

ATHLETES BULLETIN

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LOOKING BEYOND SPORT

FOREWORD BY **FRANK FREDERICKS**,
IOC ATHLETES' COMMISSION CHAIRMAN



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I can tell you, as an Olympian, that there is little to compare with the mounting excitement every competitor will feel as the event for which they have prepared for so many years approaches.

Because athletes spend all their time focusing on getting the best out of themselves on the big day itself, it's easy to overlook what comes next.

In the Athletes' Commission, we're well aware that, besides supporting athletes in the run-up to the Games themselves, we also have a responsibility to make sure Olympians are taken care of once their sporting careers wind down.

I've met many former athletes who, like me, are determined to share our experiences of this transition with others, to help people manage life as they change direction. Despite all our work, I've become aware, on my travels, that there is still a lot to achieve. We work closely with many organisations within the Olympic Movement already. I would love to see others take up the challenge of addressing their athletes' post-competition needs.

To help spread the word about the **IOC Athlete Career Programme (ACP)**, from now on, the Athletes' Bulletin will feature a special extended ACP section. The additional content will highlight ACP news, information and interesting athlete stories. As always, we encourage all organisations within the Olympic family to help disseminate the information directly to the athletes on a more local level.

I would also like to take this opportunity to remind everyone of the **5th International Athletes' Forum** (8-10 October 2011) in Colorado Springs, USA. Thanks to our hosts at the United States Olympic Committee, the IOC Athletes' Commission will bring together athletes' commission representatives from around the world. The Forum will be another opportunity to discuss and make recommendations on important athlete-related issues.

As with previous editions of the International Athletes' Forum, we expect to get great feedback from the athletes and to have lively discussions about contemporary issues facing today's athletes.



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123rd IOC SESSION

DURBAN, SOUTH AFRICA

The 123rd IOC Session in Durban, South Africa, came to a close on 9 July 2011. A number of decisions were taken that will have a significant impact on athletes for years to come.

The IOC elected PyeongChang (Republic of Korea) as host city of the XXIII Olympic Winter Games in 2018. PyeongChang won in the first round of voting with 63 votes.

The IOC confirmed the inclusion of ski slopestyle (men and women), snowboard slopestyle (men and women) and snowboard parallel special slalom (men and women) on the sports programme of the 2014 Olympic Winter Games in Sochi. The decision follows the inclusion in April of ski halfpipe (men and women), women's ski jumping, biathlon mixed relay, figure skating team event and luge team relay.

The Executive Board also agreed on a shortlist of sports which will be considered for inclusion in the sports programme of the Olympic Games in 2020. The sports are: baseball, karate, roller sports, softball, sports climbing, squash, wakeboard and wushu, one of which could be added to the 2020 sports programme to be voted on by the 125th IOC Session in Buenos Aires in 2013. The programme can include a maximum of 28 sports.

Finally, congratulations to windsurfer and IOC Athletes' Commission member Barbara Kendall, who was elected as an IOC member.





ATHLETES' COMMISSION IN ACTION

ANGELA RUGGIERO

The Athletes' Commission is a consultative body which acts as the liaison between active athletes and the IOC. In addition to their many contributions within the IOC Athletes' Commission, the 20 individual members also take part in the work of the IOC's other commissions and working groups. In this capacity, they represent the athletes on a wide range of issues within the Olympic Movement.

Angela Ruggiero is a four-time Olympian and most recently participated in her 10th world championships, winning a gold medal with the USA women's ice hockey team. Angela was also elected to the IOC Athletes' Commission during the 2010 Vancouver Games. In her short time as an IOC member, she has been very active, not only with Athletes' Commission, but also as an athlete representative with the newly formed Entourage Commission and the 2018 IOC Evaluation Commission that inspected the three cities competing to host the 2018 Olympic Winter Games.

Before the IOC elected PyeongChang, Republic of Korea, as the host of the XXIII Olympic Winter Games in 2018 during its 123rd Session in Durban, South Africa, a great deal of analysis and hard work was put into evaluating the three bidding cities. This was left in the hands of an 11-member panel that was composed of representatives and advisors of the Olympic Movement. In the lead-up to the decision, the Evaluation Commission travelled to the potential host cities for on-site inspections, and thoroughly examined the technical aspects of each bid.

As an athlete representative on the Commission, Angela focused on the athlete-related aspects of the bids. Her goal was to make sure the detailed planning from each city was favourable from the athletes' perspective and that their needs were fully considered. Angela noted that she was "impressed by the level of consideration taken by each bid city with the athletes in mind."

Having already participated in four Olympic Games as an athlete, she explained that she used her experience on the Evaluation Commission to make sure that athlete considerations were always taken seriously. "I really wanted to make sure our IOC team reviewed each bid in terms of how it would affect the athletes that would compete in 2018."



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INTERVIEW

JAN ZELEZNY



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Jan Zelezny (CZE) has participated in five editions of the Olympic Games in athletics (javelin); winning three gold medals and one silver medal. He is a three-time world champion and still holds the world record for javelin with his throw of 98.48 metres in 1996. In 2000, Jan was named IAAF World Athlete of the Year. He was a member of the IOC Athletes' Commission from 1999 to 2001, and was re-elected in 2004. Mr Zelezny has also been an athlete representative on the "IOC 2000" project (1999), and on the Sport for All Commission (2005-present).

What changes have you seen within the IOC Athletes' Commission since you first became a member?

I feel the Commission has advanced in a positive way since I first started in 1999. Since then, there has been significant reform in the Olympic Movement with the consultation and membership of more and more active and former athletes. It is not just the number of athletes involved within the IOC, but also the overall integration strategy and responsibility towards athlete welfare within the Olympic Movement.

What are your thoughts on the role of athletes in the Olympic Movement and international sport?

I feel very strongly that athletes should have a voice in all sport organisations. After all, it is they who are most directly impacted by the majority of decisions taken. The recent progress of the IOC, NOCs and IFs athletes' commissions has been encouraging, more work can still be done so that athletes from all parts of the world are represented within all sports governing bodies.

Outside the IOC Athletes' Commission, are you involved with any other sports initiatives?

Sport has been such an important part of my life that it is very hard for me to leave it behind completely. I am still heavily involved with sport in the Czech Republic, as well with the IOC Sport for All Commission. In fact, I would like to take this opportunity to encourage everyone to check out the information regarding the upcoming IOC World Conference on Sport for All in Beijing, China. We are very proud to organise the Conference every two years as a way to bring together experts and practitioners to share the latest ideas and findings in promoting sport for everyone. Anyone who would like to find more information should go to the Beijing World Conference on Sport for All website and to olympic.org for more Sport for All information.

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ENTOURAGE COMMISSION

The IOC's newest Commission met for the second time in May 2011 to build on the ideas and actions from its inaugural meeting and discuss relevant athletes' entourage matters.

Chaired by **Sergey Bubka**, the Commission discussed several topics including the development of the Guidelines for the Conduct of the Athletes' Entourage. These Guidelines will serve as a framework to sports organisations which wish to establish their own appropriate regulations to govern an athletes' entourage. The Entourage Commission also discussed the matter of communication and education for athlete entourages on the subjects of betting and anti-doping.

Coming up for the Commission is their 3rd meeting, which will take place in December 2011. In addition, an Entourage Commission Olympic web section is under development and will feature useful information and content relating to the athletes' entourage.

Make sure to follow the progress and work of the IOC Entourage Commission in future editions of the Athletes Bulletin and on olympic.org!

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SMART MOVES

KEETH SMART FENCING, USA

In sport and in his working life, **Keeth Smart's** success is all about making the right moves at the right time.

Sports-wise, as a young boy Keeth joined a local fencing club. With his talent and dedication, Keeth rose to become the first American to gain the sport's number 1 ranking. His proudest moment arrived at the Beijing Olympic Games in 2008, when he won a silver medal in team fencing.

Even more impressively, Keeth reached his Olympic medal dream whilst also preparing to progress his mainstream career and long-term work life aspirations.

His partner in this quest was the **IOC Athlete Career Programme (ACP)**, which he joined in 2006 whilst working at a telecom company as a financial research analyst. At that time, he was having difficulty balancing his work commitments, training schedule and commuting. Helped by the expert advice from ACP management in the US, he was able to build in some flexibility into the role he held at the time, as Keeth explained: "With my increased ability to describe my position and transferable skills, rather than getting a new job, my employer worked with me, kept me on the team and enabled me to have a balanced schedule that included work, training and competition."



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At the same time, the Programme helped Keeth ready himself for the competitive world of work: "I went to the IOC Athlete Career Programme because I wanted to prepare for the day when I stopped competing, so that I could make a smooth transition."

After Beijing, Keeth started an MBA at Columbia Business School while working at the same time, and he graduated in 2010. With many "smart moves", he is now a Vice-President of a major US financial services institution showing every day the same determination, energy and commitment as in his sports career. Keeth's new career is on the move, but at the same time he is passing on his talent and experience to the next generation by teaching fencing at the Peter Westbrook Foundation on Saturday mornings.

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BELGIUM, CHINA AND SOUTH AFRICA JOIN THE ACP NETWORK

Since 2005, the IOC has been running the Athlete Career Programme (ACP), in close cooperation with the Adecco Group. More than 7,000 athletes from all five continents have benefited from this programme, which aims to facilitate the inclusion of high-level athletes in the job market, both during and at the end of their sports career. Today, athletes from Belgium, China and South Africa will be also able to benefit from the programme which is now delivered by 32 National Olympic Committee's (NOCs) worldwide. >>



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CHINA: AN IMMEDIATE START

In China, the ACP will be delivered, managed and supported by the Chinese Olympic Committee (COC); the Champion Foundation, led by the Olympic champion and IOC member, short track speed skater Yang Yang; and the FESCO Adecco joint venture. The local programme kicked off with a “train the trainer” session which empowers human resource experts to train local elite athletes. The first 25 elite Chinese athletes attending Beijing Sport University participated in the first training session, which was conducted by Adecco representative, Patrick Glennon, and gymnast Li Xiaopeng; quadruple Olympic gold medallist and bronze medallist. “Changing careers from sport to the labour market is not easy for Olympic athletes. We focus on winning in sport and we establish priorities that set us apart from others entering the labour market,” commented Li Xiaopeng.

BELGIUM: SUPPORT THAT MAKES A DIFFERENCE

“The Belgian Olympic and Interfederal Committee (BOIC) is delighted to make Adecco’s know-how and enthusiasm available to athletes, the world of sport and the Olympic Movement in general. Because no one ever wins alone!” said BOIC President Pierre-Olivier Beckers, after the signature of a cooperation agreement with Adecco. According to this agreement, which will run through 2012, Adecco will be the Official Human Resource Provider for the Belgian Olympic team - London 2012. For Mark De Smedt, Country Manager, Adecco Belgium & Luxembourg: “Sport also means professional opportunities, employment and personal development, and in every case it’s people who really make the difference.” Adecco is also a sponsor of Belgian tennis champion Kim Clijsters, who made a successful comeback in 2009, winning the US Open.

SOUTH AFRICA: A HUGE BOOST TO AN ATHLETE’S CAREER

Several South African sportsmen and women have been given the chance to prepare for a career when their sporting career comes to an end. They all attended the SASCOC (South African Sports Confederation and Olympic Committee) ACP workshop at the Olympic House in Johannesburg. The athletes included: 400-metre hurdles national record holder LJ van Zyl; Paralympic swimming legend Natalie du Toit and her colleague, Tadhq Slattery; open-water ace Chad Ho; wheelchair tennis players, Evans Maripa and Lucas Sithole; rowers Peter Lambert and Lawrence Ndlovu; 2010 BMX World Championships runner-up Sifiso Nhlapo; and NOC Athletes’ Commission representative and rower Ramon di Clemente. The workshop delivered a combination of personal and group training; including work with a personal career coach, group training workshops, networking skills, the creation of a professional Curriculum Vitae and the successful management of long-term career success. This type of workshop is expected to become a regular event in South Africa after the London 2012 Olympic Games.