

# Olympic Solidarity

## REGIONAL COURSE

### DENMARK

#### Athletics

##### From 4th to 6th November 1983

« Pole vaulting is not practised world wide, but the motivation of specialists in this field accounts for a considerable drive towards progress, and the growth of competition inevitably forces the world record towards the six metre mark in the not too distant future ». This is what Maurice Houvion (FRA), teacher at the Paris Institute of Physical Education and Sport declared whilst welcoming the participants to the pole vaulting course which took place from 4th to 6th November 1983 in Copenhagen (DEN), with the financial backing of Olympic Solidarity. This

gathering at which thirty nine top level athletes from seven predominantly Scandinavian European countries (FIN, GBR, GRE, ISL, NOR, SWE) assembled, greatly emphasised psychological preparation. In fact, again according to the expert Mr. Houvion, mental attitude concentrated on attack, boldness, determination, directly influences technical aptitude. This is why the qualities of self confidence, level-headedness and sense of responsibility which are of particular interest at the time of selecting athletes, should be maintained and fostered.

At the same time, a whole range of gym exercises related to specific technical elements, such as speed of approach, approach technique, rotation of the leg providing the momentum, the action of the free leg, allowed the sportsmen to measure themselves against training principles.

An active and full training session, therefore, looking forward to the possibility of drawing up a training programme bearing the individual stamp of athlete and trainer alike.

### SWAZILAND

## NATIONAL COURSE

#### Swimming

##### From 24th to 26th October 1983

The National Amateur Swimming Association organised an intensive swimming course from 24th to 26th October, directed by two well known American coaches, Jack Jackson from Nebraska and Don Wagner from Arizona. Expenses were covered by Olympic Solidarity.

The two experts suggested a number of improvements for the existing facilities, roofing for two pools, one at Mbabane, the other at Man-

zani. This construction would have the advantage of extending the swimming season and increasing training periods. The building of a 50 metre pool would promote specialised regional competitions.

The course as such began by exercises to assess physical condition, preparation and training (gymnastics, breathing) etc. A technical analysis of swimming styles completed this preliminary phase. The practical part

allowed the thirty nine swimmers on the course to perfect their standard of training. The swimmers were, for the most part, teachers who will be able to adapt their teaching methods in relation to the numerous recommendations given during this meeting. The two American experts suggested that the Swaziland swimming team should go to the United States several months before the beginning of the Games in order to consolidate their training there.

## Olympic Solidarity News

● We should like to remind Continental Associations, NOCs and IFs of our circular letters (A/2/84, C/4/84 and F/5/84 respectively) regarding our project for a 1985-1988 quadrennial programme.

● NOCs are asked to send their provisional course requests for these four years to their Continental Associations by 31st *March 1984 at the latest*. During the month of April, IFs are also to contact the CAs in order to coordinate their Programmes. It is hoped that in May meetings will be held between representatives of the CAs and IFs in Lausanne, to finalise details for the draft of this proposed plan.

● At the XIVth Olympic Winter Games in Sarajevo Olympic Solidarity maintained an office throughout the Games to hand over the financial aid granted by the IOC to participating NOCs and to provide information on Olympic Solidarity activities. A similar office on a larger scale will be open during the Games of the XXIIIrd Olympiad in Los Angeles. More news of this, plus further details concerning Sarajevo, will be given at a later date.

