

IOC

Olympic Solidarity

Six months after the close of Olympic Solidarity training courses, the participants write a detailed report on the application and usefulness of the methods they are taught. Below we publish extracts from two of these texts.

I. Towards a boxing school at Douala

Mr. Ngom Priso, a qualified boxing coach at Douala, who attended a two month course in Rome, reveals his increased awareness: "My first employment was devoted to youngsters aged between 14 and 16. It enabled me to appreciate the difference between the boxing technique shown to me in Italy—not an improvisation but a scientific process based on man's capabilities and mechanical and physiological laws—and that of brutal, non-educational pugilism, whose sole purpose is to create machines to hit and receive blows... My youngsters are not the only beneficiaries of my experience; I try to correct the errors of the experienced. However, I must admit that it is easier to educate than re-educate... My new know-how should benefit the greatest possible number of people. I therefore organised a training and revision course for boxing coaches in my province. They appreciated the new techniques in boxing, re-studied the organisation of training periods and the rules of amateur boxing... Since my return from Italy, a new spirit has been pervading the boxing halls. I am preparing a lecture on the topic "Educational boxing and its advantages over pugilism". This exercise is felt in two ways:

1. **at technical level:** in the conception itself of the aims of physical exercise;
2. **at pedagogical level** by the insertion of sports teaching in an overall education programme.

This lecture will enable me to reach a large number of people by explaining in addition the old fashioned methods and their dangers. Coaches tend to believe that the training of a boxer is linked to muscular

labour alone; however, it is easy to comprehend the great importance of the state of mind: the man who is beaten does not have the same attitude as his victor, nor the timid as the bold...

... Physical activity involves the whole personality, for which reason its educational value exceeds the purely physical training. It contributes, with other means, to the general purpose of education, whence the great importance of "educational boxing"...

... I am taking advantage of the confidence shown in me by youngsters to change the physiognomy of boxing in my province... The results of competitions at national level are already dominated by Douala. During the Mpanjo Cup, a national tournament, my team won the two competition cups, one for the best boxer and the other for the best team. My success has not stopped there. Latterly, at a course of the International Military Sports Council (CISM) assembling coaches from several African countries, I demonstrated a certain international worth by leaving a Major with "very honourable" mention, for which I am indebted to the instruction received in Rome, within the framework of Olympic Solidarity...

In conclusion, the main thing is no longer technique and know-how, but the boxer who puts them into practice. Physical exercise is no longer an end in itself; the boxer (or youngster) sets off with technique, while the teacher takes less interest in the exercise and more in the person. He is anxious to conform the child to a model. He tries to endow it with a great flexibility of movement which will make him adjusted and, better still, adaptable..."

II. A new national cycling coach in Guyana

Mr. Hassan Mohamed also attended a two month course in Rome. On his return, he coached three cycling teams with which he gained a number of local successes. "A more developed technique in the handling of the bicycle, and in the choice of developments and a better knowledge of the athlete have enabled me to improve the standards of these local clubs. I have also given more lectures. Several months later, I was appointed national cycling trainer responsible for preparing the Guyana national team selected to take part in the 8th Pan-American Games. Although they won no medals, our representatives acquitted themselves very creditably..."

1976 Activities



The 6th Olympic Solidarity scholarship holders course was held in Rome from 12th October to 11th December 1975. In our photo, taken during the closing ceremony, the Co-ordinator for IOC Olympic Solidarity, Mr. Giulio Onesti, hands a diploma to a participant from Trinidad and Tobago, watched by the Solidarity Director, Mr. Edward Wieczorek.

Organised by the International Olympic Committee, Olympic Solidarity represents a programme of technical and sports assistance from which an ever increasing number of National Olympic Committees are benefitting.

Two guidelines seem to have directed the programme of activity for 1976 recently adopted by the 77th IOC Session. The first promotes the training of sports leaders; the second enforces a decentralisation of work to be undertaken in order to take account of the very marked differences in the sports development of various countries.

Scholarships

624 scholarships lasting an average of eight weeks will be divided between Africa (33%) the Americas (33%), Asia (20%) and Europe (14%).

Missions of experts

10 missions of experts and informative missions will visit ten countries (Ethiopia, Congo, Gabon, Sierra Leone, Ghana, Afghanistan, India, Tanzania, Malawi and Libya).

Itinerant missions, courses, clinics

156 missions will be organised — 60 in Africa, 46 in the Americas, 26 in Asia and 24 in Europe. The subjects to be dealt with will

concern the organisation of sport, sports medicine, sports infrastructures, athletics, boxing, handball, swimming, football, shooting, judo and volleyball.

Documentation

Olympic Solidarity is planning the distribution of works and studies, such as: "Problems of planning of sports infrastructures" (FES)¹, "Fundamental aspects of sports training and medicine" (FS), "Fundamental aspects of training and coaching in wrestling" (ES), "Fundamental aspects of training and coaching in cycling" (FES), "Experience of an NOC in the field of sports organisation" (FES), "Basic booklet on sports medicine" (FES).

International Olympic Academy

Olympic Solidarity will award about twenty scholarships for participation in the XVth Session of the International Olympic Academy.

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Up to the present time, 96 NOCs have made requests and offers of assistance, which represents a considerable success. However, most requests concern in general only one specific and isolated sector of sports activity, which leads one to suppose that many NOCs still do not have short and long term programmes of activity and that they therefore encounter difficulties in establishing overall requests for assistance for the development of sport as a whole in their countries and in determining precise priorities. There is no doubt the IOC Olympic Solidarity will assist progress in this respect.

¹ F: French; E: English; S: Spanish.

The following technical brochures are currently available from the IOC priced between 10 and 14 Swiss francs.

1. Theory of sports training (in French, English and Spanish) SF 10.—.
2. Sports organisation and management (in French and English) SF 14.—.
3. Problems of sports medicine and sports training and coaching (in English) SF 14.—.
4. Sports facilities - Problems of planning (in English) SF 14.—.
5. Technical booklet of physical qualities and training (in English) SF 10.—.