

JUNIOR SPORT

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THE POWER OF THE OLYMPICS

Glynis Nunn takes a look at the creation and importance of the Olympic Games.

HAPPY Olympic Day!

The first Olympic Day was celebrated on June 23, 1948.

Sigfrid Edström, who was the International Olympic Committee (IOC) president at that time, conveyed the message to the young people of the world.

It was only in the 1978 edition of the Olympic Charter that the IOC recommended for the first time to all National Olympic Committees that they organise a special Olympic Day to promote the Olympic movement.

The day is set aside to celebrate and promote the Olympic idea. The reason why June 23 was put forward is that at the Sorbonne University in Paris on that day in 1894, Pierre de Coubertin revived the Olympic Games.

So, who is this guy? Pierre de Coubertin? For those who don't know, he was the founder of the modern Olympic Games.

He was inspired by the ancient Olympic Games which were held in Olympia, Greece, and ended in 393AD.

Pierre de Coubertin took it upon himself to pursue the revival of the Olympic Games.

His original thought was to unveil the modern Games in 1900 in his native Paris, but delegates from 34 countries were so enthralled with the concept, they convinced him to move the Games to 1896 and have Athens serve as the first host.

As far as I am concerned, I am forever grateful. Without his drive, passion and persistence, I would not have had the opportunity to compete for my country and be successful on the world stage.

In fact, the Olympics were created in honour of ancient Greece's most famous god, Zeus. Athletes prayed to Zeus for victory and left gifts to thank him for their successes. So maybe I have to thank Zeus too.

The first celebration of Olympic Day, saw many countries conduct Olympic Day runs. Today it is developing into much more than a run or just a sport-based event.

Based on the pillars of "Move, learn, discover – Together for a better world", many countries deploy sports, cultural and educational activities aimed at everybody – regardless of age, gender, social background or sporting ability. Some countries have even incorporated the celebration into the school curriculum

to get schools involved.

In 2022, the new pillar the International Olympic Committee would like to promote is entitled "Together for a better world" (#MoveForPeace).

This promotion includes topics such as sustainability, inclusion, solidarity and peace.

These topics all aim at bringing people together to contribute to a better world through sport. I know I have said it many times, sport teaches us so many things.

At each Olympic Day in the future, the IOC will promote a particular pillar. Each pillar will focus on a different theme to serve as a common global thread. The theme for 2022 celebrates the power of sport to bring people together in peace: a call to action for people to move together, up to and during Olympic Day, to show

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their united support for a peaceful world.

I thought I would take this opportunity to cover a few of the basic facts on the Olympics. When I think of de Coubertin, I recall many of his writings on the subject of sport in general and the education around how and why the Games became what they are today. One of his most famous quotes is the Olympic Creed.

It goes: "The important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well."

When the Olympics occurs every four years (or five as it did in 2020/2021), the motto of Citius, Altius, Fortius (Faster, Higher, Stronger) is always promoted.

These three words were coined not by de Coubertin but by Father Henri Didon, who was a close friend of the barons. These words were adopted by the IOC in 1894.

I suppose in the early days these words were meant to be quite inspiring – driving the athlete on to do so much more than the person before them.

Now with the advances we have seen in sport at many different levels, it will be interesting to see where any



Gold Coast-based swimmer Emma McKeon has been one of Australia's most successful Olympians. Picture: Getty Images

performance will end. Athletes are getting faster, jumping higher and are becoming so much stronger.

The rings we see on the Olympic flag are very important. They are five interlocking rings, coloured blue, yellow, black, green, and red on a white field.

The symbol was originally created in 1913 by Coubertin and were intended to represent the five inhabited continents: Europe, Asia, Africa, Oceania, and the Americas. Every country in the world has at least one of these five colours on their flag (although they might be a different shade). Based on a design first created by Pierre de Coubertin, the Olympic rings remain a global representation of the Olympic movement and its activity. The rings are the Olympic symbol which expresses the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games.

The first Olympic oath of performance will end. Athletes are getting faster, jumping higher and are becoming so much stronger. The rings we see on the Olympic flag are very important. They are five interlocking rings, coloured blue, yellow, black, green, and red on a white field. The symbol was originally created in 1913 by Coubertin and were intended to represent the five inhabited continents: Europe, Asia, Africa, Oceania, and the Americas. Every country in the world has at least one of these five colours on their flag (although they might be a different shade). Based on a design first created by Pierre de Coubertin, the Olympic rings remain a global representation of the Olympic movement and its activity. The rings are the Olympic symbol which expresses the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games.

the Games of the modern era was written by Baron Pierre de Coubertin. It has been modified over time to reflect the changing nature of sports competitions.

In 2000, in Sydney, it was the first time the oath explicitly included a reference to doping. Since the Olympic Winter Games in PyeongChang in 2018, the athletes', officials' and coaches' oaths have been merged into one to save time during the ceremony.

Last year, at the Olympic Games Tokyo 2020, the number of oath-takers were extended from three to six – two athletes, two coaches and two judges. Each representative said their own part: "In the name of the athletes", "In the name of all judges" or "In the name of all the coaches and officials". It was then up to the athlete to recite on behalf of all three categories. The Oath went: "We promise to take part in these Olympic Games, respecting and abiding by the rules and in the spirit of fair play, inclusion and equality.

"Together we stand in solidarity and commit ourselves to sport without doping, without cheating, without any form of discrimination.

"We do this for the honour of our teams, in respect for the fundamental principles of Olympism, and to make the world a better place through sport."

I hope you have enjoyed some of the history of the Games. Did you know, Africa and Antarctica are yet to hold the Olympic Games.

A little difficult for Antarctica as there are no countries there so possibly no chance for a Games to be held there in the future.

Africa though, not the case, but with an Olympics costing the host country a significant amount of money, it is little wonder an Africa city hasn't successfully put its hand up to host.

We have an exciting time ahead of us over the next 10 years. A journey for many excited young sports people. So, celebrate Olympic Day and enjoy the feats of our talented

athletes and youth to come.

As Thomas Bach (President of the IOC), said: "Sport always builds bridges and brings people together in peace and solidarity. On this Olympic Day, please join us as we call on everyone around the world: give peace a chance."

At the academy, we celebrate sport every week. Happenings coming up we are celebrating:

- Basketball program with Phil Smyth and Brian Kerle – 30th June/1st July
- Sprint speed clinic – 4th and 6th July
- Taekwondo – 17th July
- Future Stars program 1 – selected Friday evenings
- Future Stars program 2 – selected Wednesday evenings
- Athletics camp – 10th and 11th September
- Equestrian program – 21st August

Other programs we are looking at conducting in the future are: Table Tennis, AFL (women's program), Beach Volleyball, Gymnastics.

Interested? Contact us.