



# ATHLETES BULLETIN

THE NEWSLETTER OF THE IOC ATHLETES' COMMISSION

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## A MILESTONE FOR ATHLETES TO CELEBRATE



The year 2010 was rich in Olympic events, starting with the unforgettable Olympic Winter Games in Vancouver followed by the inaugural Youth Olympic Games in Singapore. We were inspired by the world's best athletes and lived the passion and excitement alongside them as they competed and gave the best of themselves. This non-Olympic year will also have its share of significant events and celebrations that make up the Olympic agenda and help shape the years to come.

As Chairman of the IOC's Athletes' Commission, I am very pleased that this year marks the 30th anniversary of athletes being given a chance to make their voices heard within the Olympic Movement. Former IOC President Juan Antonio Samaranch recognised the interest of athletes – competitors of the past and present – in the administration of sport as well as the invaluable insight they could bring, and aimed to put in place a formal opportunity for them to contribute to the

decision-making process within the Olympic Movement. Athletes would first get this unique opportunity in 1981 at the Olympic Congress in Baden-Baden, Germany, when a group of 38 top athletes from around the world were invited to attend, marking the first steps toward the creation of the IOC Athletes' Commission.

Thirty years on, this Commission remains an enthusiastic and dynamic one, representing the rights and the obligations of the athletes and serving as the voice of

active athletes within the Olympic Movement. In practice, it ensures that the athletes' point of view is taken into account in the IOC's decisions.

This year also sees the 5th edition of the International Athletes' Forum, which will take place in Colorado Springs, Colorado, USA, in October. Set up as a platform for athletes to discuss topics of importance to them and to make recommendations, these meetings always see active and energetic contributions from their participants. It is very rewarding to see athletes getting involved and placing their passion, experience and competence at the service of sport and society.

It is a great honour for me to chair the IOC Athletes' Commission and I am proud to represent the common voice of my fellow athletes. Communication, however, is a two-way street, and in order to best speak for you, we need to know your thoughts and ideas. Get involved by writing to us at the following e-mail: [athletes@olympic.org](mailto:athletes@olympic.org)

## ENTOURAGE COMMISSION

A NEW COMMISSION HAS BEEN CREATED WITH A MANDATE TO ADDRESS ISSUES RELATING TO COACHES, AGENTS AND ATHLETES' ENTOURAGE IN GENERAL

Right: Australia's Robin Bell seeks advice from his coach in the lead-up to Beijing 2008



The Entourage Commission was created following a recommendation by the Olympic Congress in Copenhagen in 2009, and it held its inaugural meeting on 15 December 2010 at the IOC headquarters in Lausanne, Switzerland. The 11-person Commission, chaired by Sergey Bubka, includes former athletes, NOC and IF representatives and experts in the fields of medicine, athlete representation and coaching. Its mission is to address matters relating to coaches, agents and the athletes' entourage in general.

The Commission will look at ways that the entourage could enhance all aspects of the athletes' career in order to ensure their well being and harmonious growth, by defining a code of

conduct to provide clear guidelines to the athletes' entourage. The next Commission meeting is scheduled for 17 May 2011 in Lausanne.

"I am honoured to chair the IOC's Entourage Commission," said Bubka. "As a former athlete and father of an elite athlete, I know about the huge influence coaches, managers, parents and all other members of the athletes' entourage have on the life of athletes. The athletes' entourage is growing in size and influence: this comes with significant responsibility. A system must be put in place to protect and guide athletes and their entourage. The IOC Entourage Commission aims to set a framework that would better serve the athletes."

# LAUNCH OF THE 2012 ELECTION PROCESS

In less than three months, the IOC will launch the call for candidatures for the IOC Athletes' Commission election during the Games of the XXX Olympiad, London 2012. In order to nominate a candidate for these elections, NOCs must have an Athletes' Commission that meets the minimum conditions set out in the relevant guidelines. To be eligible, the candidates must have participated in the Beijing Olympic Games and/or will participate in the London Olympic Games.

In London, four new members coming from four different sports will be elected by their peers, for a period of eight years, and their names will be put forward to become IOC members. All "Aa" accredited athletes competing in London will have the right to vote.

**Below:** Rower Nikola Stojic casts his vote for the IOC Athletes' Commission



## IN BRIEF

### Social Media

Keep up to date on the Olympic Games by "Liking" [facebook.com/olympicgames](https://www.facebook.com/olympicgames) or following [twitter.com/olympics](https://twitter.com/olympics)!

### Meetings

The IOC Athletes' Commission held its first meeting of the year on 11 January and had a joint meeting with the IOC Executive Board on the following day. Its next meeting will be held in October in Colorado Springs, during the 5th International Athletes' Forum.

# Q&A

## RANIA ELWANI

Rania Elwani, Olympic semi-finalist in swimming, competed in three editions of the Olympic Games. During her career, she also won several medals in the World Cup, the African Games, the Mediterranean Games, and the Pan-Arab Games. Born in 1977, Rania Elwani has been named Egypt's athlete of the year three times. She earned a Bachelor of Biological Sciences and a Bachelor of Medicine en route to a career in medicine. Rania Elwani is a member of the IOC Athletes' Commission and the IOC Medical Commission, and is also a member of the Foundation Board and the Executive Committee of the World Anti-Doping Agency. She is also the co-founder of the Elwani Swimming Academy in Egypt.



*Three-time Olympian and role model Rania Elwani*

### How do you balance your professional life as a medical doctor, your various involvements in sports administration and your family life?

I believe that time management is the key to everything. Being an athlete really helped me learn how to divide my time and set priorities. These priorities are continuously changing according to the collective needs of my family. For me, the most important thing is a healthy, happy family. I am lucky that the sports management activities that I am involved in, either in Egypt or internationally, are flexible enough to allow me to manage my other responsibilities. In fact, I see that these involvements are beneficial to my family, as I like to involve both my children in everything I do. It gives them great experience, they learn a lot, and most of all they learn that they can do everything they wish to do if they can manage their schedule. That is what sport taught me. As for my medical career, I am in a transition period where I have to do a lot of research, so I can manage to do this from home. I only spend two or three days a week at hospitals, and I do most of my research at night when all my other duties have been completed. So it is all about setting priorities and trying, as far as possible, to abide by a schedule.

### What role can athletes play in the medical aspects of sport?

In my opinion, the most important role athletes can play is to be well informed about all health aspects involved in their training and their sport. How to properly take care of themselves during training, how to avoid injuries, learning about proper nutrition, and, most importantly, learning about the anti-doping rules so as to avoid any unintentional violations. Each athlete is given a certain potential to excel, each must find their best physical state and try to prevent any damage that might occur. Athletes also have the responsibility of educating younger athletes. Being sociable, talkative, informed and friendly to the younger generation about healthy habits in sport is particularly important.

### What is your own involvement in the IOC's activities in terms of health and safety of athletes?

As a representative of the IOC Athletes' Commission, I take part in the IOC Medical Commission meetings, the World Anti-Doping Agency (WADA) Executive and Foundation Boards, as well as WADA's Athlete Committee. My task is to relay the voice of the athletes during these meetings, as well as participate in the anti-doping outreach programmes and the doping control procedures during the Olympic Games. My background as a medical doctor is particularly useful.

## IOC ATHLETE CAREER PROGRAMME

The IOC Athlete Career Programme provides guidance and tools to help you successfully manage training, competition as well as the challenges and opportunities of day-to-day life as an elite athlete. Here is a sample of the resources and advice available on the IOC ACP web page:



### IOC ACP - TOPIC OF THIS BULLETIN ADVICE TO ATHLETES ABOUT THEIR SPORTS TRANSITION

Dame Kelly Holmes (Great Britain) competed in three editions of the Olympic Games in athletics (800m & 1,500m), winning two Olympic golds (Athens 2004) and a bronze medal. When she made the transition from sport, she founded the Dame Kelly Holmes Legacy Trust, managed in cooperation with the British Olympic Association, which helps support retired athletes.

As seen in an exclusive video

interview from the Elite Athlete section of Olympic.org, Kelly Holmes' advice to junior athletes planning for their sports transition is to:

- Maximise opportunities in education
- Go for your dreams

In her video interview, she offers more advice on how to make the transition and explains how she has worked with many retired athletes to help them maximise their potential beyond the sports arena.

To access the full panel of information regarding the three pillars of the programme, be sure to visit [www.olympic.org/acp](http://www.olympic.org/acp)



## LANCEMENT DU PROCESSUS D'ÉLECTION DE 2012

Dans moins de trois mois, le CIO lancera un appel à candidatures pour l'élection à la commission des athlètes, laquelle se déroulera pendant les Jeux de la XXX<sup>e</sup> Olympiade à Londres en 2012. Afin de pouvoir désigner un candidat pour ces élections, les CNO doivent compter une commission des athlètes qui satisfait les conditions minimales établies dans les directives concernées. Pour être admissibles, les candidats doivent avoir participé aux Jeux Olympiques de 2008 à Beijing et/ou devront participer aux Jeux Olympiques de 2012.

À Londres, quatre nouveaux membres de quatre sports différents seront élus par leurs pairs pour un mandat de huit ans. Leurs noms seront également proposés pour devenir membres du CIO. Tous les athlètes munis d'une accréditation «Aa» en lice à Londres pourront déposer leur bulletin dans l'urne.

**Ci-dessous:** le rameur Nikola Stojic dépose son vote pour la commission des athlètes



## BRÈVES

### Réseaux sociaux

Restez informés des dernières nouvelles concernant les Jeux Olympiques en cliquant sur «J'aime» [facebook.com/olympicgames](https://www.facebook.com/olympicgames) ou en suivant [twitter.com/olympics](https://twitter.com/olympics)!

### Réunions

La commission des athlètes du CIO a tenu sa première réunion de 2011 le 11 janvier et a tenu une réunion conjointe avec la commission exécutive du CIO le lendemain. Sa prochaine réunion se déroulera en octobre à Colorado Springs lors du 5<sup>e</sup> Forum international des athlètes.

# Q&R

## RANIA ELWANI



*Rania Elwani trois fois  
championne olympique*

Rania Elwani, finaliste olympique en natation, a participé à trois éditions des Jeux Olympiques. Au cours de sa carrière, elle a remporté plusieurs médailles en Coupe du monde, aux Jeux Africains, aux Jeux Méditerranéens et aux Jeux Panarabes. Née en 1977, Rania Elwani a été élue athlète égyptienne de l'année à trois reprises. Elle a obtenu une licence en biologie ainsi qu'un diplôme de médecine et commence une carrière dans ce domaine. Elle est membre de la commission des athlètes et de la commission médicale du CIO ainsi que du conseil de fondation et du comité exécutif de l'Agence Mondiale Antidopage. Elle est également co-fondatrice de l'Académie de natation Rania Elwani en Égypte.

### Comment arrivez-vous à concilier votre vie professionnelle en tant que médecin, vos divers engagements au sein de l'administration sportive et votre vie de famille?

Je pense que la clé, c'est une bonne gestion du temps. Avoir été une athlète m'a permis d'apprendre comment gérer mon temps et mes priorités. Ces priorités évoluent continuellement en fonction des besoins de ma famille. Pour moi, le plus important est d'avoir une famille heureuse et en bonne santé. J'ai la chance que toutes les activités de gestion sportive auxquelles je participe, que ce soit en Égypte ou sur le plan international, soient assez flexibles pour me permettre d'assumer mes autres responsabilités. En fait, je suis convaincue que ces engagements sont bénéfiques pour ma famille car j'aime associer mes enfants à tout ce que je fais. Cela leur donne une grande expérience, ils apprennent beaucoup et surtout, ils apprennent qu'ils peuvent faire tout ce qu'ils souhaitent s'ils arrivent à gérer leur emploi du temps. C'est ce que le sport m'a enseigné. S'agissant de ma carrière de médecin, je suis dans une période de transition pendant laquelle je dois faire beaucoup de recherches, donc j'arrive à le faire depuis la maison. Je ne passe que deux ou trois jours par semaine à l'hôpital et je fais l'essentiel de mes recherches la nuit une fois que toutes mes autres tâches sont terminées. Il faut se fixer des priorités et essayer, dans la mesure du possible, de tenir son emploi du temps.

### S'agissant des aspects médicaux du sport, quel rôle les athlètes peuvent-ils jouer selon vous?

À mon avis, le rôle le plus important que les athlètes peuvent jouer est d'être bien informés sur toutes les questions de santé associées à leur entraînement et à leur sport. Comment prendre soin d'eux-mêmes lors des entraînements, comment éviter les blessures, s'informer sur la nutrition et plus important encore, en apprendre davantage sur les règles antidopage afin d'éviter toute violation involontaire. Chaque athlète a le potentiel pour atteindre l'excellence et doit rechercher sa condition physique optimale afin d'éviter les blessures éventuelles. Les athlètes ont également la responsabilité de sensibiliser les jeunes athlètes. Être sociables, ouverts, informés et amicaux avec la jeune génération concernant les habitudes saines à adopter dans le sport est particulièrement important.

### S'agissant de la santé et de la sécurité des athlètes, quel rôle jouez-vous dans les activités du CIO?

En tant que représentante de la commission des athlètes du CIO, je participe aux réunions de la commission médicale du CIO ainsi qu'au conseil de fondation et au comité exécutif de l'Agence Mondiale Antidopage (AMA) ainsi qu'à la commission des athlètes de l'AMA. Lors de ces réunions, mon rôle consiste à faire entendre la voix des athlètes et à participer aux programmes de sensibilisation antidopage ainsi qu'aux procédures de contrôle du dopage pendant les Jeux Olympiques. Mon expérience en tant que médecin est des plus utiles à cet égard.

## PROGRAMME DE SUIVI DE CARRIÈRE DU CIO

Le programme de suivi de carrière du CIO donne aux athlètes les conseils et les outils nécessaires pour les aider à gérer avec succès l'entraînement ainsi que les perspectives et difficultés de la vie quotidienne en tant qu'athlète d'élite. Voici un échantillon des ressources et des conseils disponibles sur la page ACP du site web du CIO.

### THÈME DE CE BULLETIN: CONSEILS POUR UNE TRANSITION REUSSIE

Dame Kelly Holmes (Grande-Bretagne) a participé à trois éditions des Jeux Olympiques en athlétisme (sur 800 et 1 500 m). Elle a

décroché deux médailles d'or (Athènes 2004) et une médaille de bronze. Lorsqu'elle a mis fin à sa carrière sportive, elle a créé le Dame Kelly Holmes Legacy Trust, un fonds d'entraide aux athlètes en transition, géré en coopération avec le Comité National Olympique britannique. Comme vous pouvez le voir dans une interview exclusive publiée sous la section Athlètes d'élite du site web Olympic.org, les conseils de Kelly Holmes pour les jeunes athlètes qui planifient leur vie après le sport de haut niveau sont les suivants :

- Optimisez les possibilités en termes d'éducation
- Allez au bout de vos rêves.

Dans cette vidéo, elle donne des conseils supplémentaires sur la manière de gérer cette transition et explique comment elle a travaillé avec de nombreux athlètes à la retraite afin de les aider à optimiser leur potentiel au-delà de l'aire de compétition.



Plus d'informations sur:  
[www.olympic.org/acp](http://www.olympic.org/acp)