



ATHLETES BULLETIN

THE NEWSLETTER OF THE IOC ATHLETES' COMMISSION

ISSUE 013. FEBRUARY 2010

MESSAGE FROM THE PRESIDENT OF THE IOC: **JACQUES ROGGE**



Dear Athletes,

A warm welcome to the XXI Olympic Winter Games!

These Olympic Games are the culmination of your dreams, and will be a part of your history. They are an exceptional and magical time for you, and represent the fruits of many years of effort, sacrifice and determination.

Transcending the sports competitions themselves, the Olympic Games also inspire the hearts and minds of countless people, young and old, all over the world. Through your performances and conduct you will serve as role models, and have the chance to bring to life the Olympic values of excellence, friendship and respect.

While in Vancouver, I urge you to make your views known by voting to elect two new members of the IOC Athletes' Commission. This Commission is an important platform through which the athletes' ideas and opinions are expressed to the IOC and the whole Olympic Movement. All its members deserve our thanks for their tireless work and dedication.

I look forward to meeting many of you here in Vancouver, and wish you all the best of luck!



A WORD FROM THE COMMISSION CHAIRMAN: **FRANK FREDERICKS**



Dear Fellow Olympians,

I am pleased to welcome you to Vancouver for 16 days of competition, emotion and excitement!

Every one of you has worked hard to qualify for and compete in Vancouver. Each of you has also tackled and overcome many obstacles in pursuit of your goal.

Being an Olympian is certainly a dream for many people, but it is also a responsibility.

As an athlete, you must now more than ever make your voice heard and play a bigger role within the sports movement and society at large. You have the opportunity and the right to express your opinion on issues of direct concern to you.

Here in Vancouver, you have the opportunity to make your voice heard by voting for two representatives for

the IOC Athletes' Commission. Please vote!

I would like to take this moment to thank the two outgoing members, Manuela Di Centa and Pernilla Wiberg. They have both demonstrated that being successful in sport is no barrier to being successful in life. The importance of pursuing a "dual career", combining education and sport and developing life skills, is paramount. Take some time to learn more about this topic by reading the Athlete Career Programme brochure and the Athlete's Handbook, both of which will be available in the IOC Athletes' Information Kit, which will be distributed to all athletes.

Be proud of your efforts and take time to share these successes with your family, your friends, young people and the world. Together with your countries and the entire sports movement, they are proud of you!

"ON YOUR MARKS, GET SET, VOTE!"



The IOC Athletes' Commission is a consultative body and is the liaison between active athletes and the IOC. It represents competing athletes within the Olympic Movement. The Commission also represents the rights and obligations of athletes.

Elections to the Commission are held during the Olympic Games, both winter and summer. Members elected to the Commission, upon approval by the IOC Session, become IOC members for the duration of their term of office.

For the election here in Vancouver, nine athletes have put their names forward for two available places on the Commission. To be eligible for the election, athletes must either have competed in the Turin Games or be competing in the Vancouver Games.

Information about the athletes currently standing for election can be found in the 2010 Athletes' Commission Election Manual, which you should have received in your room upon arrival in the Olympic Village. The Manual is also on the IOC Athletes' Information USB Key.

Voting will take place from 4 to 24

February, and voting booths will be set up in the Olympic Villages in both Vancouver and Whistler. IOC staff and volunteers will be on site to assist you.

To ensure that the diversity of the Olympic programme is reflected in the Commission, you must include votes for two athletes from two different sports. The results of the election will be announced on 25 February, and the new members of the Commission will be officially introduced during the Games Closing Ceremony.

This is your opportunity to make your voice heard by electing two athletes who will best represent your interests within the Olympic Movement.

So, "On your marks, get set, vote!"

Right: Thousands of athletes voted during the Beijing 2008 election



Vote!

IOC ATHLETE CAREER PROGRAMME

We are pleased to inform you that the IOC has implemented a programme called the IOC Athlete Career Programme (IOC ACP) to provide you, the athletes, with the support you require during and after your sports career. Guidance and tools to help you successfully manage training, competition and the challenges and opportunities of daily life are available on the olympic.org web site at www.olympic.org/iocacp

From now on, the Athletes' Bulletin will also provide you with regular updates on these tools which will help you to build a life project.

Topic of this Bulletin: Transferable skills

Transferable skills can be defined as a set of qualities that can be applied to any field or career, regardless of where they were first learned. The most commonly cited transferable skills developed during a sports career are: 1) the ability to perform under pressure; 2) the ability to solve problems; 3) the aptitude to meet deadlines and challenges; 4) the talent to set and achieve goals; 5) dedication and self-motivation; and 6) the ability to deal with people and to work together towards a common goal.

Awareness about your skills is the first step towards a successful work experience.

"Being successful in preparing for your Olympic or Youth Olympic experience, as well as in preparing for the rest of your life, is possible." Frank Fredericks, IOC Athletes' Commission Chairman

Find out much more at www.olympic.org/iocacp

Q&A MANUELA DI CENTA

Manuela Di Centa, winner of seven Olympic medals in cross country skiing, competed in five editions of the Olympic Winter Games. During her career, she also won 22 national titles, seven medals at the World Championships and two World Cup medals. In 2003, she became the first Italian woman to conquer Mount Everest. In 1998, Manuela Di Centa was elected to the IOC Athletes' Commission and in 1999 she became an IOC member. She currently also serves on the IOC Radio and Television Commission.



Is there any one memory about the IOC Athletes' Commission that stands out to you?

I will forever remember the emotion that I felt when I was elected as a member of the IOC Athletes' Commission at the 1998 Olympic Games in Nagano.

Why did you first decide to run as a candidate for the IOC Athletes' Commission and how has the Commission changed since you were first elected?

I was President of the Italian NOC Athletes' Commission when I made the decision to run for election. I wanted to give athletes worldwide a voice, and believed that running for the IOC Athletes' Commission would give me this opportunity. The IOC Athletes' Commission is now more aware of its importance and therefore stronger as a representative body for all athletes.

What would you say to those athletes who are considering running for election as a member of the IOC Athletes' Commission during the next editions of the Olympic Games?

I would tell them to run! They have the opportunity to compete, not for a personal victory, but to represent and support athletes around the world. I would also encourage them to get involved in the Athletes' Commission in their country and in their sport.



ETHICS COMMISSION ACTS ON BETTING

New technologies bring a lot to our world but also create new challenges. Online betting is a new risk that is becoming increasingly present. Due to corruption risks related to growing betting activities, the IOC Ethics Commission has decided to take strong action.

Betting activities will be monitored during the Games in order to detect any irregular betting patterns. Pursuant to the Code of Ethics, all Olympians must respect articles 5 and 6 that prohibit all forms of participation in, or support for betting related to the

Olympic Games, and all forms of promotion of betting related to the Olympic Games.

Also, in the context of betting, participants in the Olympic Games must not, in any manner whatsoever, infringe the principle of fair play, show non-sporting conduct or attempt to influence the result of a competition in a manner contrary to sporting ethics. The sanctions for breaking these rules are similar to doping ones and can lead to exclusion of the participant.

For more information on the IOC

Code of Ethics and the IOC Ethics Commission, please refer to the ethics section of the IOC Athletes' Information USB Key.

The IOC Ethics Commission Secretary, Mrs Girard Zapelli, is also available during the Olympic Games for any questions at the official IOC Hotel, or you can send a confidential message to the following e-mail address from 4 February to 2 March 2010: ethics@olympic.org.

Please do not hesitate to contact her should you feel the need to do so.



Above: Pernilla Wiberg represents the IOC Athletes' Commission on the IOC Ethics Commission