badly with sports practice.

In the face of this gap between Sport and Art, we may wonder if Sport itself is not an Art.

We shall try to demonstrate that Sport itself is indeed one of the Fine Arts.

1) *SPORT is an entity :*

Sport is in fact self-sufficient; it creates a closed world with its own space and its time. Its space is sports installations and its time is the duration of the games. We can say that like all other Arts, Sport is a space-time activity.

2) *SPORT is a gratuitous activity :*

In fact, its activities are characterized by the absence of any utilitarian purpose. On the philosophic level, the world can do without Sport, as it can do without Sculpture, Painting and Music.

The thinker has to recognise that Sport has no real usefulness in men's life, it actually lives out of indifference for paying activities; it is the contrary of work, and this leads us to the statement that when money is the immediate aim of a human activity, we are no longer in the province of Sport and Leisure. This aspect of gratuitousness, common to all Arts, is necessary for sportive creation. Since sport is an escape from professional life, it is the alternation of work and leisure that is the distinguishing feature of the athletic and the Olympic idea.

3) *Sport is certainty*

In fact, all sporting activities take place in measured space and each competition implies a classification, a hierarchy of values sanctioned beyond dispute by the final result and measurement of the athletic achievement by the chronometer or the metre.

4) *Sport is universal*

Like music, painting and sculpture, athletic activity is directly understood by all men on earth; it is a kind of universal language that is immediately clear to all men. Due to this universality, sport is capable of bringing the souls of men together in communion, thus demonstrating the virtue attributed by Tolstoi to each one of the Fine Arts.

5) *Sport is creator of Beauty*

As Pierre de Coubertin pointed out «Sport produces beauty since it creates the athlete who is a living sculpture». Sport produces beauty in motion, because athletic movements, on the whole, are human bodies moving with ease and power.

How many times, in the stadium, we have heard the public say : «It's beautiful». In actual fact, this beauty resides — whether we are aware of

this or not — in the revelation of man's possibilities through the euphoric recognition of health in the athlete and through the viewing of perfect human specimen; so Sport corresponds to the definition of Art : «An activity which aims at creating beauty».

6) *Sport is creator of harmony*

•Any man in motion has a sense, recognizable by himself and by all others, of the precision of his movements in time. Whatever the competition, the athlete inwardly, or the spectator by sight, perceive the harmony which, almost always, accompanies great athletic performance.

We have dealt at length, in some of our works, with the close relationship existing between the value of an athletic performance and the harmony radiated by the athlete in competition.

7) *Sport is creator of the sublime*

There is nothing that obliges the sculptor or the painter to want to surpass himself in creative work and there is nothing to oblige the athlete to surpass himself. This is one of the characteristics of Arts, the will of a man to climb to the top (the slogan : *Altius, Fortius, Citius*).

So Sport, like the Arts, is a constant search for the sublime, the will to be the first, to break a record, to excel, to be the best in a competition one has imposed upon oneself, the motive being not a vital necessity.

8) *Sport is creator of drama*

Every day, in all the stadiums of the world, dramas occur : the stronger is beaten, the one who thought victory was his, is overtaken at the last moment; it is the fall before the hurdle.

There is also, for others, the unexpected victory, the coming true of a dream conceived long years ago, the consternation and the dismay of comrades, of fellow-athletes. Like the theatre, Sport in its fields, conveys to us a recognition of the fragility of our aspirations or the satisfaction of victory.

9) *Sport in a classification of Fine Arts*

Many philosophers have tried to classify the Fine Arts and none has included Sport. Art is revealed by sensory perception, Art is accessible through the senses, so we can group Arts in the following way : A— *Visual arts* : painting, sculpture, architecture. B— *Auditory arts* : music, literary speech, radio.

C— *Combined arts, both visual and auditory* : cinema, theatre, television.

D— *Tactile muscular Arts* : sport and dance.

Like all other arts, Sport is an apotheosis of the «sensory».

Perfection SPORT makes man aware of his own splendor and destiny.

So SPORT is one of the Fine Arts, because it demonstrates that real beauty resides in concordance between the Universe Humanity. The finding that Sport itself is one of the Fine Arts leads us to further considerations.

In conclusion, I would like to tell you that if man wants to ensure his destiny and his grandeur on earth, he must respect three laws :

the law of continuity

the law of harmony

the law of solidarity.

The law of continuity is indispensable in the scientific field; the knowledge of those who have preceded us is added to our own knowledge and to our discoveries of the present time, because science always defines biological, physical and chemical relationships by other biological, physical or chemical relationships — science never stops. The law of harmony is indispensable because it allows man to maintain a balance between his material life and his permanent quest of beauty.

Finally, the law of solidarity concerns us all ; it is essentially what we call *ethics* and its purpose is to ensure the right relationships between man and man.

Pierre de Coubertin hoped that the Olympic philosophy would secure bread, dignity and knowledge, for all men.

I believe that if all men on earth wish to live a harmonious adventure, they must respect the law of continuity in the sciences, the law of harmony in Art and Sport and the law of solidarity in their personal and collective morals.

This is perhaps the major lesson a renewed Olympism can give our disturbed world.



## THE OLYMPIC GAMES AND INFORMATION MEDIA

By Mr. G. MEYER (France)  
*Editor-in-Chief, «L'Equipe»*

It was in 1958. Rome had obtained the organisation of the Olympic Games for 1960; a feverish atmosphere already prevailed at Foro Itálico.

The lever of the vast enterprise was, at the time, Mr. Bruno Zauli, Secretary General of the Italian National Olympic Committee, archaeologist and philosopher of sports, now deceased.

We were talking about the Olympic Games in relation to information. For the first time, Television was to broadcast the multiple adventures of the great four-yearly competitions.

What was there in the Olympic Charter, about information ?

Article 48 (still in use) specified that 1,000 seats at the most should be reserved for the Press during summer games, 150 at the most for photographers, and finally 150, always a maximum figure, for radio and television operators and reporters.

Referring to these restrictive figures, Mr. Brunno Zauli told me then:

*«All this does not make sense. Thé Olympic Games, four-yearly festival of Sport, interest millions of people in the five continents».*

But the biggest Olympic Stadium can sit, more or less, some 100,000 spectators.

*... This figure, compared to the preceding, is ridiculous. In consequence, it must be agreed that the press of the whole world (providing that all journalists are really qualified) should be in a position to broadcast, through pictures, the spoken and written word, a maximum of information.*

*In Rome, the places reserved to journalists will not be limited.*

As a matter of fact they were not, considering that 1442 credentials were distributed in 1960 (out of which 240 to Italian newsmen). In Tokyo, in 1964 and Mexico in 1968, perhaps because the center of gravity of the sporting world was relatively far away, this figure was somewhat reduced.

All Rome records will, very probably, be broken in Munich; 4,000 qua-

lified journalists are expected to be present. They will be the modern heralds, and thanks to them the whole world will be instantly informed...

The striking development of Television may, in the long run, modify many old concepts.

Some years ago, there was discussion of building in Paris a 100,000 seat, all-purpose stadium. I fought this project on the following grounds :

1) Television, now in colour, to-morrow in relief, will, very soon, enter all homes.

Immediate information, will be given by radio, commentaries and studies by the written press.

2) Modern stadiums should be smaller in capacity but with sufficient comfort to justify the high prices asked of the privileged few, though stadiums are essentially meant for those entitled to be there; athletes, officials, journalists.

3) Monumental stadiums will soon be useless. Built for the double purpose of athletic games and... football matches, for example, they can satisfy neither. The track-and-field draws the public away from football, while football interferes with track-and-field.

It has been proved that two separate stadiums, one conceived for track-and-field — possibly with parts of the central area elevated to accommodate certain events — and the other for football, would cost less than the combined contraptions of today.

I hope that Montreal will present the first stadium erected exclusively for track-and-field, in 1976.

This apparent digression constitutes, however, the core of the problem. Everything must be set in motion for the broadcast of the best spectacle.

Coubertin himself had realized this. Indeed, he wrote :

*«At every Olympiad I read that it is going to be the last because... well, because the chronicle writer has been badly lodged (we must see things the way they are), because he has been exploited at restaurants, or because telegraph and telephone installations have not functioned the way they should. Why, it's only human. So, future organisers should give more consideration to these points...».*

Coubertin's wish has, since, come true.

Let us leave aside these thoughts of the past to deal with the present and the future.

And, before all, let us recognise that the Olympic Games are no more the object of sarcasm and contempt.

The press of the whole world provides full coverage, as they say in technical language...

Everything is organised. The birth of the «International Sports Press Association» despite Anglo-American reluctance, guarantees, at least, information requirements and exercises a firm control over professional qualifications of those entitled to credentials on N.O.C. responsibility.

In Munich, two years from now, the press will be treated better than ever. Mr. Gamillo Noël presented a very eloquent report in Warsaw on June 5, 1959, and, ever since, the press service of the organisation committee, has not ceased informing the whole world, relative to the games — those Games which are expected to be the most sensational in history.

We give below some very significant extracts from the report of our German colleague :

«We are convinced of the increasing importance attaching to the press, the radio and television. The picture the world will get from the Olympic Games, from our city and from our country in general, will depend in a decisive way on mass media. The organisers in charge act on the premise that the task of the journalist during the Olympic Games is one of the most difficult and tiring «contests». This is the reason why everything will be done to ensure journalists at the 1972 Olympic Games, perfect working and lodging conditions.

In order to meet these requirements, we have decided to build, in the area of Oberwiesefeld, a press village, situated at about 1.5 kilometres from the main stadiums and which after the end of the games, will become the nucleus of a new residential quarter. During the games, some 4,000 journalists will have at their disposal tastefully furnished individual rooms, each equipped with television and telephone. Munich Mayor, Mr. Vogel, is thus keeping one of the principal promises he had made. At Kiel, where regattas will take place, another 200 journalists are expected. To these figures we should add about 2,500 people representing auxiliary technical personnel.

The Press Center will be housed in a building which after the Games, will become a super-market. Over an area of 16,000 m<sup>2</sup> there will be a reception office, a modern editors' room, mail services, 120 telephone booths, 50 teleprinters, a telegraph office, a printing office where final results will be printed, office space for international press agencies, a photography laboratory, a self-service and an ordinary restaurant, a snack-bar, a conference room and a reading-room, and, finally, rooms reserved to journalists for their interviews and television broadcasts and the offices of the Olympic Games press services.

The whole will be completed with a swimming pool, a sauna and a massage room. It should be noted that in the vicinity of the Press Center there



*Mr. Gaston Meyer (France), Editor-in-Chief of the French Sports Daily «L'Equipe» during his speech.*



*A group of lecturers and participants during their visit to the Sacred Altis.*



*Participants to the 10th Session of the International Olympic Academy during the first working day. First row Admiral P. Lappas (Member of the I.O.C.), the Secretary General for Sports Mr. C. Aslanidis, Mr. G. Gemay to right: Rear Admiral I. Athanassiou (Member of the H.O.C.), Lieutenant General Th. Papathanassiadis (President (Prefect of Elia), Mr. O. Szymiczek (Curator of the I.O.A.)*



*from left to right: Dr. L. Holbrook (U.S.A.), Mr. Cl. Palaeologos (Greece), Mrs. S. Jernigan (U.S.A.), Vice-Member of the I.O.C. for Lebanon, and Mr. Ep. Petralias (President of the I.O.A.). Second row from left of the H.O.C.), Dr. J. Recia (Austria), Mr. S. Favre (Italy), Dr. H.Pouret (France), Mr. Chr. Mavrakis Dr. F. Lotz (Germany), Dr. H. Kaebnick (Germany).*



*Participants to the 10th Session visited the Temple of the Epicurean Apollo.*



*The members of the Academy follow the guided tour of the Temple of the Epicurean Apollo.*

will be travel agencies, airlines offices, banks, laundries, custom clearance agencies, post offices, as well as shops of every day use articles and in short everything useful to newsmen. All this, of course, on an exclusive basis. Press Center and Press Village will be connected to the main stadiums of Oberwiesenfeld by a private road and serviced by shuttle-buses. The same transportation system will be used regarding installations situated outside Oberwiesenfeld. Radio and television will have their own center, mid-way between Press Village and the Stadiums. The Broadcasting Organizations of the German Federal Republic (1st network) and the second network of German Television have established a «Radio and Television German Olympic Company», which will take care of the equipment and operation requirements of this center. This company has undertaken to ensure that 60 foreign television companies and 110 radio companies can accomplish their mission under the best possible technical conditions. While on the subject allow me to stress the fundamental role to be played by the Raisting satellites station, 40 km south of Munich, in the broadcasting of intercontinental programmes.

Furthermore, all competition sites will be equipped with auxiliary press centers, where newspapermen, radio and television reporters will find whatever they need to carry out their mission.

Munich is working with assiduity to achieve these targets. The organisation Committee has established *its own* press service headed by Mr. Hans Klein.

Among others, the creation of the following services is planned : an office where journalists will be accredited, organisation and, news offices, a service charged with publishing final results, documentation, aid and assistance to journalists, technical projects, equipment and operation of press centers. Besides, during the period prior to the Games, the press service will provide the press, radio and television with free information as well as photographs and its own publications. It will also issue a press bulletin, monthly in the beginning, in German, English, French, Spanish and Russian. To this, let us add the creation of a photo-service which will offer gratis excellent photos, both from a technical and journalistic point of view.

In this era of electronics, journalism will be assisted as it would never dare to hope 15 years before.

What do news people want? To be quickly informed so as to transmit what they have seen, under the best conditions, for the benefit of hundreds of millions of human beings.



## SPORT AND THE PRESS

By Mr. VICTOR BANCIULESCU (Rumania)  
*Journalist, Member of the Rumanian  
Olympic Committee.*

In a document written in 1930 under the title «Charter of sport reform» Pierre de Coubertin recommended «the intellectualization of sports press». How can we realise it in modern press ?

I am one of those who, before the war, used to write their articles in pencil, often with a stub of pencil, imposing on the printers' eyes and imagination some real effort. The relationship between newspaper man and printer used to be like that of the doctor who would scrawl hastily his prescription and the druggist who had to turn graphologist in order to decipher it, sometimes confounding anilin with aspirin. I happened myself to write carrier and read in the morrow's paper : barrier.

I recall those times with nostalgia because we always remain attached to our youth, even if it was not always happy. But this is not the point now I simply wanted to show that I am, from a historical point of view, in a position to consider the evolution of our profession from both the spiritual and the technical angle. The journalist, who in the past took great pains to write his articles in pencil, types them to-day, inserts telex extracts, uses the magnetic tape and the dictaphone and he very often dictates, direct from the stadium, to the linotype at the printing house. And all this is giving me an agreeable tingling, an unexpected pride, that of being a witness of my time.

This same feeling is part of the journalist's profession. As for me, I have rarely known satisfactions equalling those that go together with the smell of fresh printer's ink, or the sight of a printed article that the day before was only a vague thought and only some hours before was just a draft scribbled in my note-book. There is no arrogance in this. The materialization of an idea in our profession, please believe me, is a fascinating sensation, quite free from pettiness.

For a sports newsman, the pleasure of recalling, even summarily, the recent evolution of the press, is double. You are certainly aware of the inferiority complex that the development of the sonorous and audio-visual press

has begun to create in us servants of the written press. I mean radio and television, our younger sisters, last born but very impertinent, since they presume to take our place, disinherit us and drop us from the great family of mass-media. We of the written press are more indulgent with our younger sisters, as one should be, since we let them call themselves «press» despite their microphones, their loudspeakers and their screens, which have nothing to do any more with Gutenberg's press.

But, leaving jokes aside, we must admit that the unprecedented ascendancy of mass-media, the exchange of information, is mainly due to the development of contemporary technology. That is where the double satisfaction of the sports journalist I mentioned earlier lies. Do you happen to know, for example, what was the first public account broadcast by radio at a time when radio existed, but there was no radio broadcasting in the modern sense of the world? Well, the first commentary was about sport (and I leave aside the fact that it was intended for readers and not for listeners). In 1898, Dublin's «Daily Express» asked Marconi to help in reporting on the Kingstown regattas. A receiver was installed in the garden of the port authority, at Kingstown, and a boat equipped with a transmitter followed the phases of the boat races. The news reports were transmitted in Morse from the boat to the receiver on land and thence, by telephone, to the «Daily Express» Offices. That same evening, readers could read about the Kingstown regattas — which was quite a performance. You may better remember the first sports news transmitted through electronic television on the European continent; that was during the 1936 Olympic Games, by means of an enormous van, white and heavy, installed in the Olympic Stadium of Berlin. Certainly, for you, young people of the new generation, these are faded pages of history. You are accustomed to television broadcasts in color coming from Grenoble, to seeing men hopping around on the Moon like kangaroos, or Beamon realizing his incredible 8.90 m. in Mexico while you sit comfortably in your armchair, sipping your coffee. But at the same time you should be able to imagine what amount of ingenuity and material effort is necessary to surmount the difficulties of distributing a printed paper over a large geographic area. Just imagine that one million copies of the Moscow sports journal «Soviet Sport» are distributed, the same day, over a territory covering more than 22 million square kilometres, from Kiev to Petropavlovsk, to Kamtchatka !

I would ask you to please excuse these incursions in the historical evolution of the press. The purpose of this preamble was to convince you of the fact that in our era, sports press has been, in a way, in the vanguard of modern life. I think I should also tell you that last year, in the modern printing shop of «Il Giorno» in Milan, as the first color copy was going to press by a brand

new, technique, I saw on the front page, in all its chromatic splendour, a football team. I was as proud as I always feel when I read a sports story by Jack London or Hemingway, or when I listen to Honneger's symphonic poem «Rugby», or when I look at the fencing sketches of Dürer.

You will probably say, that I am an idealist. I will risk it. When I read certain journals or publications that devote effort, thought and time to the sensational at any price, that present in a rudimentary way a multitude of insignificant events (often distasteful, morbid or of bad taste), that publish «revealing» reports on the private life of the moment's celebrities, but are ignorant of the importance of documentation, of careful verification of data and facts, of underlying causes — when I read such articles — I have the impression that I am the last of the Mohicans of romanticism in the sports press. And I deeply regret the slow disappearance of idealism in our profession. I feel a stranger myself. After its stone age, when it was content to report on horse races, sports journalism began, a century ago, to fight for health, movement, physical education, eurythmia, for anything that could give men a bit of happiness.

But what is the picture of sports press to-day ? (you will see now how down-to-earth I am). What do we find in its list of contents ?

The apology for records carried to nonsensical extremes, for example, the glorification of the man who covered five kilometres on the road pushing a nut with his nose the idolatry of the champion to the point of treating him as a superman; the chase of the sensational to such an extent as to describe a football match in Buenos Aires — abominable anyhow — in a few words compared with the overflowing accounts of the police investigation that ensued; the commercial publicity which drowns the simplest facts in an avalanche of bombastic verbiage; the frivolous picture instead of the essential picture...

Whom or what does all this serve, except the cultivation of a distorted taste or simply the effort to sell merchandise ?

The press that forms public opinion in such a way, is diverting attention from vital questions concerning humanity towards trifling news and cheap entertainment. It finally manages to annoy and displease everybody.

Things, of course, are not like that everywhere. And you will allow me to speak about my own paper in Bucarest, the daily «Sportiul» («Sport»). The mere fact that 500,000 copies a day are absorbed by a population of 20 million, is in itself significant. In editing this paper, we try to satisfy, by proper dosing, the always double demands of the readers : We offer them the necessary amount of information — thrilling enough at that — to satisfy their natural curiosity, but at the same time we give them militant articles, helping them to feel — through an equally natural tendency — that they

share (or are represented by the paper) in the carrying out of a meaningful task — social, cultural, sanitary. If I may say so, we are in a way, for sports public opinion, its ministry of information and its spokesman in one.

A journal in fact can hardly be anything else, least of all a tool for commercial profit. The press should remain a tool for culture; its mission is to give correct information, to defend ideas; to serve the cause of human progress. It could thus become a service of public interest, with the participation of both journalists and readers.

I gave you the example of the Rumanian paper on purpose. A colleague in Bologne, with whom I was recently discussing the problem, told me that we Rumanians were fortunate in having been able to educate our readers, and to get them accustomed to this kind of paper just after the war, but a similar attempt in Italy to-day would cause any sports paper to go bankrupt. The Italian reader, my colleague said, had fallen into the habit of expecting the presentation of sensational events exclusively, was used to an overwhelming predominance of professional sports news, and the publication of articles expounding Olympic ideals, organization of physical education or amateur sport promotion would seem odd to him. Someone said once, and he was right, that such a press would always talk about divorces and never about happy couples, always about scandals and never about honest performances.

I recall last summer, from this very place, Olympia, Dr. Kirsch of Köln and myself made an attempt to inform the world — through press communications — of the noble idea of an international meeting dedicated to Olympic subjects. And I also recall the disappointment of my colleague when the press he had tried to serve responded by silence (or by a few lines only). And if I affirm that my reports appeared in extense in Rumania, you must not think that this was the result of an arbitrary procedure, but rather of a democratic one. According to me, democracy, among other things, means information, that is knowledge of one another as a means of promoting understanding of one another. René Maheu, general director of UNESCO, said that «mass-media are now the most powerful channels of education and culture, and are becoming both the instrument and the framework of true democracy». So, the right to information could be included in future among the fundamental rights of man, just like the right to health or education.

During the last Session of the International Olympic Academy, our distinguished British colleague Vernon Morgan, developed for an hour, with a humor coming directly from «Punch» and consequently of excellent quality, the subject «the pen and the sword»; he offered, however, no other solution than faith in what he called «The Olympic Gospel». We, being of a more secular turn of mind, will try to find practical solutions, restricted

under the circumstances to the propagation of noble Olympic ideas, considered as the basis of general sports education.

We could very well apply to sports press, the torrent of metaphors used for the press in general : «The eyes and the ears of public opinion», «The World's Mirror», «Popular University» — all these can be attributes of sports press. But if we restrict ourselves to such clichés, we will never get to understand the tasks and the aims of to-day's sports reporter. When Disraeli in the British Parliament, pointed his finger to the journalists' benches and pronounced those memorable words «There, Gentlemen, is the fourth power of the State», he was thinking of the moral force that the press represented through control, criticism and orientation exercised in public life.

I have spoken elsewhere about the often exceptional professional skills of journalists who do their job but not always their duty. Stéphane Lauzanne, author of the book «His Majesty the Press» said that «The press is a bell and the journalist is its bell-ringer». Certainly, a bell can produce marvellous sounds. But what seems important to me for the bell-ringer and for the journalist is to know when and how loud he must ring the bell.

In our era, when so much emphasis is laid on matter, mechanization, the so-called technocracy, sedentary work, the tyranny of mass-media, physical laziness etc. — in such an era, the first duty of the sports press towards its readers is, it seems to me, to try to revive the taste for sports, for movement in general, for physical exercise in any form. At first sight, such a subject will look difficult to any young journalist. More difficult than to go into raptures about a record or an Olympic victory. But it must be that way, otherwise, following the ever rising evolution curve of our days, we are running the risk of witnessing, impotently, the increase of seats in the spectators' benches in the stadiums and the simultaneous decrease of racks in the athletes' dressing-rooms. This mutation — unavoidable without our intervention, the intervention of all of us who love sport, can leave indifferent neither the future professors of physical education, nor — certainly — sports reporters who, would, in addition to everything else, be deprived of the very object of their profession : the sportsman, on whose activity it is their job to report.

I would also like to call your attention on a disquieting phenomenon that has made a sudden appearance on the temperature chart of our bivalent patient — sport and the press. It has been noted these last years that sport has even gone beyond the phase of spectacle, and has become just reading matter. Think of the Tour de France which allows the Paris paper «L'Équipe» to double up its issue one month over twelve. It is natural that in the case of a lightning - competition which leaves nothing more than a vague recollection of the moment, the Tour de France stops being a spectacular sports competition and becomes — by reading newspapers — a fascinating adventure feuilleton.

Is the adoption of the militant way going to harm the sports press ? Is it necessary to transform sport newspapers and magazines into exclusively moralizing papers — in which case they will be dropped by bored readers ? Not at all.

Jean Schwoebel, editor of the famous Paris daily «Le Monde» refuted in his recent book «Press, Power and Money» the argument according to which information should not be treated in an idealistic or moralistic way, but solely in consideration of its own laws. He said : «Such an accusation seems erroneous to us. For we can really inform only according to a certain concept of man, his needs, his rights and his responsibilities... How else could we choose among the piles of innumerable everyday events ? Without such a screening we do not inform, we «disinform», bombarding our readers with meaningless information, deprived of what might help them to understand their fellow-men».

In such a press there is a place for the sensational, but the sensational that does not serve a doubtful taste but a noble cause. Let us have the sensational, by all means, but on condition that we do not fail to comment on the «Olympic Games» ballet by Stravinsky in Carnegie Hall, on the painting «The Cosmic Athlete» exhibited in Mexico and in Barcelona, or on the statues of the Rumanian sculptor Gheorghe Apostu, embellishing the Olympic park at Grenoble. It is always sensational to praise the old Olympic champion Joe Deakin, who at the age of 90, is still running on the roads of England, or to acclaim the Olympic champion Youri Vlassov or Hans Lenk, capable of handling the dumb-bells or the oars of 8+1 as skilfully as they are handling the subtleties of literary style or reasoning on sociology, logic or philosophy. This last example reminds me of the phrase of Pascal Grouset, a French sports reporter of the last century : «The perfect man is he who like Euripides, can write Iphigenia with that same hand that won athletic laurels at the Olympic Games». It is sensational, we repeat, to inform the readers that Lia Manoliu (a kind of female Nestor five times Olympic participant), famous Olympic champion in discus throw, engineer and distinguished author of electronic projects, is now writing a book on her impressions over tens of thousands of kilometres she has travelled in the course of her athletic career; or to inform the reader that the not less famous Iolanda Balas, twice Olympic champion, who is at present a professor of physical education in a Bucarest college, has been asked by the outstanding essayist, Dr. Henri Pouret, to preface his study «Woman and Sport». Let us have the sensational, yes, if that means that we are going to present every new book on sport, not forgetting to mention the boxers of Jack London, of Bernard Shaw or of Hemingway, the footballers of Henry de Montherland or of Brian Glanville, the cyclists of Roger Vailland or of Uwe Johnson, the rugbyists of Rich Llewellyn or the motorists of Erich - Maria Remark. It is

only with this kind of the sensational that we shall come to create a new current of opinion and will no longer have to reproach the young for knowing the name of Pelé and not that of Einstein, or for knowing Eddy Merckx before doctor Fleming.

The above are examples of subjects treated in some of the articles of the Bucarest paper «Sport». In mentioning this, I am neither trying to sing our own praises nor to hint that we are in any way exceptional. There are enough publications in the world setting an equally beautiful and contagious example.

The press should not limit itself to registering the sporting pulse of the masses, like a tension-metre, or to being the mirror of sports events ; it must do its educational duty as well. This is a variation on the definition given by Thomas Mann to his own novels: «I am neither an archivist nor a mirror; I deal with matters of conscience». The realisation of this ideal is possible only on condition that the press get rid of any financial constraint, serving man and general interests entirely.

It is only by adopting this attitude that the press will become increasingly integrated in the movement for physical education and sport, in the Olympic ideal, until it becomes a leading force in its own field.

Though a publicist of rare descriptive, caustic and persuasive force, the renovator of the Olympic Games, Pierre de Coubertin, feared the press of his time, which he accused of being the cause of many evils in the world. He declared that he had not proposed the renewal of the Games for the sake of the press, that is for the sake of publicity. His present successor, Mr. Avery Brundage, though a target of numerous press attacks (or perhaps because of it) shows more restraint. The President of the International Olympic Committee looks at the press as a lever for Olympism and he holds it responsible of the way the Games are appreciated and the Olympic ideals are spread.

The question of Olympic publicity — in the good sense of the word — acquires a very particular importance between Games. We know that on the eve, during, and for some time after, the Games, the press is full of Olympic information and accounts complete with all the paraphernalia of fanciful and imaginative appeal. One question remains however : What do we do in the three years' interval? It is during this period between Games that we can see how capable or incapable the press is of maintaining public interest, fighting cynics, ameliorating the Olympic image in men's minds. It is at that moment that we can create the most correct and mutually advantageous, relationship between sport and the press.

This is an absolutely essential task, from which no journalist can be excused. In my opinion, what we have to do is to tuck up our sleeves and get to work !

## THE PRODIGIOUS STORY OF ATHLETICS

By Mr. GASTON MEYER (France)  
*Editor-in-Chief, «L'Equipe»*



The prehistoric caveman, driven by hunger, penetrates deep into the bush or the jungle in quest of prey. A snake bars his way. In order to go through, the man leans down, picks up a large stone and straining his muscles throws it on the reptile and crushes it.

Further on he has to leap over a tree blown down by the wind. A babbling brook suddenly stops him; he retreats a few paces, takes off and with quick and easy strides he gains momentum, jumps and lands on the other side. A hare flees frightened by the noise. Man deprived of food darts forward, but he gives up quickly and rushes away for he has seen the glinting eyes of a wild beast watching him from under the heavy shade of the trees.

Famished and trembling he returns to his hiding place and tries in vain to sleep. All these problems haunt him. His mind, still quite undeveloped, is working: how will he overcome the many traps that Nature lays on his way. Suddenly a vague idea, a feeble light, takes shape in his mind. He falls asleep, ears alert, lulled by the forest wind.

The new day starts. Man wakes up and carefully comes out in the open. He cuts a branch from a tree, tears away its leaves... He has discovered his first defense and attack weapon. That day he brings back some quarry.

A branch can stun but can hardly prick. He clumsily attaches it to a flint, fined down to a point... With this weapon he will now be able to aim at game from afar, hit it, wound it or even kill it.

Each day he perfects his discovery; this flat and cutting stone will be his axe. This other stone, harder and thicker but flat at the edge will be his hammer. ..

Thus all these movements and all these tools, born from the imperative necessity, live or die, bear the seed of every event of modern athletics : walking, racing, high jumping or long jumping, stone, javelin and hammer throwing.

Sheltered by his superiority over the animals, protected from the cold by the hide of the beasts he has killed, Man multiplies on Earth. Couples become families, families become tribes, gathered in villages, cities, races, nations.

But long before this evolution, the primitive tools and weapons necessary to the survival of the one animal species which, being the least equipped, would logically have disappeared had not Nature endowed it with a more active brain, were progressively transformed into war weapons.

Man had to conquer, conquer at all costs, and then he had to defend the ground conquered and advance, never stopping. War had become a permanent state of things and this situation has not changed very much. Weapons and their manufacturing techniques were perfected.

In each tribe the better and stronger men were admired and emulated by all and they thrust challenges at one another. Competition brought forth the champion, that is the leader.

But as centuries passed Nature evolved. Artists drew scenes from tribe life or auroch hunting on the walls of deep caves.

In the Orient, in this warm and welcoming climate, civilisation was thriving on the Mediterranean coast. The Egyptian, Assyrian and Cretan bas-reliefs we find in our museums reveal the modern forms of athletics and gymnastics.

Sport was born in all corners of the world. The «Book of Leinster» we find in Dublin relates the story of the Celtic sports legend. Greek works, and those of Homer in particular, described the exploits of Greek athletes.

Through Northern and Oriental literatures, let us cross the long labyrinth which led, sixty centuries later, to the wonderful variety of present events.

Let us leave aside the wing-footed Hermes, the messenger of the Olympian Gods, and come to a more human competition, the most ancient of all, the competition organized by Hercules for his four brothers: Epimedes, Idas, Paionios and Iasius.

Hercules, the oldest brother, drew the periphery of a «temenos» or public arena where, every four years, the Olympic Games were to be held. He placed his right foot on the ground, then next to it his left foot, then next to it his right foot again and repeated the process 600 times in one direction and then once more in the other. He had founded the stadium.

When German archaeologists discovered, in the 19th century, the ruins of Olympia, they saw that the 600 feet of Hercules were equal to 192.27 m. in length, while those of Delphi did not exceed 177.92 m. The Olympic foot accordingly is equal to 32.045 cm. as against 29.653 cm. of the Delphic foot.

Was large-footed Hercules merely the organizer of this race that was run in prehistoric times or did he beat the brothers he had challenged? The chroniclers of the time do not agree on this point. Anyway, the winner received a branch from an olive tree, a tree that had only recently been imported.

Seven centuries later (776 B.C.), Coerebos, a modest tavern-keeper from

Elis, won the only event mentioned in the first official Olympic Games : the stadium race, the race of human speed, which proves what fine connoisseurs Greeks were.

More than 50 years later, sports officials of the times decided that the winners of other types of race should also be honoured in Olympia. During the games of the 14th Olympiad (724 B.C.) appeared the double stadium or diaulic race, very similar to our 400 m., which was won by Hypnos from Pisa. During the next games Acanthos from Sparta won the dolich race, varying in distance between 7 to 24 stadia, i.e. 1,346m. to 4,614.50m. depending on the period or the stadium (in Olympia it was run on 24 stadia). Thus, faithful messengers, responsible for establishing the liaisons during war were honoured.



Races with arms, very much in fashion, will not be described in this lecture but we will talk about the hippoke race, copied on the charriot races and run four times around the stadium, a distance equal to our 800 m. This race was not included in the programme of the Olympia games but was organized during the Nemean, Isthmian and Panathenian games and was restricted to epebes, endowed with great intelligence, since the Greeks had already recognized its high strategic importance.

Relay races are also very old. The Ancient Egyptians were already using runners, the Symmaci, as fast messengers. The Greeks organized the lampadodromes or torch races, during which the sacred flame in honour of the Gods of Fire, Hephaestus, Prometheus or Athena, was carried. Teams representing the city-states competed in this last race : each team was composed of 40 runners covering a distance of 25 to 30 meters each and who had to maintain a fast speed and at the same time keep the torch burning. If the flame was blown out then the team was disqualified.

Cyrus, the great Persian king, developed relay races for utilitarian purposes and it was his grand-son Darius who organized the first post and telephone service... or at least the first communication service. Its structure was kept up by Rome.

Finally, when the Spanish conquered America they discovered the existence of advanced civilisations, those of the Aztecs in Mexico and the Incas in Peru and their famous pedestrian relays (3 to 5 km on the average) by means of which news travelled at a speed of 15 km per hour!

Jumping was much practiced in Greece: in the gymnasium athletes practiced high jump and triple jump with or without run-up, deep jump, long jump and high jump with the help of a stick, the ancestor of the pole-vault. Already

in 1600 B.C. Cretans were jumping over bulls, helping themselves up by the animal's horns.

But only long jump was included among the stadium sports and not as a separate contest but as one of the five events of the pentathlon. It was introduced for the first time during the 18th Olympiad in 708 B.C.

Long before that long jump competitions were mentioned in the story of the Argonauts' expedition and in the Odyssey.

How did athletes execute long jump in Greece ? Like modern jumpers they had the right to approach but they held in their hands light barbells the effectiveness of which was much praised by 19th century professionals, while a flute player kept up the rhythm of their approach.

Greek long jump records are known. A goatherd from Laconia, called Chionis, is said to have covered 52 feet (16.66 m.) in Olympia, round 660 B.C., and Phayllos from Croton 55 feet in Delphi (16.31 m.).

These astounding performances cannot be quite true and many theories have been formulated in this respect. Several Greek authors mention triple jump but Greek triple jump cannot be defined according to modern rules since we know that the jumper landed on soft ground which would simply have reduced the effectiveness of the other two jumps.

Those who have accepted the theory of the triple jump are certainly mistaken. Greeks referring to long jump on one occasion and to triple jump on another, while mentioning records, probably mean the total of an athlete's three best jumps, i.e. three separate jumps and not a triple jump.

But people in the 19th century refused even to consider this possibility. To them Olympia champions were «supermen» by definition and they had to jump farther than 1900 champions! The average of three Greek jumps is about 5.55 m. The record can be estimated at approximately 5.60 m.

These are excellent performances if we take into consideration the primitive facilities of the times, whatever the blind admirers of the Olympia heroes may think.

The Greeks threw the discus and the javelin. The discus is the heir of the flat, elongated stone that can easily be held with both hands. If we wish to believe Pausanias, it was Perseus, Danae's son, who invented discus throwing. But according to Lucius of Samosate, we owe this discovery to Apollo, son of Leto, who killed Yacincthus, his young playmate, while throwing a discus. Finally, Pindarus mentions the magnificent performance of Castor and Pollux, twin sons of Leda, at quoit throwing, around 1225 B.C... These divine «disco-boloi» belong, it is true, to the realm of mythology...

Historically, the first great Greek champion was Phayllos, cited above. We know that he could throw his discus at a distance of 95 feet (28.17 m.),

but we cannot evaluate this achievement since we know nothing about the size, the weight, or the material of this discus made of stone or perhaps of bronze (498 B.C.).

Long before the appearance of the discus, the javelin was used both as a hunting and war weapon, already in prehistoric times. Assyrian soldiers organized javelin competitions among themselves, including precision and distance throwing.

The Greeks threw a wooden javelin, holding it by the middle like modern athletes do. An inventor of that time placed a narrow leather band around the middle of the javelin. Thanks to the impetus and the rotation movement given to the implement, records were broken. This band that was attached to or folded round the staff was called *emma* by the Greeks and *amentum* by the Romans.

The Greeks practiced javelin throwing in covered arenas and in the open air. In the gymnasium it was a precision competition against a target a wall target or a target drawn on the floor, a kind "of combination of precision and distance throwing.

In the stadium, javelin throwing, one of the five pentathlon events, remained a distance competition. The metallic head of the gymnasium javelin was removed in order to avoid hurting the harmless but enthusiastic spectators.

There existed three types of javelin and three types of discus. Some people say that competitors had to use all three and that an average was calculated, but it is more probable that they were used by the different age groups. No Greek record is known for this event.

The Greeks who were lovers of all-around sport founded the pentathlon. The programme varied according to the various regions, but it usually included long jump, a stadium race, discus and javelin throwing and wrestling. The pentathlon's legend is both poetic and political... During the Argonauts' expedition — 50 heroes under Jason's command — individual competitions brought the best men face to face. Telamón won the discus event and Lyceus the javelin competition. The Boreades brothers (Zethes and Kaloës) regularly won the racing and jumping events. Peleus, Telamon's brother, always won the second place in all these contests, with the exception of wrestling.

In order to favour his best warrior, Jason organized a full contest (1225 B.C.) that ended with Peleus' victory...

The pentathlon was included in the programme of the 18th Olympiad (708 B.C.). Lampis from Laconia won the reward.

The Romans also practiced the pentathlon which they called *quinqeritium*. They abolished the jump and the javelin which were replaced by swimming and equestrian events.

Nevertheless, if we choose to believe Henning Forss from Finland, in Greece and Ireland sports activities developed in parallel, but both countries were fully unaware of one another's achievements. An evident proof of this is the existence of different events in the two countries.

In Ireland, at the famous games of Tailt, two sports were highly popular: high jump, quite unknown to the Greeks and *roth deas*, the predecessor of hammer throwing. The high jump technique had to be mastered in the army. In order to become warriors Irishmen had to be able to jump over a standing man (but don't be surprised: in spite of the legends, men taller than 1.70 m. were considered to be giants).

The *roth deas* was born on the day a strong warrior seized with both hands the axle of a destroyed charriot from which a wheel was still hanging. He brandished his trophy high above his head, revolving his body, and cast it far away. A man called Chuchulain excelled at this sort of exercise.

Unlike the Greeks, the athlete warriors of the North, Celts and Vikings, were never able to organize lasting sport activities.

Nevertheless, if we study the list of modern records we notice that the majority of champion throwers have Irish or Scottish origins. Is it necessary to recall the names of Mc Grath, P. Ryan, J. J. Flanagan, O'Callaghan, Healion, Connoly and O'Brian?

The coming of the armour meant the premature death of athletics. The belligerent and poetic Middle Ages saw the birth of chivalry, fencing and many pleasant games such as the «*jeu de paume*», the predecessor of tennis and even football.

The first efforts to revive athletics were made at the end of the 18th century. This was done by the British to whom we owe the great lines of present programmes, with the difference that Europeans, although one century behind, were successful in imposing the metric system at the first modern Olympic Games, held in Athens in 1896.

The Anglo-Saxons persistently resisted this revolutionary and nonsensical idea. The whole story ended with a compromise, when the Europeans, headed by the French, agreed to copy their metric events on the customary English contests. This is why the 400 m. race is very similar to the 1/4 mile (402.33 m.), the 800 m. to the 1/2 mile (804.67 m.) and so on.

Some theorists still deplore the adopted solution. They believe that a competition including races one hundred per cent metric would have been more rational, that is 100 m., 250 m., 500 m. and 5,000 m., starting from one kilometer and including a tenth, a quarter and a half of a kilometer. It is a fact that this would have prevented something we very often witness even during Olympic contests, that is the same athlete winning the 100 m. and the 200 m. or sometimes the 800 m. and the 1,500 m.

In any case, present classic distances are but a mere imitation of English distances.

The 100 yards was run in Great Britain for the first time around 1760. The British thought that this race proved, better than any other, the high speed that man could reach. But they rapidly saw the necessity of including in the games longer races for athletes who were less fast but had more endurance. They chose the mile (1,609.35 m.), the commonest Anglo-Saxon unit of measure with the yard.

From then on they only needed to divide or multiply the mile, thus obtaining the 1/8 mile or furlong, that is 220 yards (201.16 m.), preferably to the 200 yards, the 1/4 mile (402.33 m.), the 1/2 mile (804.67 m.), the 2 miles (3,218.68 m.), the 3 miles (4,828.02 m.), the 6 miles (9,656.05 m.), to which the Europeans opposed, between 1884 and 1894, the 200 m., the 400 m., 800 m., 1,500 m., 3,000 m. (for the steeple chase), the 5,000 m. and the 10,000 m.

The programme of the first modern Olympic Games, held in Athens in 1896, included the following races: 100 m., 400 m., 800 m., 1,500 m. The Ancient Greeks had nothing to do with it but there is, nonetheless a happy coincidence in the distances, since the stadium of Olympia measured 192.27 m., while the dialic race covered 384.54 m., the hippoke race 769.08 m. and some dolics; 7 stadia that is 1,346 m. or 24 stadia that is 4,614.50 m.

As for the Marathon it is a purely modern invention even though this may sadden and disillusion the admirers of Antiquity!... There was no race longer than 24 stadia in Ancient Greece. Some modern brains, taking as a starting point an athletic feat that is greatly disputed and was probably invented out of whole cloth, founded the Marathon race, in memory of a legendary dying herald. And quite arbitrarily the distance was fixed at 42,195 km when the British for convenience's sake adopted the approximate distance separating Windsor from London.

The hurdle race was born when man tried to imitate the jump of a horse, at a time when horse racing was extremely popular because of betting. Nevertheless we find no trace of this event before 1837 when the Duke of Beaufort won a speed race at Eton on a circuit strewn with hurdles. It is only in 1864 that a 120 yard race was run in Oxford with 10 hurdles of three feet and a half (1.07 m.), in a time of 18", which is quite normal, even under present conditions. And if hurdlers have to cover a distance of 120 yards (109.73 m.) and not 100 yards as Sprinters do, this is simply in order to allow competitors, at the start and at the finish, to have a free space with no obstacles since the spacing between two hurdles is based on physiological necessities. Otherwise we would have 100 yards hurdles with only eight hurdles.

The first 440 yards hurdles were run for the first time in Dublin in 1857 but with 15 hurdles. In 1897 ten hurdles of a height of 3 feet each (0.91 m.)

were adopted and it is only later, in 1914, that the event was formally codified.

The steeple chase finds its origin in the bell race of the Middle Ages. Some knights laid bets at one another and then they had to try and reach first the closest village of which only the steeple was visible. The bet could be carried out either on foot or on horseback. Steeple chase is also the forerunner of cross-country running, but its name, in modern athletics, has lost its real meaning. The first steeple chase run on a track dates back to 1850, at the Exeter College.

The races by relay — and not relay races — were born in the United States. On the Berkeley track, in California, on November 17, 1883, a 4 x 880 yards was organized for the first time and ten years later, in Philadelphia, the University of Pennsylvania held a 4 X 440 yards race. The races by relay appeared in Great Britain in 1895.

High jump was already practiced in the 19th century, in Spain in particular where athletes jumped over bulls during bullfights. Professionals jumped over a string or a rope stretched high above the ground, but they were assisted by dumb-bells or a spring-board. This became a usual gymnasium exercise adopted by modern pedagogues in the 18th and 19th centuries, even in France. Very soon amateurs in the colleges of Dublin, Oxford and Cambridge achieved high records, especially after 1857. High jump was also included in the programme of the two unsuccessful attempts to revive the Olympic Games in Athens, in 1859 and 1870.

The birth of long jump followed approximately the same pattern.

As far as pole-vault is concerned it is first mentioned in the Pampelune bull-fight in 1722 and it was executed over bulls, of course! This sport was very popular in countries with marshland and many natural hazards. Even more than high jump it was practiced in colleges and gymnasiums of Switzerland, Germany and France, so dear to Guts-Muth, Salzmann, Pestalozzi, Jahn, Clias, Amoros, d'Argy, Laisné, the initiators of physical education, since it combined racing speed and arm strength. Pole-vault duly codified was included in the English Championship of 1866.

The triple jump that was practiced by the Irish during the 19th century and also by Greek villagers of the time, was recognized and codified as late as 1908, in its American form of hop, step and jump.

Shot-put is the descendant of the throwing of the stone of Ancient Greeks that had been so popular during the siege of Troy. Archaeologists discovered with amazement in Olympia the gigantic stone of Bybon (143.5 kg) and they read the engraved inscription according to which one man had thrown this stone over his head. A simple lift and throw, but of a superior quality indeed !

Stone throwing contests opposed warriors and peasants during the Middle Ages and these primitive competitions are still held in Switzerland and in small towns of Ireland and Scotland.

But modern shot-put derives from... the invention of artillery. Soldiers with no work to do spent their time by throwing round cannon-shots of various sizes. This form of competition soon became very popular. Around 1850 the shot-weight as it is still called in many countries and in Switzerland in particular was introduced into college athletics and efforts were made to determine its weight so that it could be pushed but not volleyed.

In Dublin, in 1860, the shot's weight was fixed at 16 English pounds (7.257 kg), but it was only during the second Oxford-Cambridge meeting, in 1865, that a final decision was taken concerning the 16 pounds weight and the throwing technique. Oxonians used to lift the shot with both hands and deliver it into the air, without more ado.

Until 1908 athletes threw the shot from within a square, 7 ft in side (2.135 m.), but the United States chose a circle 7 ft in diameter and this was universally adopted, since 1908.

We owe modern discus throwing to the Italian Vittorino Rambaldone, from Feltre, who renovated this sport in the Ciocosa, a famous Mantua college, in 1414. It went out of fashion like other sports practiced in this strangely innovating establishment.

Three centuries and a half later — 1774 and 1784 — the discus appeared again in the Basedow «Philanthropium» and the Schnepfenthal Institute of Salman. It was abandoned and then taken up again during the first two premature and ill-fated attempts to revive the Olympic Games in Athens, in 1859 and 1870.

It was the Greeks, very much in love with tradition, who insisted on it being included in the Olympic Games, held in Athens in 1896. In imitation of Myron's Discobolus, athletes pitched the discus from within a square 2 m. in side, as fixed in 1896, without revolving their body. An American won the event and from then on the new sport conquered the United States and the world.

In 1906, in the semi-official Athens Games, competitors could throw the discus adopting one out of two styles : the free style and the classic style, that is the same technique which had been immortalized in bronze and stone by Myron.

But since it was only with the free style that greater distances were reached, it alone survived... Confusion persisted though, since the implement used was not the same everywhere and each country had its own world recordman, as happens nowadays with catch !

Everything was straightened out in 1912. In Stockholm, international sports officials adopted the various rules still in force today and the discus from then on had the same weight everywhere, i.e. 2 kg.

The javelin, the weapon of the primitive man, is hardly mentioned during the Middle Ages, with the exception of the Spanish who learned about it during

the conquest of America because the Indians used it with strength and precision. It became very popular in Sweden and Finland. In these countries, at the end of the 19th century, that is around 1870, the javelin measured 10 to 15 m. in length, but it progressively became shorter. It was included, for the first time, in the programme of the semi-official Games of Athens, in 1906, but it was unknown to all, with the exception of the Finnish and the Swedes.

At the London Games, in 1908, two styles were proposed: the implement was either seized by the middle of the shaft, or pushed by the tip with one hand while the other served as a support... The Scandinavians won the day (javelin records had existed in Finland since 1883, in Sweden since 1886 and in Norway since 1891). The free style being more aesthetic and more effective dominated after a while... and from 1912 onward only minor alterations were brought about, in spite of an attempt, on the part of the Spanish, to impose a technique of rotating throwing, during which the javelin was held by the tail of the shaft. This technique, only just invented, was abolished in 1956.

The throwing of the hammer (the implement does not in any way resemble a hammer) also has its own history. The Celts' *roth deas* consisted in throwing the axle of a charriot with its wheel. When charriots disappeared the implement was replaced by a stone pierced by a stick (we can see them in the museums of Ireland and Wales)... In Ireland and Scotland, since 1400, heavy black-smiths' hammers were thrown... A hammer weighing 16 pounds (7.257 kg) was finally adopted in Oxford, as late as 1860... But regulations varied considerably concerning the weight, the length of the handle and the size of the area within which the athlete gained his momentum... In 1875 it was decided that the hammer would be cast from within a circle 7 ft (2.135 m.) in diameter, then it was increased to 9 ft (2.743 m.) until finally, in 1908, the 7 ft circle was definitely adopted.

In the United States, in 1876, during the National Championships, athletes had to throw the hammer without revolving their body to gain momentum... Present regulations date back to 1887. But the implement degenerated with the passing of the years. So that the hammer would not sink into the ground it was transformed into a ball that could roll and since wooden handles constantly broke they were replaced, towards the end of the century, by a chain with one of two grip handles and then by a steel wire ending in one or two rings.

Since 1960, the discovery of a new material, fiberglass, has altered the character of many contests and no longer allows for comparisons with the past. This is mainly valid for the javelin, «interpreted» by the Held brothers and turned into a glider, and pole-vault. How can we compare the ash pole used by Gonder (3.77 m. in 1905) or the bamboo pole of Warmedan (4.77 m. in 1942) to the «fiberglass» implement used by modern jumpers?

The pentathlon of the Greeks gave birth to various combined events.

As early as 1792, a Swedish newspaper described a complete contest including racing, throwing and swimming events. In England and even in Holland young men competed in diathlon, triathlon, sextathlon and eptathlon contests... In the United States the «all round» championship was founded in order to reward good athletes «who never won during individual competitions». The Amateur Athletic Union chose three racing, three jumping, three throwing and one walking event, thus creating the decathlon... 28 years before it was officially awarded this name...

In Athens, in 1906, the programme of the Games included a classic pentathlon : long jump, discus and javelin throwing, a stadium race and wrestling. In Stockholm, in 1912, it was replaced by an athletic pentathlon: 200 m., long jump, javelin, discus and 1,500 m. and the decathlon was created.

After the Paris Games of 1924 which still included the pentathlon in their programme, the decathlon became the one and only competition for all-around athletes. Unfortunately its regulations are far from being perfect since it opposes six and a half contests (the 110m. hurdles is a semi-event) to three races. Some of these events necessitate a very elaborate technique which the athletes who have to participate in ten contests, have of course no time to master. The real contest for full athletes ought to be a simple quadriathlon, including the five basic elements of athletics: speed (100 m.), resistance (1,000 m.), spring (high jump), strength (shot-put), all in one day (endurance).

Athletic events have varied little since 1896. The Olympic programme of that year included 100, 400, 800 and 1,500 m., 110 m. hurdles, long jump, high jump, pole vault and triple jump, discus throwing and shot-put and the marathon. In Paris, in 1900, the 200 and 5,000 m., the 400 m. hurdles and hammer throwing were added (in a slightly underhand way). In London, in 1908, the programme also included javelin throwing. In Stockholm, in 1912, the 10,000 m. were added together with two relay races 4 x 100 m. and 4 x 400 m. (in London, in 1908, one relay race had to be run on 1,600 m., with 200-200-400-800, which explains the name «Olympic relay» given to these events), the decathlon and a 10,000 m. foot race. In Antwerp, in 1920, the 3,000 m. steeple chase was introduced (it had already been run in 1900 but on a distance of 2,500 and 4,000 m.). In Los Angeles, in 1932, a 50 km foot race was finally added.

This is the programme of the next Munich Games, with the exception of the 10 km foot race in a circuit, which being so little graceful was replaced in 1956 by the 20 km on road, a much more logical event.

Athletics are only partially a game or an education, although they could be both. They were born from *the need of men to compare their own value* and this is why they will never die.



GENERAL NATIONAL  
PREPARATION FOR PARTICIPATION  
IN THE OLYMPIC GAMES

By Mr. K. S. DUNCAN (Gt. Britain)  
*Secretary General*  
*of the British Olympic Association*

NOCs can really be divided into three main groups :

- (a) Firstly there is the NOC which is all powerful in sport in its Country, and finances and directs its National Governing Bodies of sport — CONI and NOCs of S. American countries amongst others would be cases in point.
- (b) Then there is the NOC which deals purely with the Olympic movement and its country's representation at the Games. It will have working along side it a AAU (USA & Canada) or a National Sports Federation. These latter are organisations combining the National Governing Bodies of Sport.
- (c) Finally there is the NOC as in the latter case but without an AAU or National Sports Federation. Each of its National Governing Bodies is independent and autonomous. Great Britain is of this sort.

Affecting all this is the role of the Government, and the power exercised by Governments on NOCs varies considerably. The Olympic Charter states that there shall be no Government interference in the work of NOCs. But since in many cases the Government supplies much of the funds, some element of direction may creep in. In Great Britain, I am glad to say, we do NOT have a «Minister OF Sport» — we have a «Minister with special responsibilities FOR sport». And he is advised by a «Sports Council» consisting of NON-Government representatives. We therefore are free of Government dictates or interference.

It is therefore within this background of sport within Great Britain that I shall try to explain the overall task of preparing an Olympic team up to the moment of departure to the Host City.

What are the problems which arise immediately after the last Olympic Games are finished? They briefly are as follows:

- Pre-Olympic training plans
- Additional sports facilities
- Additional sports equipment

Medical problems  
Finance  
Visits to Host City  
Team clothing  
Team selection  
Team airlift - advance parties  
Freight - sea and air  
Insurance  
Documentation - Entry forms, Phrase book, Team Handbook  
Assembly

Let us look at each of these problems and consider each in their turn.

### *Pre - Olympic training*

This with us is the responsibility of each Governing Body of sport. They will be assisted to some extent by financial grants by the Sports Council. Each Governing Body must map out its own international competition plan, develop its Coaching Scheme and at a convenient time form its group of «Olympic possibles». The British Olympic Association itself has set aside a small sum to help individuals in «hardship» cases.

### *Sport Facilities*

Here the Sports Council, advising the Government, plays a major role. More and more schools sporting facilities are being made available to the General Public after school hours. Regional sports councils also put forward plans for new facilities required.

Grants are also made for important sports equipment required - vaulting poles, bobsleighs etc.

### *Medical*

Medical problems are getting more and more important, and this importance will increase rather than decrease.

In this Country we have The Medical Research Council (a Government Controlled Body) the work of which often deals with sports matters. Then there are the British Association of Sport and Medicine and Institute of Sports Medicine composed of doctors and scientists interested in sport.

In addition, the British Olympic Association has its own Honorary Medical Adviser who can call on the knowledge of a host of specialists and experts.

I need not tell you the medical problems arising in sport but some of the major ones are sports injuries, altitude, gastro - enteritis, training methods.

diet, heat/dehydration exhaustion, diurnal effect of air travel, effects of heat, humidity etc. etc.

### *Finance*

The British Olympic Association has little income, except for its affiliation fees (negligible) and for the small income resulting from its Membership Scheme (supporters club) where £ 1.5. annual subscription is paid with various privileges given them. It may however shortly get an administrative grant via the Sports Council.

The British Olympic Association therefore in every Olympiad must launch a Public Appeal for Funds.

Sport and its clubs

including non - Olympic sports

Collections

Commerce and Industry

Functions - Balls, Dances etc.

Local Committees throughout the Country and Greater London.

Alas sweepstakes, special stamps and certain other fund raising methods are not allowed by law in this country. Nearly £ 1 million pounds has been raised in the last 20 years.

### *Visits to the Host City*

One of the more important tasks of the General Secretary of an NOC and/or the Chef de Mission of a team is to visit the Host City of the next Games on a number of occasions. Unless he knows how the Organising Committee functions, and the key men in it personally, team administration during the Games will be made extremely difficult.

At long last however, the IOC has had produced a booklet setting out the details in outline, principle and sequence of working on «The Administration of an Olympic Games». I was honoured to be asked to act as Editor of this booklet and had as my collaborators Marcello Garroni (Rome) and Yukiaki Iwata (Tokyo). The English version of this book is now with the IOC.

### *Team Clothing*

This is an interesting, complicated and important part of a NOC's work. The clothing must reconcile several irreconcilable ! The clothing must produce a good effect on the crowd, many sitting 100 yards or so away in the stands. So it must be «theatrical dressing» but also

look attractive from close up, which theatrical dressing often does not do. The ladies' clothing must also be fashionable and yet easy to wear. The clothing also must be suitable for the climate of the Host City, and not cost too much. Fortunately many firms in Great Britain donate items of clothing. And finally the girls hat - suitable for age group 15 to 55!!

### *Team selection*

Team selection can present great problems. Our Appeal Fund is a «common pool» and no donations are accepted for any individual or for any one sport. The BOA therefore, after individual consultations with Governing Bodies, notifies each of the number of team officials and competitors each may have. It is the Governing Bodies who select the individuals within the numbers agreed. The Officers of the BOA are empowered to negotiate separately with each Governing Body if it requires a larger team, and to make minor alterations to team numbers.

### *Team Airlift*

This is a complicated operation for a large team. Advance parties must first go out. Then the team travels in various groups depending on the time required in the Village before competition. There will also be a horse charter aircraft.

Air freight is taken and there is a major exercise with sea freight for yachts, canoes, rowing shells, medical supplies and perhaps fodder for the horses.

There is then *insurance* to take out. The BOA requires public liability cover and the team members' cover to loss of baggage and personal accident.

There is a host of *documentation* to do with entry forms, nominal rolls, competitors' declaration forms, special forms for diving and firearms. One must also not forget the printing of the team handbook.

Finally there is the *assembly* of the team in a hotel before departure. Luggage is weighed, passports and medical forms checked, and in due course the team sets out for the airport, and the great adventure of the Olympic Games.

The NOC's duty is by no means over. It must look after its team in the Olympic Village. But that is another story.



## SPORTS AND OLYMPIC DEVELOPMENT IN THE UNITED STATES OF AMERICA

By Dr. LEONA HOLBROOK (U.S.A.)  
*Chairman of the Dept. of Phys. Education -  
Women, Brigham Young University.*

President Papathanassiadis of the Hellenic Olympic Committee,  
President Petralias of the International Olympic Academy,  
Director General Panas, of the I.O.A.  
Representatives and Delegates and  
Lecturers and observers at the 10th Session of the International Olympic  
Academy.

I bring you greeting from over 200,000,000 of my fellow citizens of the United States of America. Especially I bring you the good wishes of the sixty members of the United States Olympic Board of Directors. As the representative of the United States Olympic Committee I thank you for this experience. I salute you. I bring you special greetings from Mr. Glifford H. Buck, President of the United States Olympic Committee.

We meet in this legended land. We live and we work and we talk in this fair countryside where many men for many long centuries have formulated the ideals and practised the principles of human dignity, of personal quality and of fair play. We have come together to accord honor to sport and to determine the ways in which we may lead our fellow man to put meaning into his many sports endeavors and to express finely and fully his human quality and his meaning through well chosen and well demonstrated sports activity.

The ideas and the ideals of the inhabitants of ancient Greece dominated and directed the development of Greece and spread over the face of the earth and carried down through the centuries, influencing the thought and progress of all peoples in the world through all time. Ideas are potent, and good ideas have a portent for good.

The first Olympic Games were Hellenic. They were an expression of Hellenic idealism. They were held in Greece and a would-be participant had to have Greek blood to be eligible. The Olympic idea and the Olympic ideal as instituted in early times have again been adopted and lived by all people, all races and all nations in this century. A modern historian of the Olympic Games states that,

«Today, in the twentieth century and in the atomic age, the Olympics once again present a hope to all nations and races that friendly competition hand in hand with freedom and tolerance can make a better world».

The modern Olympic Games, as were the games of ancient Greece, are a manifestation of humanity's basic values in expressions of art, dance, literature, architecture, music, theater and of sport. The Greek experience and the Greek contribution to mankind were expressed by Coubertin.

«Olympia and Olympics symbolize an entire civilization; superior to countries, cities, military heroes or even the ancient religions».

Greece gave to the world a wealth of civilizing ideas and cultural ideas and she gave an abundance of civilizing ways and cultural activities.

Here in Olympia, here in this sacred grove, hallowed by the thoughtful pursuits of those who have come from many nations to Ten International Olympic Academies, we do honor to those many participants who have brought favor on this beautiful valley by participating as Olympians. Here, through a thousand years of noble endeavor, thousands of participants have established for all mankind a way to enrich and to ennoble human kind. The contribution of these early Greeks, these makers of modern mankind was rooted in the wellsprings of human nature and compared by human quality. Their expressions were based upon the best potentials for human aspiration and activity and were endowed with immanence and a sense of eternity.

Through ten centuries Greek ideas and ideals were developed and disseminated by Greeks and by the many visiting participants and spectators who came to Olympia and to the Olympics from the broad Mediterranean area. The Greek way became much of the world's way.

The people of the world honor Greece for her many historic contributions. The enlightenment of the historic past continues to glow in Greece and to provide some of the enduring rays of light to show the way in the world of today. Civilized man, cultured man continues to look at Greece, to study Greece and to come to Greece to gain the essence of his being. Many persons have elected to walk through sacred sites, to ponder at archaeological locations, to study out details of sculpture and architecture, and to reconstruct or regain a sense of the nature of and the commitment for man. Here in Olympia seekers have found themselves as they have disinterred and interpreted the ancient artifacts and facts. French soldiers have found the temple of Zeus at Olympia, and have restored it to a semblance of its original condition. Germans, through six years of work, have uncovered the entire site of the ancient Olympian Games. Greece has retained and preserved every piece of the magnificent marble recovered from its original Olympic glory. Conferees have come to the International Olympic Academy during this last decade and have found new faiths and declared their confirmed convictions in the essence and the

quality of sport for man. So even in these days the spirit of Olympia prevails in the world and a French Olympic star coaches a team in the United States of America. A gymnastics coach from the United States of America goes several times to a country in Central America to coach their gymnastics participants or to help them conduct a meet.

[ have been invited to speak on the overall development of our athletes and our organizational procedures for determining who our participants shall be. As a prelude to those parts of the presentation I wish to make a statement of what I consider to be our view of sport and of the Olympics.

Our view of sport is that the activities and the participation provide opportunities to build up a people to work, to play and to live. The accomplishment in a sport should bring some actual gain to the participant.

To build up a sport well one must as well build up the sportsman. The recent President of the United States Olympic Committee Franklin L. Orth has expressed:<sup>1</sup>

«The United States Olympic Committee has two major objectives. The first of these is to promote the widest possible participation in amateur sports among American youth. The second... is to select the finest possible teams of athletes to represent the United States in the Olympic Games and to provide the support needed so that these athletes may give their best performance in those international competitions».

Our view of the Modern Olympics and the part which we may play in a developing sports program coincides with the ideals of the ancient Olympics and with the interpretation which we put upon the idealism and the action which Baron Pierre de Coubertin envisioned. The Olympics are more than an entertainment for spectators. The Olympics may be a celebration, a joyous and yet a solemn celebration. They are a commitment to the glories which are and which may be in the condition of man. They are a manifestation of man, and they must be a manifestation to all mankind. The Olympics are not for the assertions of nations, but they are an international event to express the quality of man, of all humans, and of all mankind.

The United States Olympic Committee is the organization officially in charge of the development of participants and it is responsible for their selection for the Olympics. This committee is recognised by the International Olympic Committee. The United States Olympic Committee is the single organization authorized to receive the invitation to participate in the Olympic Games and to respond by accepting the invitation, determining the partici-

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1. — *Orth, Franklin L.* « President Orth Discusses Games Committees » USOC Newsletter, January, 1970, p. 3.

pants and forwarding the entries. The United States Olympic Committee consists of 219 organizations, somewhat of a «Federation of American Sports Associations». Membership is divided into groups denoted by capital letters. Group A membership is held by national organizations recognised by the USOC as the nation's sports governing bodies holding affiliation with the International Federation or world governing body for each sport sponsored by the IOC. Group B membership is comprised of strong national organizations involved in Olympic sports which conduct national championships in these sports. Group C membership is for the regional and state organizations of the nationals which are affiliated with Group A and Group B members. Six additional classifications are for sports bodies not in Olympic competition, professional bodies and other described persons and groups.

The USOC, the abbreviation for the United States Olympic Committee, fully represents the United States of America and has the support and merits the respect of the people, the citizens of our country. The Government of the United States of America officially recognises the structure and the formation of the USOC. It is within the nature of our constitutional government that such an organization as the United States Olympic Committee shall function with autonomy.

The activities of the USOC are financed through the contributions of private citizens and corporations interested in the Olympic movement. Funds are also raised through the payment of dues by 219 member organizations, by revenues from conducting tryouts for the Olympic teams, or from special meets and benefits on behalf of the USOC. Funds are secured through member organizations and fees from television and radio. No federal government subsidy is received nor is it sought.

The development of Olympic participants is under the auspices of the «Committee for Olympic Development» which is appointed by the President of the USOC with the approval of the Board of Directors. The Committee maintains close liaison with and works through the national sports governing bodies and with all U.S. Olympic Sports Committees.

«The Committee's (assigned) responsibility shall be to place greater public emphasis upon sports in which the United States has had lesser success in the Olympic Games, in general, to stimulate, foster and promote the moral, cultural and physical education of the youth of the United States»<sup>1</sup>.

The general purpose of the Committee is that of encouraging and assisting the USOC Games committee in its efforts to develop the best possible teams for Olympic Competition, of maintaining liaison with national sports bodies

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1. — *USOC Constitution, By-Laws, and General Rules of the United States Olympic Committee, Article XX,*

to support programs of mutual interest and benefit, and of financing as may be appropriate. The committee considers requests for institutional training materials for clinics and for special training and conditioning.

The specific development in sports as coordinated by the Committee for Olympic Development is carried out by the Sports Committees. Within the guide for action of the Development Committee and underlying the work of the many Sports Committees is an all pervading philosophy for sport in my country which was quoted earlier as an Article (XX) of the Constitution of the United States Olympic Committee on Development «... to stimulate, foster and promote the moral, cultural and physical education of the youth of the United States». At the «National Conference on Olympic Development» sponsored by the United States Olympic Development Committee in May of 1966 as much attention was given to the need for developing sports for Americans toward the human ends of fitness, pleasure, and culture, as was given to the objective of participation in competitions at the Olympic Games.

Humbert H. Humphrey, then Vice-President of the United States of America, said:

«Improving and expanding participation in sports activities is a problem of significance for all Americans. The solution will depend in large measure upon an ample supply of well-trained and enthusiastic physical education instructors and sports leaders. More and more boys and girls must be exposed to good instruction under proper supervision. The base must be broadened by providing more opportunities for more young people to enjoy sports experiences and to develop sports skills».

Merrit Stiles, M.D., the Chairman of the Conference and the Chairman, at that time, of the United States Olympic Development Committee said:

«While our primary goal, and the justification for this conference, is to improve the performance of the United States athletes in Olympic competition, the broad programs envisioned will produce additional benefits to the nation, through increased physical activity on the part of thousands of individuals. We hope that this increased activity will carry over into later years».

Repeated emphasis was given to the point that sports programs for the enrichment of life and for the enhancement of the school experience are worthy of organization and financial support. The primary purpose of sport is for the individual. The secondary point was made that:

«It is axiomatic that, if there is going to be an average of one outstanding player per 1,000 participants, you are going to have five outstanding players when there are 5,000 participants. Hence the development programs must be broad and must not be restricted to any artificial groupings. Because schools

teach everyone, the schools are one of the best bases for developmental programs»<sup>1</sup>.

In the development program in the United States some sports federations or associations staff and finance for part time or full time administration. An example of a fairly recent development is with the United States Ski Association in the appointment, in 1965, of a full-time director who works with clubs, gives direction to existing programs, and expands and develops new programs for youth, for potential participants and for promising competitors.

The description of a typical program in development has recently been distributed by the USOC as a news release.

«Forty-four outstanding basketball players have been invited by the U.S. Olympic Committee to participate in a three-week intensive training program, July 5-26, at the U.S. Air Force Academy, Colorado. Following the training period 12 players will be chosen for an exhibition tour to meet the leading teams in Eastern Europe and the Soviet Union.

The players were selected from colleges, junior colleges, the high schools and Armed Forces. With an eye on preparations for the Pan-American Games next year and the 1972 Olympic Games the USOC selection committee headed by Henry Iba only considered those college players who were either freshmen or sophomores.

Henry Iba, retired Oklahoma State mentor, who is 1972 Olympic coach along with head Pan-American Games coach Jim Gudger, East Texas State, will oversee the coaching of the training camp.

The 44 candidates will be divided into four squads. The head coaches for the respective teams, chosen without regard to affiliation, will be John Bach, Pennsylvania State; Edward Badger, Wilbur Wright J.C. of Chicago; Fred 'Tex' Winter, University of Washington; and Lucius Mitchell, Kentucky State.

Selection of the squad for the tour of Eastern Europe will depend upon the availability of the players for the last three weeks in August, Mr. Iba said.

This is the first time that the U.S. Olympic basketball committee has ever undertaken a separate training camp to evaluate players two years before the Olympic Games, chairman Summers said. He was enthusiastic at this opportunity to expose outstanding players to «International style» basketball in a training camp situation».<sup>2</sup>

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1. — *Charles E. Forsythe*, Director, Michigan State High School Athletic Association.

2. — *United States Olympic Committee NEWS*.

Two additional news releases tell of United States Olympic Development. These programs are for persons who have ability and promise but who are not singled out for Olympic participation.

«TRACK AND FIELD. The U.S. Olympic Track and Field Committee headed by Bob Giegengack of Yale University is instituting a Team Preparation Program under George Wilson of the Department of the Army to provide a special three-week training and development program at six selected college locations beginning July 13. The outstanding men (not selected for international competition), based on 1970 performances, will be chosen in each of the 22 individual Olympic events. The committee is also selecting top notch experienced coaches to work with the candidates.

ROWING. The U.S. Olympic Rowing Committee has designated nine rowing clubs, regionally distributed in the East, Mid-West and Far-West as Olympic Rowing Development Centers for oarsmen seeking places of the USA team in the 1970 World's Championship at St. Catherines, Ontario, in September. This is the first time a development program of this proportion has been carried on by the Olympic Rowing Committee seeking to identify and prime the nation's top oarsmen with a view to 1972»<sup>1</sup>.

Sports development frequently is initiated by a Sports Association. Two accounts serve as examples. In 1959 the National Collegiate Athletic Association added the 440-yard hurdle and the three-mile run as events to prepare participants for comparable events in the Olympics. The United States Team Handball Federation has planned clinics, visitations, demonstrations and films to aid and encourage the development of Team Handball for participation and for competition.

Suggestions have been made and are presently under consideration for the promotion of a summer games program in the off-years when there is not a scheduled Olympics. Under investigation too, are possible summer, or seasonal sports training camps on sites selected for either temporary or permanent location.

A Games Planning Committee is the central authority responsible for the coordination of the activities of the various sports. The over-all direction and guidance for the official U.S. delegation at the Olympic Games is the work of this body.

For «each sport» there is a Sports Committee. The committee members are interested, competent persons who wish to give their attention to the cause of amateur sport. A stipulated percentage of these committee members represent the internationally recognised sports governing bodies.

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1. — News from the *United States Olympic Committee*, Vol. 1, No. 1, p. 3.

Approximately 725 men and women are appointed to 37 Sports Committees to prepare for sports for the Olympic Games program. The appointees represent and serve in 38 different organizations and the four armed forces.

Each of the Sports Committees within the written directives of policy and procedure and under the direction of the Board of Directors and the Games Planning Committee pursues its plan for preparation, competition, selection and recommendation of its members. Each Committee determines the location and time for the scheduling of training periods and tryouts. Additional requisites of attending personnel and needed equipment are determined and requested by each Games Committee.

Each of the Sports Committees makes a plan for fund raising and finance, gaining support and coordinating financial underwriting with the USOC.

The selection of United States participants is based upon competence and not upon influence. In 1952 the United States Olympic team gathered in New York City. The members were addressed by Avery Brundage in the planned program for their leaving for the Olympic Games in Helsinki. Mr. Brundage's words to the team members explain succinctly the nature of the process of selection for representation.

«Not one of you 450 fine young men and women had your place on the U.S. team given to you. Not one of you could buy a place on the U.S. team. Every one of you had to work and train and compete and excel to earn you right to represent the United States on this team».

In the spirit and the practice of equality and through experience the United States Olympic Committee has determined that the only satisfactory method of selecting the teams in the various sports for the Olympic Games is through the tryout method. The 36 individual Sports Committees working with the Games Planning Committee, and with the approval of the Board of Directors plans (1) the schedule of tryouts and other competitions for the selection of athletes, (2) the method of selection, and (3) the final appointment of athletes to the teams.

The tryouts are open to all amateur athletes who are citizens of the United States and who are further eligible under the rules of the International Olympic Committee and the regulations of the international sports federation concerned. The athlete must have won the right to compete in the tryout according to the rules set forth by the Committee for that particular sport and must satisfy the medical requirements.

In the last staging process for final training and assembly of U.S. Teams en route to the Olympic Games the Games Planning Committee completes the arrangements. Reservations and contracts are made, some persons are employed, some persons, organizations or schools make contributions of

time, services and facilities. Housing, hospitality and transportation are sometimes partially paid for by the «host» city in the final pre-Games training and processing activity.

I will summarize the major points about sports development, the United States Olympic Committee and Olympic participation in the United States of America.

1. Sports are part of our educational program.
2. The attainment of personal quality and excellence in sports may qualify one to participate in the Olympics.
3. Selection for the Olympics is premised upon being a citizen of the United States, an amateur in athletics, and a successful participant in official tryouts.
4. The United States Olympic Committee is an autonomous non-governmental body which gains its financial support from contributors and its own related activities.
5. The United States Olympic Committee is the official recognised body in the United States for Olympic participation and it works with the International Olympic Committee and the International Federations or world governing sports bodies.
6. Sports bodies, associations and federations operate independently yet cooperatively within the structure of the USOC.
7. Committee functions are identified yet coordinated in the total work of the United States Olympic Committee.
8. The United States Olympic Committee sustains the International Olympic Committee in its rules for participation and its idealism for participants.

We who are here at Olympia to speak of Olympics centuries after their origin reaffirm our faith in the early idealism, we state our appreciation to the International Olympic Committee for its concept of this present day Academy and we commit ourselves to the continuance of the Olympic ideal.

We express to Lt. - General Th. Papathanassiades, President of the Hellenic Olympic Committee, to Ep. Petralias, President of the International Olympic Committee and to Admiral Panas of the I.O.A. our deep appreciation for their carrying this responsibility which conserves and extends the culture of the Olympics to all people through all time.

For the Olympics there are the well designed buildings, the parade rou-



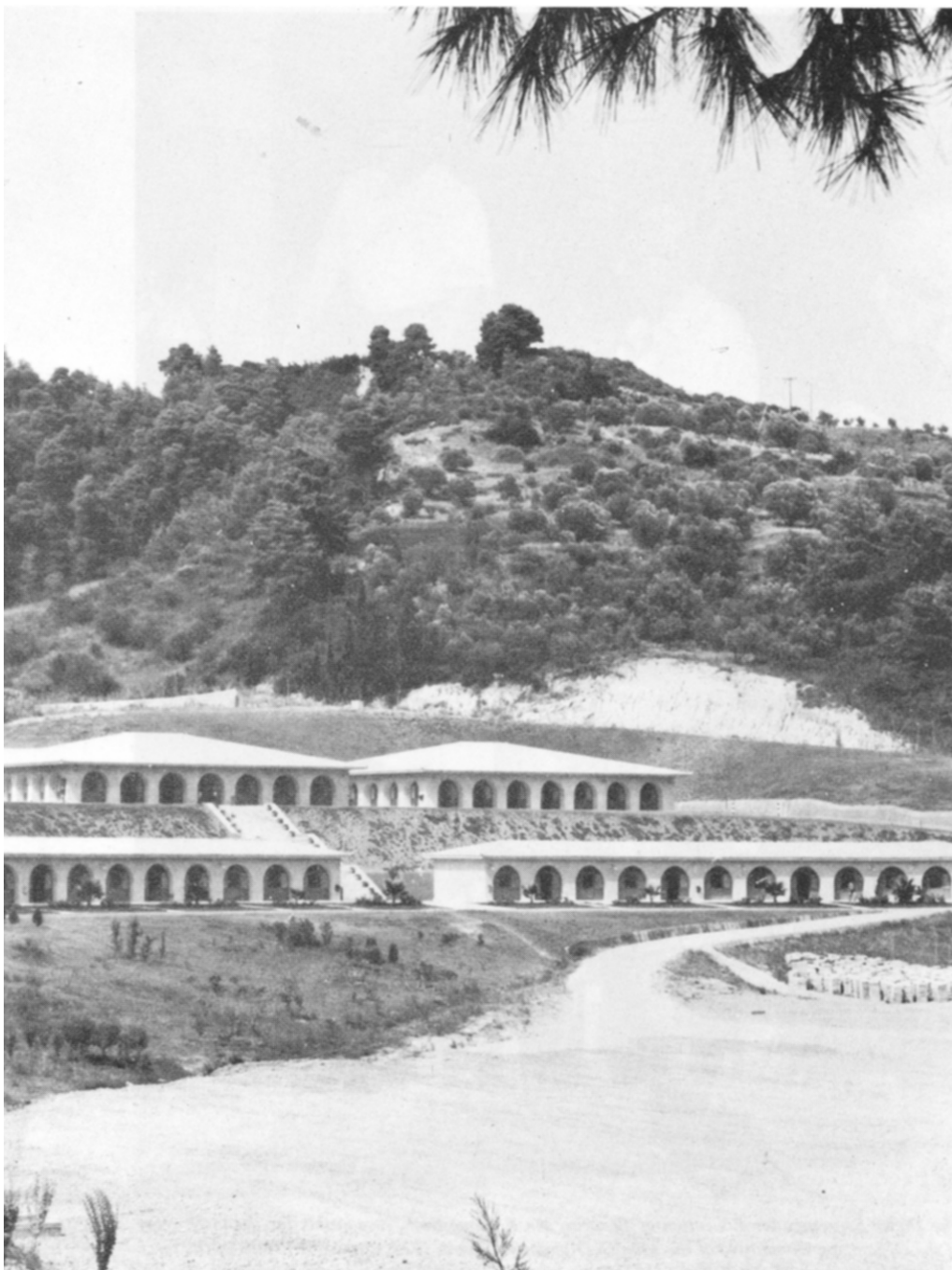
*The President of the I.O.C., Mr. A. Brundage visiting the I.O.A. permanent library which opened on the occasion of the 10th anniversary of the Academy. Visitors in front of the section bequeathed by Ioannis Ketses which constituted the initial part of the library.*



*Meeting at the I.O.A. President's offices on the occasion of Mr. A. Brundage's visit to the installations of the I.O.A. in Ancient Olympia. From right to left: Ep. Petralias (I.O.A. president), A. Brundage (I.O.C. President), Vice-Admiral P. Lappas (I.O.C. Member), in the back Rear Admiral E. Panas (I.O.A. General Director), E. Miropoulos (1st Vice-President of the Hellenic Olympic Committee) and Otto Szymiczek (I.O.A. Curator).*



*General view of the LO.A. installations in Ancient Olympia. Above: The administration offices and*



*the library, the restaurant with the recreation room and the conference room. Below: Living quarters.*



*Dr. Max Danz, Vice-President and acting president of the German Olympic Committee, informs the participants on the progress of preparations for the 1972 Munich Olympic Games.*



*The Under Secretary for Education of Bavaria, Mr. E. Lauerbach, responsible for the torch relay of the Organizing Committee of the Munich Olympic Games in 1972, discussing details of the torch relay with members of the Hellenic O.C. From left to right: Professor F. Lotz, Germany, Mr. Ep. Petralias, Greece, President of the I.O.A., Dr. M. Danz, Vice-President of the N.O.C. of Germany, Mr. E. Lauerbach, Mr. E. Miropoulos, 1st Vice-President of the Hellenic O.C., Mr. Otto Szymiczek, Curator of the I.O.A.*

tes, the many fields, the pennants and the signs which point the way. Willi Daume, President of the German Sports Federation and the German National Olympic Committee, in extending an invitation to Munich says.

«The universality of the games is altogether the best part of them... we would like to offer our guests a festival of surveyable games and human dimensions, to participate in which brings joy and satisfaction».<sup>1</sup>

Let us seek universality and human dimensions and joy and satisfaction as we go to Munich and beyond. There are signs which point the way.

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1. — *Daume, Will*, «Halftime at Munich» Sport 1969, p. 3, President of the German Sports Federation and the National Olympic Committee for Germany, Member of the IOC.



## THE PREPARATION OF WOMEN ATHLETES FOR THE OLYMPICS

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It is prophetic that we meet here in Olympia, Greece, the original seat of the Olympics, to combine in dynamic force our leadership and broad experience in a concerted effort to share in building bridges of knowledge, world understanding and friendships through the Olympic philosophy and spirit.

My specific contribution to building these bridges is sharing with you the ways and means that the United States is developing and preparing girls and women for the Olympic Games.

The success of each country in the world Olympic Games is dependent upon the breadth and depth of their national sports programs, their athletic capabilities, the management of these capabilities, and the skill of their coaches.

First, it seems necessary for me to say that the United States does not have a truly national sports program which is controlled by one national organization or foundation. There is not one organization, either in the private or public sector of our society, responsible for the overall policies, planning, conduct and development of sport activities for individuals of all ages.

The governing of amateur sports in the United States is the responsibility of a multiplicity of independent, private and mostly voluntary associations known as the sports-governing bodies, such as Amateur Athletic Union of the United States (A.A.U.), which governs the following women's sports : basketball, gymnastics, swimming and diving, track and field, and volleyball; American Canoe Association, National Archery Association, U.S. Figure Skating Association, United States Ski Association and the United States Volleyball Association. Most nations of the world have one national federation of sports-governing bodies that concerns itself with the broader interests of amateur sports for girls and women.

The Amateur Athletic Union of the United States is generally responsible for the conduct and development of out-of-school athletic programs for girls and women. Within the educational system there are two associations which are vitally concerned with the development and promotion of girls' sport activities. They are the American Association for Health, Physical

Education and Recreation and the National Federation of State High School Athletic Associations.

Although the complex organization and administration of sports for girls and women may not be noted for its unity, the system does create the necessary opportunities for girls and women who desire to become Olympic calibre athletes. Young girls are exposed to sports at an early age in the public schools and this continues through high school and college. As a result of our present educational system's sponsorship of competitive sports programs, the United States is producing an increasingly impressive number of fine women athletes.

All of the previously named organizations, with the exception of the American Association for Health, Physical Education and Recreation, have annual local, state, regional or district and national tournaments for girls and women. The composite result of each individual's record in most of these tournaments or meets during the Olympiad period, contributes to the final determination of selection of Olympic athletes through their training, conditioning, and multiple opportunities for competition. Each sports group or organization has Pre-Olympic national championships and then the U.S. Olympic Games Committee holds the final trials for selection of the team prior to the departure of the participants to the world Olympic Games.

To do well in the Olympics, it is necessary to give the U.S. girls and women adequate seasoning by having them compete with the leading teams and individuals of other nations in non-Olympic years. In most of the sports the women's teams are now obtaining more frequent exposure than in the past to international competition during the Olympiad period, either by sending the women's team abroad or by attracting top foreign teams or individuals to the United States for competitive meets.

Although the aforementioned ways for preparation of girls and women for the Olympics are a much needed contribution to their training and experiences, there are a complexity of other needs for their development and preparation.

The United States Sport bodies are trying to meet these other needs by special training and conditioning programs. According to O. William Dayton, Head Athletic Trainer at Yale University, «There are as many conditioning programs as there are coaches and trainers. We know that sports, basically, require physical strength, endurance and skills... The individuals who are in good physical condition are the athletes who compose our team today».<sup>1</sup>

Conditioning is preparing the individual, physically and mentally, for the selected activity, such as improving endurance, flexibility, strength, speed, and body control.

Training is generally thought of as, «the process of adjusting to the competitive situation and improving in the skills in which the athlete is to perform».<sup>2</sup>

Often the terms «conditioning» and «training» are used synonymously because both often occur simultaneously. For example, a sportswoman executes a required movement over and over again to increase her skill, while at the same time she automatically improves the muscle tone of her body. Thus, training and conditioning are in simultaneous action.

In the past an athlete's future was thought to depend, to a large extent, upon regulation of food, drink, and sleep. Undue physical activity was looked upon as a possible cause of energy drainage. The tendency today is to place much more emphasis on the need for hard work in regard to producing better performance records, assuming that the athlete has adequate nutrition and rest. It is universally recognized that the powers of the muscular and circulatory systems develop to their highest capacities only through prolonged effort. Look at the records that have been broken over the years. For example, the top United States girl swimmers and runners are faster today than the top men swimmers and runners were at the beginning of the twentieth century. The area of research in sports medicine has contributed tremendously to this fact because it has given us a definite scientific concept of the enormous adaptive possibilities of the body as a result of training.

We also have learned from research in sports medicine that many physiological responses are altered by training and conditioning. Let us look at what research tells us about the need of the female body for extensive training and preparation for national and international competition.

Lucien Brouha, M.D.<sup>3</sup> has informed us that as a result of training, the improvement in each bodily system is of the order of 25 percent or less ; however, when combined together, all of the effects may result in an improvement of the total performance which may be as high as 100 percent. Dr. Brouha gives the following principal changes in the body, which are produced by training :

1. An increase in the strength of the muscles and improved neuromuscular coordination.
2. A greater mechanical efficiency as measured in terms of lower oxygen consumption for a given amount of work.
3. A greater maximum oxygen consumption.
4. A higher maximum cardiac output with less increase in pulse rate and blood pressure during submaximal exercise. This greater efficiency of the heart enables a larger blood flow to reach a higher level of performance.
5. Improved pulmonary ventilation permitting adequate oxygen and carbon dioxide exchange for lower energy expenditure of the respiratory pump.

6. Quicker recovery in pulse rate and blood pressure after submaximal exercise.

Considering these physiological effects of training, it is essential that the performer be 100 percent fit when preparing for an athletic event. General fitness is the foundation on which the structure of technical skills can be built.

According to Forbes Carlisle\* the following principles should be employed in the best training methods :

1. The training load must be severe and must be applied frequently enough and with sufficient intensity to cause the body to adapt maximally to a particular activity.

2. Individuals react differently to the same training load. The most important consideration must be how the individual is responding to training — without strain or whether his body is slowly losing its capacity to adjust itself. Therefore, training will always be an individual problem. There are many factors which should be taken into account in drawing up a detailed schedule. Some of these factors include age of athlete ; time spent at every day work and studies; athlete's physical make-up; time available for sleep and rest; training facilities available, etc.

3. Exercises involved in training are only one of a number of stresses acting on the athlete. All stresses must be considered when appraising the effect on training. Psychological factors are very important in training also, because emotional conditions affect bodily functions and can be powerful agents of stress.

4. Too much stress on the individual causes strain, and strain lowers the performance level. The signs and symptoms of strain are many and varied. Some can be felt and thus appreciated by the performer. Others can be measured.

5. Recuperation periods are essential both during a single training session and throughout the year. Rest, with consequent physical and mental relaxation, must be carefully blended with doses of exercise. A rhythmical cycle of exercise and recuperation should be established both within individual training periods and week by week.

6. Training is specific. Although there is a certain amount of carry over, as a rule the best training for a particular sport is not of much use for another. Thus, swimming training will not help the high jumper — nor will fencing help basketball players. Carrying this concept further, we find that within a particular sport, training is specific. For instance, sprinters do not follow the same training pattern as middle distance runners. Every event requires special preparation.

7. Strengthening and flexibility exercises are very beneficial. These two types of training, carried out mainly in the off-season, should be carefully

designed and directed at specific groups of muscles and joints.

Looseness and a high degree of flexibility means freeflowing movements. It is now clearly established that great strength, brought about by resistance exercises improves performance in many fields. Scientifically designed weight training with appropriate stretching exercises, will not slow the sportsman or cause a «muscle bound» condition, nor will they cause bulging muscles in girls. I have found that girls working on a progressive resistance exercise program could increase their strength 43 percent over a five-week period without any noticeable changes in the sizes of their muscles.

8. Interval training is one of the most important individual items in the modern training schedule. This consists fundamentally of rhythmically carrying out an activity from 30 seconds to 1 minute at fairly intense effort (but not all-out). Each exercise period is followed by 10 seconds to 2 minutes of slow recuperative activity.

9. Nutrition plays a major role in physical performance. The first requirement in diet is a good variety of foods with as many as possible in their natural state.

Brouha<sup>3</sup> gives an excellent summary of the physiology of training, including a consideration of age and sex differences; Dr. Brouha states, «To become a champion implies innate capabilities, mental and physical, that are developed to superior level by adequate training and permit outstanding performances in a particular field of athletic activity».

Skubic and Hodgkins<sup>5</sup>, in a study, measured resting pulse and pulse rates after one, two, and three minutes of a standard exercise. Among their subjects were girl swimmers age 11-17 who were training three to five hours a day. They found no difference in resting heart rate after one minute of exercise between these and untrained subjects. By the second minute of exercise, significant differences were found and the difference increased after the third minute. Training rather than age was the significant variable.

A report by Ernst Jokl<sup>6</sup> concerns Swedish girl swimmers 11-18 years of age. Four leading club teams were studied. The girls who trained the hardest (averaging nearly 30 hours per week, with distances of over 60,000 meters) won the most medals and showed the greatest intake. He notes that in most of the girls, puberty had occurred early. Further, all competed during menstruation.

A significant fact is that all women champions have participated in sports of all kinds during menstruation. Actually, women champions cannot escape participation in sports during the menstrual period if they are going to become champions. Klaus and Noak<sup>7</sup> in their research on women athletes performing before, during and after the menstrual cycle, noted that differences appeared consistently throughout the study. The best performances in all cases occurred in the post-menstrual and the poorest in the premen-

strual period. They also discovered that regularity of the menstrual cycle is a reliable indication of a good training regimen and that irregularity is a sign of too great stress.

It is interesting to note that starting with the 1960 Rome Olympics and in each successive Olympic Festival there has been a noticeable gradual increase in the number of younger girls entering international competitions. Although to-day there is no recorded research on the menstrual cycle, of young girl champions in their early teens only, it is reasonable to assume that the rhythm of their, menstrual cycle remains normal, otherwise, they would not be able to perform well consistently.

For example, 16 year old Cheryl Toussaint, member of the Brooklyn Atoms Club, recently set a world indoor track record for 600 yards and she had previously upset an Olympian, Madeline Manning, twice. It all started when she was thirteen years old and entered a 100 yard race. Her natural talent was evident and Fred Thompson, the Atoms Club Coach, invited her to join the club. In her own words, «I first learned to jog, then to exercise, and then to run six days a week». Last year Cheryl made the United States team for meets in Europe. Everything she does now points toward 1972 and Munich. Her quest for a gold medal begins anew every morning at 6:30 a.m. with an exercise program. To school at 7:55 a.m. She returns home and does her homework, then at 6:30 p.m. she is at the high school gym, running around the circular track for the remainder of the evening. On weekends, she is with her team, participating in track meets. Cheryl and many young teenage U.S. girls like her, who have courage, determination, and great talent, are now following a disciplined daily regimen of training and conditioning in their chosen sport. The great driving force is the burning desire to be one of the chosen few to make the 1972 Olympic Team.

As the time draws nearer to the 1972 World Olympic Games, interest begins to intensify, and with the help of their coaches, young athletes become hopeful of the possibilities of setting new records and executing more remarkable performances. With constant new training techniques being introduced, with research giving more specific clues and with many more girls and women joining the ranks of competitive sports annually, it is a foregone conclusion that these possibilities exist.

As all sports continue to gain in popularity in the United States of America, the base of amateur sports for women grows in breadth, and as a result more champions emerge at the top, which forces them to extend their abilities even further than heretofore.

Also, research demonstrates that the optimum age to start training young girls in sports is in early adolescence in order to procure the greatest results. For example, Astrand's<sup>8</sup> research on successful girl swimmers shows that intensive training is most effective in increasing aerobic capacity if given

during their early adolescent years. In addition, this study also indicated that training produces the greatest increase in endurance at the ages of 14 and 15 years. It was noted that when intensive training continued beyond 15 years endurance began to decline.

This trend of having younger U.S. girls successfully competing in swimming events has been in evidence at the national and world competitions for the past eleven years.

In the United States the training and competitive sports program most responsible for this emphasis on younger competitors is the Amateur Athletic Union's Age Group Competitive Sports Program in swimming, gymnastics, diving, track and field, which is generally divided into four age divisions : Midget (10 and under) ; Junior (11 - 12); Intermediate (13- 14), and Senior (15- 17). The age divisions differ slightly from sport to sport. Each year local, state, regional, and national championships are held in the age group competitive sports program of the A.A.U.

Thousands of girls have also been given the opportunity to compete in sports through another program of the Amateur Athletic Union which is called the Junior Olympic Program. Basically this program provides the same types of competitive experiences as the age group sports program and most of the young competitors actually participate in both programs.

In swimming, among the outstanding girl participants who were formerly in this program and became internationally famous, are : Cathy Ferguson, back stroker; Sharon Stouder, butterfly stroke champion; Donna de Verona, individual medley star; Chris von Saltza, triple gold medal winner 1960, and in track and field Cynthia Wyatt, shotput-discus champion; and Eleanor Montgomery and Estelle Baskerville, high jumpers.

All of the above named Olympic athletes were also former competitors in the A.A.U. Junior Olympics Program, and each belonged to a sport club in their town or city, and, therefore, had their own special coach who was largely responsible for their ultimate triumphant success in regional, national, and international competition.

Since 1964, preparation for future Olympic Games has also included the further training of public school and college physical education teachers and coaches in the latest methods, skills and techniques of instruction. Five national Institutes On Girls' Sports, with emphasis on coaching and officiating, have been held in different areas of the nation. After each Institute the participants returned to their home state charged with the responsibility of organizing sports workshops and, through them, trained all of the teachers in their states in the Olympic sports. As a result of the national Institutes thousands of teachers and coaches have had the opportunity to become master instructors in the following sports : gymnastics, track and field, kayaking, fencing, diving, skiing, figure skating, basketball, and volleyball.

Since more than 110,000 instructors have attended these Olympic Sports Institutes or state workshops, more than 3,000,000 school girls and college women have benefited through the accelerated school and community athletic programs.

We are now having a positive impact from the results of the five Institutes. More young girls today are interested in highly competitive Olympic sports and more are competing on a regional and national basis. Thus, the base of Olympic sports for girls and women in the United States has been broadened, with the hope that many more highly skilled competitors will emerge for the 1972 Olympic national tryouts.

All of the aforementioned methods of preparation, i.e. scientific training, conditioning, and applied research are used within the framework of the unique requirements of each Olympic sport. In addition there are other kinds of preparation which apply specifically to some of the sports. I will present each one separately.

### *Archery*

United States has developed very sophisticated modern archery equipment which has contributed tremendously to the wide-spanned interest and development of the sport.

Many high schools throughout the nation offer archery as part of their physical education instructional program. The students who achieve high success by becoming top archers in all four high school grades are qualified to compete in tournaments other than entirely school related competitions. Some contests are in the form of mail tournaments in which they send their score results to a predesignated headquarters and the scores are compared with scores from other competing teams or clubs in order to determine the winners. In this case they shoot the designated rounds on their own school archery range under the prescribed tournament conditions just as if they were competing in the presence of other teams. All rules and regulations are carefully followed by all entering teams. Mail Tournaments can be administered within a state district level, or on a state, regional, and a national level. A mail tournament eliminates the excessive travel expense, yet offers the competitive challenge and satisfaction.

Other top competition opportunities available to high school students are league tournaments, state high school tournaments, and state open (indoor and outdoor) tournaments. Finally, the top four archers from the state tournament are eligible to go to the national Archery Tournament.

The same general tournament plans and opportunities are available to all University archery students. Most of the universities and colleges in the nation offer training and tournament experience opportunities in archery.

In many colleges the instant-replay video tape recorder is used to teach archery plus the use of excellent loop films and movie films. Video tape gives the archer excellent opportunity to view his form immediately on the TV Monitor and to make the necessary form adjustments on the spot. The use of this training technique has contributed greatly to the increase of the skill of prospective college archers who are eager to try out for the international teams and Olympic Team.

Clinics of all kinds throughout the United States and Canada dealing with training and equipment preparation are being held to improve the technique of most coaches.

Every summer a ten-day national archery instructor's course is given at an archery camp which is certified by the National Archery Association and recognised with college credit by many colleges in the country. The instructors receiving this training go back to the public schools and colleges fully equipped for coaching the sport.

Now that archery is an accepted Olympic Sport there is an increased national interest in it and I foresee a significant upsurge in greater interest by youth and adults throughout the world.

For example, 27 nations participated in the 1969 World Championships which were held for the first time in the U.S.A.

### *Basketball*

The training and conditioning of basketball players is similar to other team games. One training technique used, not mentioned previously in this lecture, is *Fartlek* which is used to develop a player to her greatest potential. *Fartlek*, a Swedish training and conditioning exercise, is employed daily in the training regimen of the performer. The term *fartlek* translated means «speed play» which refers to the activity of jogging alternately with brief fast sprints and with periods of fast strides. The pace variation is changed by desire of the runner. At the beginning of *fartlek* training the three running paces are executed without strain on the individual but gradually the sprinting and striding phases are increased to a demanding level. Only purposeful «overload work» will produce the physiological building-body results.

A basketball training camp is held twice during the year and the girls demonstrating the greatest potential and skill in tournaments throughout the country are selected for this concentrated program. During the summer training period, girls who are sound in basic skills, techniques, team plays and have the necessary psychological mind-set to cope with varied conditions are selected to play in the international summer tournaments and later for the 1972 Olympics.

## *Canoeing and Kayaking*

Miss Sperry Rademaker, Member of 1964 and '68 Olympic Canoe Team, has stated, and I quote, «Ever since American girls won a silver and bronze medal in Tokyo, 1964, canoeists in the United States have been trying to match their success. Most American paddlers have not been exposed to scientific coaching». She volunteered the following information :

The past few years have produced encouraging trends which is improving the overall quality of paddling. One of the primary innovations is the establishment of an age group program which comprises three age levels. They are Juvenile (15 and under), Junior (16 and 17), and Senior (18 and over), plus an intermediate group for beginning paddlers over 18. The junior group especially contains many promising future skilled paddlers.

The establishment of a monthly News Bulletin by the National Paddling Committee which is designed to inform all paddlers of races and results, articles on training, diet, techniques and new creative ideas is contributing greatly to the development of the sport.

Paddling clinics are held throughout the year, designed to acquaint both coaches and paddlers with new methods and ideas on techniques and training. For example, a national Christmas Olympic Development clinic was held in Florida with 52 paddlers in attendance. The clinic lasted for six days and was divided into paddle technique sessions, exercise periods, evening lectures, and training aids. The most simple aid introduced was a paddling board which can be used either in or out of water, with a large mirror at the end, so a paddler can simulate his stroke without tipping while simultaneously watching his own paddling movements. At the same time, his teacher can actually manipulate the movement of his pupil's arms and legs in the correct synchronized pattern. The paddling board is also used for actual training and conditioning work in a swimming pool during the winter months.

Another interesting teaching technique used is the instant reply video tape recorder. Paddlers paddle in front of the camera from various angles, and then while still in their kayaks, they analyze the reply of their performances on the TV monitor which is located on the dock. Errors are corrected immediately following the viewing by paddling again.

Perhaps the most important innovation used is a special camera which photoes very slow motion movies at 64 frames per second. Movies are photoed of the paddlers from both sides, front, back and overhead. Tracings of individual frames are then transferred into a composite drawing, so that the total range of movements can be seen on a single sheet of paper. Dr. Stan Plagenhoef, Professor of the University of Massachusetts created this innovation. The purpose is to find the common points of similarity among

the best paddlers, concentrating on symmetry and general efficiency. By using a computer to analyze the forces at various joints, he can determine the most efficient technique for various paddlers.

An additional preparation for the Olympics has been introduced this year in the form of an open regatta in which members of various clubs throughout the country may race together in the same boat if they wish to do so.

Up to the present time, many of the best paddlers in the country have not had the opportunity to paddle with each other, so there has been little opportunity to secure the best team combinations for international competition. The open regatta is solving this problem.

Another significant motivating factor is that the United States, for the first time, plans to send a full team to the World Championships in Denmark.

### *Fencing*

Performance in fencing, according to Jan Romary, Member of U.S. Olympic Fencing Committee, is purely a combat sport in which results are recorded in terms of the number of opponents defeated. Unlike other combat sports, such as boxing and wrestling, the elements of technique, and especially experience, play predominant roles. This is the reason why the world's best performers are often able to continue to be medal winning champions at an age when in most other sports a person would have ceased to compete. The preparation program proposed by the U.S. Olympic Fencing Committee for the 1972 Olympic games consists of the following elements :

1. A program of daily physical conditioning, training, lessons and participation in designated domestic competitions tailored for each candidate after consultation with the individual fencer and his coach.
2. Establishment of summer training camps during 1970, 1971, and 1972.
3. Participation in appropriate divisional, sectional and national fencing championships for each year.
4. Participation in the 1970-71 World Championships and World University Games.

### *Diving*

Diving has enjoyed a great surge of growth in the United States in the last few years and as a result many women divers compete for a berth on the U.S. Olympic team. In the preparation of skilled divers the coach sets up a daily schedule of stretching and flexibility exercises plus constant drill on performance of her dives which will be executed in competition.

Often the trampoline is used in training programs because it provides the diver with quick physical conditioning and development of endurance. Also the diver can learn certain diving techniques and body mechanics much

faster on the trampoline than on the diving board. It encourages versatility, develops courage and self-confidence. The trampoline provides the diver with the opportunity to learn and try very difficult dives aided by safety apparatus which reduces the chance of injury to a minimum.

State, regional, and national senior diving championships for women are held annually under the auspices of the Amateur Athletic Union, the High School Athletic Association. Many clubs also hold meets with other clubs throughout the nation. Also there is a well-established A.A.U. Junior Olympic Diving program which holds annual district and national championships for girls. The age group divisions for the junior competitions are 11-12 age division, and the 13 - 14 age division.

### *Figure Skating*

Because of the tremendous expense involved in the many years required to produce a top flight figure skater only a relatively few are able to achieve national renown. Figure skaters are usually products of one or two coaches, plus the financial support and deep interest of parents. A daily arduous regimen of specific routine exercises, basic repetitive drill of figures and the creation of a solo routine is the general pattern followed for preparation.

Mr. Brooks Stewart, Secretary of the United States Figure Skating Association, submitted the following information on competitions :

«In figure skating three Regional competitions are held annually in each of three Sections of the U.S.A. (Eastern, Midwestern and Pacific Coast). At the Regional level there are five classes of girls. They start at the Juvenile level for those who have passed their 2nd Test only and are under 13 years of age and include progressively Intermediate, Novice, Junior and Senior classes. The qualifications for each class are the passing of successively higher tests and/or winning in the lower class the previous year. The Test program is a very elaborate one that is carried out in all of the clubs throughout the year. There are nine tests based on forty-odd increasingly difficult figures and include free skating in the 6th, 7th and 8th or Gold Test. All serious figure skaters are urged to practice and most take lessons from one or more professional coaches. The goal is always to increase one's skill enough to pass the next higher test.

The first three in each class of the Regional Competitions qualify for their Regional Competition given about a month later. The three top skaters in each class in the Regional Competition go on to the National Competition a month or so later. From the winners of the senior events at the Nationals, the team is selected which is to be sent to the World Championships and/or the Olympics.

Because there are many ice rinks across the country and most have Unit-

ed States Figure Skating Association clubs that organize figure skating activities in that rink, we have a broad base. Most serious skaters skate in such rinks a minimum of 20 weeks a year and the average among competitors is probably in the range of 40 - 50 weeks per year. This is necessary because the sport is one of the most demanding in terms of neuromuscular control».

### *Gymnastics*

As mentioned before, competition in gymnastics for girls and women is through the Amateur Athletic Union's age group program and senior competitive championships. Also, the United States Gymnastics Federation offers many opportunities for training and competition. Both organizations have state and regional organizations promoting the sport extensively. The Amateur Athletic Union holds the National Junior Olympic Championships and Senior Championships in gymnastics annually and this year's championships demonstrated high quality and quantity of superior talent in the nation. The United States Olympic Gymnastic Committee will hold the Olympic trials for the selection of the 1972 Olympic Team a few weeks prior to the departure for Munich.

The U.S. Gymnastic Federation publishes a very informative Newsletter which contains the latest on new teaching techniques, aids and creative ideas for motivating the sport.

It is necessary to mention that all champion calibre girls usually have their own private coach and each girl's program is developed according to her individual needs by her coach.

### *Skiing*

The national ski training program for girls and women functions on the squad concept, according to Martin G. Hall, Coach of the U.S. Women's Crosscountry Ski Team. A team of six girls, 3 juniors (18 years and under) and 3 seniors were selected for the 1970 world championships. The first five-day national camp was held in May 1969 in Steamboat Springs, Colorado. The program consisted of technique work in the morning on snow with the aid of a wide tape recorder. In the afternoons strenuous physical exercise was required for two hours in the form of soccer, dryland training, gymnastics and some modern dance. All of the national squads were present. The excellent administered camp program set the pace for the remainder of the year. Following this camp several regional training camps have been held for the duration of three days.

Last November another six-day camp for girls was held at Winter Park, Colorado and again during Christmas holidays for seven days of training. Following three days of rest the tryouts were held for the European contests.

Plans for 1970-71 include the selection of an *A* squad of eight members, seven seniors and one junior. The senior girls are selected because they are generally stronger and more dedicated to the sport. Also selected is a *B* squad of seven members which consists of all juniors. By selecting all juniors for the *B* squad the younger girls are automatically motivated to want to improve in the sport.

All girls in the skiing preparation program receive a training log which provides them with a vehicle to record their training, goals to be achieved, and to check what has been accomplished over the past two years.

Another training camp is scheduled for the first week in July with emphasis on actual involvement in all possible ways to improve such as weight, lifting, bicycle riding, hiking, tennis, soccer, swimming, roller skiing, running, hill running with poles and arm bands, gymnastics, track and field events. Attendance will be required for the *A* squads and the *B* squads are invited if they wish to attend.

Training from July to December will be divisional with stimulation from the national program to make sure that there are camps held in the four major divisions of the United States.

Also periodic Newsletters are mailed to the girls which contribute greatly to their motivation.

The girls have to take a training development test every three weeks and report their results to the U.S. Ski team office. The test consists of the following items which gives the national ski coach a fairly accurate measure of their physical condition.

1. Number of push-ups in 30 seconds
2. Number of sit-ups in 60 seconds
3. Number of pull-ups in 30 seconds
4. Number of miles they run in a 15 minute period on a 1/4 mile flat track.

Next December a 7- 10 day racing camp will be held. The program will consist of short races every day in a different town. The girls will learn to travel while racing, and travelling is one of the problems when going to Europe. A video tape recorder will be used during the races which gives the opportunity to work on techniques simultaneously.

Four girls will be selected to compete in European races which will be held in February and March, in Finland, Sweden and Norway. It is hoped that they will be able to compete in a total of 17 races while abroad. There is also a plan to bring the Scandinavian girls to the U.S. next December and January. They will attend the eight divisions competing in races and giving ski clinics throughout the U.S.

Japan is planning to hold a warm-up competition in 1971 and the U.S. Olympic Ski Committee plans to send at least one girl to these races. The national squad will attend the 1971 week-long national championships. The Olympic training squad will be selected following the national championships. This squad will then train for the tryouts for the Olympic team which will be held December or January of the 1972 Olympic year.

In Alpine skiing a similar program to cross-country skiing is followed for training and conditioning of the racer. In slalom training the purpose is to prepare the racer in reflex and techniques so that he can perform under all conditions and course variations in competition. A properly set slalom course is by far the best coach for advanced skiers and no amount of verbal coaching can substitute for training on a variety of well set courses. Training sessions are held under race-like conditions and all types of courses and terrain variations are used.

Training sessions for young racers are divided in half-sessions. The first half is on techniques and the second part of the session is on gates. Keeping the young racer active is the secret for full development into a competitive racing class. Hand drills, dual slaloms and frequent time trials are all methods used for keeping the training interesting and varied.

An Alpine training camp is held during the ski season for the advanced skiers where training on the slalom courses is intensified and extensive.

During the ski season the competitors are encouraged to maintain their own exercise program such as rope skipping, stretching, and strengthening exercises.

### *Swimming*

The development and preparation of women swimmers for Olympic competition takes place primarily in two very significant programs, according to Dr. John Bogert, Chairman, U.S. Olympic Swimming Committee. There are, (1) The Amateur Athletic Union's Age Group Competitive Swimming Program, and (2) The A.A.U.'s National Senior Championship Program. Because I have previously briefly explained the age group program to you, I shall now describe the second program only.

The A.A.U. National Senior Championship Program is one of the very high level competitive efforts without regard to age. The stimulating effect in this program is that national individual and team championships are determined in this competition, which allows athletes in a distinctly individual sport to feel a part of a group attempting to achieve a goal. Usually it is the dream of every young age group competitive swimmer to someday be allowed to compete in a national senior championship. A particular level in terms of time standards is necessary for an individual to achieve in order to compete

in the national championships, therefore, most young age group swimmers always have this goal in mind. Especially if the girl is associated with a team, she often becomes very dedicated and determined to achieve the time standard necessary to compete in the national championship for her team. It is on this high level that swimmers, who have been developed and nurtured through the age group program, become familiar with national calibre and world class swimming competition. Sometimes there are young girls, 12 and 13 years of age, who have achieved the required time standard and are competing in the Senior Championships. On this championship level they have opportunities to become national champions and this leads to their participation in the Olympic trials, which are held usually one month prior to an Olympic games.

### *Volleyball*

Sharen Peterson, Member of the U.S. Olympic Volleyball Committee, presents the following information in preparation of women for participation in the Olympic Games. She has divided the program of preparation in volleyball into 4 phases.

The first phase of preparation and qualification for the 1972 games is international competition. This September the United States will send a team to the World Games in Bulgaria. In 1971 the United States women's team will compete in the Pan American games. The Olympic Volleyball Committee will select a squad of 18 - 24 players. As soon as team members are selected, phase 2 of the planned program-will begin.

The second phase of preparation will be general conditioning of the individual players. This will include long running, sprinting, exercises and a possible weight lifting program.

Phase 3 will start when all of the candidates meet at a designated training site. During the training camp, the general conditioning program continues plus work on individual techniques and skills. For example, the practice periods will consist of drills on passing, bumping, setting, spiking, blocking, and digging. There is a great amount of skill analysis in this phase and a video tape recorder with a TV monitor will be used extensively.

Phase 4 will take place when the squad has been reduced in number of members. The main emphasis will be on team strategy and teamwork with some time spent on individual techniques and emphasis on intrasquad scrimmaging.

The final phase of preparation will take place in Munich with practice matches against other countries prior to the official opening of the 1972 Olympics.

In conclusion, the positive results of preparation of women athletes for

the Olympics is dependent on six significant factors. These factors must be nurtured and fostered to full development in preparing women for Olympic competition. The United States is doing exactly that. These six factors are :

1. The progressive increase of the work load. Training must be consistent with sufficient intensity to cause the body to adapt to its maximum physical possibilities, without undue strain or stress.
2. Training must be specific and fulfill the needs for each sport.
3. The mental attitude of the athlete must be developed to a superior level through adequate training in order to foster outstanding performances in a specific endeavour of athletic activity.
4. The choice of the best master coach for the Olympic sports teams. The coach's personality, leadership ability, experience and training is a governing factor in the ultimate success of each Olympic contender.
5. The development of courage, control, perseverance and a high tolerance level to endure strain of effort.
6. The adherence to a healthful regimen which is based on scientific findings and adapted to the specific needs of the athlete.

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THE CONTRIBUTIONS OF THE  
FEDERAL SCHOOL OF GYMNASTICS  
AND SPORTS TO THE PREPARATION OF  
OLYMPIC ATHLETES IN SWITZERLAND

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Part 1 : The School

Part 2 : The Contributions

Part 3 : Personal Remarks

Part 1 :

***THE SCHOOL***

To start out, let me explain what the Federal School of Gymnastics and Sports is and how it works.

On March 3rd, 1944, the Federal Council (Bundesrat, Conseil Fédéral) decided to build a Federal School of Gymnastics and Sports. At this time — it was during the Second World War — all sports activities in Switzerland were very much seen under the idea of physical preparation of the young Swiss men for their military service. Knowing this, you will not be surprised that the Federal School of Gymnastics and Sports was directed by the Ministry for Defense; but perhaps it is a little surprising to you that it still belongs to this Ministry. Let me give you an explanation. In my opinion sport had, and still has, two main origins : In a more nationalistic way, physical education prepared us against aggressors, and, in a more individualistic way, sport is leisure activity. In wartime more emphasis will always be put on the nationalistic view of sport (flags and nationalism will always play an important role). A problem is the lack of a Ministry for Sports and for Education in Switzerland—education is administered by the cantons and communities; that is why we have almost as many educational systems as we have cantons !

The School is situated at Macolín above Bienne at an altitude of over 900 meters. Bienne is an industrial, bilingual (French and German) town of approximately 65,000 inhabitants, situated on a lake of the same name.

You may have noticed in the Proceedings of the 1969 session of the Olympic Academy that the design of the Federal School of Gymnastics and

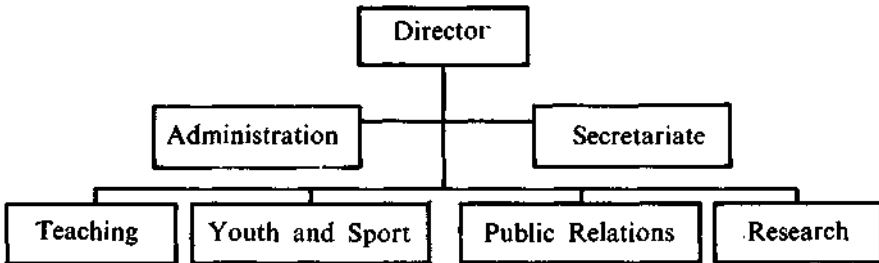
Sports was awarded the 2nd prize in the 1948 Olympic architectural competition.

*Tasks of the Federal School of Gymnastics and Sports :*

On one hand, Macolin is an Administrative and Teaching Centre, dealing with all sports problems related to the Confederation, and on the other hand, Macolin is a Training Centre for all Swiss sports associations, offering facilities in the form of training camps, courses of instruction etc.

Many of the sports installations, e.g. the Tartan track and several bungalows, are gifts donated by the Swiss Sport-Toto-Company, a soccer-(Football)-betting concern.

Let us have a look at the different departments :



*Youth and Sport*

The department of Youth and Sport directs the voluntary sports education after secondary school. Youth and Sport was established by the Government during the war in order to prepare the Swiss boys for their, military training. (As we know, the ancient Olympic movement partially had similar roots).

It took us several years to change the Youth and Sport program into what it will be next year : a chance for boys and girls between the ages of 14 and 20 to obtain a free sports education. This new program will offer instruction in practically all sports — in any case all Olympic sports. Very soon — in September of this year—the Swiss people will vote on this proposed plan, and the chances of it being passed are high, even though women are still kept from voting in federal affairs.

To administer and direct this Youth and Sport program in connection with the directors of the cantonal Youth and Sport offices is one of the main tasks of the Federal School of Gymnastics and Sports.

*Teaching*

When the Federal Council decided to build a Federal School of Gymnastics and Sports, one of the main reasons was to have the facilities to pre-

pare instructors and their assistants for the Youth and Sport program. The Teaching Department of the School trains these future instructors and assistants in one or two-week courses.

In addition, there are courses for cadets of the medicine corps and for army instructors and a six week summer course for physical education students from all the Swiss universities.

Macolin also has its own four semester course for physical education students. Every two years approximately thirty students enrol for this course which is also open to foreign candidates (we have a former Macolin student from Great Britain here with us at the Academy). The diploma which the students receive here at Macolin is not a university degree because Macolin is neither a university nor a college.

The staff of the Teaching Department — approximately twenty teachers — is in charge of all technical sports instruction given in the various courses.

#### *Public Relations*

This department is mainly in charge of editing and publishing our journal called «Youth and Sport» in French, German and Italian versions. It also takes care of all other publications. The School library belongs to the same department.

#### *Secretariate*

The Secretariate studies the problems arising in sport, as far as these are concerned with the Government. It advises the Federal Council and elaborates all regulations and laws.

#### *Research*

The Research Department undertakes research work regarding physical education (biology, medicine, psychology, sociology and construction of sports installations).

## Part 2 : *THE*

### *CONTRIBUTIONS*

Recreational sport and high calibre Olympic sport have some common points. From the very beginning, the Federal School of Gymnastics and Sports has in one way or other dealt with high calibre sport — but never exclusively.

In Innsbruck in 1964, Switzerland — well known for its famous ski

resorts — did not win a single Olympic medal which was upsetting for many people. Fortunately in Tokyo, we got an unexpected silver medal in judo and a fortunate gold medal in equestrian sport.

Innsbruck was almost forgotten...

However, a few members of the Swiss Olympic Committee, and especially Dr. Wolf — he was at this time head of the Teaching Department, today he is director of the Federal School of Gymnastics and Sports — tried to convince people that taking part in the Olympics is fine, but winning medals is much better.

In 1966, the Swiss Committee for High Calibre Sport (Comité National pour le Sport d'Elite = CNSE), with a fulltime technical director, was established. The purpose of this Committee was and still is to find ways which enable Swiss athletes to compete with top-class athletes from other countries... or more directly : to win Olympic medals.

It is formed by the representatives of the different and independent groups which form the Swiss sports structure (see enclosure), the Sport - Toto, the ANEP (Association Nationale pour l'Education Physique), the SOC (Swiss Olympic Committee), the ETS (Federal School of Gymnastics and Sports).

Since the CNSE exists in Switzerland, there is much speculation, especially among the public, about the contributions the Federal School of Gymnastics and Sports should or should not make to the field of Olympic sport.

Let us have a look at the different departments : «Youth and Sport» and the «Secretariate» are not really concerned with Olympic sport.

### *Teaching*

The Federal School of Gymnastics and Sports is regularly offering its staff and its installations for preparatory camps of Olympic athletes of the different Swiss sports associations. Some Macolin teachers are responsible for the training and coaching of different national teams (platform diving, volleyball, skijumping) in their freetime and without payment. Three teachers — paid by the Government — are totally occupied with national teams (gymnastics, alpine skiing and track and field). In April, 1969, the School started — in cooperation with the CNSE — a two-year part-time course for outstanding coaches. Fourteen coaches have enrolled and they are expected to coach until 1976. For several years, a coaches' forum with approximately seventy participants has been held every autumn in Macolin, with the purpose to inform and instruct the coaches of all the Olympic sports associations.

### *Public Relations*

Each issue of the journal «Youth and Sport» has an annex entitled «Train-

ing — Competition — Research». It is dedicated to questions of competitive sport.

### *Administration*

One of the first actions of the CNSE was to select a certain number of high calibre athletes (approximately 200) and to give them a so-called «Eliteausweis» (élite card) and to all members of national teams the «N-Ausweis», the lower «national card». These cards enable the holder to stay free in Macolin for training, to use the medical, physiotherapeutical and psychological assistance of the Research Institute. Not all athletes can take advantage of these regulations (too much travelling, lack of suitable installations etc.). It is planned — as soon as the CNSE has more money — to award grants to the «Eliteausweis - athletes», to cover special dietary requirements, their loss of income because of training, and their travel expenses. (In some sports this is already done by funds from within the federations).

(To qualify for those «cards» is for a young athlete very hard. The 1969 European Champion in the 200 meters dash, Philip Clerc, got this card only two weeks *after* he had won the championship. Too much «democracy» !)

In 1968, 352 athletes took advantage of the free training for 3070 days.

In 1969, 256 athletes took advantage of the free training for 2436 days.

Do not try to assess how many of them are «professionals» because they stayed for more than four weeks altogether — but there are some... and not only in Switzerland !

### *Research*

Since I work in this department, I am able to supply more details on it. The Research Department, started in 1960 with two medical doctors employed on a part-time basis. In the same year, the first «Symposium of Macolin» was organized on «Aims and Experiences in the Preparation and Coaching of Olympic Athletes». I will let the library have two copies of the proceedings, so that all interested people may study them.

In 1965, the sixth «Symposium of Macolin» dealt once more with a problem of Olympic sport with respect to the 1968 summer games to be held in Mexico at an altitude of more than 2000 meters. Sport in middle and high altitude was the topic of this Symposium. The proceedings, edited by Prof. G. Schönholzer, head of the Research Institute, and published at Macolin gave much information to coaches and athletes on how to train and prepare themselves for Mexico. Let me summarize the main points: physiological aspect: decrease of aerobic capacity; physical aspect: decrease of barometric pressure. Effects upon the performance and problems of adaptation are dis-

cussed not only from the medical, but also from the psychological point of view (duration of training camps, claustrophobia, the homesick athletes etc.). The book was available to every coach and every «chef de mission» who asked for it.

In 1967, the Research Department moved into a new well equipped building which was another donation by the Sport-Toto-Company. In the same year, we inspected all athletes taking part in the Preolympic games, medically and psychologically.

For the first time in 1968, each Olympic athlete had to undergo a medical check-up at Macolin.

Today we are a staff of 19, of which 4 are medical doctors, one a sociologist and one a psychologist.

Various research work with high calibre athletes had so far been done in the field of sports medicine, sports psychology and sports sociology.

One of the studies which should soon be completed is the following:  
«THE SWISS TEAM AT THE MEXICAN GAMES 1968».

We have analysed four topics :

1. The administration and the coaching of the team. As a result of this analysis, we will propose how it could be done in Sapporo and Munich in 1972 (organisational structure and planning).
2. The medical, physiotherapeutical and psychological assistance necessary for an Olympic athlete. We clearly defined the relations between medical doctor, physiotherapist, psychologist, coach and athlete.
3. Critical view of the result.  
One main problem was the selection of the athletes. Selection solely by standards of performance as we used it very often results in psyched-out athletes and... «honey-mooners».  
Another problem: The athletes should be better prepared culturally and psychologically for the games.
4. How can we systematically improve «observations» of the methods used by other countries in coaching, training, conditioning, technique, meditation and psychological assistance?

### Part 3 :

#### PERSONAL REMARKS

I might have given you the impression that our Research Institute is only concerned with high calibre sport. Perhaps there is today much emphasis on it because of the interest in studying the human being performing at very high levels, may it be in astronautics, sports, art or science.

Sport is one of the most useful fields for the scientific study of human performance. It is fascinating to study the effects of psychological motivation on physiological capacity and v.v. What is the prestart-state actually? What is will-power? Also it is interesting to study the social relations within a sports team.

However, a closer look at top athletes may remove some of the idealistic attitudes of Olympic competition—e.g. certain events demand a physique verging on the abnormal: the height required for basket ball, the increased muscle mass, often caused by administration of anabolic steroids, found in the throwing events. (I want to remind you of the women's shotput-event at the European Track and Field Championship in 1969 as seen in the movie). You will find many top athletes who are in some way physically not fit by birth or by trauma. (In Switzerland many of our top athletes are not recruited into the army for this reason).

Take a look at the personality of superior athletes. Very seldom will you find the Olympic «ideal athlete». I am sure Dr. Hombravella will second this. As Vanek<sup>3</sup>, a CCSR-psychologist, and Steinbach<sup>2</sup>, a former Olympic finalist in broad-jump and psychiatrist, pointed out, you will find among the Olympic winners many psychasthenic, aggressive, anxious and selfish athletes.

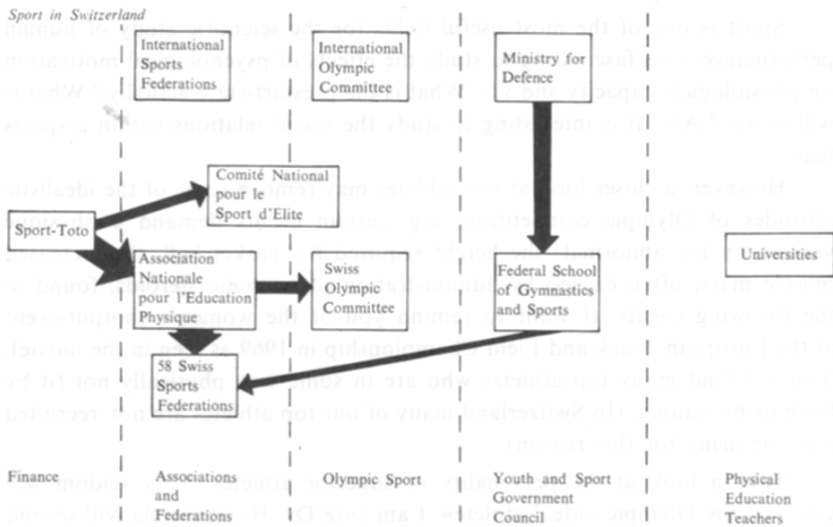
In high calibre sport teams, you will often find rivalry and aggression between the teammates. A study on rowing done by Lenk<sup>1</sup>, a former Olympic gold medal winner, showed that in the more successful boats, there existed more conflicts than in the less successful boats.

Our opinion is that the seven to eight thousand Olympic athletes are very important for the Olympic movement, but they do not represent the Olympic ideal. Today high calibre sports and Olympic ideals are two different worlds.

The Federal School of Gymnastics and Sports is aware of this problem. Today it is very easy to get money for top sports, but this is only a very small problem... concerning only six to eight thousand athletes in the whole world. There are other fields we have to work in, e.g. the whole problem of fitness. Our next Symposium of Macolin to be held in September of this year will be on «Fitness as a concept and goal». We will try to analyse fitness by an interdisciplinary approach.

Personally I think that to work on the problem of fitness, to bring people into sports who had never previously participated, is closer to the Olympic ideal than to try to improve a top athlete. On the other hand, I appreciate the value of high calibre sport. It provides interesting scientific problems. Perhaps some results gained in such research can be applied to general psychology.

If we see this distinction—many problems we are talking about in today's sport are much easier to solve.



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## THE OLYMPIC PREPARATION OF KENYA

By Mr. HEZRON SAGGIA (Kenya)

*Representative of the Kenya Olympic Association*



Mr. President of the International Olympic Academy, ladies and gentlemen,

I consider it a great honour to be called upon to give a short account on the Olympic preparation in Kenya. I hope it will be an acceptable observation that Olympic preparation tends to involve a general program among all participating Nations, with only slight variations on the technical details involved, at times largely depending on the resources and time available for each National Olympic Association.

It is only a few years ago that Kenya came up in the map with any substantial recognition as one of the countries worthy of a name in the world of sports. It would, therefore, naturally be expected that an account on such a young nation could not possibly consist of a long historical background.

It would be most important to give in this paper a short account of how, at the beginning of our preparations for the Olympic Games, we go about the problem of finding the prospective candidates for the national team, and how we subsequently go about the great task of seeing that they are finally fit to represent the Nation. Here I would gladly point out that Kenya is endowed with many men and women with sheer *natural* ability to do well in the field of sports. Our greatest problem has always been, and still is, how to spot such persons and how to help them develop their natural talent towards maximum performance.

Up to only a few years ago we depended mainly on competitions between chiefdoms or «Locations» (as we call them in Kenya) — organized through the instrument of Provincial Administration — to spot our prospective athletes. These competitions, following the same ladder of Provincial Administration, went higher up into inter-District and, subsequently, inter-Provincial championship. This is the machinery through which our ex-Olympians like Nyan-dika Maiyoro and Arere Anentia, to mention only two, were sorted out. Although it served a useful purpose as a means to start with, and though it still operates to a large extent, this system was certainly inadequate. We came to realize the great need for utilising the talents of our youth in schools.

Our Olympic Association, through its operating bodies like the Kenya Amateur Athletics Association, the Kenya Amateur Boxing Assoc., and the Kenya Hockey Union, has made it its task to encourage maximum participation in sports within and among schools, realizing that it is here that maximum precision in the use of the necessary equipment and time available for sports is possible. With the help of the Ministry of Education, in conjunction with the Ministry of Co-operatives and Social Services (whose portfolio includes sports), it is made sure that such competitions are included in the annual school program.

One might wonder, at this point, how our National Sports Associations come into the picture in such competitions. Throughout the year, at every inter-school sports meeting (at District or Provincial level) our national Sports Officials, or their representatives in the various stages, keep a precise record of what goes on — spotting the promising sportsmen, recording their performance in relation to the national performances, and earmarking such persons for inclusion in the national squad. It is through this exercise that we came to be represented, for the first time in our international competitive history, by a large number of students at the Mexico Olympic Games in 1968. As one would immediately see, this, however, is only part of the process involved in this heavy task of finding the right persons to enlist in our forces. The seemingly long four years between the Olympic Games are even too short when we begin to measure the period against the fact that this is the time to look for new members as well as the time to train them to a level of perfection for the Games.

This pressure has forced us in Kenya to adopt a more intensive program of competitions at District, Provincial and National levels. In athletics, for example, a meeting schedule is drawn up to cover a whole year at fairly close intervals. To ensure participation all over the country, such meetings are held in every Province and, whenever possible, every District, so that opportunity is provided for every person aspiring to join the ranks of sportsmen and sportswomen. The inclusion of former and current national and international champions in each one of these meetings is not without reward. First, their presence helps to pull the crowd we need for the success of such meetings.

Secondly, it is not uncommon to find many of our young sports fans adopting such names as «Kip». (Kipchoge Keino) and always aspiring to run as fast as he does and, possibly, adopt his style. This goes along with the desire of most of our ambitious young men to enter as many of such competitions as possible so as to gain the honour of having competed against such great men in the meetings. This aspiration, no doubt, has borne much fruit in our sports.

## *Training*

Having thus selected our prospective candidates, the main task set before the various bodies is that of training or coaching. (It should, of course, be borne in mind that our program of selecting the candidates does not stop here but continues at the same time as training goes on). Coaching lays more emphasis on the talents and the conditions under which the individual, left to his own initiative and freedom of judgement, is likely to do his best. So that coaching, therefore, follows on to develop these individual capabilities to their highest possible performance. All this is based on the realisation that we cannot possibly reproduce photo-copies of sportsmen, all capable of attaining their personal best in the same style and under the same conditions. As should be the case in many other places, we take each sportsman, first, as an individual needing help on problems peculiar to himself, and only second, as a member of the team which needs a general development. Training itself includes giving such sportsmen as many competitive opportunities as possible both in our local meetings mentioned above and in overseas invitations.

But owing to the fact that most of these candidates are either full-time employees - paid or self-paid - or full-time students, rigorous training is only possible at the last stages as the Olympic Games approach. A few weeks before the Games they are granted leave to go into the training camp for more intensive final touches. (As our country is situated at a generally high altitude, the problem of finding high-altitude training camps does not arise).

During this period and, of course, throughout the four years between the Games, every possible source of finance is laid hands on to help outfit the team and meet the other expenses of the anticipated trip. These financial sources include gate collections during local meetings, donations by firms either in cash or in provision of outfit and organization of sweepstake raffles.

## *Last Phase*

Physical preparation over, participants are, usually, not sent off without a word for the mind and soul. The President of the Republic of Kenya coined a word which, though it was originally meant as a unifying cry for political and economic purposes, later came to include all activities in which the efforts of more than one person are involved. The word itself is «*HARAMBEE!!*», a word in Kiswahili (the general East African language) which could be interpreted as a cry indicating «*LET US PULL TOGETHER!!*» With this cry our sportsmen are constantly reminded of the fact that they bear a great responsibility for themselves first, as individuals, second, as individuals *submerged* in the team as a whole (that is, responsibility for one another in the team), and third, as members of the great team of sportsmen and sportswomen the

*whole world over.* They are reminded that they are going out not only to wield the banner of national competitive excellence, but also to fly the one great flag of sportsmen in general, called upon to perform before the whole world; that the sum total of their individual efforts is what gives the Olympic Games the great importance they are always so proud of.

Our great athlete, Keino, once came back home from a big confrontation between him and Jim Ryun before the Mexico Olympic Games, with the following statement: «If I had not pushed Ryun so fast, he could not have set the new world record».

Such a statement, though it is made in recognition of defeat, is at the same time an indication that the runner-up is content with the fact that he has contributed to such a great achievement as setting a world record. Such is the great paradox of friendship in rivalry (or vice versa, if one liked) that is known to us all in the field of sports.

This, ladies and gentlemen, is the way we in Kenya go about the task of preparing for the Olympic Games to the last day when we finally see our competitors off at the airport.

## THE PROFESSIONAL PREPARATION OF COACHES FOR OLYMPIC SPORTS

By Dr. MATTHEW E. MAETZO (U S.A.)

*Director Division of Health and Physical  
Education, Lock Haven State College.*



It is indeed a pleasure to be here in Olympia. I have looked forward to this occasion for a number of years. A live and realistic quality will now be given to areas of completed courses that dealt with the civilization of ancient Greece. Many resources have been perused in preparation for this visit. The books, periodicals, films, slides, and maps that have been studied will, hopefully, aid the writer in receiving the full impact of this experience.

My remarks to this selected group concerning the professional preparation of Olympic coaches will appear to be somewhat idealistic but I believe that there should be an approved structure of an educational nature available to be considered or to be adhered to in selecting athletic coaches to lead, counsel and instruct young men and women who are to be involved in international competition.

The writer has attempted to identify five areas of considerable importance to the subject, namely, international understanding, psychological and social understanding, professional course preparation, competencies and experiences.

### *International Understanding*

The utilization of sport and the men and women who coach these sports to develop and disseminate international understanding is of great importance in the world today.

In an increasingly interdependent and rapidly changing world, the recognition of human rapport and dignity in an Olympic setting will aid athletes, coaches and officials in developing the capacity to understand a world enriched by differing cultures and value systems.

Positive human relations, within a framework of Olympic competition, could aid tremendously in the eventual measure of success in international relations. I envision the Olympic movement as being the epitome of expectation in regard to exhibiting proper example through people-to-people contact.

Greater ability to interact with other peoples could lead to a greater capacity to understand nations, to re-evaluate confused values, to place more

emphasis on human life, and to gravitate as a movement of nations toward a better life.

Sport, particularly of an Olympic nature, can be a dynamic force in generating the spread of service to other peoples emanating from the heart of man. It can be a moving force toward receptive and reciprocal attitudes and appreciations. By its very nature, it can help to span cultural barriers that impede human understanding in more formalized situations.

The importance of present and future relations of an international nature should be given considerable thought by all of us. The outlook, response and intentions of some future leaders of many countries of the world can be affected by experiences resulting from contact with men and women involved in the Olympic movement.

International relations need the mental and physical assistance of all who are associated or interested in sport. The athletes and coaches can contribute as they travel and participate at home and abroad. We will receive as well as give; learn as well as teach, and understand as well as be understood.

### *Psychological and Social Understandings*

It is important that the Olympic coach have a foundation in the fields of psychology and other social sciences. He must be more than a technician. His background in general education should be broad and should have some depth. His exposure to the Humanities and the natural sciences should be more than cursory.

I am quite certain that many of us have caught the vision of what athletics can represent in an Olympic setting if geared to meaningful objectives.

The Olympic coach should be a student of the Olympic movement. He should be well versed in the facts of history as it applies to our way of life as well as having developed a moral philosophy commensurate with that knowledge. He must be aware of and believe in the spirit of the true concept of competition. The relationship between philosophy and sports, education and sports, and their interrelationship could be more clearly seen if the coach has been exposed through study to ancient cultures, thereby being aware of the philosophy of Plato, Socrates, Aristotle and others.

As the *New York Times* has printed, «the essential base before becoming a scientist, a technician or anything else, is to obtain a glimpse of the broader horizons of life, the literature, the arts, the history, the philosophy, the language, the humanistic studies that constitute the foundation of a culture, and place it in relation with the ages and experience of mankind that have gone before».

An Olympic coach should be knowledgeable in the area of group dyna-

mics. He should be aware of relationships that exist between people, the handling of individuals and groups, and the development of patterns of action acceptable to groups. He should know how to stimulate group consciousness.

The coach must be a purveyor of psychological concepts that lead to greatness. He must help the athlete to discipline himself both physically and mentally, the coach must find the way to aid each athlete in moving back the psychological barrier thus becoming a superior performer.

It is seemingly logical and desirable that Olympic coaches have specific professional courses, special competencies and actual experiences which qualify them to care for and to coach Olympic athletic teams.

Various groups at national and international levels agree that sports influence the development, the philosophy, the personality and the life of the participant. The most important factor affecting and/or influencing the participant seemingly is the coach. There seems to be little disagreement on this point as judged by sports' leaders, educators and former participants. The right kind of leadership is paramount to the development of properly controlled and regulated programs of sport.

A perusal of research studies and related literature has identified the fact that planned professional preparation for the person who wishes to coach has been of concern to educators in the United States since the mid 1930's. A relatively high percentage of high school and college athletic coaches are not exposed to identifiable prerequisites which are considered important to the instruction and safety of youth. Some of the coaches might be selected to coach Olympic teams on the sole basis that they have been successful from the standpoint of having had teams which have won a major share of the contests in which they have participated.

Individuals, sports' organizations and professional associations might differ due to diverse backgrounds, different experiences, philosophies of education and sport, involvement at different levels of sport and living in societies which are not alike. All teachers, coaches, administrators, sports' associations and ultimately nations need not come to the same conclusions. It is important, however, that we direct our thinking to the way, or ways, in which Olympic coaches are selected. That which is applicable in principle in one country might be incorporated or necessarily modified in another.

There seemingly are professional practices which can be standardized to the advantage of Olympic athletes, the coaches, authorities and the country.

Although the coaching of Olympic sports is generally recognized as being important, there does not seem to be any consistent pattern of accepted standards for the preparation of these coaches.

The literature on the subject of coaching shows that there is some agree-

ment concerning the areas of course preparation, competencies and experiences necessary as background Olympic coaching.

### *Course Preparation*

Agreement in course preparation centers about the following in various combinations, (1) biological sciences (anatomy, physiology, physiology of exercise and kinesiology); (2) safety, first aid, training and conditioning and care and prevention of injuries; (3) athletic philosophy, principles and problems of coaching, organization and administration of sports; (4) psychology of coaching, public relations in athletics, counseling and guidance of athletes; (5) theory and techniques of coaching in a sports' specialty; awareness and application of research findings pertinent to sport.

### *Coaching Competencies*

A competency could be identified as a skill, an insight, an understanding, a qualification or ability which can be used to meet a life situation.

The development of competencies can best take place through a series of planned experiences based upon the interests, the needs and the demands of coaching at the international level. It is recognized that the development of competencies is a never-ending process. In addition, the degree of development varies among individuals.

Nevertheless, a more purposeful attempt to prepare personnel for Olympic level coaching can be made. It is suggested by Daniels that course taking does not assure competence, but if it is associated with an analysis of coaching functions, an insight to competency may be gained. After the competencies involving the coach have been established and experiences have been planned accordingly, those competencies should be developed that have been identified as most pertinent.

The following have been selected as most pertinent. Obviously many more could be identified in a detailed listing within the ten mentioned.

1. A coach should be an expert in the game in which he instructs. He must have advanced knowledge of techniques, strategy, offences, defences and skills. He must have outstanding technical, theoretical and practical knowledge and experiences.
2. The coach should understand how an athlete functions at his particular level of development. This implies knowledge of growth and development, physical and emotional expectations, body mechanics and exercise, fatigue and rest, and mechanical analysis.

He must understand the various relationships of structure to function as

well as the effects of stress on structure and function. He should, therefore, be knowledgeable in such subjects as applied anatomy, exercise physiology and kinesiology, which necessitates a basic background in biology, chemistry and physics to be well understood.

3. The coach should be a master of *teaching* advanced techniques and skills. He must know the laws of learning a variety of teaching methods in connection with the sport to be coached, how to present advanced information most effectively and how to apply social psychological principles to his coaching.
4. He should be a fine example for the athletes. His character and sportsmanship must be well beyond reproach.
5. He should be broadly educated with general knowledge of social structure, function, and process.
6. He must be a leader of youth who can plan and organize for athletic events and practices.
7. He must know how to relate well to trainers and team physicians in regard to conditioning athletes.
8. He must understand the international relatedness of his coaching through appropriate emotional control, effective speaking and writing and the ability to meet people.
9. He must have an appreciation of the importance of maintaining proper relationships with game officials.
10. He must have some understanding of the true meaning of the Olympic Games.

### *Experiences*

A third major area, that of coaching experiences should be structured. Planned opportunities for directed experiences at various levels are presently limited. It would be ideal if coaches of Olympic sports had participated in the sport at the secondary school and the college or university levels. Laboratory experiences in coaching could be further developed during student teaching assignments. Undergraduate and graduate assistantships in sport should be available. Campus and community internships could be considered. Involvement in other related experiences would prove highly beneficial. These would include officiating of contests, working with youngsters at sports' clubs, recreation centers, summer camps, special sports' camps, schools and youth organizations.

Planned experience under the supervision of superior coaches as assistant coaches and inservice sessions would be very helpful as a coach pro-

gressed to advanced levels of coaching. High school and college or university coaching in a sports' specialty could eventually culminate in clinics, workshops and seminars specifically designed to assist in the preparation of Olympic coaches. Selected individuals would attend these sessions followed by assignment as assistant Olympic coaches. With Olympic coaching experience, some would become head coaches.

### *Conclusion*

Prospective coaches of Olympic sports should be encouraged or required to complete specified professional studies in physical education and sport which seem most pertinent to coaching at the international level.

Specifications to be used in appraising candidates for these coaching positions should be developed. A position analysis could be structured which would include duties, responsibilities and obligations.

The matching of qualifications and position requirements would encourage selection of coaches on the basis of course preparation, competency and experiences rather than upon influence, friendships or politics.

Selection committees should strive for the endorsement of coaching requirements above usual expectations. Plans should be formulated in those nations that have not given attention to this important position. Countries that have formulated plans should pursue implementation. Nations that have requirements in effect should review and upgrade them periodically.

The problems are complex and progress will not usually be rapid. It is suggested that selection committees, coaches, professional associations and other individuals and groups which have a responsibility and interest in continued development of the Olympic movement consider the importance of the on-going development, acceptance and inclusion of qualifications and standards for Olympic athletic coaching.

## MEDICAL SUPPORT IN OLYMPIC PREPARATION

By Dr. N. PAPARESCOS (Greece)  
*President of the Hellenic Sports Medical  
Society, Vice-President of the I.O.A.*



Once again I bow before the sacred place where the atmosphere still rings with the whisper of centuries and retains the applause of the Ancient Olympiad and the immortal moments of man's grandeur.

The fact that we are Greeks does not mean that our soul has become satiated. It is the privilege of great historic places such as this, to ever incite to pilgrimage and never to give way to routine. Ladies and Gentlemen,

Sport, and particularly competitive sport, and even more that of an Olympic standard, is a field of supreme psychosomatic endeavour for the human organism.

To be technically successful, but without danger to health, it should proceed from a biological organism which has been more or less rightly selected for the specific sport, has regularly undergone medical examinations, has applied the rules of sport hygiene and has finally been subject to the indispensable sports-medical control needed during the course of his long technical preparation.

Theoretically the pre-Olympic preparation never ceases, but it goes on continually with the next Olympiad as an immediate aim, or the following Olympiads, as a more remote aim.

If we were to examine here, the whole procedure of medical support from the first appearance of a talented youth, until he rises to Olympic standard 6 or 10 years later, we would be occupied for days with all the activities of Sports Medicine. That, however, is not the purpose of this talk. We shall therefore limit ourselves, strictly and exclusively, to the period of a few months or of a year prior to the Olympic Games when the pre-Olympic preparation takes place. By the way, I would like to mention that, as has been proved by statistics during the last decade, 94% of young people who practise sports limit their ambition to recreational sports or sport for personal satisfaction, 5% are conscious of their abilities and develop them thus becoming sportsmen of high standard, and finally 1% reach a capacity enabling them to claim a place in the Olympic environment.

I believe that you will also be interested in the table I have included in this presentation, which is based on official data, and where you can see the average age of Olympic champions in different sports during the last three Olympiads and in the preceding ones separately, as well as the average time of preparation of the Olympic Champions from the time they officially appeared as young sportsmen until their final Olympic Victory.

Before I go into my subject, I would admit that it is conceivable that one could claim, especially here at Olympia where one is inspired by its ideals, that the intervention of technocracy (engineers, architects, doctors, psychologists, dietologists, anthropologists) in the Olympic movement is possibly the main source of its adulteration, and that the trainers with their technical, pedagogical and scientific knowledge of physical exercise would be sufficient to create the perfect and complete champion from an athletic, moral and social point of view.

In any other epoch when psychosomatic athletic endeavour was lesser and when amateur principles were strict, this might have been possible. Then a simple medical certificate testifying to the sportsman's health and the prompt treatment of any sports injury would have been sufficient. But today sport is practised on such a scale, with such intensity and for such long periods as to render indispensable the presence of a preventive and repressive sports-medical control. When I address my young colleague, I am in the habit of summing up this topic with the phrase : «Take care that physical training and basic sport — that is the sport of the masses — be useful. See that performance sport does no harm».

We suppose that today we are already in the winter that precedes the Olympic Games, that the high biological units that are to represent the nation at such an exalted world contest have been chosen or are being chosen by each National Olympic Committee, in collaboration with the National Federation, and that the doctor is asked to offer his medical support to the sportsman's preparation. That is precisely our topic today.

The doctor or doctors, may be the same who attended the sportsmen during the whole of their upward course, but it is quite possible, and it is very often the case, that doctor and Olympic sportsman become acquainted only months or weeks before the Olympic Games.

What is the doctor's mission in such cases, and what are the means at his disposal for the accomplishment of his mission?

Here we must remember a principle that applies to trainers, but by extension, is equally valid for doctors.

In view of the Olympic Games, and during the brief period of the final phase of Olympic Training it is not right to change methods of training which

usually aim at long-term results, but it is advisable to preserve, examine and improve the state of technical readiness of the sportsmen.

Consequently the doctor too, in the presence of a sportsman who has carried out his technical preparation over a long period of time and who has undergone all the Sports Medicine control with a certain physical capacity, will limit his role to contributing towards the sportsmen's arrival at the Olympic Games under the best possible conditions of health and the feeling of well-being, of both body and soul.

At the recent Sports Medicine meeting in Athens, which lasted 12 days with a participation of 228 doctors from 28 countries, I talked with all these colleagues on the subject of pre-Olympic preparation, and I found as many differences as there were participants. However there may exist a unanimity of opinion on the fact that we can consider the final phase of Olympic preparation — which we can take as lasting one year before the Olympic Games — as being divided into four periods of time, namely :

- 1) The winter period preceding the Olympic Games.
- 2) The competitive period preceding the Olympic Games.
- 3) The period of the Olympic Games and
- 4) The period immediately following the Olympic Games.

1. During the winter phase the activity of Sports Medicine is the following :

a) We gather in detail all the medical data concerning the candidates of the Olympic Team before meeting them (if we have not already met them).

b) We meet each sportsman in the presence of his coach and, if possible, his doctor, and we enter in each individual file the necessary data concerning each sportsman.

c) After having made a note of their history, we carry out clinical and laboratory examinations of all the systems of each sportsman and we proceed to functional tests essential for their valuation, as long as the definitive selection of the sportsmen has not been made in order to obtain their biotypical profile.

d) The sociological and psychological classification of the sportsman (habits and way of living, especially the problems of sport hygiene, dietary study of each one etc.) is equally indispensable.

e) We express our medical opinion during the procedure of selecting candidates to participate in the Olympic team, as we are part of the selecting group composed for this purpose and which usually consists of administrators, technicians, coaches, etc,

f) In the case of women, by the process of sex-chromatin or other tests. we exclude any eventualities of latent androgenous qualities, in order to avoid surprises later on. Exceptions are made for women who have already passed an official examination at other important Games and who are inscribed on the official list of the respective Federation. Here menstrual troubles have to be faced also.

g) During this period of time any chance anaemias are cured, infection foci are detected and treated (e.g. tonsils, teeth etc.), chronic skin diseases are cured as well as old sports injuries (e.g. tenonoperiostitis, muscular injuries, old cases of arthritis) and other anomalies of post-traumatic nature are remedied and cured (e.g. a painful finger or toe etc.).

h) Another task carried out during this period is the necessary inoculations, both those regularly prescribed (tetanus, small-pox) as well as those required by the immigration laws of the host Country. But if the group has not yet been formed these inoculations will be postponed until immediately after the formation of the group and as early as possible.

i) The problem of acclimatization is first dealt with under the conditions of the Country where the games will take place. Here one may have to consider the eventual use of altitude (1800m.).

j) We follow the sportsman's condition regularly, during the winter training which aims at the final effort of further development of the sportsman's fundamental abilities preceding the Olympic Games.

k) During this period instructive meetings are held, at which essential matters are explained to the sportsmen, such as the way of living and the habits that are imposed, the question of fatigue, overexertion, the perils of doping, massage, baths, diet, protection against contagious diseases etc.

l) The psychological preparation by individual interviews between each sportsman and the doctor himself or in collaboration with a psychologist is also a matter that must not be forgotten.

m) And finally, the most important matter is taking strict measures to avoid any infectious disease or the spreading of such a disease (immunization, isolation etc.). These strict measures are kept and continuously observed during all the following phases.

n) To close the necessary medical activity during that fundamental period, we shall recall the maxim : «The sportsman is created in the winter, polished during the competitive period, and judged at the great international contests».

## 2. During the competitive period preceding the Olympic Games :

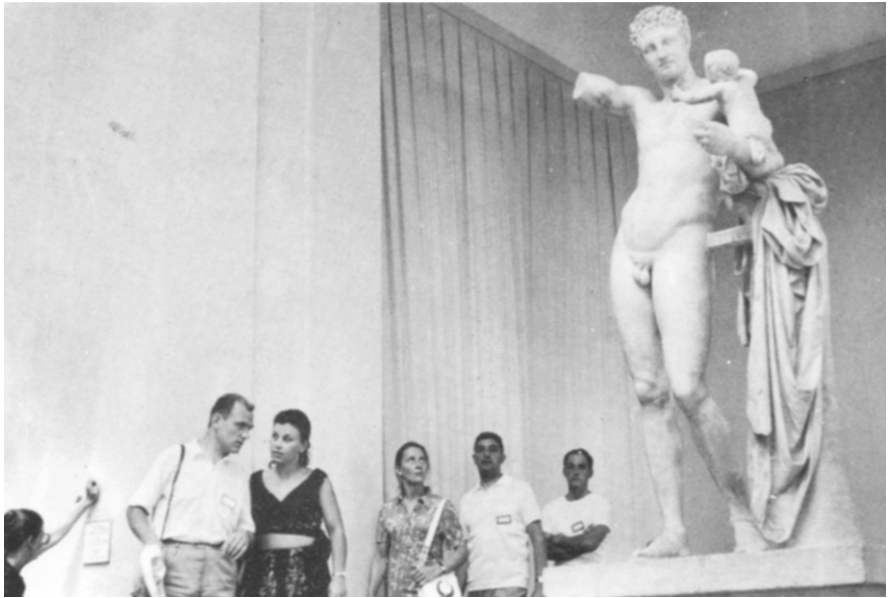
a) If the selection of the sportsmen has not yet been made, we partici-



*Tribute to the memory of I.O.A. pioneers Ioannis Ketseas and Carl Diem. From left to right: Miss Th, Karagiorga, superintendent for antiquities, Vice-Admiral P. Lappas, Mrs. D. Ketssea, Mr. Avery Brundage, President of the I.O.C., Mr. Otto Szymiczek, Mr. E. Miropoulos, Mr. Ep. Petralias and Mr. F. Ruegsegger (U.S.A.). From Mr. Brundage's visit to the Academy on Sept. 29, 1970.*



*At the beginning of the 10th Session, the President of the I.O.A. Mr. Ep. Petralias lays a wreath at the stele of I.O.A. pioneers.*



*At the archaeological museum of Olympia, the participants admired Praxiteles' Hermes.*



*Lectures were followed by general discussions.*

pate in the procedure by performing the aforementioned services (inoculations etc.).

b) We always recommend that a doctor of the respective Federation should participate in the mission. If it is a large Olympic representation we recommend that it be completed according to the possibilities, by a traumatologist, a physiotherapist and a nurse, and if possible by a psychologist and a dietologist. In small Olympic representations from small nations there is usually only one doctor and masseur or masseurs, the other functions are carried out by the doctors of the Olympic Village and the Organizing Authorities. Here we must not forget the need of a woman escort even if only one female athlete is part of the mission.

c) A periodical clinical, laboratory and biochemical examination of the sportsmen is imperative, as it permits us to certify that they maintain a high standard of health.

d) We contribute towards the sportsman's biological preparation by administering to him, at intervals, polyvitamin compounds, calcium, minerals etc. without discontinuing the pharmaceutical treatment of any chronic illness e.g. iron in the treatment of anaemia etc.

e) The strict supervision and timely warning of the coach in case of overexertion or of fatigue are essential duties of the doctor.

f) In case of accident, the speediest possible recovery of the sportsman so that he may resume his training immediately, is of the greatest importance.

g) Here too the control of focal infections and dental care are necessary.

### 3. During the p e r i o d of the G a m e s.

This is the critical period when one should be very careful to move exclusively within the range of usefulness and not to overstep it as needless interventions would be harmful.

a) The doctor should be part of the reconnoitring echelon (if there is one) that precedes the Olympic representation, in the host country so as to be able to form a timely opinion of the local conditions as regards hygiene. In Munich there is certainly no question of acclimatization although some people are of the opinion that the proximity of the Bavarian Alps occasionally has a certain psychological influence of a meteorological nature on foreigners especially. Let us bear this in mind. Personally I do not know the matter well.

In any case as I am not referring solely to the next Olympic Games, the necessary time must be allowed in each case for the sportsmen to get acclimatized to the countries where the contests will take place and the arrival of the team should be arranged accordingly.

b) The doctor, by visiting all the medical installations of the Olympic

village and of the stadium, becomes acquainted with local conditions and with the medical plan of the organizers. When we speak about Olympic preparation from a medical point of view we do not only mean the medical preparation of the sportsmen but also the medical support of the Games Organization, that is to say the medical plan of the organizers which also includes :

I) Preventive measures of hygiene, in the whole town, more extensive than those ordinarily in force because of the influx of sportsmen and visitors, and the hygiene of places of sojourn, the hygiene of food and water, places of common usage, measures to prevent disease and all the chapters of hygiene.

II) The organization of a system of first aid, the transfer of light casualties to infirmaries, and of serious cases to hospitals in extraordinary circumstances wherever they may occur (in the Olympic village, in the stadium, in the town, in the open air training or competing grounds etc.).

III) A special first aid service in the stadiums, according to the medical requirements of each sport.

IV) Additional provision for the Olympic Village :

- Dispensary - Pharmacy - Dental Service.
- Infirmary for clinical examinations for sick and injured.
- Infirmary specialized examinations (i.e. neurological, ophthalmological etc).
- Convalescence and rehabilitation section.
- Microbiological and Biochemical Laboratory.
- Anti-Doping Control Centre.
- Laboratory for Genetics and anthropological Research (possibly).
- Cardiological section.
- X-Ray section.
- Olympic Medical Archives Centre.
- Minor Surgery Section.
- Extensive physiotherapeutic facilities.

I do not mention all this in order to tell you how an Olympic Games medical service is organized, but to indicate that the visiting doctor should become acquainted with all these installations so as to know where to apply in each case.

c) Special attention should be given to the manner of preparation, the service and the time of meals, as well as their variety etc.

d) The organization of the infirmary of the mission and the manner of collaboration with the units and medical installations of the Village.

e) The study of the question of the sportsmen's entertainment and how they can most suitably spend their leisure time - libraries, music etc.

f) How to face certain disturbances, commonly caused by a change of climate or by impending important sport contests (insomnia, digestive disturbances, modification in the pulse rate, in arterial pressure, in weight, pre-contest anguish, nervousness, headache, pain of the trigeminal nerve, etc.). In such cases the use of painkillers or of light sedatives or of inert tablets (placebos) is not forbidden, as they are strictly therapeutic, but on condition that no substances will be used that are included on the strictest «NO» list.

g) Daily collaboration with the leader of the mission, the coaches and other technicians.

h) This is precisely the period when the doctor will be able to use to the sportman's benefit, the confidence and the prestige he has acquired during his long and close collaboration with the sportsman. That is to say a psychological support.

i) Pay attention to the diet. It should not differ in quantity or quality or composition from the food the sportsman has always had. Now, thanks to the system of alimentation applied in the Olympic villages and to the variety of victuals, it is possible for every mission to choose its own manner of nutrition. If however, these possibilities do not exist, it is imperative to employ a special cook and to use basic elements of food from home (olive-oil, butter etc.).

j) The greatest attention should be paid to the water when reliable information is not available on the subject. The use of water which has been boiled for ten minutes, or of bottled table water is indicated in countries where it is proved that water usually affects visiting foreigners.

k) Here also it is the doctor's duty to keep and to write down detailed information on the sportsmen, as it is also his to duty encourage the sportsmen to participate in the international programme of the «Olympic Archives» by voluntary participation.

l) Continuous vigilance in order to avoid infectious diseases, and in case of illness isolation of the patient in special isolation wards provided by the Organization.

m) Biological preparation of the sportsman. For this purpose we administer Vitamins of the B complex, a large dose of Vitamin C or CA, phosphorous or minerals according to the evaluation of the sportsman's requirements. In case of high temperature, and of disturbances of the electrolyte balance, it is necessary to administer potassium and chloride of soda and after an exertion alkalines.

We have spoken above of analgesic drugs, of sedatives, placebos etc. used for therapeutic ends. The problem of local anesthetics is very impor-

tant. We acknowledge them as means of treatment well away from the period of the games. We do not want them in the Stadium. Before and during the contest they do nothing but eliminate protective pain and expose the suffering area of the kinetic system to the danger of grave injuries.

And as there looms over what we call biological preparation the threatening curse of our age —doping— we enter here an obscure region foreign to sporting morals and to athletic procedure as a factor of health; I will here open an elucidating parenthesis, even though this is slightly beyond the scope of this paper : I want you, the technicians and leaders of tomorrow, to realize the great danger doping means to the Olympic movement.

I would not like to speak about pills, here at Olympia, even if it is only about innocent vitamins. There are however certain reassuring points about them. First they exist in our organisms and they participate in the daily metabolic processes, secondly biological preparation with the use of vitamins has been internationally accepted. Thirdly their metabolism as well as that of minerals, electrolytes, calcium etc. is seriously disturbed during the course of athletic effort.

And as sport is a process of health and not of deterioration, it would be unreasonable not to re-establish the disturbed balance of the body, provided we do not administer these substances in large doses or in a medical form — that is to say by injections, for instance, which unfortunately happens in many stadiums. Because then we cross the limits of recuperation and go over to intentional stimulation which is quite a different matter, even though the effectiveness of these preparations as reinforcing agents is doubtful.

Although it may be impossible to separate doping from the physiognomy and the tendencies of contemporary society, which strives daily to transform man by unorthodox means and by pills into something more than nature intended him to be, for us lovers of sport it is a deadly peril against which we must be merciless.

What is doping? It is the administration to a healthy sportsman, or the use by a sportsman himself, of chemical substances which in principle are foreign to the metabolic processes of his organism or of physiological substances but in large doses and by abnormal ways or the use of other means (e.g. hypnosis) with the purpose of improving his performance at one or more contests.

As regards the means that have been used, there is no substance or method that reinforces or is supposed to reinforce the natural capabilities of the human organism that is not known to history to have been used for this purpose.

These substances belong to the groups of narcotics and analgesics, of sympathomimetics antidepressives, central nervous system stimulants, tranquillizers and sedatives, soporifics, circulatory and respiratory drugs hormones, hormonoides, anabolic steroids, vitamins of all kinds, cardiotonics, vasodilators etc. If one bears in mind the number of drugs that belong to each of these categories one can imagine the extent of the problem.

The history of doping is very long and it began in antiquity, either connected with sports events or duels or preparation for war. In the minutes of the International Sports Medicine meeting in Athens, which ended a few days ago - and I hope to be able to send you these minutes you will find the whole history of doping etc.

Anyway the situation today has reached the point from where it can no longer be allowed to continue. In cycling, especially amateur cycling, the situation has become intolerable : positive results of doping tests often amount to 45 %.

International Congresses, the Council of Europe, UNESCO and other International Organizations have raised their voices, and all nations — headed by Austria, Italy, France, England, Belgium, Holland etc. — have passed laws on the strength of which sportsmen and managers are punished, fines are imposed, sportsmen are disqualified and, by multilateral agreements, these sanctions become internationally enforceable.

Concerning the Olympic Games, after unofficial controls in 1952, 1960, 1964, the first official and regular antidoping control was carried out in Mexico by the Sanitary Commission of the I.O.C. under the presidency of Prince Alexandre de Merode, and 667 cases from all sports were checked with some uncertain results. The methods used were double gas chromatography, thin layer chromatography and spectroscopy. It is really a distressing experience for an Olympic Champion to be led to the laboratory for his victory to be confirmed on moral grounds.

In any case, for practical reasons today we consider doping substances those belonging to the following groups :

- a) Sympathomimetic drugs (that is to say amphetamine, ephedrine and the like).
- b) Central nervous system stimulants (strychnine, analeptics).
- c) Narcotics (morphine and other similar products).
- d) One can also demand control on spirits (alcohol).

Unfortunately, for the moment at least, it is not practically possible to proceed to a wider investigation of drugs that are really dopes but are not subject to detection.

CAUSES :What is it that leads to doping today? Besides the purely psychological motives which are connected with problems of aggressiveness, I will remind you that sport today is a highly competitive area, where great interests are at stake, such as the sportsman's desire for publicity, his wish to be a champion, the expectations of material gains as a result of victory, the coach's position, prestige and salary, wrongly understood national prestige, even the position of a manager who is judged by victories, and finally imitation. The above, in combination with the fact that medicines used for doping are manufactured and circulated freely and are sold without a doctor's prescription, give an idea of the reasons why doping is so widespread.

In condemning doping, some are so strict as to prohibit even coffee and glucose, while others are more practical and draw the line at the preceding groups of substances. Doping is condemnable.

First because it is harmful to health as it causes acute and chronic toxic poisonings which are often fatal, it has an adverse influence on the sportsman's personality, eventually transforming sport from a factor of biological vigor, which it should be, to an agent of biological destruction

Secondly, because it is an insult to sport morals and an abolition of the equal chances principle. Thirdly, because it is a transgression of a law and fourthly because it is antisocial, because it transforms the victor that society wishes to hold up as an example to be imitated, into an example to be avoided.

I am sorry that the last five minutes have been beside the point, but you will all forgive me this parenthesis which aimed at warning us all and alarming us to the danger of this great social athletic problem.

Let us return to the last and final phase of our report.

4. During the fourth and last phase immediately after the Games :

- a) We must provide for the sportsman's rest.
- b) Complete his medical examination and bring his individual file up - to - date.
- c) Cure any injury or trouble caused by his athletic effort.
- d) Assist him in a fatherly manner and encourage him, especially if he has failed.
- e) Thank the Directors of the Medical Services of the Host Nation for their assistance.

If the Hellenic Olympic Committee entrusted me with medical responsibility for the Hellenic Olympic Team, this would be my programme and I would be very happy to carry out the greatest part of it successfully.

AVERAGE AGE OF OLYMPIC CHAMPIONS AND TIME OF PREPARATION FROM THE DAY OF THEIR OFFICIAL APPEAR. AT COMPETITIONS UNTIL THEIR OLYMPIC VICTORY

SPORTS	Average age of Olympic champions until Tokyo (& 1960)		Average age of Olympic champions during the Tokyo and Mexico Olympiads (1964-1968)		Average of training, period until Olympic victory (1964-1968)
	Years	Months	Years	Months	Years
ATHLETICS	25		24	7	6 - 10
SWIMMING	23	6	20	4	6 - 8
WRESTLING	?		?		?
BOX	23	2	21	9	5 - 6
EQUESTRIAN SPORTS	36	4	38	5	15 - 20
FENCING	31	8	27	2	8 - 12
MODERN PENTATHLON	27	8	28	6	7 - 9
DIVING	24	8	22	5	5 - 6
SHOOTING	34	4	32	4	10 - 12
HOCKEY	27	3	26		6 - 8
GYMNASTICS	27		24	5	5 - 6
WEIGHT LIFTING	27	2	28	4	10 - 12
SKIING					
CYCLING	22	5	28		10 - 12
ROWING	24	4	24	2	6 - 9
CANOE - KAYAK	27	3	23	5	5 - 7
SAILING	32	5	27	8	7 - 9
BASKETBALL	24	4	23	1	6 - 7
VOLLEYBALL	26	8	26	6	8 - 10
SOCCER	25	3	24	6	7 - 9
WATER - POLO	27		25	4	8 - 9



## PREPARATION OF OLYMPIC CANDIDATES FROM THE PSYCHOLOGICAL POINT OF VIEW

By Dr. J. F. HOMBRAVELLA (Spain)  
*Hon. Secretary General of  
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There is no doubt that the application of psychology to sporting activities has, in the last decade, grown out of its period of infancy and has achieved considerable progress. The isolated, personal initiatives of people who can be described as the pioneers or precursors of the idea, have been integrated and internationalised through a series of congresses, meetings and symposia leading to a unification of criteria and studies. Among many others, I would like to refer in particular to the 4th International Congress of the Latin Section of Physical and Sports Medicine, held at Barcelona in 1963. During that Congress, a special committee was set up to deal with psychology within the context of Sports Medicine. Later, Prof. Ferruccio Antonelli's paper «La valutazione psicologica dell'atleta» and «Psicologia e psicopatologia dello Sport» (1963) were published and were followed up in 1964 by the 1st International Congress on Sports Psychology, which met in Rome and was attended by workers from over 40 countries. It was then that the International Association of Sports Psychology was founded; the Association now includes 14 National Associations and 4 Federations (North, Central, South American and European) with a total of more than 1500 members.

In the following years, a growing interest in the application of psychology in sport characterized all Congresses of the above-mentioned Latin section of the F.I.M.S. (International Federation of Sports Medicine), and special meetings were held in many countries. As a corollary to this progress, a number of relevant works appeared in print, including those by Roudik (USSR), Ogilvie and Cratty (USA), Epuran (Rumania), and several Congress sessions were dedicated to the subject in Spain, Italy, France, Bulgaria, Rumania, Czechoslovakia, Chili, USA and many other countries.

Following the 2nd International Congress on Sports Psychology which was held in Washington in the late part of 1968, progress was considerably accelerated; so much so, in fact, that during the two last Olympic Games, those of Tokyo and Mexico, the competition among the participating athletes went hand in hand with a true scientific competition among the champions of sports medicine and sports psychology, the aim of that other competition

being to achieve the ideal psychosomatic preparation of the Olympic «elite».

It would be unfair to close this historical introduction to my subject without mentioning the great international personalities, whose work on the subject is of paramount Importance. Though many of them appear in my list of references, I would like to mention the following names—regardless of chronological order : Roudik, Pouni and Alatortzev (USSR) ; Cratty, Stater-Hammel, Ogilvie, Kenyon and Johnson (USA); Antonelli, Montanaro, Donadio, Cirrincione, etc. (Italy); Gueron, Dimitrov, Dimitrova, Matev, Parvanov (Bulgaria); San Martin, Ossandon and Yovanovic (Chili); Perie, de Winter, Bouet, Hiriart-Borde (France); Kunath, Müller, Doil (D.D.R.); Veit, Hans and Feige (Western Germany); Cagigal, Poveda F.H. and Roig (Spain); Vanek, Machach and Macak (Czechoslovakia); Reggi, Diaz, Pisani and Schetchmann (Argentina) ; Recia (Austria) ; Hebbelink and Dirix (Belgium) ; Kane, Start (United Kindgom); Sheddy (Canada); Olsen (Norway); Geblewicz and Nawrocka (Poland); Iliescu, Epuran, Moscou (Rumania); Arato (Hungary); Ribeiro da Silva (Brasil); Mactines (Cuba), etc.

I would further voice the very great satisfaction felt by all sports psychologists at the fact that this International Olympic Academy, indisputably the first international forum of sports, has included in its programme the subject I shall have the honour to present to you. And I am glad to convey cordial greeting from Prof. Antonelli, President of the International Association of Sports Psychology, and from all the members of the Board to you all, and more particularly to Mr. Papathanassiadis (President of the Hellenic Olympic Committee) and Mr. Petralias (President of the International Olympic Academy), and to his team of assistants in organizing this 10th Session.

Very frequently, throughout this period of progress and evolution of psychology, we have been faced with the problem of how to spread practical application of the advances of science — a problem that has so far defied our efforts. And we believe that this problem — in a more or less acute form - will remain unsolved as long as psychology does not become an integrated part of biological medicine or as long as persists — in the words of Prof. Ancona of Milan — «that phenomenon typical of modern society, which tends to identify a clinical psychologist with an experimental psychologist, the latter again with a psychometrician, and a psychometrician with an expert in the administration of tests—unjustly and indiscriminately applying the term «psychologist» to the whole scale of diverse psychological activities».

This state of things means that while both medical people and sports experts realize that our present scientific-natural concepts are inadequate to «express man in his historical-biographical entirety» - in the phrase of Prof. Carballo, the Spanish pioneer in psychosomatic medicine - yet psychosomatic ideas, in spite of all evidence, are not easy to accept. It has been said,

with some truth, that acceptance of psychosomatic facts is a process akin to the process whereby a patient in deep psychotherapy comes to accept the interpretations of his psychoanalyst, i.e. through the successive stages of negation and criticism, ignorance supported by the impulse of the affective subconscious, sceptical tolerance, and finally a still greater resistance disguised as acceptance and enthusiasm.

Acceptance of the ancient concept that the affective factors can influence bodily functions came itself none too easily, even though clinically it has long been shown and confirmed that a condition as commonplace as emotion can bring about all sorts of changes in the body : a) changes in the blood circulation and in respiration (contraction or dilation, local or generalized, of blood vessels ; slowing down or acceleration, or disturbance of the cardiac rhythm ; changes in arterial pressure i.e. hypertension or hypotension; change in the respiratory system, lengthened, accelerated, shortened, deepened or irregular breathing) ; b) reactions of the smooth muscles and the sphincters (accelerated or retarded contraction of the stomach ; disturbances in the visceral cavities; contraction and paralysis of the bladder; paralysis of the sphincters); c) changes in excretional activity: stimulation or inhibition of perspiration, saliva, gastric or urinary secretions; d) changes in internal secretions : release of adrenalin, hyperglycemia, stimulation of thyroid secretions, metabolic disturbances; and e) hemological reactions.

To reach acceptance of this psychosomatic evidence and of the modern criteria of general physiopathology in its relation to neurophysiology, it has been necessary to go through a number of successive stages, which may be summarized as follows after Lain Entralgo, celebrated historian of medicine («Introducción histórica de la patología psicósomática», Ed. Paz Montalve, Madrid 1960.— «Mind and Body», Harvill, London 1955.— «Heilkunde in geschichtlicher Entscheidung», Müller Verlag, Salzburg):

A. Psychoanalytical investigation of certain organic illnesses (Grodeck, 1918; Ferenczi and Deutsch, 1922. «The Psychosomatic Concept in Psychoanalysis», International Universities Press, New York, 1953).

B. Study of organic neuroses from the standpoint of Psychoanalysis and Individual Psychology (Psychogenese und Psychotherapie körperlicher Symptome», edited by O. Schwarz, Vienna 1925).

C. A reform aimed at liberating medicine from its total subordination to the rule of the «natural sciences», undertaken after some medical schools had admitted the possibilities of psychoanalysis (F. Kraus, L. Krehl, G. von Bergmann, Siebeck, von Weiszaker).

D. Introduction of a «biographical» pathology (von Weiszaker et al., 1925- 1927; Bilz, Holiman, Hantel, a.o.).

E. Flowering in the USA of a «psychosomatic medicine» as a result of the publications by Fl. Dunbar «Synopsis of Psychosomatic Diagnosis and Treatment», St. Louis C.V. Mosby Co., 1948; Alexander, Menninger, Wolf, Grinker, a.o.).

At present, an integrated view of medicine is prevalent throughout, and thus Weiszaker's statement: «There is nothing organic devoid of spirit, there is nothing psychic devoid of body» has become an accepted fact.

But if we admit the validity of long series of opinions and ideas based on clinical and experimental data — in other words, if we admit the theory that emotional states, such as anxiety, fear, hate, distress, failure, feelings of inferiority or guilt, conscious or unconscious conflicts, etc. can and will upset the equilibrium between the sympathetic and the parasympathetic branches of the vegetative nervous system and alter the latter's effect on the cerebral-pituitary-adrenal system, then we cannot for a moment deny the importance of applied psychology in sports. Due to its strong emotional impact, sport indeed places man in a number of situations, in which he is more vulnerable to psychological trauma and personality disturbances. We might in fact establish the following syllogism: «If emotion produces neurovégétative disturbances, and if emotion is inherent in sports, then sports may produce neurovégétative disturbances». When Prof. Albert Govaerts remarked long ago, during his presidency of the International Federation of Sports Medicine, that «sports medicine rests upon three pillars of equal importance: traumatology, physiology and psychology», he certainly had something like our syllogism in mind. I am also thinking of the prediction made by the President of the International Olympic Committee, Avery Brundage, in his address at the Tokyo Olympic Games: that by the next Olympic Games (those of Mexico), psychology would play a very important role in athletic performance».

Athletes do require close psychological attention for we know - and this is very important - that a man will react to emotional stress in one of two ways:

- a. either by actively defensive attitudes: the tendency to fight or to flee;
- b. or by an attitude of passive inhibition which involves vagal stimulation.

Once these scientific premisses have been established, it would not seem too difficult to try and develop a *methodology* whereby they might usefully be applied to sport. We will examine some of the particular features of such a methodology.

First of all we must recognize that modern sport in the present context (especially Olympic sport) is more competitive than ever, though competitiveness has always been the distinctive feature of sport. While psychological assistance is always necessary, it is — logically — much more so in Olympic

competition, which is different in that it carries a much higher emotional charge, and requires much greater effort, than any other competitions-local, regional, national or international.

Miroslav Vanek remarked very accurately that «physical effort prevails in training and psychic effort prevails at competition». It is indeed quite common — and coaches are well aware of the fact — to observe considerable differences in the performance of an athlete between the phases of «psychological calm» (training) and «psychological upheaval» (competition). Athletes and coaches spend much time and effort on training and on the acquisition of the so-called «athletic form», even though they are not unaware of its vulnerability and variability as a result of both physical and psychological influences. Roudik has extensively studied the impact of psychological factors, as demonstrated in the athlete before, during and after the competition, to the detriment of his usual performance. He appropriately referred to these factors as «psychological barriers» and attributed them to feelings of fear, timidity, responsibility, doubt as to one's own ability. Such feelings frequently assume the characteristics of powerful dominating processes.

In many countries, valuable work has been done toward psychological preparation of athletes. Some countries started in fact as early as the Amsterdam Games of 1928 (Pedro Reggi-Olympiques argentins), while others-which are fortunately in the minority-have done very little so far. The failure of these countries to take any action must probably be ascribed to the absence of an exchange of criteria and experience and also to the absence of a more or less standard methodology. This drawback has fortunately been remedied by the creation of the International Association of Sports Psychology in 1965. Under the Presidency of Prof. Antonelli, the Association has indeed done much to stimulate interest in sports psychology and its problems all over the world.

#### A PLAN OF PSYCHOLOGICAL PREPARATION OF THE OLYMPIC ATHLETE

Our starting point is an unquestionable fact : The competition makes certain demands on the athlete — both of a physical and of a psychological nature. The primary aim of any psychological preparation is to ensure «the ability to control and master one's own reactions to the variable and ever-changing conditions of the competition». The statement refers now to bodily movement, now to the athlete's psychic states.

Another important fact that must be taken into account is that certain psychic qualities cannot be developed sufficiently through general training, wherefore a complementary psychological preparation is necessary, which will vary depending on the particular sport concerned. I would say with Mme Gueron, President of the European Federation of the Psychology of Sports

and Physical Activities, who has done some valuable experiments in this field, that «the processes of conscious development of the psychic qualities of the athlete constitute a process of transformation of simple psychic functions into more elaborate ones, and that on the whole they represent a process of education in mental activity». It is precisely during and through this process that the athlete learns to consciously judge his psychic activity and to master it in the appropriate way. There is unanimous agreement in distinguishing between two types of psychic qualities to be developed during preparation : (a) the specific and well-defined athletic qualities determined by the equally specific requirements of each particular sport; and (b) the general athletic qualities determined by the conditions of the competition in general.

No one doubts today that psychological investigation, study and preparation can provide a solution to these problems and enable athletes to improve their performances by helping them to avoid the uncontrolled emotional tension arising from the competition itself— and from the dynamism of the environment — and interfering with, or blocking, the results of their physical and technical preparation.

Although the psychic condition of the athlete is a single dynamic entity, it is useful to distinguish between the phases preceding, accompanying, and following the competition. In this connection I am entirely in agreement with Profs. Dimitrova and Dimitrov, who suggested three stages: Psychological education, psychic apprenticeship, and psychic or psychological training. Psychological education provides the athlete with a minimum of psychological knowledge concerning psychic states, their manifestations and mechanisms, and makes him capable of neutralizing negative reactions and emotions. Psychic apprenticeship is «a multilateral process during which the athlete progressively acquires the capacity to control his emotions consciously, to master his personal psychic states and to eliminate his negative emotions». The first stage, then, is that of information, the second stage is one of apprenticeship, i.e. of practical application of acquired knowledge, and, finally, psychic or psychological training, which consists in further developing the acquired capacity. Another term used to describe the third stage is «hardening». It is obvious that a close cooperation between physicians, psychologists and coaches is necessary through all three of these stages, according to a predetermined plan.

We might specify further the object of psychological preparation by saying that it is: «the aptitude to get one's bearings quickly and correctly in the environment; also the aptitude to orient oneself in the ever-changing circumstances of the competition; the aptitude to think effectively under conditions of extreme shortage of time; the aptitude to assimilate rapidly any information obtained during the competition; effective and imaginative thinking; the aptitude to react quickly and appropriately to unexpected irritating cir-

cumstances; the aptitude to maintain psychic processes at a high level under the increasingly more severe muscular fatigue and nervous tension of the competition; the aptitude to consciously control one's own emotional states, etc.

Pouni insisted on this by saying that «the psychic disposition of the athlete may be likened to a syndrome comprising a number of indicators : conscious faith in one's own ability, the will to behave actively and creatively and try to the end to reach the goal of the competition ; maintenance of excitement at optimum level ; strong resistance to obstacles and adverse external circumstances, especially those appearing suddenly. In team sports these indicators, though still important, remain subordinated to the cohesion of the group - of the team - but this unity does not do away with the individual differences of the personalities of the Athletes».

After these brief considerations, we will try to outline a plan for the psychological preparation of the Olympic athlete — regardless of whether he is a true amateur or otherwise, e.g. a professional. We attach a very great importance to preventive sports medicine as a means of preventing athletes from becoming cases of sports psychopathology (a subject thoroughly studied by Antonelli), while ensuring their best possible performances.

The first and indispensable rule is that every athlete should be subjected to a psychological exploration, just as he must submit to physical examination, and that the data derived from his psychological examination should be compiled into his psychological record or card — a card that should never be missing from the medical file of any athlete.

The second postulate should be this: Every athlete must be psychologically prepared with as great a care as is usually dedicated to his physical and technical training. There is no sense in preparing an organism for the intense effort required by the competition, unless the person concerned has had a corresponding psychological preparation — that psychological hardening he will so badly need to overcome the inevitable tensions of every competition. In other words : it is first necessary to know the psychology of the athlete and, secondly, to prepare him for psychological effort.

As far as the first phase — the phase of exploration — is concerned, there are several techniques and methods available, most of which are equally efficient and reliable. But, as I pointed out in the paper I read before the 1st Congress of Sports Psychology (Rome, 1965), and as Vanek, Antonelli, Olsen, Kunath and others have insisted, it would be desirable for all psychologists to use the same technique (or a limited number of techniques) for the sake of comparableness on a worldwide scale thus facilitating subsequent work. In any case, and whichever tests may be employed, we must obtain the athlete's «psychological profile» and the most effective method of doing this, I find, is the method developed by Antonelli and including: self-evaluation, aptitude

and behaviour tests. Each investigator may introduce his own modifications to the system. The tests may be given either individually or collectively whenever time saving is imperative and provided there is no risk of the accuracy of the results being reduced.

The most effective weapon in psychological preparation is the psychological interview which, in most cases, must be individualised and which can serve well all the stages of psychological care - from the exploratory to the corrective or therapeutic interview.

I also find that it is important not to limit the athlete's psychological record to a statement of facts, but to see that the record has vitality and an evolutive character. Annotations should be added to keep track of any subsequent observations all along the sportsman's «athletic curve», be it at training or at competition, and always in consultation with the physician and the coach.

There are numerous aspects which may be taken into consideration and as it is impossible to list them all, I will refer only to those that are in my opinion the most important.

1. Maximum attention should be paid to any variations noted in the individual psychological record through the successive stages of an athlete's evolution from «beginner» to «junior» to «senior», etc. to the effects of the athlete's surpassing his own performance or records, to his attitude in the face of success and failure, etc.

2. The psychological record should be completed by an investigation of the athlete's «instinctiveness» (Szondi or other test) to anticipate or prevent any possible unconscious reaction or attitude.

3. All exploration techniques which are likely to yield important information should be used, e.g. the electroencephalogram, in order to eliminate any cerebral arrhythmias which may cause personality changes, in particular during the periods of intense hyperventilation which is necessary to physical effort.

4. Determination and periodic control of the speed and regularity of reactions; any retardation observed in time may lead to prompt detection and removal of the causes, thus preventing a deterioration of athletic capacity as a result of psychological factors. There are many recommended techniques, including the electronic device T.R.219 of Mascellani, the apparatus for luminous stimulation and measurement of muscular and kinesthetic perception of Davis, both used by Slater Hammel.

5. The athlete's proneness to sports accidents and repeated accidents or pseudo - chronicity of minor, clinically curable lesions, all due to psychological motives, should be checked by the simple but effective «Antonelli - Donadio sign».

6. Determination of the athlete's degree of neurosis should be used as a guide to maximum individualisation of psychological orientation; the Cerda test S.N.59 will provide reliable criteria on which to base decisions on psychotherapeutic action.

7. Detection of any psychopathological elements (by projection tests), such as immaturity and persistence of childish traits, hyperemotivity, anxiety, lack of resistance to frustration, etc. will help to define appropriate individual corrective psychotherapy.

8. Creation of a cultural athletic environment, or «athletic conscience» or «athletic discipline» should prevent «short-circuit» reactions by strengthening balance of personality — a fundamental mission of the medical psychologist.

9. Improved self-control and emotional control should be sought by the appropriate use of classical relaxation techniques (J.H. Schultz, E. Jacobson and O. Vogt) in an abbreviated form adapted to sport. Recommended techniques include the O. Arato technique; the M. Machae and M. Vanek «patterned training» technique which associates muscular and psychic self-stimulation; the «psychotonic training» technique developed by De Winter, Cabot, Ferrer - Hombravella, Vanek and Arato, supplemented by preliminary passive mobilisation exercises, by action/relaxation contrast, and by elective differential relaxation and contact experience exercises. Further possible techniques include the «psychological hardening» technique advocated by Crepax and the Pouni «spontaneous regulation» technique. It should be borne in mind that all these techniques require an often lengthy advance preparation before they can be used with maximum effectiveness.

10. Attention should be paid to the athlete's personal motivation, which may change as the athlete grows more mature or as the objects he pursues become modified.

11. It is necessary to establish a rule for close cooperation between the sports physician, the psychologist, the coach and the medical psychologist, who should all operate in genuine team work while keeping their respective fields of competence clearly apart.

12. The peculiarities of each sport should be respected; it would be wrong to attempt to cast all behaviour into one inflexible mould, for then some of it would be incompatible with actual circumstances at the competition, which are not exactly identical in all sports.

13. The «Olympic climate» should be studied from the psychological point of view i.e. one should study such features as the possible attitude of the more or less impassioned spectators ; the fact that the enormous Olympic stadium facilities are apt to exert a different psychological influence com-



*International community singing by participants to the 10th Session.*



*Greek folk dances floor show by the Visvardis group of Zakynthos.*



*Austrian dances floor show by members of the Austrian delegation.*



*Participants to the «Swimming Day» show their enthusiasm during the announcement of results.*

pared with the ordinary tracks and fields the athlete encounters in other competitions ; the increased sense of responsibility of the athletes who know that they are the chosen representatives of their nations; the impact of modern mass media... (press, radio, television, etc.); confrontation with high class rivals, etc.

14. Psychological interviews should be conducted with the chosen athletes on these subjects, in order to strengthen their self-confidence.

15. Attention should be paid especially to the reactions of those chosen athletes who are hopelessly defeated by a rival at the competitions preceding the Olympic Games.

16. With regard to team sports, the «adjustment level of the group» should be studied by the well known Moreno sociometric techniques.

17. It is sometimes preferable to rule out an athlete who has been physically over-classed, because his influence on the group may be disruptive (Experiments by Antonelli, Ribeiro da Silva, Silvij, Mascellani and our selves).

In conclusion, I would insist that the psychological preparation of the athlete should be a pedagogic synthesis of all the sciences of sport; but the synthesis should be scientific, not empirical.

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DOCUMENTATION IN SPORTS  
WITH SPECIAL REFERENCE  
TO THE OLYMPIC IDEA

By Univ. Prof. Dr. JOSEF RECLA  
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of the University of Graz, Austria*

Documentation in sports concerns every sportsman, no matter what his field is: research work teaching and coaching or active sporting.

Documentation in the science of sports is not only a gathering and sifting — it is far more than storing up and accumulating.

Documentation in the science of sports is a professional exposition of the latest knowledge and experiences, it is intellectual treatment of the very new.

Documentation in the science of sports is information on progress in this subject matter.

*SPORT—a cultural phenomenon  
an educational and connecting way*

The world's change by technology and society has affected sport too. In our time sport has taken over expanded duties. Today sport plays a decisive cultural role — it is an attractive and important educational and connecting way. Today sport has broken through departmental tightness, has surmounted national one-sidedness, it exists today all over the international area.

The Olympic idea of baron de Coubertin is now beginning to take root. Today's sport becomes more and more a social movement, it goes ahead unrestrained by any limits, looking out for and promoting things held in common. The sport of today belongs to all persons of all ages. Like no other movement, sport has the chance to unite men, countries and peoples and to enthuse them for a common idea.

*SPORT- SCIENCE - changes practice*

In this era of science, the science of sports — the science that deals with

human movement — has gained a place among the other sciences. The science of sports has now obtained recognition—its results are taken notice of and are used in the practical application, not only of first-class but also of everyman's sport.

The proximity to life of this science guarantees a close cooperation of research, theory and practice. More and more men of practice — trainers and teachers — realize that the results of theory are of great importance for the further development of methods and practice. The records of our athletes are also a result of this research. Sport-science has taken over a new duty in addition to theoretical teaching — to control practice, to change and to modify it.

Certainly sports theory and research will always have to refer to practice, for sport is a living movement, which is strongly connected with the times, with reality and activity. Sport-science can only be carried on in living connection with practice. This is a generally accepted fact all over the international area to day.

### *SPORT-LITERATURE — an essential fact of progress.*

The explosion of knowledge in our time becomes evident, more than elsewhere, in literature. Shouldn't we listen up when experts in literature say that in the year 1969 3 millions of scholarly contributions were published. In 10 years they predict a number of 30 millions. They are telling us further that the scientist today is only able to read about 5 percent of all publications in his special branch. If we take these facts seriously we will have to draw some conclusions. First, what is the situation in sport-literature? Sport literature has grown much in number, too. In 1969 more than 50,000 works, books and papers in different languages were published in the international area. In addition there were 20,000 manuscripts, mainly academic publications and mimeographed texts of sport-universities. Far more than 1,000 special journals were processed, evaluated and documented, producing more than 30,000 contributions reporting about new recognitions and experiences. That is about 100,000 publications in the sport-branch, alone in 1969. Somehow this plenty of literature has to be mastered and utilized in actual practice. Or should those precious works of research and practice be left to gather dust in archives?

We must give the matter some thought. We have to take notice of this abundance of literature. It depends on us how to manage this abundance!

The present-time literature of sport has great intellectual and professional value. It discovers and raises problems, it stimulates reflection and calls for corresponding action. Literature brings new ideas, it prepares for the

future, it makes use of the chances offered by this technological age! Our literature hurries on — by far ahead of practice and reality—it contains what will become reality in some years.

Sport-literature, above all the very important «hidden» or «marginal» sport literature takes us beyond the purely professional, beyond speciality; it goes over into culture and civilization and includes the all human, the purely human things. The spirit of present-time literature is Olympic spirit!

Within sport-literature the Olympic literature takes an essential part. The publications which have to be submitted to the International Olympic Committee by cities-candidates for the Olympic Games indeed show the cultural size of the Olympic idea and the internationality of the Olympic Games. The report-books, which exist about the Olympic Games, far exceed pure portraying of facts and events. They contain the Song of Songs of the Olympic idea and they are cultural works of great importance. Excellent technical productions are the photos of the special picture volumes which are mostly polychromatic. Not long ago the Olympic - Recollection - Book of Mexico was published. It consists of 4 extensive volumes :

- «Das Land»,
- «Die Pläne und Vorbereitungen»
- «Die Spiele» und
- «Die Kulturolympiade — sowie einen Zusatzband mit Souvenirs».

The four volumes contain more than 2,200 pages, 3,000 black and white photos and around 1,000 coloured pictures. The volumes are published in a Spanish - German and an English - French version. The additional volume contains coins, stamps, posters, tickets, programs and other original souvenirs.

#### *DOCUMENTATION IN SPORTS — a very urgent task.*

The science of sports, like other sciences, needs further development — in teaching and in practice as well as the evaluation of new experiences and concepts which are to be found in the new literature. Because bibliographies i. e. simple mention of publications, authors and editors, are not sufficient anymore, documentation in sports — the short description of the contents of books—was developed. The beginning of documentation in sports goes back to the year 1948. At that time Graz began to work on and evaluate literature. Excerpts and summaries of books and technical journals were kept in files. In 1950, the «Deutsche Hochschule für Körperkultur in Leipzig» opened new ways for literature. At this university the science of bibliography was included in the curriculum for students of sports. Since 1955 the «Deutsche Hochschule für Körperkultur» has been publishing documentations in sports in the form of filing cards.

Together, the «Deutsche Hochschule für Körperkultur in Leipzig» and the Institute of Physical Education in Graz organized the first International Congress on documentation and bibliography in sports in 1959. At that congress, which was attended by 80 specialists in bibliography and documentation, the basic rules of modern documentation were set.

In spring 1960 the Institute of Physical Education of the University of Liege also organized a congress in Paris and new ideas for a literature study were presented.

*INTERNATIONAL BUREAU FOR DOCUMENTATION AND INFORMATION — IN SPORTS AND PHYSICAL EDUCATION - the future center of documentation in sports.*

On the occasion of the Olympic Games 1960 in Rome, the International Bureau of Documentation and Information in Sports and Physical Education was founded on Sept. 12th, 1960. As an international centre par excellence, this international association of documentation has been in charge of further developments in the field of sports. The principles of this union secure a modern way of documentation in sports. Literature on that subject matter is accessible to all nations, including under-developed countries.

Consistent with its open - minded attitude and universal character, any sport-documentation expert is welcomed to work with the bureau. Its democratic organization ensures a periodic renewal of the bureau managing body and keeps the organization alive.

Its activity makes it necessary for everyone to work — anybody, who cannot or is not willing to work, must leave. All work is carried out by commissions : Terminology — bibliography — classification — audio-visual techniques— data-documentation—training for sport documentalists.

The bureau has organized open seminars and congresses in many cities of Europe throughout the ten years of its existence and has edited and published more than 300 publications in the field of sport-documentation.

*INTERNATIONAL CONGRESSES FOR DOCUMENTATION IN SPORTS*

International meetings have been organized for two reasons : specialized reports give an excellent up-to-date picture on the status of the contemporary movement in the science of sports. Specialists and professionals point out any existing gaps. Official and unofficial discussions make an exchange of ideas possible. Congresses produce new ideas for further developments, and also opportunity to form a huge family of all nations. Getting to know people and their way of living improves the chance to attain

a peaceful world. It is one of the most precious results of any international congress.

The 2nd Congress of documentation in sports was held in 1962 and was organized by the «Deutsche Hochschule für Körperkultur in Leipzig». Scientific documentation in sports was its special field of discussion. The evaluation of the congress resulted in a spreading out knowledge about documentation in sports.

The unexpected development of documentation in sports induced the Institute of Physical Education in Graz to organize a congress at the castle. St. Martin, Graz in 1967. Young qualified persons, partly students of the academic sport institutions were introduced to the modern way and methods of sport documentation.

In agreement with the «Rechenzentrum Graz» automatic documentation was demonstrated for the first time. Computers rapidly provided requested information in the area of track and field. In 1969, Graz was able to demonstrate for the first time a longdistance transmission. The computer in Graz gave and received information from the computer in Cologne. Intensive and successful work in the last twenty years has brought the documentation of sport-literature to a remarkable niveau on an international level.

*DATA DOCUMENTATION - A very important issue in sport-documentation.*

For several years we have been experimenting with data-documentations, collecting and accumulating of personal data, data of performances and medical information. Each of them is of great importance for sport-practice and sport methods. Data on persons, things and organizations can be collected and stored up to be used whenever needed. The organizers of the Winter Olympic Games in Innsbruck 1964 and the organizers of the World skiing Championships in Gröden 1970 both used the computer. In an amazingly short time exact information could be given in any combination wanted. The way of handling the computers was shown in a demonstration of data-documentation at the «International Congress for Documentation and Information of the Science of Sports» at the Sport-School Schielleiten near Graz in May 1970. The Institute of Physical Education of the University of Graz in agreement with the International Bureau of Documentation and Information of Physical Education and Sports and the «Rechenzentrum (Computer) of Graz» presented a successful and impressive demonstration in the area of track and field. The electronic firm «SIEMENS», using a model of political program, showed how the data-documentation of the Olympic Games 1972 will be ordered and handled.

## *THE DOCUMENTATION OF AUDIO - VISUAL TECHNIQUES*

The sport of tomorrow needs, for its research work, coaching and practice, audio - visual information media, such as literature, film and television. Documentation of audio - visual media has not yet been fully developed, mainly because of the very complicated methods of accumulating documents. It is a time-consuming and very expensive procedure. It can be undertaken only by a central service equipped with extensive records. Centres for documentation of audio - visual techniques are now being developed at the German Sport University in Cologne and at the «Deutsche Hochschule für Körperkultur» in Leipzig.

### *AUTOMATION OF THE DOCUMENTATION OF SPORTS- the documentation of tomorrow.*

In the near future the documentation of sports can only fulfill its tasks by using the computer. Only the automation of the documentation of sports can fulfill the demands of science and practice effectively. The Institute of Physical Education of Graz began successfully with the automation of its library and hopes to reach a full and perfect automation by 1973. The participants of the International Congress for Documentation and Information of the Science of Sport - May 1970, Graz-voiced their conviction of the significance and importance of the automation of the documentation of sport.

### *THE TRAINING OF SPECIALISTS IN THE FIELD OF DOCUMENTATION - a very necessary task for the responsible men in the field of sports.*

The great significance of the documentation of sports for a further development of sports — in research, teaching, coaching and practice — makes a training of talented and interested young people in documentation very necessary. Sports institutions, professional organizations of sports and above all the Academic Sport schools require men who are trained in the field of sport documentation. They have to be able to evaluate the latest research results and report it in the exactly right way. The further development of sports — in theory, methods and practice — depends on how effectively we shall be able to collect all the information, evaluate it and use it. We can improve our status only if we know the facts and can evaluate and make use of them.

### *CONCLUSION - Documentation in Sports at a turning point - where do we stand today ? New aspects in the documentation of the sport of tomorrow.*

1. Sport documentation concerns any sportsman, no matter what his field is : research, teaching and coaching or active practice.

2. The documentation of the science of sport is not only a gathering and sifting, it is far more than just storing up and accumulating facts and events. It is a professional exposition of the new knowledge and experience and the intellectual treatment of the very new.
3. A scientifically directed documentation can influence and direct literature by pointing out errors, deficiencies and very important facts.
4. Documentation in sports is time-saving, connects theory and practice and positively ensures progress in the science of sport. It aims at changing and improving methods.
5. Today's literature of the science of sport cannot be kept under control anymore. Only a scientifically directed sport documentation with electronic data devices can treat and evaluate the huge variety of books in the sport - literature.
6. The International Bureau of Documentation and Information of Physical Education and Sports is the appointed international center of sport documentation. 42 documentation-stations in countries all over the world are treating thousands of scientific magazines.  
35 documentation sheets in several languages are informing us continuously of the latest news in research and practice.
7. The documentation of literature informs you in a very short time of the contents of any relevant book.
8. Data information collects personal data, data of performances and medical information, but also informs you of the results in the subject matter concerned and of events concerning various organizations.
9. The documentation of audio-visual media — of the mass media — is not fully developed as yet.
10. Automation of the documentation in sports — the documentation using electronic devices — is the documentation of tomorrow. It is only by its use that the task of the science of sports can be fulfilled. An automation of documentation can provide sufficient scientifically directed information.
11. The training of specialists in the field of documentation in sports is a very important task.
12. We appreciate the initiative of numerous academic sport schools which are willing to work with us on the improvement and further development of documentation.
13. Documentation in sports must, more than ever, respect the wishes and demands of those who use it.

14. In order to perfect the quality of documentation in sports, it will be necessary to select the literature more carefully. Not every book, which is in print, is worth to be kept in the files of the computer. Not every book is important enough to be evaluated.
15. Exchange of ideas and work from the aspect of international relations is of very great importance.
16. International centres equipped with all modern technical equipment, the so called «data banks», are to be established in the very near future.
17. We shall have to find new ways to solve the language problems. Multilingual documentations are desired.
18. Education, post-graduate studies or congresses can only be successful if they are supplied with information about contemporary literature.

*IN DOCUMENTATION IN SPORTS MAN STANDS RIGHT AT THE BEGINNING AND AT THE END*

The documentation cannot and must not be an end in itself. The intensive use and work with literature let us remain human, because bibliographies and documentations will always be imperfect and insufficient. This realization of human weakness and incompleteness allows the specialist of documentation to remain a living human being. This fact demonstrates one of the important values of documentation.

*MULTILINGUAL LITERATURE ABOUT DOCUMENTATION IN SPORTS*

Bibliographie und Dokumentation der Leibesübungen, lectures and reports on the International Congress for Bibliography and Documentation in Physical Education and Sport — medicine, Graz — Schielleiten, Austria April 22-26, 1959, Excerpts and conclusions in English, French and Russian. Editor : Dr. Josef RECLA, Institute of Physical Education of the University of Graz, Graz 1959.

Internationale Arbeitstagung für Bibliographie und Dokumentation der Sportwissenschaft von 8. - 13. Oktober in Leipzig, organized by the «Deutsche Schule für Körperkultur Leipzig» and the «Büro für Dokumentation und Information beim Weltrat für Sport — und Körpererziehung», printed in the «wissenschaftliche Zeitschrift der deutschen Hochschule für Körperkultur», Leipzig 5'(1963) Sonderheft und Heft 2 — Excerpts in English, French and Russian.

Moderne Sportdokumentation, Bibliography, classification, information and automatic documentation. Congress for Documentation in sports 1967 in Graz. Edited by : Dr. Josef RECLA, Institute of Physical Education of the University of Graz, Graz 1968 — Excerpts in English, French and Russian.



## PREPARATIONS FOR THE XX OLYMPIC GAMES OF MUNICH 1972

By Dr. MAX DANZ (Germany)  
*Executive President of the  
National Olympic Committee for Germany.*

Mr. Chairman,  
Members of the Hellenic Olympic Committee,  
Participants,

First of all I would like to thank you most sincerely for the kind invitation which has given me the pleasure of coming once more to Olympia.

You'll understand how happy I feel when you think that I am an old friend of Olympia, since I had come here in 1961 for the first session. And I feel even more happy since on my return here, after 9 or 10 years, I was able to witness the enormous changes that have been brought about meanwhile.

I would like to speak to you today about the preparation for the Games of the 20th Olympiad of 1972, in Munich. I will not tire you with many data and figures. I will refer briefly, to begin with, to the history of the Games. In April 1966, at the Rome Session, the I.O.C. entrusted the City of Munich with the organization of the Games.

On July 14, 1966, in my home town Kassel, an organizing committee was formed. Now we come to the composition of this organizing committee : it has a Presidium of 11 members. The latter will assist the National Olympic Committee of Germany in the organization of the Games, since the German N.O.C. cannot possibly come with this task by itself.

The Olympic Committee includes representatives both from Sports and from governmental services.

The N.O.C. is composed of 41 members. Most of these members come from Sports Federations, but there are others who offer their help voluntarily, such as representatives from the sector of industry and other sectors.

Our very first task was to select the site on which the Olympic facilities would be built. From the start an area was chosen which had once been a military shooting range and was later used as an airport. This area is located at a distance of 4 km only from the centre of Munich and is called Oberwiesenufeld.

During our planning we took into consideration some basic principles: that the Games should be gay, that gigantism should be avoided as far as pos-

sible, that the Games should be open to the masses, that they should be a festival of youth, that is they should be organized in such a way as to satisfy the needs and the demands of young people from all over the world. We were lucky to obtain the services of an eminent architect, Mr. Benisch, whom you will see in the film.

When our planning was thus completed, work began. One year after the foundation stone had been laid, the area where the opening ceremony will be held was ready.

I should tell you that for the construction of the Olympic facilities workers from all over the world are employed. Only 45% of the labour force are Germans. The remaining workers, that is more than half the total figure, come from various countries of the world, from Yugoslavia, Spain, China, Turkey, France, in one word, from everywhere. Finally, and this is most important, the wonderful Greek workers also work at the construction of the Olympic installations and your countrymen are considered to be the most industrious people in the whole world, a pride to those who can employ them.

As far as the building materials are concerned, we were lucky to be able to use, for the construction of the Olympic facilities, large quantities of material from the ruins that were still in Munich. 40,000 trees were also planted in this region and an artificial lake was built.

The whole site covers an area of 3,000,000 m<sup>2</sup>. The centre of these installations is of course the Olympic stadium, with 80,000 seats. There will be no Tartan track, but we have used a synthetic material, manufactured in Germany, which is very similar to Tartan. The grounds where the other events will be held are very close to one another and can accommodate 12,000 - 24,000 spectators. The swimming-centre has 9,000 seats. It has a glass roof and includes 5 pools, special installations for diving and the necessary auxiliary facilities.

We have also ensured railway communication between the various installations. For various events we will use a field, with a lake which, as they say, can only be filled if the total beer production of Bavaria is used.

There is a special area of equestrian events, located in a beautiful area resembling a park. There are also the necessary installations for fencing, judo and a Centre of University Sports, including 12 large gymnasia, all new and modern, which we hope will give pleasure to the athletes of the world who will visit us and may be then used again for other events.

A large section of the Stadium is covered with plexiglass, which offers protection against the weather and does not darken the stadium so that the atmosphere is always gay.

Underground or surface passages connect, in the shortest possible way, the various sections of the Stadium.

And we now come to another important part of our preparations, the Olympic village, also located in Oberwiesefeld.

The Olympic village can accommodate 10,000 - 12,000 athletes. It is quite modern, with up-to-date facilities and 3,000 accompanying persons can also be lodged in it.

There are access ways to the Olympic village both from the competition grounds and from the city. We have tried very hard to avoid crowding and other difficulties, which might hamper the movements of athletes from and to the Olympic village, and also to make it easier for them to reach the various competition grounds, in order to watch the events that interest them.

I will now give you some further details concerning the Stadium. We have a total track length of 20 km, short distances separate the various sectors that should be connected and we have introduced something new. A special system which is installed at a depth of 0.25 cm, under ground surface, is used for watering the lawn and giving water whenever necessary, during the summer, while on the other hand, during the winter months, this same system is used for absorbing humidity.

We have a Press Centre for 4,000 journalists. Press men will be housed under the same conditions as athletes. All efforts are being made to ensure their comfortable accommodation.

We all remember how unpleasant crowding and the lack of sufficient space in the various installations may be.

In Munich each room will be occupied by only two men or women athletes and the same goes for journalists : there will be only two in every room.

Another important point of the Munich games is the Youth Camp. Mr. Lauerbach is more competent than I am on this matter and he may give you more information. In this Camp that can accommodate 3,000 people, we will have participants from 128 nations and we hope that it will become a meeting centre for young people from all over the world, now and in future.

Needless to say that all planning and time planning in particular, is carried out in agreement with the International Federations. We have already taken care of various details such as cleaning, exhaust gases, etc.

All those who participate in the preparation of the Olympic Games cooperate in total harmony so that the best possible results may be obtained. All planning processes function like a well-regulated clock. For example we can tell you now what will happen exactly in every sports field, in every competition ground, say on September 9, 1972. We even know what meal will be served in the dining room on that day.

In our preparation work we were greatly assisted by a building firm, in charge of construction works. There is also a close cooperation between the

Organizing Committee and the various N.O.C.s which may contact us at any time and make arrangements with us on the matters that interest them and we are always very happy to work with them.

Another problem that presented many difficulties and which we think we were able to solve effectively, is the question of communications. A new underground has been built, new bus lines have been set up and we have increased all means for the transportation of large numbers of persons.

Another important problem is, as you can well imagine, the problem of hotels. It will not perhaps be possible to accommodate all our visitors in the city of Munich. We try hard to accommodate as many as possible in the town itself and the others in the suburbs or even farther away and we try to ensure an effective train-service for these regions.

We now come to the question of Sports Medicine presented to you by Mr. Paparescos this morning. The Sports Medicine services will include 400 German doctors and 200 foreign ones. We will have a large dispensary, with medicaments from all over the world and instructions for the use of the drugs will even be in the Arabic languages, because we wish these Olympic Games to be a festival for everybody, we want them to provide equal service to all.

The television programme will, I think, be transmitted from 100 stations in many countries. Additional satellites will be used so that the Olympic Games may be watched on the TV screen even in countries where transmission is difficult. Africa and other regions.

We believe that the Munich Games will be watched by billions of TV spectators for whom it will not of course be possible to come to Munich.

We have also taken the necessary steps to ensure quiet in the Olympic installations, that quiet which was imposed here, in the sacred site of Olympia, during the ancient Olympic Games.

Other events will include the Scientific Congress Mr. Lotz has already told you about. People will also have the opportunity of enjoying artistic, theatrical and musical events. There will be a harmonica concert, the National Orchestra of Amsterdam will play, many famous conductors have been engaged and there will be, in general, many recreational events so that young athletes may spend their free time, when they are not training or competing, in a pleasant and constructive way.

The torch race is another important event, but other colleagues who are present here are more qualified to tell you about it. There are many questions on which no decision has as yet been taken. The Olympic flame will of course start from Olympia as always, but the route it will follow is not yet fully established. All countries naturally wish to have the flame pass through their territory. This question has not been settled, but we believe that it will be

settled in the best way, as it was in 1936, when the unforgettable Karl Diem participated in the transportation of the flame.

Many efforts have been made in the field of publicity. Picasso and other great painters have been commissioned to make drawings. The German Lottery, the Bavarian Breweries and many private and public organizations will also help in this effort.

As far as accommodations are concerned, we have reserved 25,000 beds in hotels. There will be a central service in charge of accommodations and this will cooperate closely with the Organizing Committee so that confusion, double reservations, and other difficulties or shortcomings may be avoided.

For the 6,000 official representatives we have made reservations in special hotels where we hope they will be quite comfortable.

We hope to have everything ready by the end of 1971. There will be no pre-Olympic games. We are opposed to this idea.

Sport is Sport and we don't see why exorbitant sums should be spent when this is not necessary.

Nevertheless installations are ready and those who would like to visit them, to get accustomed to them beforehand, may do so. I don't think that any problems will arise, since the track made of the synthetic material similar to Tartan is known to all, there are no altitude problems and there will be accordingly no need for special adaptation.

We have already received an enormous number of requests for the purchase of tickets. I can give you some brief statistical data concerning what events the great majority of persons wish to watch : 64% wish to watch field and track, 61% wish to attend the opening ceremony, 34% the closing ceremony, 10% gymnastic events, 4% rowing, etc.

We expect, with great pleasure, the arrival of a large number of African participants. The expected number is approximately double the number of athletes who attended the Mexico Games.

We are really very happy to witness this rapidly increasing participation of African athletes and we will do our best to help them in every way. We will try to offer hospitality to some physical education teachers from Africa and we will make arrangements with the airlines to ensure any possible advantages.

Time is short, I could tell you much more, but, unfortunately, I cannot go into any further details. You are all free to put questions, as many as you wish, to me, to Mr. Lauerbach or to Mr. Lotz, who are all qualified to answer.

Before I conclude I would like to tell you that we hope that Munich 1972 will be a milestone in the evolution and the history of the Olympic movement.

We all know how great are the difficulties the modern world has to face. There are the problems of amateurism, of racial discrimination, we have political unrest and all kinds of difficulties, all over the world.

We think that Games, as clean and honest as we hope the Munich Games will be, may give an answer and contribute to the solution of the important world problems.

It would also like to tell you before I finish that the International Olympic Academy here, may also contribute to the solution of these problems and more so than any Olympic Games.

It can achieve this by spreading the Olympic ideals, by means of the wonderful work done here. I who have come back to Olympia after 9 or 10 years, can really evaluate the work being accomplished. That time was the time when we dug up the ancient stadium, the area was covered with dust from the excavations and you can imagine how happy I am to see these beautiful installations here today and you, the young people who have come from all corners of the world to attend this session. People who come here to attend these sessions, from various countries have serious thoughts in their minds. Visitors to Olympia are no longer only those who come in buses, large American buses with tourists.

I hope and I am sure that the work of the Hellenic Olympic Committee, with the assistance of the services of the National Government and with this wonderful achievement here in Olympia, will have a long and bright future.

I would like to remember at this moment the unforgettable John Ketseas — and I address myself to Mrs. Ketseas in particular — who, in collaboration with the unforgettable Karl Diem, was the prime mover of the Olympic Academy.

I also remember the time when we all lived together in tents. They have gone now, but Mr. Szymiczek, Mr. Palaeologos, Mr. Myropoulos are still here, all those who represent the Academy's present and future, a future which cannot but be magnificent.

Thank you very much.

The cost of the Olympic installations will amount to 1.2 billion DM. Some important technological changes have been introduced, for example there will be automatic electronic devices that will help ascertain a false start. If an athlete makes a false start the electronic device will give a sign informing the officials of this.

Electronic mechanisms will also be used for counting, they will perform angular measurements and it will thus be possible, by means of this new device, to know in 10-15 seconds the results of the various events. Mechanism for automatic time measurements will be used for 100-400 m. races and relays. These will be tried during the German Championships and in a few seconds, in a relay race for example, we will know the time of all 8 athletes and these times will immediately appear on a screen.



## THE ORGANIZATION OF THE XX OLYMPIC GAMES OF MUNICH 1972

By Prof. Dr. F. LOTZ (Germany)  
*Director, Institute of Physical Education,  
University of Wurzburg*

Mr. President,  
Ladies and Gentlemen,  
Dear friends,

I am back again to Olympia and to its Academy after an interval of nine years. What a difference! What a change!

In 1961, a camp with tents, an improvised meeting-place, difficulties with meals. No swimming pool, no lounge, no bar.

In 1970, from those humble beginnings, a true paradise has sprung for young sportsmen from all over the world, a centre of science and of international co-operation.

Cordial congratulations are due to the Hellenic Olympic Committee, to the President and the Curator of the International Olympic Committee, and to all our Greek friends.

Olympia is to us all an example of what idealism, will and singleness of purpose can achieve.

Mr. President,  
Ladies and Gentlemen,  
Dear Friends,

During the various lectures and discussions held at the present session of the International Olympic Academy, mention was repeatedly made of the forthcoming great event of the Olympic Idea, that is the Munich Olympic Games of 1972. Mr. Gaston Meyer has already spoken to you about the preparations being made by the Organizing Committee of the Games in the field of publicity. Mr. Von Osten has added some further details, concerning the German side, to those given by Mr. Meyer.

Towards the end of the Session, Mr. Danz will present a general report concerning preparations but my task today is to inform the participants of the 10th Session of the International Adacemy, of two programmes which should I think, be of great interest to them:

1. The Scientific Congress
2. The Sports Students Camp.

Without wishing to forestall Mr. Danz, I feel nonetheless that it is necessary to place the subject of my lecture in the general framework of the Munich Games, especially since I will refer to various opinions which have already been expressed during these last few days.

The preparation for the Games of the 20th Olympiad, that will be held in Munich in 1972, are based on the following fundamental conditions:

1. *No gigantism*

Modern life and the development of society definitely tend towards gigantism in all fields and neither sports nor the Olympic Games have been able to escape this tendency. The number of interested countries constantly rises and the ever-increasing number of participants has made it necessary to expand the Olympic Village as well as the training and competition grounds, the number and size of which has also had to be increased.

The large demand for tickets and hotel rooms allows us to predict that the spectators' figures will by far exceed those of the previous years.

In opposition to the above tendency, the O.C. - within the frame of its competence and possibilities - strives to maintain within logical limits the size of grounds and facilities and to guarantee their further use, after 1972. For example, what long-term services could be rendered to sports, in a town like Munich, by a stadium of 120,000 seats, or a swimming-pool, which no one could later have the wish or the means to keep up? Practicality and technical perfection yes, waste and luxury, no.

2. *Short distances*

Those who attended the Olympic Games of the past few years, in Rome, Tokyo or Mexico City, remember with dread the enormous distance that separated the sites where the various events were held. In some cases it was quite an adventure to reach one or the other place in time to watch a specific contest, if one used public means of conveyance, or taxis.

In Munich, the largest part of the events will be concentrated in Oberwiesenfeld. Apart from the regattas of Kiel, the only exceptions, in fact, will be rowing and canoe-slalom. From the centre of the city to the area where the events will be held, it is only 15 min. by car. Using the underground, the Oberwiesenfeld can be reached from the «Rathouse» in about 10 minutes. The events, then, will in a sense be held right in the city and it is expected that many spectators will walk the distance to the Games.

### 3. *Games to belong to the young people and athletes*

We wish the Munich Olympic Games to be less than ever the Games of Chairmen, accompanying persons, and coaches and more than ever a real *festival of youth*. We all know, from experience, how unsettled young people have become during these last years in the whole world.

They are looking for tomorrow's world and they wish to participate in its shaping, according to their own ideas, Young people of today no longer like obsolete traditions and ceremonials or the rigidity of out-dated customs. The O.C. cannot afford to ignore this evolution but has to take it into consideration when planning the 1972 Games. These Games will be a modern festival of the world's young athletes, in accordance with the inscription on the Olympic Clock of Berlin : «I call the Youth of the World».

### 4. *The Games should be compatible with Pierre de Coubertin's spirit*

The O.C. of the Games of the 20th Olympiad of 1972 has undertaken the obligation to organize this international event in accordance with Coubertin's spirit, as it is expressed by the triptych: «Sports-Science-Art». It is evident that the Organizers try to profit from the good and the bad experiences of the past, in their efforts to present something better. They will follow Coubertin's idea on the festival's unity and hold a *Scientific Congress*, the aim of which will be to serve the good cause, while remaining uninfluenced by the interests of federations or individuals. The participation in the Congress will not depend on the adherence to a specific organization; this will guarantee a genuine international representation, independent of political affiliations, and ideologies. Furthermore, efforts are being made to ensure the participation not only of eminent scientists but also of representatives from all generations.

Efforts were also made, when the topic of the Congress was chosen, to avoid the promotion of national interests but to highlight, on the contrary, the importance of sports as a common ground of equality and international solidarity, free from the privileges and rights of birth, wealth and tradition of any privileged classes.

The following characteristics result from this fundamental approach to the subject:

#### *Characteristics*

a) In order to safeguard the festival's unity, the Congress will be closely related to the Games. Notwithstanding the many difficulties involved, it will be held in Munich during the week preceding the opening of the Games, and will end in due time before the official opening ceremony. Thus, people in charge of athletes, representatives of Federations and any interested athletes,

will have the opportunity of attending the Congress. Scientists on the other hand will have enough free time at their disposal to watch the Games if they wish to do so.

b) The Scientific Congress will be officially organized for the first time by the O.C. of the Games and will constitute an integral part of the Games. This means that the O.C. is fully responsible for the planning, preparation, the organisation and financing of the Congress. Thus, any unilateral pressure on the part of isolated groups of interests will be avoided, even though it is of course evident that the consultative advice of International Federations will be sought.

c) For the performing of the necessary tasks, the O.C. has set up a Scientific Committee under the chairmanship of Professor Baitsch of Ulm University. During the setting up of this Committee efforts were made to avoid giving the latter too strong an athletic character, by including members from as many scientific branches as possible.

d) One Congress

Contrary to what happened in the past, the O.C. has deemed it advisable to hold one Congress only but with many and varied subjects so that all sciences can participate (medicine, anthropology, pedagogics, psychology, sociology, etc.). By means of the proper organisation of the Congress it will be possible to combine the various branches so that they shall not constitute separate subjects, but a real coordinated and uniform synthesis. Efforts are being made not to encumber the Congress with long lectures so as to leave sufficient time for discussion and individual talks. For this same reason the programme will be quite flexible, in order to facilitate personal contacts and exchange of views and provide adequate time for social events.

e) General theme of the Congress

The General theme of the Congress is:

«Sports in our World-Problems and Opportunities».

This theme is wide enough to comprise not only all disciplines but also various aspects of the latter, of limited, regional interest.

The discussion of these subject will be divided among the following groups :

1. Anthropology, philosophy, theology.
2. Sociology and social psychology.
3. Pedagogics, psychology.
4. Medicine.

Four committees were entrusted with the further elaboration of the above individual subjects. These committees will contact experts in Germany

and abroad and will secure the most competent speakers and discussion leaders.

Some specialized topics have also been included in the programme.

1. Man's estrangement and identity as a sports problem.
2. Function and dysfunction of sports in modern society.
3. Sports-Personality-Education.
4. Sports and age.

f) Conducting of the Congress

The Congress will last 5 days. The first, second, fourth and fifth day will be working days, while the third will be consecrated to excursions, shows, contacts and visits to scientific and sports centres.

Each of the four working days will be used for the study of one of the four specialized topics, i.e. on each day a main subject will be dealt with. This main subject will be presented during the morning, under two different aspects, by two lecturers, following which a symposium will be held with the participation of members from the other groups. In this way it is hoped that a good coordination will be effected among the various individual subjects. Questions from the floor will be submitted in writing and handed over to the Symposium members to be answered.

In the afternoon, working teams will be formed, probably ten, which will discuss various specific aspects of the main subject treated during that morning; sufficient time will also be available for the presentation of subjects of personal choice. Furthermore, as in all congresses, there will be limited opportunity of presenting short papers on the results of personal research or submitting relative written reports to the participants.

The programme will be completed by evening lectures and demonstrations and, according to the wish of International Federations, Thursday will be proclaimed as UNESCO day. For information purposes, representatives from various regions of the world will speak on the subject «Sports and Development». An eminent UNESCO personality will then take the floor on the subject «Sports and Peace».

The Congress will be held in the Congress Hall of the «Deutsches Museum», which is absolutely appropriate for the conducting of this meeting. The large meeting hall can accommodate 2500 persons. There is also a series of adjoining halls in which smaller groups of up to 300 people can meet. The various auxiliary facilities, information, services, registration, etc. will be housed in smaller rooms. The restaurant and bar existing in the building will be open to Congress members all day. During morning sessions, simultaneous interpretation will be provided in five languages. Since it can be considered as certain that all participants to this international meeting will be able to speak

and understand one of the international languages-either English or French - each afternoon working team will include people speaking the same language. Furthermore, the texts of the lectures will be translated and distributed to participants.

#### 5. *Congress members*

The Congress Hall of the «Deutsches Museum» can accommodate, as we have previously mentioned, more than 2000 people. But since it will be very difficult to find rooms for so many persons, this number will have to be greatly reduced. The O.C. can provide accommodation for 1000 persons. To this figure should be added the 500 members of the sports student camp whose lodgings have already been secured. It would, on the other hand, be correct to suppose that a great number of participants will be members of the various delegations, or persons accompanying national teams, for whom accommodations have already been provided.

Interested persons who can be accommodated by friends or relatives will of course also be very welcome, since no additional beds will have to be provided for them. Forecasts up to now indicate that the number of participants to the Congress will be around 1500.

#### 6. *Sports students camps*

Since the Helsinki Games in 1952, a sports students camp has always been organized in connection with the Olympic Games. There will be such a camp in Munich with 3000 places, 300 of which are intended for the young people wishing to watch the Kiel regattas. The Munich camp will be located near Nymphenburg. The experience of these past years has shown that an age limit of 22 years does not give equal opportunities to all students. For this reason, the Munich camp will have a special section that will accommodate 500 students up to 26 years of age.

This section will be located on the Winzerstrasse, very close to the Oberwiesenfeld, and students will be housed in newly-built buildings. An invitation for participation to the camp will be sent to all National Olympic Committees recognized by the I.O.C. It is expected that the number of applications will exceed the number of available places. The Commission of the Organizing Committee for the Sports Students Camp will accordingly have to proceed to a selection of applications. We can assume with reasonable certainty that among these groups there will be those who will later take up important positions and will influence sports and physical education in their countries. Efforts are accordingly being made to allow all members of the students' camp to attend all events of the Congress and the Games, so that they can become acquainted with the many problems of sports and come into contact with their peers from all corners of the world.

The invitations which will be sent out, will include an appeal to the various countries to contribute to the programme of the Congress by demonstrations of various exercises of physical education, typical of their country. The willingness of a country to present such a demonstration will certainly strongly influence the decision concerning the groups which will be selected.

The daily expenses for the members of the sports students camp will amount to 5 dollars. This sum includes bed and board, visits, entrance tickets, as well as an accident and civil liability insurance. Travel expenses will naturally be assumed by the countries concerned.

The General German University Association, in cooperation with the participating higher educational institutions has tried to organize a hospitality programme, according to which the delegations from the various countries will each be the guest of one university for a few days. The guests will thus have the opportunity of meeting their German colleagues, of discussing with them the various problems of student and university life, of coming to know the country and its people and of facing one another in athletic competitions if they so desire. This will take place during the week preceding the Congress, so that the groups can return to Munich in time.

### *7. Social programme*

A varied social programme will be offered to Congressists including sight-seeing visits, visits to museums, collections, theatres and to the opera. Furthermore, the demonstrations by the various sports schools referred to above will be held every evening. On the third day of the Congress, during which no lectures will be presented, various excursions to upper Bavaria have been scheduled — some of which will be purely recreational and others may be combined with educational or athletic interests. On this day participants will be the guests of the O.C.

Efforts will also be made to satisfy any participant who may wish to meet with various age groups, or professional circles of the host country. Finally the O.C. will help, as far as possible, all those who would wish to travel around the country after the closing of the Games.

### *8. Exhibitions*

On the occasion of the Olympic Games of 1972, a series of exhibitions will be held in Munich.

#### a) Sports and Technology

The above exhibition will be housed in the German Museum and present the evolution of sports implements during the centuries — the improvement of facilities and the assistance of technology in the field of time measurements, etc.

b) 100 years of archaeological excavations in Olympia Another exhibition, also housed in the German Museum, will present to visitors the findings which were revealed by the excavations in Olympia during the last 100 years. A series of originals or casts will provide a vivid picture of the work accomplished.

#### 9. *Publications*

##### a. Provisional invitation

A provisional invitation in several languages was published on the occasion of the 1968 Olympic Games in Mexico. In the course of 1970, a second leaflet will provide detailed information on the scheduled Congress to interested bodies and personalities.

##### b. Research Report

A publication by way of a 1st Volume of the Congress Proceedings will be available ahead of the Games. It will contain contribution by an international circle of authors concerning the present state of research in the various branches of the sports sciences, within the context of the general theme of the Congress, and will prepare the reader for the actual Congress. The second volume will then be the actual Congress proceedings and will include all papers as well as the main discussions.

Special documentation of the exhibition «a 100 years of excavations in Olympia» will be available.

#### *Carl Diem Contest 1971 - 72*

In 1972, it will be 20 years since the German Sports Federation instituted a sports scientific contest in honour of Carl Diem. This contest which has lent considerable impulse to scientific work on sports and physical education, will be open to international participation in 1971/72. It was thought a good idea to announce the results of this contest during a ceremony to be held at the close of the Congress.

#### *Summary*

The 1972 Olympic Games of Munich will provide extensive opportunities for expression and activity to the science of sports and its exponents. Opportunities of this kind and events of such magnitude are seldom offered to a man more than once in his lifetime. Each one of us, irrespective of the countries we come from, must try to avail ourselves of this opportunity and to contribute — by participation or by cooperation — to its full success.



THE ORGANIZATION OF THE  
XI WINTER OLYMPIC GAMES  
OF SAPPORO 1972

By Mr. TOMOO SATO (Japan)  
*Secretary General, Organizing Committee, 1972  
Olympic Winter Games, Sapporo.*

It is my great pleasure to have this opportunity of reporting on the preparations which my Organizing Committee is making for the coming XIth Olympic Winter Games to be held in Feb. 1972 in Sapporo, Japan.

Sapporo is a city locating at the northern island of my country, called «Hokkaido». It is the host city which will stage the first Olympic Winter Games in Asia. The people of Sapporo City, including the staff of my Organizing Committee, are earnestly engaged in preparing themselves for staging the Games, which they are determined to make a most successful event.

Before delivering my lecture, I would like to show you two films which I have brought from Sapporo. One is a film taken in 1966 when Sapporo extended its invitation to host the Games. In this film you see an outlook of the city as well as its citizens. Another film is the most recent one, taken in April this year, in which you will see how our preparations have progressed and how will be conducted the XIth Winter Olympic Games. After showing those two pictures, each of which is of 15 minutes duration, I would like to tell you some of the main aspects of our preparation works and, after that, I shall be glad to accept any questions or impressions that you might put on us. Now, gentlemen, let us face the screen for about half an hour.

\* \* \*

Gentlemen, I hope you have just visualized the City of Sapporo and how we are preparing for the Games. You have before you a text of my lecture. It covers five points. At the outset, there is a brief history of my Organizing Committee and its present organization. In chapter 3, it states about various sports venues, including the Olympic Village, Press - Centre and Press - House that we are going to build for the Olympic Games. In the following chapter 4, I wrote how the Organizing Committee will be re - organized at the time of the Games. The Committee will have to be so as to adapt most efficiently to the requirements and needs of sports venues. In chapter 5, you see the programmes and ceremonies to be conducted in our games.

Finally in the last chapter, I mentioned the budget, both the budget of my Committee itself and the budgets of all other related institutions, governmental and private.

Since I have not much time to dwell on each subject. I wish you would kindly read my text afterward and I wish to confine myself to certain main aspects, which I think I ought to stress.

Firstly I should like to inform of the enthusiasm entertained by the Sapporo citizens. Mayor and his Office, by the people of the entire country for making Sapporo Games a success. As it is stated in the first page of my text, this is the first Winter Olympic Games ever held in Asia. From their beginning, the Winter Olympic Games have been held either in Europe or in North America and never in any other continent. There we find a significance, since the Olympic Games are after all, for the benefit of all humanity. We were gratified with this privilege and have been firmly determined that the Sapporo Games might not be less successful than any other preceding Games. We are entrusted by the IOC to succeed the Olympic movement from the past till the future. We have been passed from the City of Grenoble, France, a high spirit of Olympism, which we shall have to pass on to our successor, the City of Denver, Colorado. The sacred flame taken on this place will be burnt with splendor and brightness on the snow of all staging cities.

It is not an easy task to fulfill this obligation. We are facing a number of difficult obstacles. For example, the weather at the time of the Games is one of our greatest concerns. From the experience of the past years, we are sure that we shall have ample snow in Feb. 1972 but, if it snows too much, traffic between the venues will be hampered and might cause delay and confusion in the programme.

Another hardship is to secure enough hotel accommodation. Sapporo has one million inhabitants and there are good hotels, but it is a real problem to provide sufficient beds to all those foreign and Japanese spectators. We are going to sell nearly one million tickets of admission, but we shall not be able to do so before being guaranteed with enough beds, because it will be a shame for us, if anybody should come to Sapporo from abroad with a ticket not to find any hotel to accommodate himself.

Language barrier is another hardship. We are fighting against this by all means. Perhaps it is a peculiar problem for the Olympic Games to be held in a country like my own, where neither English, French, Spanish, Russian nor German is the mother tongue.

I may quote another obstacle. That is finance. The staging of the Games requires huge amount of money. The total expenses seem to reach hundreds millions dollars as is reported in the last page of my text.

This is mainly because we have to construct many so-called «infra-structures» such as road, subway, hotels, etc. in addition to the construction of the minimum requirements for the Games, such as Olympic Village and event courses. Certainly it is neither what Count Coubertin imagined, nor what President Brundage would like. But I might say that, in order to succeed in our preparation, finance to certain extent is inevitable. The money, if spent wisely, will leave Sapporo after the Olympic Games not only its international fame but also a modern outlook.

Gentlemen, I may add some more obstacles, but I think it is not what you would like to listen from me. I wish to state, instead, some happy feeling that I always entertain in discharging my job. It is with a feeling of happiness that all my staff, some of whom come from the national government, municipality, police and banks, some of whom come from the travel agency and newspaper agency, some young and some aged, boys and girls, married and unmarried, all for them are collaborating with each other towards their common aim and aspiration, that is to make Sapporo Olympic Games a success.

This kind of collaboration, this sort of harmony is not available in any other institution. In the government, for example, bureaucracy governs while, in the business, individual interest comes first, while in the ladies circle, I was told, jealousy dominates. But so far as the Olympic preparations is concerned, everybody in Sapporo is happy to do his job.

So that, my task lies not in preaching the people on the spirit of Olympism because they already know it, but rather in arranging the people, materials and resources in a good shape and in a good order. Just like a chief engineer, I am devoting myself day and night in checking the chart, in counting the stock, in looking around from one site to another, in meeting friends and talking to others, in studying, discussing and travelling.

No matter how busy I am, I am happy always to be an organizer, to be a back-stage organizer of a great edifice.

I thank you.

\* \* \*

#### (1) *History of the Organizing Committee*

1. In Rome, on April 26, 1966, the 64th I.O.C. Session selected Sapporo as the host for the 11th Olympic Winter Games to be held in 1972. (In 1940, the I.O.C. had selected Sapporo to stage the 5th Olympic Winter Games, as well as Tokyo for the 12th Olympic Summer Games. Unfortunately, the outbreak of World War II forced the city to decline the honour). The decision of the I.O.C. in 1966 was a cause of great delight, not only to the citizens of Sapporo, but to people all over Japan.

2. Japanese athletes first participated in the 5th Olympic Summer Games held in Stockholm in 1912, and the 2nd Olympic Winter Games held in St. Moritz in 1928. Since then, Japan has been enthusiastically promoting all Olympic movements. In 1964, Tokyo hosted the first Summer Games held in Asia, which culminated in a great success. This facilitated the selection of Sapporo as a host for the first Winter Games to be held in Asia.

3. The Organizing Committee for the 11th Olympic Winter Games, Sapporo 1972, was established on July 26, 1966, three months after the city was selected as the host. Mr. Kogoro Uemura, Chairman of the Federation of Economic Organizations, was elected as President and Prince Tsuneyoshi Takeda (a member of the I.O.C.) and Mr. Yosaku Harada (Mayor of Sapporo) assumed offices of Vice Presidents. Mr. Tomoo Sato was elected as Secretary General. Also, about 30 committee-men were chosen from the political, financial and sporting circles of Japan, as well as from the Japanese Government, the press, and the city authorities of Sapporo.

The Committee first met on July 26, 1966, in Tokyo when the I.O.C. entrusted the Organizing Committee with all the necessary powers and responsibilities for preparations and management of the 11th Olympic Winter Games.

4. The Secretariat of the Committee was placed in the Sapporo City Hall, and two divisions were established — General Affairs Division and the Division in charge of Sports, Press and Public Information, and Facilities. The Tokyo Office was also established.

At the outset the number of Secretariat staff was small ; however, it has gradually expanded. In November, 1966, the secretariat office was moved to the 6th floor of the Higashi Takugin Building, where it is situated at present. Thus, preparation for the Games has started in full swing.

## *(2) Organization of the Organizing Committee*

1. The Organizing Committee, as shown in Chart (A), consists of 34 committee-men along with a President and Vice-President. The Committee meets every month either in Sapporo or Tokyo.

2. In this Organizing Committee, auditors, supreme advisors, advisors, and consultants, advise and supervise the Committee from their respective standpoints.

Also there are commissioners, who are government officials, either Prefectural, City or National, as well as persons representing communications and sports circles. They engage in preliminary examination of all matters and then pass them on to the Organizing Committee for its final decision.

3. Under the Organizing Committee there are nine Technical Committees to deal with problems which might occur in technical fields. These Technical

Committees also have Subcommittees for the purpose of intense study into technical problems.

4. In the Secretariat of the Organizing Committee, there are two Assistant Secretary Generals (in charge of technical matters and administration) who render assistance to the Secretary General. Under these, nine Divisions and one Tokyo Office are in operation. Each Division has two or three Departments. At the present time, the personnel totals 180. This includes many specialists from the City, Prefectural, and National Governments as well as businessmen from various companies in each Division.

(3) *Games sites (Including Olympic Village, Press Center, and Press House)*

1. Chart (B) illustrates the 14 Games sites for the 6 Games consisting of 35 Events. Completion of all facilities, except one indoor ice-skating rink, is expected in 1971.

2. Outline of Each Site

A. *Makomanai Outdoor Speed Skating Rink (constructed by the National Government)*

This will seat 50,000 spectators around a 400-m-lap piping rink. The Olympic flame will burn there in the opening ceremony. Completion of this will be December, 1970, at a cost of US \$ 3,570,000.

B. *Makomanai Indoor Skating Rink (constructed by the National Government)*

Within this rink the figure skating and ice hockey events will be held, along with the closing ceremony. Twelve thousand spectators can be seated under the huge 12-sided roof (113m in diameter and 2,200 tons in weight). The expected completion date is December, 1970, at a cost of approximately US \$ 6,010,000.

C. *Skiing Cross-Country (constructed by the Organizing Committee)*

The courses are located about 8km southeast of the city center and about 5km east of the Olympic Village. The construction of the courses (37km in total length and 3 to 5m in width) has been completed.

D. *Biathlon (constructed by the National Government)*

The target-shooting area is now under construction about 3.8 km south of the cross-country course. The course will have 48 targets. Also, a stand to sit about 2,300 spectators will be constructed.

E. *Jumping*

Jumping events, the epitome of the Olympic Winter Games, will be held at the following two sites : Okurayama 90 m jump hill (5 km west of the city

center) and Miyanomori 70 m jump hill. The Okurayama site, used for jumping events, is 296 m above sea level. Here, a stand will be erected to sit some 50,000 spectators. The Miyanomori site will be used for 70 m jumping and combined jumping events. The hill is favored with good atmospheric conditions with an average wind velocity of 3 m/sec. Also, a stand to accommodate some 30,000 spectators will be constructed.

*F. Alpine Events (constructed by the Municipality}*

Mt. Teine (1,023 m above sea level) will be the site for the slalom and giant slalom events. The mountain is approximately 12 km northwest of the city center. This is the only Olympic Winter Games skiing site in the world from which the sea can be overlooked.

Men's giant slalom course runs about 1,120 m (as compared with 1,230 m for women) and has a vertical drop of 438 m (for women 358 m). The maximum slope gradient for men is 41° and for women 27°. The lift to the summit for the giant slalom course has been completed. The regular slalom course is of 500 m in length, 120 m in width, and the maximum slope gradient of 34°. The lift for this course covers 1,303 m, and has already been completed.

*G. Bobsleigh and Luge (constructed by the Organizing Committee)*

Mt. Teine has a bobsleigh and a luge course, and another luge course is under construction at Fujino in the southeastern part of the city. Bobsleigh and luge games are the first winter games to be held in Japan.

*H. Mt. Eniwa Downhill Course*

Mt. Eniwa (1,319 m above sea level), rising near Lake Shikotsu in a National Park, is a volcano. Situated 31 km from the Olympic Village, it is the farthest site. Construction began in June, 1968, and by December, 1969, the ropeway (1,742 m) and lift (330 m) were completed; and by February, 1970, the facilities became usable. The course has a width of 60 - 70 m, a length of about 2,700 m, and a maximum slope gradient of 37°.

*I. Mikaho and Tsukisamu Indoor Skating Rinks (constructed by the Municipality)*

The Mikaho rink is the site of the compulsory figure skating. There will be a piping rink, 30 m wide and 60 m long, and a stand to accommodate 2,000 spectators. The expected cost of construction is about US \$ 2,060,000. During the summer this facility will be transformed into a swimming pool.

The ice hockey events will be held at Tsukisamu Indoor Rink. Completion of the piping rink (30m wide, 60m long) and 6,000 - seat stand is expected in August, 1971, at a cost of US \$ 2,740,000.

### 3. Olympic Village

The Olympic Village is now being constructed quite near the venues of the opening and closing ceremonies. It is 9 km from the city center and may be reached in 13 minutes by the Express Subway which is now under construction.

Athletes and officials from 42 countries will be accommodated in the men's five-storied buildings (690 units) or in the women's eleven-storied buildings (132 units). After the Games, these facilities will be rented or sold to citizens. Within the Village there will be recreation and service centers, small conference rooms, dining halls, infirmary, sauna baths, etc., which are now under construction.

### 4. Press Center and Press House

On the occasion of the Olympic Games, some 3,000 press people will come to Sapporo — some 1,500 from abroad and 1,500 from all over Japan. A Press Center, Broadcasting Center and Press House will be constructed for their use. The Press Center and Press House will be located on a hill a little south of the Speed Skating Rink.

The Japanese Press House will be located elsewhere. The Broadcasting Center will be in the center of the city, from which the Games will be broadcast throughout the world via satellite.

#### *(4) Organizing Committee at the Time of the Games*

1. The Organization of the Organizing Committee is stated in Chart (A) and is explained in section (2) above. This organization is, however, for the period before the Games and will be reorganized into a more suitable structure during the actual Games in February, 1972.

2. The revised organization during the Games is illustrated by Chart (C). During the Games, «Games Operations Headquarters» and seven other headquarters, plus a group of the Defense Forces- will be established under the «Operations General Headquarters».

3. Within the «Games Operations Headquarters», a chief will be appointed for each event site to supervise the operation of the event.

4. In addition to the «Games Operations Headquarters», another headquarters will be established for each essential field such as «traffic and transportation», «ceremonies», «reception», and «snow removal».

5. The expected number of personnel for the entire «Operations General Headquarters» during the Games is approximately 400. In addition to the Organizing Committee members and the Secretariat staff, many temporary workers will be employed. An expected 3,500 men of the Defense Forces will aid in traffic, transportation, and guard during the Games.

### 5) *Games Programme*

1. The duration of the 6 Games and 35 Events will be from February 3rd through to the 13th, as shown on Chart (D). This chart shows the general picture of the programme, however, the final programme will be determined at the I.O.C. Session in Luxemburg in 1971. For example, the schedule for some skiing events is still under consultation with the International Ski Federation.

2. The opening ceremony will be held on February 3rd, at 11:00 a.m. at the Makomanai Outdoor Speed-Skating Rink. Although the details of the opening ceremony are still under consideration, the following aspects will be solemnly observed in accordance with Olympic Protocol: the Olympic Song, Flag transferred from the Mayor of Grenoble, Declaration of the opening by His Imperial Majesty the Emperor, Oath by athletes and referees, Olympic Flame, etc.

The flame, which will be taken from Olympia, will be transported to Tokyo by air. Upon arrival in Tokyo, the flame will be divided into three and transferred by land from Tokyo to Sapporo through three different routes.

3. The closing ceremony is scheduled for the afternoon of February 13th, at the Makomanai Indoor Skating Rink. Within the huge indoor rink, President Brundage of the I.O.C. will declare the termination of the Games, and the Winter Olympic Flag will be handed over to the representative of the next host city, Denver, Colorado.

4. The smooth progress of the Winter Games is greatly dependent upon the weather. A shortage of snow is not expected; however, there is a possibility of heavy snow. If this is the case, the problem of immediate snow removal and traffic and transportation to the Games sites is rather important. The Organizing Committee, along with the various authorities concerned, is studying the many situations which may arise during the Games and ways and means to cope with them so as to carry out the Games on schedule.

5. One week prior to the Games, the 72nd I.O.C. Session will meet in Sapporo. Also, the city of Sapporo and many private organizations are planning various social and cultural activities to welcome the visitors from abroad.

### (6) *Budget for the Games (Including Related Budget)*

1. The expenditures necessary for holding the Olympic Games are vast, especially when the infrastructures do not exist, which is the case at Sapporo. An outline of public expenditures and private investments is as follows:

A. *Public Expenditures* — about US \$ 390 million (Y 140,000 million)

(a) Direct Expenditures for Holding the Olympics — US \$ 55 million (Y 19,800 million):

Games Sites Construction Cost  
 US \$ 26 million (Y 9,200 million)

Olympic Village Construction Cost  
 US \$ 14 million (Y 5,000 million)

Press Center and Press House Construction Cost  
 US \$ 7 million (Y 2,600 million)

Expenditures for the Games Operation  
 US \$ 8 million (Y 3,000 million)

(b) Related Expenditures for the Olympics — approximately US \$ 334 million (Y 120,200 million):

Cost of Road Extension and Construction Related to the Games  
 US \$ 158 million (Y 57,000 million)

Express Subway Construction Cost  
 US \$ 89 million (Y 32,100 million)

Cost of Expansion and Consolidation of Sapporo Airport  
 US \$ 7 million (Y 2,400 million)

Cost of Other Public Works Related to the Games  
 US \$ 80 million (Y 28,700 million)

The expenditures directly necessary for holding the Olympic Games will be borne, 40% respectively, by the City and National Government and the remaining 20% by the Hokkaido Prefectural Government and the Organizing Committee.

*B. Private Investments — about US \$ 112 million (Y 40,000 million)*

1. The Olympics is proving to be an excellent opportunity for private investment, and at present the amount has reached US \$ 112 million. The items include electric facilities, shopping centres, extension or construction of hotels, etc.

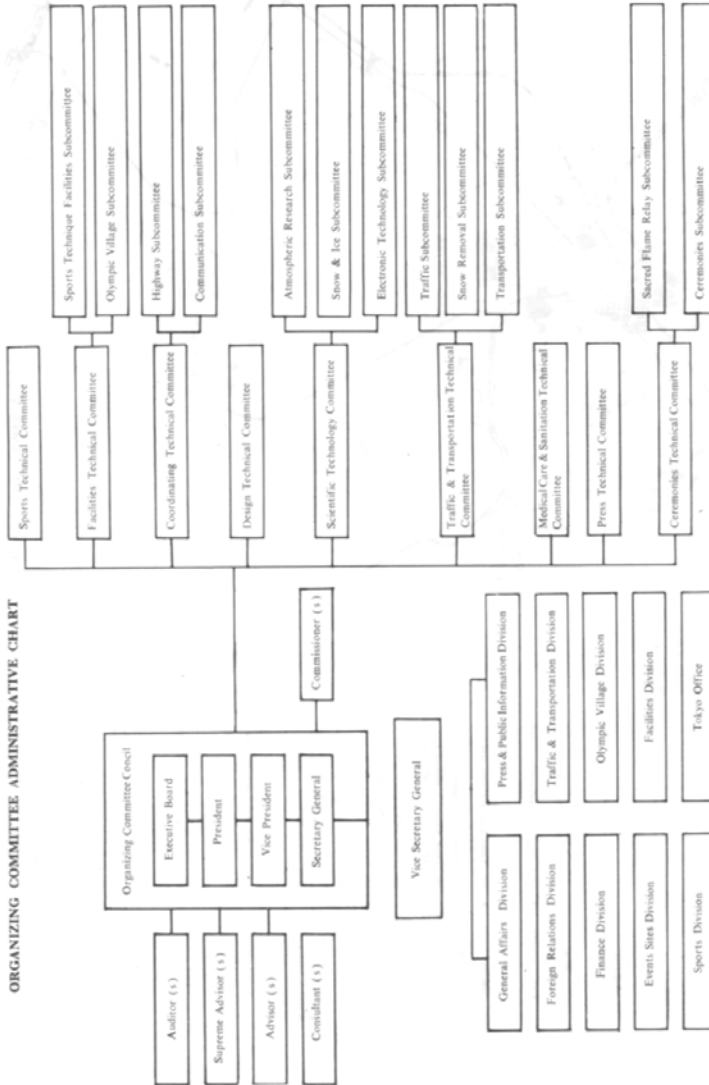
2. Budget of the Organizing Committee

The Organizing Committee budget for each fiscal year is as follows :

1968	about US \$	1 million (Y 438 million)
1969	US \$	3 million (Y 976 million)
1970	US \$	5 million (Y 1,740 million)
1971	(estimate) US \$	17 million (Y 6,000 million)

The cost for the four Games sites to be constructed by the Organizing Committee (Mt. Teine Bobsleigh site, Mt. Teine Luge site, Mt. Eniwa Downhill site, and Makomanai Cross-Country site) accounts for the largest part of the entire budget of the Committee, and the remaining money will be for preparation and operation of the Games.

**ORGANIZING COMMITTEE ADMINISTRATIVE CHART**



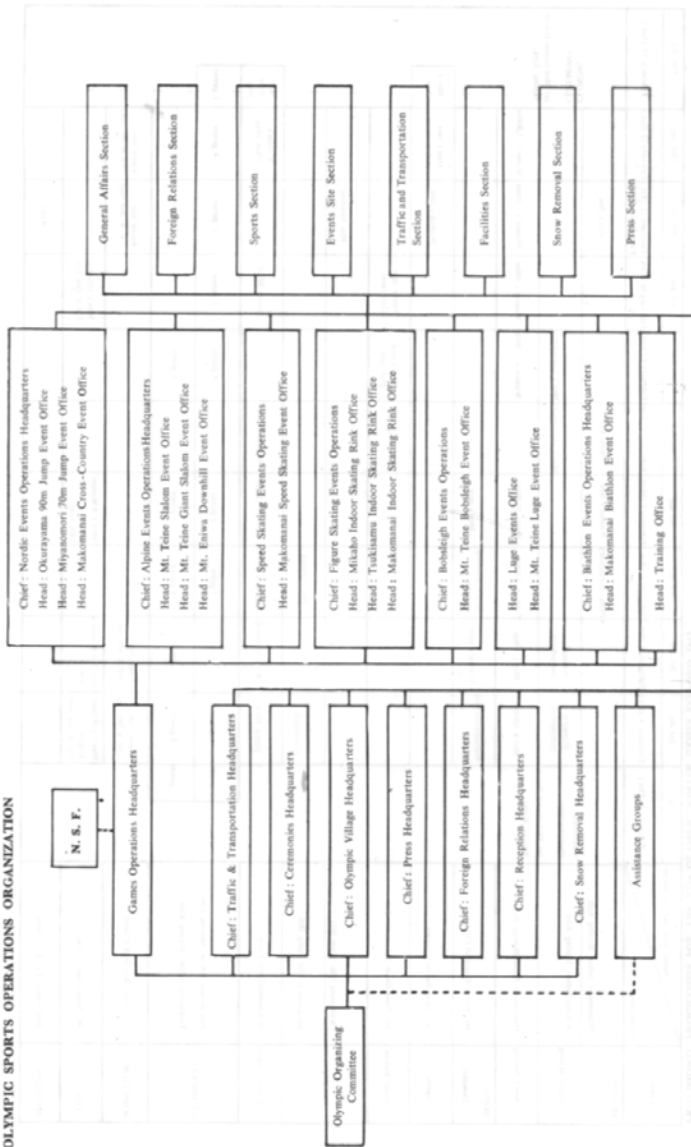
**LIST OF GAMES SITES AND FACILITIES FOR THE SAPPORO OLYMPIC WINTER GAMES**  
As of 1st April 1970

Events	Games sites	Distance from the Village (kms)
<b>Sliding events</b>		
<b>NORDIC</b>		
<b>Jumping</b>		
1	Ohtsurayama 90 m jump hill	9.0
	70 m	8.0
2	Miyazomori 70 m jump hill	8.0
<b>Cross-country</b>		
3	Makomanai cross-country events site	0.5
<b>ALPINE</b>		
<b>Slalom</b>		
4	Mt. Teine slalom events site	17.0
<b>Men</b>		
	Mt. Teine men's slalom course	
<b>Women</b>		
	Mt. Teine women's slalom course	
4	Mt. Teine giant slalom events site	17.0
<b>Men</b>		
	Mt. Teine men's giant slalom course	
<b>Women</b>		
	Mt. Teine women's giant slalom course	
<b>Downhill</b>		
5	Mt. Eniwa downhill events site	30.0
<b>Men</b>		
	Mt. Eniwa men's downhill course	
<b>Women</b>		
	Mt. Eniwa women's downhill course	
<b>Biatlon events</b>		
3	Makomanai biathlon course	0.5
<b>Skating events</b>		
<b>Speed skating</b>		
6	Makomanai speed skating rink	0.5
<b>Main rink</b>		
7	Tomkomaui speed skating rink	45.0
<b>Practice rink</b>		
<b>Figure skating</b>		
6	Makomanai indoor skating rink (for arena)	0.5
<b>Main rink</b>		
<b>Practice rink</b>		
6	Makomanai skating practice rink	0.5
<b>Ice hockey events</b>		
6	Makomanai speed skating rink	0.5
8	Tsukisamu indoor ice hockey rink	7.0
9	Mitaho indoor ice hockey rink	10.0
<b>Bobsleigh events</b>		
10	Mt. Teine bobsleigh course	16.5
<b>Luge events</b>		
10	Mt. Teine luge course	16.5
11	Fujino luge course	8.0



**LOCATION OF THE GAMES SITES**

**OLYMPIC SPORTS OPERATIONS ORGANIZATION**





## IMPRESSIONS AND EXPERIENCES OF DISTINGUISHED ATHLETES

In this chapter of the report of the International Olympic Academy's session, we include a collection of the most interesting aspects of the impressions which were presented at the Academy's session by participants from different nations, who were all champions in various sports. They spoke of their experience and impressions from their participation in the Olympic Games or other important competitions, from the long and tiring period of preparation, and of the hard and strenuous efforts required in order to represent a country in a worthy manner.

All participants listened with a great deal of attention to the presentations by the athletes and this shows that the young people of today turn spontaneously to sports and games, they accept uncomplainingly the privations which the truly ascetical character of an athlete's life during the periods of intensive training imposes upon them, they undergo the hardships of constant preparation, because they love sports, they are moved by the beauty of the Olympic ideology and aim at the supreme though simple honour of mounting one day on the Olympic podium, the highest distinction for a modern athlete.

PETER WARDEN (Great Britain)  
*Participated in the Olympic Games of Tokyo (1964)  
in the 400 m H. race (semi-finals).*

Prior to the Olympic Games in Tokyo, we had no national preparation for the track and field teams. Fortunately since then this has changed slightly, but only slightly.

Even now, preparation for the Olympic Games is purely the problem of the individual and his coach.

In 1964, I had to try to qualify for the Olympic Games very early in the year. This was mostly because I was not a member of the national team in 1963. So I had to get myself to very high standard of performance, in about May of 1964, and the Games of course were not until October 1964. This involved therefore trying to maintain this high standard for about six months of the year. Now, in order to get this standard I began training very hard around October of 1963. Not with any thought in my mind of trying to get into the Olympic Team but simply to try to improve my own performances. From October until about February I had nine training sections each week. Five of these would be some form of running perhaps on the track, perhaps over the country. The other four training sections would

be weight lifting of some form or another. From about February until the beginning of the session, I slowly cut down the amount of work that I was doing and increased the quality. So that during the season I was training three times a week very high quality work with a lot of technique involved, mostly hurdling. During athletic season of course I did not do any weights whatsoever. So that pre-season I was trying to build up strength and endurance, so that I would be strong enough and fit enough to do the technique work, and to do the speed work that was necessary to maintain the high performance. Now normally our athletic season in England finished in the middle of September. And the Games in Tokyo were in October. So this meant that I had now to prolong the athletic season, my own season. This was very simply done by carrying in training a little bit longer. Once in Tokyo, again most of the work done was very high quality, very fast work and a lot of technique work. The difference here was that for the first time in my life I was working under the direct supervision of one of the national coaches. Once I got to the Olympic Games it was the first time I was ever able to train on a track with one of the national coaches. I think that had the British team been able to get together more often during the year as they have done before the 1960 games, we would have had better success as a team. However I do not like the idea of going into a training camp for two, three maybe four weeks before the Olympic Games and then having to try to exist for another four weeks in the Olympic village. This means that for a space of about eight weeks the athlete is trying to live what is virtually a monastic atmosphere and this I am afraid will produce tensions in the athlete himself which will definitely affect his performance. Thank you.

MARC BERGER (France)

*Member of the National French Team of relay (4X100 m)  
at the European Championships in 1966 (39.1, European record).*

I will speak to you about the selection and preparation of the French 4X100 relay team; of which I was a member from June 1966 to July 1968, in view of the Olympic Games and other important competitions. The selection and preparation of the French relay team are controlled by the National Director for Athletics of France, in cooperation with the national sprint coach.

We will first speak about the selection. The team is formed at the beginning of the season, in May, taking as a basis the former year's team.

If it is ascertained that one of the team-mates no longer holds his former position he is replaced by the fourth French sprinter of the time. By the middle of June the team has reached its final composition and is no longer changed

unless one of the members has a really low performance. The person responsible for composing the team knows that the team should always be homogeneous and not Vary and he tries accordingly to keep the same members and always at the same place.

We now come to the preparation. The preparation of a relay team is obtained first through training and secondly through the evolution of the competition to the level of high competition. The training of the team begins from the month of December. The ten best French sprinters gather in Paris every fortnight. They are divided in two groups of five. The four best sprinters of the preceding year plus one replacement train together and the other five separately. The training sessions are held until the end of the month of March and then the sprinters are gathered for a special two-week training course at Easter, during which they have four to five relay training sessions.

During the sports season only the four best sprinters and one replacement meet, before the important competitions, for a fifteen-day training course when they prepare for the Olympic Games or for the European Championships. When preparing for the Mexico Olympic Games, the French team went to Foromeux for high altitude training.

Preparation for high competition: In May three relay teams meet every Sunday in national competitions. This period should be considered as a kind of «running in» period. In June, team A competes, during international meetings, with the best European teams, in view of the international games held towards the end of June and in July.

It is only at the end of all these tests that the team may be considered to be ready for high competition. In short, preparation for relay races is centered on collective and intensive training. It would seem that the method is a good one since the French team of 4X100 relay obtained the following results: In 1964, at the Olympic Games of Tokyo, the French team won the third place. In 1966 it became champion of Europe, in Kiev, with a time of 39" 2 and kept an average time of 39" 1 during the whole season. In 1967, the French team beat the European record with 39" 35 and this time was then reduced to 38" 9 and France became the first country with a time of less than 39" at the 4X100 relay. The average time for the present season has been 39"35 and during this same year the French team represented Europe during the Europe-America game in Montreal where it beat the Americans with a time of 39"

NICOLA DE VITO (Italy)

*Champion of the Mediterranean Games in the 20 km foot race.*

As you know, the Olympic programme includes two foot racing events: the 50 km and the 20 km race.

Training for these two events is quite similar at an early stage. For myself, during the winter period, I have adopted the following method : I train alternatively in the mountain and by the sea. When I am in the mountains, apart from the usual walking training sessions, that include long distances, 4-6 hours walk, "I also do some road racing and train for foot racing by walking through forests, on the snow and by skiing.

At the same time I train in the gymnasium with small weights, mainly trying to increase the strength of the abdominal muscles and the elasticity and flexibility of the joints.

We now come to the selection of athletes. The selection of athletes for the Olympic Games is effected on the basis of the previous year's results. All selected candidates undergo a period of training until finally the athletes that will take part in the Games are chosen.

For my part I do not approve of this system because it forces the athletes to keep their fitness for quite a long period of time so that very often, at the time of the Games they are tired and have lost their form.

We can mention the example of Pamich who won during the Tokyo Games but who came to Mexico quite unfit for this very reason.

Another problem we have to face in our sport is that many athletes work or study and so they do not have enough time at their disposal for training which requires many hours. They are accordingly obliged to choose between the two or to neglect the one in favour of the other.

Another disadvantage of the selection system is that the athletes find themselves in a constant state of stress from a psychological point of view. I believe that it would be much better to select from the beginning the athletes who will take part in the Olympic Games, so that they can reach the top of their form just before the Olympic Games or any other important competition.

I would like to add a few things on the question of style. Judges in Italy are very severe and make no allowance even for the slightest imperfection. In other countries on the other hand, judges are more elastic. As a result of the Italian judges' severity on the question of style, Italian athletes are quite tired at the time of the games, while athletes from the other countries come to the meetings feeling more fit.

We have the example of Petrazza who won the second place in the Olympic Games, in the 20 km foot race and whose victory was scandalous in my opinion for this very reason. I hope that in future judges will be able to come to an agreement and establish constant and uniform criteria, valid for all countries.

ANDRE VAN SLUIS (Holland).

*Water polo coach. He attended the Olympic Games of Tokyo. When talking about his impressions he mentioned among other things the following :*

«When studying the history of the Olympic Games through the centuries we observe that competitions become more and more dynamic and it is only natural that, parallel to this, training too becomes more dynamic. General training of swimmers is divided in two parts, practical and theoretical. These two basic divisions include many other subjects, tactics, organization, medicine, psychology and others.

Swimmers in Holland train for the Olympic Games under the control of swimming associations and selected swimmers participate, on week-ends, in special competitions. These selected swimmers, as part of their training, also take part in international competitions.

Before the Olympic Games of Mexico we had to deal with the important problem of altitude and our selected swimmers took part in competitions held abroad at high altitude regions.

Our swimmers followed a special training programme to improve their performance and they often attended five-day training sessions in training centres. Special attention was given to the learning of the correct swimming techniques.

It has been observed lately, in swimming mainly, that very young athletes, both male and female, aged 13 and 14, take part in the Olympic Games. The subject is still open and is being studied by the competent officials of the International Olympic Committee».

JUAN-CARLO BIRD (Argentina)

*Coach of the national swimming team  
of the Olympic Games of Mexico, in 1968.*

The selection of swimmers that would take part in the 1968 Olympic Games, was effected during the month of August 1968, at a very late date since the Games were to be held in October. Three women and five men were selected. I thought it best to gather all swimmers in a training centre for endurance training. I also had to prepare them for the high altitude.. I believed that this was more a psychological than an organic factor. Nevertheless, on the day of our departure for Mexico, our swimmers were in a bad form. From September 18, the day of our arrival in Mexico, we began our efforts for the adaptation of the athletes. Endurance training was pursued and during the

first two weeks our swimmers trained twice a day. The men swam 8-10 km and the women 6-8 km.

Apart from endurance training we also used interval training on various distances. During the last two weeks, we tried in our training sessions to improve the speed, since our swimmers took only part in short distance events. As the day of the Games grew nearer I gradually reduced the work load. Never before had Argentinian swimmers participated in such important games, under such unfavourable conditions. Nevertheless, most swimmers passed the heats and two of them reached the finals. One had the third best time in the 100 m freestyle, 53.6, and the other had a time of 1.07.8 in the 100 m breast-stroke. I believe that our success was due to the training method applied.

Apart from the problem of altitude we were also handicapped by the training facilities which were quite far from the Olympic village and this tired our swimmers.

I proposed to the Olympic Committee of Argentina to set up a uniform training programme to be applied by all coaches so that swimmers do not have to be gathered in a training centre.

I believe in the great value of participation in the Olympic Games. And it is so very important to young people because it cannot be bought with any material price. The enthusiasm, the dedication to training and the perseverance of athletes that even goes to sacrifices are rewarded with the supreme honour of being able to participate in the grandiose festival of the world's youth and mount on the podium of victory.

STAN WILD (Great Britain)

*Member of the Olympic Gymnastic Team  
of Gr. Er. on the Olympic Games of Mexico 1968.*

Whilst attending Teachers college I began to change my sport from soccer and pole vaulting to gymnastics. I was 19 years old.

Gymnastics in Great Britain is a small sport and destined to remain so until the present state of affairs changes. My own example is typical of a large section of sportsmen in Britain.

1. There is a lack of equipment.

It is essential for me to travel 20 miles to and from training. The gymnasium is small - there is no floor area of safety mats or belts.

2. Insufficient allocation of time for training top athletes.

An institute of athletics provides two-hour sessions per week for gymnastic practise. This meant 1 hour travelling 2 hours training 1 hour

returning home which was uneconomic use of what could have been 4 hours training.

3. Lack of coaching.

Only one paid gymnastic coach in Britain — he is the national coach — who as a person and coach is second to none. But it is impossible to have his coaching more than once every six weeks.

4. Lack of incentive.

Only two gymnasts sent to represent Britain (there should be six to make a team). So there was no internal competition to obtain the places.

5. Lack of Finance.

No government grant to provide any regular system of training. Cost of my participation at the time of the games was £ 300 (\$ 7,200) per year from a salary of £ 830 (\$ 10,000) per year.

The B.A.G.A. held 10 training week-ends for the top 10 gymnasts with the national coach - one a month for the last year. The government grant was only sufficient to pay for two of these sessions.

Pre - Olympics meant training on my own on the days when facilities were not available, doing strengthening, stretching and endurance training. Later more facilities became available and I could manage to train four times a week, but only for two hours each day.

One half year before the Olympics, gymnasts begin to learn the compulsory exercises, practising their voluntary exercises for European competition. The complex individual movements have to be learned and then practised in the exercise until the exercise is complete. Then it must be repeated many times. Before the Olympics it was possible for me to go through tings and pannels exercise with 10-151bs. (4 - 6 kilos weight on my waist belt).

In one day I would repeat 12 exercises, on another 18-20, on some days only 6 but with weights.

Competition.— Three International competitions were held in the two months before the Games at a cost of £ 20 (\$ 50)

*Selection.*

The Gymnastic Association held trials in the form of a competition to select a training squad nine months before the Games. With six weeks to go, further trials were held and the two top gymnasts selected.

By this method selection was always fair because ability and temperament for competition was taken into account.

*The Games.*

One month before the date of the competition in Mexico we departed.

From this moment on all the previous conditions of training came to an end. The conditions for training in Mexico were a gymnastic utopia. No tiring work, no two hours of travelling, regular daily training, etc. In one month I improved from 99.6 (8.3) points to 105.5 (8.9) in total score which represented 30 places. However, one month is much too short.

*Summary.*

In conclusion I would like to say :

1. No financial help.
2. No time to train.
3. No facilities near home.
4. No consistent coaching.
5. No pre-Olympic competition.
6. No team.

Result. — no medals.

But it is important to compete not necessary to win.

LEE WRIGHT (Canada)

*Member of the National Field Hockey Team.*

*Participant in the Olympic Games of Tokyo.*

I would like to preface my remarks concerning the preparation of Canada's Field Hockey Team for the 1964 Tokyo Olympic Games by pointing out two of the main problems faced by Field Hockey in Canada.

The first problem is the small number of men playing Field Hockey in Canada. About 800 at the time of the Tokyo Olympics. In comparison, Australia has approximately 40,000 players. The second problem is that of distance. The two major hockey centers in Canada, Vancouver and Toronto, are 3,000 miles apart. This distance prohibited Canada's Olympic Field Hockey Team from training together prior to departure for Tokyo.

Field Hockey is a very new sport in Canada. Canada first competed in International Competition in October, 1963, in the Lyons Pre-Olympic Tournament. At this tournament Canada played off against the United States and won the right to represent North and South America in the 1964 Olympic Games.

Following the Lyons Tournament, training was conducted on an individual basis until March, 1964. However, each player was playing competitive league matches with his own club during this time.

During April, May and June, players living in Vancouver trained and participated in trials for the British Columbia provincial team. The B.C. team was selected in early June for the National Championships and Olympic trial.

The Canadian Olympic Field Hockey team was selected following the Olympic trials held in Vancouver on the July 1st weekend. The team was composed of 8 players from Vancouver, 6 from Toronto and 7 from Alberta. The coach was from Vancouver and the Team Captain was from Toronto.

Our Pre-Olympic Match Training consisted of 2 International Matches against the Japanese Olympic Team which came through Toronto and Vancouver at the conclusion of a round-the-world Pre-Olympic tour. Part of the team played in the first match in Toronto and the rest of the team played in the second match in Vancouver.

The Canadian Olympic Field Hockey team first got together as a complete team when they left Vancouver for Tokyo, 10 days prior to the opening of the Olympic Games. At no time did they train together as a team in Canada prior to the Olympic Games.

This lack of team practice forced us to take a gamble and play 8 practice games in 7 days in Tokyo in order to try and mould a team. This gamble did not exactly pay off as we suffered two serious injuries which reduced our team to 14 players for the Olympic tournament. Also, some of our team became very fatigued as we played 7 Olympic matches in 9 days. In total, we played 15 games in 17 days in Tokyo, with a number of our team playing in 14 matches.

In summary, I do not consider our preparation adequate for a team sport. I feel that a team must have the opportunity to train together as a team prior to Olympic competition.

In order to eliminate this problem as the Canadian team tries to qualify for the 1972 Olympics, a provincial play-off will be held in Montreal in September, 1970. The winning province will represent Canada at the Pan American Games in Cali, Columbia in 1971 and if Canada wins there, they will go on to the 1972 Olympic Games in Munich.

Thank you.

SAGGIA HEZRON (Kenya).

*Member of the Kenya National Team of Field Hockey.*

*He participated in the Olympic Games of Mexico (8th place).*

Hockey is a very popular game in Kenya and its hockey-clubs are controlled by seven provincial federations in the country. One province only

does not participate in any sports activity whatsoever and this because of its climate.

School championships and provincial championships of clubs are organized all over the country. Federation officials attend the games and select the players who should receive special training. Selected players undergo systematic training and a National Team is then formed which participates in international competitions.

The system for selecting and forming the National Team is a permanent one and the team constantly trains for the closest next meeting with participation in the Olympic Games as the final objective.

In order to achieve a better preparation of our National Team, we invite foreign teams for a series of meetings with selected provincial teams. Because of the large distances it is only at the end of the preparation period that it is possible to assemble the selected members of the National Team for joint training.

Although the Kenya team is quite strong and gives a good performance at every international meeting, we are not as yet completely satisfied because we know that even better results can still be obtained.

Our team trains three times a week, but a little before an important meeting the players train daily. Training begins with cross-country running on a 4 - 5 miles stretch and is then continued with intensive technical training, followed by a hockey game for an hour. Then come endurance exercises.

For the Munich Olympic Games of 1972 we are preparing a team of young players with a highly developed team spirit, good cooperation and perfectly fit both physically and morally.

ELDON WOROBIEFF (Canada).

*Rowing champion in the eight.*

*He participated in the Tokyo Olympic Games.*

Rowing in Canada is practiced on a small scale and is governed by twelve rowing associations. In the Olympic Games of Rome, Canadian oarsmen gave an excellent performance. Their eight won the second place, right after Germany. Preparation for the Tokyo Olympic Games had begun in 1961. A team of novices was formed and I was included in this team. We trained twice a day during the months of May, June, July from 6.30 - 8 a.m. and 5.30 - 7.30 p.m. Then we took part in the races of the National Championship where we won.

We had been chosen to represent Canada at the Commonwealth Games

of 1962 and at the World Championship held in Lucerne. In September, at the World Championship we won the 6th place and two months later, in Australia, we won the Commonwealth Games. In 1963 we represented Canada at the Panamerican Games which were held in Brazil and where we won a gold medal, in April 1963. We rested for a month and then we began training for the Tokyo Games during the month of September 1963. We were all students and our training programme followed the programme of University courses, with a break during Christmas and the examinations period when we had no training. Our training included, in general, free exercises and exercises with weights.

From January to March we continued our exercises with weights, circular training and rowing on week-ends. At the end of the examination period, at the beginning of May, our daily rowing training sessions became more intensive until the end of September. All team members lived together and in order to support us financially the University had assigned us with various tasks (health service, gardening, etc.).

On week-ends we rowed from 8 to 12 noon. In July 1964 we took part in the National Championship and our training was pursued up to the day of our participation in the Olympic Games where we won the 9th place.

I believe that the following reasons account for this not very brilliant performance :

- a. For financial reasons we did not possess light racing boats and we had not trained on such boats.
- b. We should have had a resting period of one or two weeks during the summer.
- c. All members of our team were quite young compared to the oarsmen of other countries. The German team for example had an experience of 15 years in racing, since they start training at an early age while we only began after our admission to the University.
- d. We did not have sufficient means to improve our equipment. We had to participate ourselves to the collection of funds and the holding of any kind of lottery was forbidden.

From the point of view of our training technique, in the mornings we made counts on gradually increasing distance. In the afternoons we tried to improve our technique by the use of the interval training method on 500 m. distances and on 1,000 m. distances four times a week.

Apart from our coach we also had a dietician and a special cook at our disposal.

HORST KESSLER (Germany).

*Three times member of the German National Team of Handball.*

*He participated in three World Championships.*

As the representative of a sport which, though it has been included among Olympic sports for 35 years has not as yet found the place due to it in the mind of the public, and as a representative of a team sport, I am very happy to have the opportunity of addressing you today.

Team sports are still considered as rather inferior and this was even the case at the time of Coubertin. This seems rather amazing when we think that Coubertin, wishing to find examples for renovating the Olympic Games, went to England to consult with the famous Arnolt.

During the last 15 years we can say that there has been a tendency to consider the athlete as an anatomic being and nothing more. His body, his constitution and build were examined and it was thought that this was the only way in which success and high performances could be achieved. It is only during the last few years that we hear the word «education» being used and this is a very good thing. Some years ago, in Germany at least, no one would have dared utter such a word.

Today things have changed and people have begun to realize the importance of pre-Olympic preparation also from its psychological point of view especially after the 1968 Games.

They realized that the athlete needs special care, as far as his reactions are concerned, for the long period of his stay in the training centres, at high altitudes, in secluded places, etc. And I would now like to give you two characteristic examples, in my opinion, of the importance of Education and Psychology, such as it has been recognized today.

There were two coaches who both wished their teams to win and who had great ambitions. But they were aware of the strong influence that the spectators' approval or disapproval could have on the players' morale.

The first adopted the following method. He asked a whole class of pupils or students to shout and applaud and he recorded the scene on tape. He then played this tape during his team's training. At first the athletes who were training were a little disturbed, but they gradually grew accustomed to it and could synchronize their play. Acclamations no longer prevented them from using their technique and following the game's tactics. This coach was proven to be right since his team won the World Championship.

The second coach decided to develop his team's self-confidence. He wished to make them feel that even the unpleasant reactions of the spectators, even their breathing or a sound that was heard, were a sort of encou-

agement. He was also successful and his team too won the World Championship.

The point I want to make in mentioning these two examples is that psychological factors can be very significant in sport.

NABIL ZEINOUN (Lebanon)

JOSEPH GHAZAL (Lebanon)

*Members of the National Volley Ball Team of Lebanon.*

Mr. Zeinoun, speaking also on behalf of his colleague, Mr. Ghazal, said, among other things, the following:

Mr. President, Members of the Hellenic Olympic Committee, Members of the International Olympic Committee, Lecturers, Participants,

Before speaking to you about the preparation of the national team of Lebanon, I should tell you that I started playing volley ball together with my friend Joseph Ghazal, in 1964, in the same college team. In 1966 we were selected for the national school team of Lebanon. In 1967, we took part in the international tournament of catholic schools, held in Strasbourg, France, where our team won. In 1968, on August 4, we took part in the same tournament, held this time in Lisbon, Portugal, where again we won the first place. At the end of that year Joseph Ghazal and myself became members of a first division club in Beirut and after a while we were selected to represent the national team of Lebanon at the tournament of the Arab countries held in Kuwait, on April 11, 1970. Our team won the second place at this meeting.

Today I will talk to you about the preparation of the national team from the point of view of my experience. In Lebanon the players of the national team, as all other players, train throughout the year, three times a week. The duration of the training sessions varies, according to conditions, from two to four hours. During training, players try to correct their mistakes and to improve their technique, under the guidance of a qualified coach. Furthermore, they perform various exercises in order to increase muscular strength and to improve their reflexes and their rotation technique.

The training programme for the players of the national team is given to all players in advance so that they can prepare their personal schedule without any difficulty.

One month before international competitions training becomes more intensive and sessions are increased to five a week instead of three. During this period players watch the projections of films showing games between the national teams of various countries, in order to see and better understand their

playing method and study the modern techniques. They also attend lectures so that they become acquainted with the regulations that govern each particular game.

I can say in conclusion that the team profits greatly from this systematic training and I thank you for your attention.

JEAN-CLAUDE BRONDANI (France)

*Third winner in the judo event at the European Championship.*

First of all I would like to give you some information on myself. I have practiced judo since the age of 13 and I have been a member of the French team for the past eight years. My best performances were the following: third place at the French Championship for teams with the French team in 1968, seventh place at the World Championship in 1965, third place at the University Championship of Tokyo in 1967. I have also been three times champion of France in the heavy-weight class and I have been champion of France, all classes, for the last two years.

I have not up to now taken part in the Olympic Games but I hope to be able to conclude my sports career with my participation to the Olympic Games of Munich. I have found it rather difficult until now to reconcile my medical studies and my training; but now my studies are almost terminated and I hope that I shall find the necessary time to prepare myself, adequately, for the Munich Olympic Games of 1972.

In October I will be called up for military service and I hope that I will then have sufficient time to train correctly.

Preparation for the Olympic Games of Munich has already started in France and many contestants have been sent to Japan to follow training courses. The next training courses in Japan will be held in October 1970, June 1971 and June 1972. These training courses allow promising contestants to become better acquainted with a form of judo of a superior technical and athletic level. Young contestants are pre-selected on the basis of their performance during national or regional championships, international meetings and the European Championship.

There are at present 170,000 judoka in France. It is the third or fourth more important sport in France as far as the number of its followers is concerned. There are at present three or four known contestants who could be pre-selected for the Munich Olympic Games, in each class. Among these three or four contestants only one will be chosen, for each class, to take part in the Olympic Games.

Apart from the intensive training courses held in Japan, the programme includes a daily individual training which varies according to contestants.

At the beginning of the sports season, that is roughly during the months of October and November, preparation aims at improving physical fitness by means of walking exercises and specific muscular exercises. From December to May, training becomes more intensive and is mainly directed towards a technical and physical preparation, including exercises aimed at developing muscular relaxing and strength. During this period contestants train for at least two hours every day.

The European Championship to be held in Sweden in 1971 and the World Championship that will be held in August 1971 in Ludwigshafen, Germany, will serve as important tests for contestants that may eventually take part in the Olympic Games. Training courses will also be held before the above Championships. I would also like to mention that a training camp will be organized at Vittel, a spa of Eastern France, where athletes from all sports will assemble before the Olympic Games.

In conclusion I would like to say that I don't know yet whether I will be selected for the Olympic Games, but I do know that I will try as hard as possible to participate because I believe that it is very important for a man to be able, at least once in his life, to take part in the Olympic Games.

#### WILLY BIETAK (Austria)

*Figure skating champion.*

*He took part in the Olympic Games of Innsbruck (1964) and Grenoble (1968).*

Ladies and Gentlemen, fellow competitors,

As you have just heard I am a skater. I began my career a little late, I was already 10 years old. Until the age of 14, I practiced individual figure skating and then my association asked me to practice figure skating in pairs. Together with my partner, Gerlinde Schönbauer, I took part in many international competitions of lower and higher level and we finally won the second place in the Austrian Championship Competitions in 1963. After this victory we were included among the Olympic athletes. Our training became more intensive, 3 hours daily and we also started taking ballet lessons, we attended special courses with our team and we finally went to the famous German coach for figure skating in pairs, Erich Zeller.

This intensive training undoubtedly had a positive influence on our ice skating performance, but on the other hand our performance in school became positively mediocre to say the least. During the school year 1963/

64 we had a total of approximately 600 hours of absence, a thing of which we were rather glad at the time.

The skating season 1963/64 was a wonderful time for us when you think of our age. My partner being 15 and me 16, we were the youngest couple among the competitors of the 1964 skating competitions in pairs. We won the 9th place at the European Championship in Grenoble. Though I made a fall, we succeeded in winning the 12th place in the Olympic Games of Innsbruck and the 11th place in the next World Championship in Dortmund. In 1965 too we had quite good results. We won the 10th place at the World Championship in Colorado Springs. But on the following year I made a fatal mistake. All my efforts were concentrated on winning a good place in the Olympic Games of Grenoble. But my ambitions were far from being purely athletic. I mainly wanted to become famous, as quickly as possible and you will understand my feelings better if you think that I was training almost daily together with various ice skating champions such as Emmerich Danzer, many times European champion and world champion, Regine Heit-zer, many times European champion and second world champion, and Wolfgang Schwartz, later Olympic champion, to mention only a few. I wished, at all costs, to stop being outshined by all these great champions as was naturally the case at that time. Thinking that my partner was not the right one I decided to change her. My new partner, Evelyn Schneider, was also a good, an excellent skater, but we were not suited to one another as to our style and height.

When we only won the 12th place in Vienna our disappointment was great but when we didn't succeed in going higher than the 15th place in the Olympic Games of Grenoble we felt so disappointed that we thought of abandoning ice skating.

But Oleg Protopopov from the Soviet Union, twice Olympic Champion, taught us a good lesson. He made us see that in figure skating especially one should not compete merely for victory, but also for the joy one feels when rendering music with figures. He explained this to me with a question : «Why do you dance?» he asked me (he knew that I simply adored dancing). I told him that I felt the urge to start dancing the moment I listened to good music. And then he said : «You see? That's exactly what I feel when ice skating. That is why ice skating has become one of the purposes of my life. Even today as an Olympic champion I do not skate to win a medal, but mainly because I enjoy it.» I thought over what Oleg had told me and I decided to follow his principle. And I believe I can say now with certainty that I will always follow this principle and if one day I become a professional athlete I hope that you will not feel contempt for me.

BERTRAND ARLES-DUFOUR (France)

*Champion of Europe in Show Jumping.*

I will talk to you about the preparation of the French Junior team and of my own preparation for the European Show Jumping Championship. The Championship was held in Dinard, Bretagne, on August 1 - 4, 1969. We had to try and keep up the second place we had won in England, as a team, and I personally did not wish to lose the second place I had won individually, in Great Britain.

Our preparation was carried out in two phases. The first phase included two one-week training courses held at Christmas and in February. These courses were held for the purpose of selecting the six or seven riders that could eventually be included in the French team to be definitively constituted in July. These two courses were very important especially from the point of view of technical training, supplied by our coach Mr. Lamour.

He taught us how to train the horse by giving us training instructions. We rode with him for approximately five hours a day, our own horses and those lent to us by the National Riding Institute of Fontainebleau, where the courses were held. At the end of the riding sessions we attended courses on theory, hippology, during which we also criticized our show jumping performance from projections on a television screen. All this work was centered more on the rider than on the horse, in order to increase his pliancy and to improve his means of communicating with the horse.

The second phase of the preparation consisted in a more intensive training, two months before the championship.

Before this period I hadn't had the opportunity of riding my mare regularly because of my studies and for this reason its physical condition was poor. So, at the beginning of the season we practiced very little at show jumping and the normal training had mainly a psychological value. The morale of a horse is very vulnerable and that is why I tried not to overwork or tire my mare—our training sessions lasted for one hour on the average and aimed at improving the horse's suppleness and obedience, muscular strength and breathing.

In order to avoid routine and tiredness I varied the work, riding sometimes in the manege or on the track and others in the fields, the forests or on the road. I seldom made my horse jump and then only not very high obstacles. At the end of the exercises which were not liked by the horse we always rode for a while at foot pace.

During this period I took part in few official competitions, but every time my performance was improving. I then participated in the Deauville and Touquet competition where the selection of the team was effected from the

results of the course. My mare was in excellent form at the time and jumped with pleasure and ease, touching very few rails.

The selected team assembled, during the last week before the championship at our coach's, Daniel Lamour, where we put the finishing touches to the riders' and horses' performance. There also we rode four or five hours a day, both our horses and his. When we arrived in Dinard my mare was in excellent moral and physical condition, perfectly ready to face the obstacles and I was thus able to win the individual championship, out of 85 contestants from 17 nations, after having jumped more than 120 obstacles without making a single mistake. My team-mates won, respectively, the fourth, eighth and fourteenth place.

The French team obtained the best results and also passed the preliminary competition on August 1st. Because of bad luck it came second in the Team Championship, after a very good Swiss team.

Thanks to this method which has been in use for the past 20 years, France has become the first country in the world in the field of equestrian sports for the young.

Thank you very much.

## DISCUSSIONS ON SET TOPICS

Apart from the lectures given during the 10th Session and the questions put to lecturers by the participants after every lecture, some special days and hours were consecrated to the discussion of set topics between lecturers and participants; conclusions were drawn after these discussions. The discussions were conducted as follows:

An expert lecturer introduced a topic at a plenary session in the conference hall. Afterwards, the participants met in separate language groups (English, French, German, Spanish and Greek) under the leadership of one of the members of the group, discussed the subject and drafted their conclusions. Afterwards, all the participants assembled again in the conference room where the leaders of the language groups communicated their conclusions ; a general discussion followed under the chairmanship of the rapporteur and general conclusions were drawn.

According to this procedure, discussions on five set topics took place as follows :

### *TOPIC A: THE INTERNATIONAL OLYMPIC COMMITTEE*

Introduction - Chairmanship : Mrs. M. Berlioux

#### *Questions :*

1. Should the Olympic Program be maintained in its present form? If not, how should it be changed and why?
2. The future of Olympism: Should we continue with the effort to develop athletic performance even to the expense of Olympic philosophy?
3. It has been said that Olympism is a solution to the problems of the modern world. Yes or no, and why?
4. The I.O.C. as an International organization: Should it be modified ? And how?

#### *General conclusions:*

Because of the fact that during the discussion contradictory opinions arose and unanimity was not always absolute, the various opinions are here reported as they were mentioned:

1. The program of the Olympic Games must have a relative elasticity. A partial revision of the program is considered necessary. The Olympic program should comprise popular sports prevailing all over the world. As far as gigantism is concerned, the following opinions were mentioned:
  - a) The possibility of transferring some indoor sports into the program of the winter games should be considered.

- b) The number of sports, the number of events in some sports and the number of participants in every event ought to be restricted.
2. The achievement of the highest possible sports performance must be encouraged, but always within the limits determined by the true Olympic principles.
3. Unfortunately, not all problems of the modern world can be solved through the Olympic movement. Olympism sets for mankind an excellent example of international friendship, understanding, rejection of racial discrimination, international cooperation, self-discipline etc. and provides solutions mainly for pedagogical problems.
4. The majority of participants felt that the present form of the International Olympic Committee provided a guarantee for the preservation of its independence and the achievement of its noble ideals. However, it would be advisable that the I.O.C. ensure a closer collaboration of experts from all scientific branches, i.e. educators, sociologists, physicians, psychologists and sports technicians.

#### *TOPIC B: AMATEURISM*

Introduction - Chairmanship : Mr. Alexandru Siperco

The discussion centered on the conference about amateurism, as well as on the proposal of the joint Siperco Committee within the I.O.C. concerning the interpretation of article 26 of the I.O.C. rules and regulations (See I.O.A. Bulletin 1969, p. 165).

It was first mentioned that various infractions of amateur principles had been observed in many Olympic sports. It was also recognised that the problem of amateurism presents great difficulties because of the complexity of cases. Nevertheless, the mere fact that rules and regulations applying not only to amateur athletes but also to amateur officials and supplemented by positive and exact interpretations were laid down, was felt to be an important factor.

Mr. Siperco's proposals are aleatory and it is up to the I.O.C. to finally decide to what extent these can be accepted as a basis in drawing the demarcation line between professionals and amateurs.

The actual determination of the limits between professionalism and amateurism is not considered so important as the effective implementation of any decisions the I.O.C. may make and the exact and constant control of that implementation.

#### *TOPIC C: FINE ARTS AND OLYMPIC GAMES*

Introduction - Chairmanship : Mr. Henri Pouret

*Questions :*

1. In which form can one re-establish art competition? Would this be useful ?
2. Practical measures to associate art (all arts) with the Olympic Games.
3. Should audio-visual means contribute artistically by radiotelevisión broad casts to the Olympic Games.

*General Conclusions:*

1. Almost unanimously, the participants considered that Fine Arts Competitions should not be associated with the Olympic Games, not only because of the great difficulties of equitable judgement, and because this would further encumber the already heavy Olympic program, but also because in the world of arts there can be no demarcation line between amateurs and professionals.
2. The organization of art exhibitions and art events in general (music, theater, cinema, etc.) centered on topics related to the Olympic movement and sports (History of Olympic Games, Olympic Ideology, Ancient Olympic legends, modern great athletes, beauty of movement and rhythm, feelings generated by competitions etc.) is considered useful and advisable.
3. The wide use of audio-visual media and press in order to intensify the feelings of the masses, to provide sports publicity and to promote association of artistic events with the aims of sports is largely recommended. The artistic events could take place during the Olympic Games, but it would be preferable to organize them during the intervening years in order to avoid overloading the program of each Olympiad.

**TOPIC D: NATIONAL PROGRAMS FOR OLYMPIC PREPARATIONS**

Introduction - Chairmanship : Mr. S. R. Duncan

*Questions :*

What role should a Government play in developing sport in its Country, and in helping with Olympic preparations? *NOTE:* Seminars might like to consider the following points:

- (a) In the Olympic Charter it is laid down that N.O.Cs must be free from political interference.
- (b) Dr. Siperco's study on amateurism is not yet approved.
- (c) Is a Minister and Ministry solely concerned with sport and physical recreation the best answer?

or

is it desirable to have a non-political sporting buffer Body between sport and the Government?

- (d) Should a Government make grants for specific items or purposes, or should on agreed terms a lump sum of money be made available annually for amateur sport by some means or another - grant, football pools, national lottery etc?
- (e) Can sport for the masses be successfully developed and maintained, if the standard of international sport in that Country is low and is not encouraged?

*The general conclusion*, drawn after a long discussion of this topic, includes the following general thoughts:

- (a) It is not possible to organise Olympic preparation without the material support of Governments.
- (b) The independence of sports and National Olympic Committees from any political or other interference must be assured at any cost.
- (c) The greater part of those having participated in the discussion supported the creation of a body which would act as a link between State authorities and amateur sports organizations. Thus, a useful collaboration would be instituted avoiding state interference without prejudice to state authorities. Anyway, the creation of a special Ministry or any other state body must depend on local conditions.
- (d) Moral or material state support is required for the propagation of sports in general, as well as for the special development of top sports.

Material assistance must be provided each year to sports organizations in the form of a lump sum the spending of which will be decided by each Federation, no approval being required for each particular allocation of funds.

- (e) Constant contact between corresponding sports of various countries, neighbors or not, independently from the degree of sports development in any particular country, is necessary for the promotion of the sports level in every country.

Isolation of a sport in any country can only lead to devitalization and decline of sport in that country.

#### **TOPIC E: GENERAL OBSERVATIONS ON THE 10th SESSION OF THE INTERNATIONAL OLYMPIC ACADEMY**

Chairman : The Curator, Mr. Otto Szymiczek

##### *General conclusions:*

The 10th Session is considered by all participants extremely satisfactory, from the point of view of educational content, as well as with regard to living conditions in general. The general belief is that the aims of the I.O.A. have been entirely fulfilled. All the participants have been informed about

the noble aims of the Olympic movement and have embraced its principles ; they have declared their intention to become apostles of the Olympic ideals. They have expressed their absolute satisfaction with regard to the scientific content of the greater part of conferences and to the way the discussions were conducted within the five language groups; moreover, they have expressed the wish that the number of hours consecrated to discussions be increased. The participants wished also that, apart from the lecturers, more members of the I.O.C. take part in the discussions, if possible. It was also considered advisable that the topics of the discussions be communicated before the Session, so that participants might be informed in due time.

The participants were enthusiastic about the program of free hours, i.e. the organization of excursions, visits to archaeological sites, sports events, games and competitions, projections of films of Olympic context, meetings etc.

The opening of the new library room, which started functioning this year and is being rapidly completed, was highly appreciated. The participants have expressed the wish that the library will contain all the publications of the various Olympic Committees. Therefore, they invited the N.O.C.s to send their available publications to the I.O.A.

With regard to participation, the participants wondered why many Olympic Committees do not avail themselves of the invitation from Greece, including full hospitality, for five representatives from every country. The Hellenic Olympic Committee is asked to inform once more the N.O.C.s of its kind offer.

The participants have also expressed the wish that the list of participants' names be distributed at the beginning of the Session, that the lecturers live inside the Academy to enable closer contacts with the participants. Moreover, the participation of Olympic victors or athletes having taken part in Olympic Games was considered advisable.

With regard to lodging, installations, existing facilities, food, organization of free hours, social events and leisure, film projections and living in general, everything has been perfect. The participants have congratulated and thanked the directors of the I.O.A. for the considerable work they have achieved. They have also congratulated the interpreters for the very successful accomplishment of their strenuous task. Lastly, they expressed their conviction that if the aim of the I.O.A. was to persuade them of the grandeur and value of the Olympic ideas, this aim has been absolutely fulfilled.



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*The opinions of the lecturers do not necessarily represent  
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