

# Olympic Solidarity courses

## 1. Regional Courses

### Regional course for bobsleigh in Austria

*Dates:* 24th November to 6th December 1980.

*Location:* The Olympic bobsrun in Igls/Innsbruck.

*Participation :* 46 participants from 8 nations.

*Experts :* Angelo Frigerio (ITA), Horst Hörnlein (GDR), Heinz Möckli (SUI), Herbert Pitka (FRG). The experts were assisted by supervisors who thus gained invaluable coaching experience.

*Programme:* The organisation of the course was in the capable hands of Mr. Günther Fritz, Vice-President of the Austrian bobsleigh association who, in consultation with the four experts, prepared a detailed and well-balanced programme which took into account all the physical and psychological problems facing beginners in the sport. The first day was used to familiarise participants with the equipment and the track. For the rest of the course, the participants trained each morning on the track.

At first, only the lower half of the track was used but the participants gradually progressed to the 1,260 m mark where specific coaching was given on starting procedures. During the afternoon the athletes and supervisors attended theory lectures which covered a wide range of topics including team conduct, organisation of competitions, sports medicine, handling of equipment and regulations. Participants were also fortunate in that they were able to observe the bobsleigh teams of SUI, GDR and AUT who began their winter training programmes in Igls.

*Results:* The finest testimony to the overwhelming success of the course, which incidentally was the first devoted to bobsleigh organised under the auspices of Olympic Solidarity, was perhaps the marked improvement shown by the participants when they competed in the special competition organised on the final day of the course. The prizes for the winners of the competition were presented by Mr. Klaus Kotter (FRG), President of the FIBT and the certificates of the IOC were presented by the President of the Austrian Bobsleigh Association.

## 2. Technical participation

### Hockey umpires' conference and seminars in Trinidad and Tobago

*Dates :* 26th September to 4th October 1980.

*Locations:* Port-of-Spain and San Fernando.

*Programme :* The programme included three seminars for the players and umpires of the Trinidad and Tobago federation (two in Port-of-Spain and one in San Fernando) and a fourth for the visiting Guyana national team (in Port-of-Spain). Other activities included a talk to pupils and members of the physical education staff of a local school and a visit to Tobago for talks with the official responsible for the sport on the island. During the week, two matches were played between the Guyana national team and an under-21 selection from Trinidad and Tobago. This afforded an opportunity to assess the performances of the four local umpires who officiated at these matches as a basis for subsequent discussions.

### Judo course in Finland

*Dates:* 27th August to 16th September 1980.

*Locations:* Vierumaki, Helsinki, Joensuu, Turku and Rovaniemi.

*Participation:* The course was divided into five regional groups with a total participation of 224 competitors and coaches from all parts of the country, representing 28 clubs.

*Experts:* Mr. Shigeoka (JPN) assisted by Mr. Jorma Kivinen, chief of training of the Finnish judo association.

*Programme:* Participants were given a thorough grounding in basic judo skills, tactics and competition techniques.

*Results:* The Finnish judo association felt that Mr. Shigeoka's visit had made an extremely positive contribution to the general raising of judo standards in Finland.

