



ATHLETES

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MESSAGE FROM THE IOC PRESIDENT JACQUES ROGGE

I particularly welcome the initiative of the Athletes' Commission, which, by launching its twice-yearly "Athletes' Bulletin", shows how far the athletes remain, more than ever, the priority of the Olympic Movement.

The future of the Olympic Games and their success inevitably comes through you, the athletes. Through their example, champions motivate young people. They see the importance that sport has in our society, as well as the values that it can

promote when its ambassadors are such personalities.

The main force of the Olympic Movement lies in its capacity to communicate a dream to successive generations of athletes and young sportsmen and women. Your role, the role of all of us, members of the Olympic Family, is to perpetuate that dream.

In August 2004, Athens will welcome more than 10,000 athletes from the whole world during the Games of the XXVIII Olympiad,

which will be marked by tolerance, solidarity, peace and friendship.

The Athletes' Commission's decision to publish the "Athletes' Bulletin", where know-how and experience will be addressed in the coming issues, is of benefit not only to you, the athletes, but also to the whole Olympic Movement. More than ever, the IOC is listening to you!

Jacques Rogge
President, International
Olympic Committee



ATHLETES' COMMISSION CHAIRMAN SERGEY BUBKA: INTRODUCTION

The Olympics are more than just a two-week championship which takes place once every four years. For the athlete, the moment one Olympics end, preparations are starting for the next.

Never before have the Olympic Games reached such a high profile in the world, with more participants from more countries and greater television audiences.

The central figure at any Olympic Games is us, the athlete, and here at the IOC Athletes' Commission we are

determined to ensure you know the latest news and activities taking place to help you in your preparation for the greatest sports show on earth. This Athletes' Bulletin will be published twice a year and it will inform you of our activities.

In October of last year we staged the First International Athletes' Forum, which is detailed in this Bulletin.

Future editions will provide information on the Olympic Games themselves, any new developments in the fight

against doping and relevant details on subjects which might concern you and your National Olympic Committee.

When I became chairman of the IOC Athletes' Commission – which was formed in 1981 – I said that one of my aims would be to strengthen the role of athletes in the Olympic Movement.

We are here for you. Yours In Sport,

Sergey Bubka
Chairman, IOC Athletes'
Commission



ATHLETES: 'WE NEED YOU' THEMES AND CONCLUSIONS FROM: THE INTERNATIONAL ATHLETES' FORUM 19-20 OCTOBER 2002, LAUSANNE

Athletes come together to celebrate the 2002 Olympic Winter Games.

The first International Athletes' Forum was held at the Olympic Museum in Lausanne, where almost all of the 35 International Sports Federations had a representative present. Sergey Bubka, Chairman of the IOC Athletes' Commission, and former Olympic pole vault champion, was among a host of leading athletes who discussed three major topics: the fight against doping; self-marketing for athletes during and after their sporting career; and the integration of professional athletes in the Olympic Movement. In the presence of Jacques Rogge, the IOC President, a number of Olympic athletes attended, including the legendary Kenyan Kip Keino, Swedish skier Pernilla Wiberg and Prince Albert of Monaco.

On the second day of the Forum, young athletes from local sports clubs met with the athletes for a Question and Answer Session.

The main conclusions drawn from the Forum were the need for athletes to have total responsibility for any substance intake and that athletes who have retired had a vital role in educating youngsters about sport. Bubka said: "I am very pleased with this Forum. For the first time athletes were given the opportunity to get across their messages and clearly express the need for them to be more involved in the decision-making process of sports organisations."

A working group composed of leaders and moderators of the discussion sessions met last May in Lausanne to work on an action plan to ensure the implementation of the Forum recommendations. ➤



Above: Australia's Ian Thorpe supports WADA's programmes.

1 THE FIGHT AGAINST DOPING – DON'T BE TRAPPED BY SUPPLEMENTS!

One of the key areas agreed upon at the Forum was that athletes should assume total responsibility for the intake of any substance, including food supplements, that may result in a positive doping sample. A study by a German professor in 2000-2001 on 634 nutritional supplements from 215 different suppliers in 13 different countries found that 94 contained substances which could lead to a positive test, such as nandrolone and testosterone, and were not on the label. Therefore, the Forum requested all members of the Olympic Family to work with their respective governments to implement stricter regulations for the labelling of food supplements in order to reduce inequity amongst countries. Efforts must also be focused on the quality control of food supplement production.

The Forum encouraged the Olympic Movement and all its partners to give full support to the acceptance and implementation of the World Anti-Doping Code. Special emphasis should be placed on education and distribution of the new Code to you, the athletes. Since then, the Code has been approved at the World Anti-Doping Conference in Copenhagen in March and statutory two-year bans will be given to athletes who test positive for a performance-enhancing substance. Over 80 governments have agreed to endorse the Code.

You have a role to play in the fight against doping; in order to show their full support, all athletes were advised that they should sign up for the WADA Anti-Doping Passport. You should also help this initiative by taking part in WADA promotional activities.

2 SELF-MARKETING FOR ATHLETES DURING & AFTER THEIR SPORTING CAREER – LIFE GOES ON WHEN SPORT STOPS

The Forum agreed that athletes, especially young ones, should view "transition from sport" as a natural process in their life development and sporting experience, so that their role in society as sportsmen and women can move smoothly beyond the playing field.

You should not be forced to choose between sport and education and active athletes should also be responsible for the education of young athletes. An example of that is in England with David Moorcroft, the former 5,000 metres world record holder. He pursued a career in sports administration and progressed to become the chief executive of UK Athletics, the country's national governing

body. One of its main roles is nurturing the athletes of tomorrow.

The Forum said that NOCs and National Federations should recognise that they share the responsibility of assisting athletes in managing life after sport through guidance, education and other means of communication.

Last year, a survey carried out by 'The Futurist' magazine found that "a majority of retired Olympic athletes in their prime earning years (ages 45 to 54) claim they have yet to fulfil their career aspirations, according to a Harris Poll... commissioned by Monster.com, the online careers site. More than two-thirds of respondents said that the time they spend preparing for competition creates unique challenges that affect their long-term career prospects, including delaying their education and avoiding planning for their post-Olympic

futures. The US Olympic Committee and Monster.com are developing programmes to assist athletes with career planning and skills development."

It was recommended that IFs must be conscious of scheduling requirements, not only for your health, but also to create opportunities for you to integrate into a post-sporting career life, using coaches, agents and teachers as part of that process.

Resources provided to the athletes should include sharing information from government sources, compiling examples of the "best practices" of other Olympic partners, such as the World Olympians Association, and using elite athletes to assist with and develop athlete transition and education programmes.

A concept project should be elaborated in this field (including concrete proposals for educational programmes, financial needs, technical requirements, etc).

THE FORUM TOPICS

3 INTEGRATION OF PROFESSIONAL ATHLETES IN THE OLYMPIC MOVEMENT – REWARD YOURSELF BY HELPING THOSE WHO HELPED YOU.

The message from the Forum was clear: "The Olympic Movement needs the athletes".

At the Forum, athletes were told they should be required to give back something to their sport by committing themselves with their National Federation to do at least two-four days of Solidarity work each year within their sport for free and that the National Federations should not take advantage of these days for commercial use.

Many of you are doing so, not only with your National Federation, but also with your

International Federation, National Olympic Committee, and other bodies, such as WADA, and this is great. However, there is no coordination between these entities, which could present an issue as you have to manage several similar requests. The second issue of the Bulletin will present some examples of Solidarity activities.

Once they have finished their sports career, athletes were advised that they should participate in the administration and management of their sport, which is another way to give

something back. It was also stressed that all athletes should stay in the Olympic Village during the Games. Staying at the Olympic Village is an unforgettable and unique part of the Olympic Games experience.

Villages are built and planned for competing athletes in order to provide high-level services. Olympic bobsleighter Prince Albert of Monaco, an IOC member, has always stayed in the Olympic Village and never sought any special privileges.

At the Games of the XXVII Olympiad in Sydney in 2000, the American basketball Dream Team stayed at the Pacific International Hotel with 24-hour room service and extra big

beds, while in the Village, athletes ate in a dining hall which seated 5,000.

Australian basketball player Andrew Gaze said: "We respect and admire them [the Dream Team]. The way Australians are, we have a good crash on the court. We give 110 percent, then afterwards we kick back and talk about how great or how stupid we are. We haven't had that chance with them yet."

Finally, concerns were raised about agents. Concrete advice and support must be available for the athletes who are negotiating an agreement with an agent. Again, a concept project should be elaborated in this respect, including ethical aspects of the functions of agents.

Olympic Solidarity has helped Jordan's 13-year-old Zeina Shaban.

