



## COLOMBIA

**Volleyball**  
13th to 24th September 1985

Mr. Tien Hsing Hsieh of the International Volleyball Federation (FIVB) led a national course for coaches in Bogota, organised under the aegis of Olympic Solidarity. He had forty-seven students from all over Colombia who demonstrated tremendous enthusiasm and already possessed a good knowledge base. As in most courses of this kind, the actual programme was divided into theoretical and practical sessions. Mr. Hsieh began with a lecture on the current state of volleyball in the world, speaking on the general level of competency, recent changes, the physical condition of players and problems under study. The bulk of the subject matter, however, concerned the basic principles of training and physical preparation, largely from a scientific point of view, and technical fundamentals. The final portion of the programme centred on the team itself — its formation, strategy and direction.



## MALAYSIA

**Rhythmic Gymnastics**  
21st to 31st July 1985

A regional course in the relatively new discipline of rhythmic gymnastics attracted twenty-two participants from eight countries in Southeast Asia and Oceania (AUS-1, HKG-2, IND-1, INA-2, MAL-12, PHI-, SIN-1 and THA-2). The expert who directed the course, Mrs. Emmy Bellwood, came from New Zealand and was accompanied by gymnast Miss Patria Hume (NZL), who assisted her and gave demonstrations to illustrate the course material.

The syllabus included six main items: basic training and conditioning, body techniques, techniques and requirements for teaching the use of the different apparatus (rope, ball, hoop, clubs and ribbon), special considerations for group exercises, choreography and musical accompaniment and the administration and organisation of competitions. After nine days of instruction, the coaches took theoretical and practical examin-

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ations which tested their understanding of the material presented, their teaching of a basic element and their ability to compose a short routine set to music.



## GUATEMALA

**Boxing**  
**18th to 30th September 1985**

Thirty-nine boxing coaches took part in an Olympic Solidarity course in Guatemala City taught by Mr. Stavri Panayotov Bachvarov (BUL). Although the course was meant to be of a national nature, the organisers also invited three officials from Honduras, one from El Salvador and one from Nicaragua. In addition to the thirty Guatemalan participants officially enrolled, another four sat in on a number of the lectures.

With the objective of obtaining a strong foundation in the technical aspects of boxing and in the teaching and physical training of a boxer, the participants went through a significant amount of practical and theoretical work supple-



mented by films and slides. As part of the psychological training sessions, the films "Rocky", "Rocky II" and "Rocky III" were shown with a psychologist evaluating the scenes in the context of the course.

All thirty-nine who took part passed the final examination and now qualify as mid-level coaches.