

Arête



Issue 10 Philippine Olympians Association, December 2023

Welcome Message

It's been another full year for us—a year of watering programs begun, maintaining and expanding staple events with our counterparts in sport, and churning out meaningful projects particularly as we celebrate our centennial participation at the Olympic Games next year.

We are ever grateful for the partners we work with in sport who help make these programs possible, programs we would never have envisioned or pursued on our own. Good partnerships indeed make amazing things happen!

This is a longer issue than usual, a compilation of the year that was. We look forward to our General Assembly next year, and the elections of new board members and officers, please stay tuned and be part of.

As the “battle cry” at the 2nd OSLP Summit, let us work together! May the Lord continue to bless the work of our hands. Have a blessed Christmas!

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2nd OSLP Summit 2023 October 19-22, 2023

While the 2nd summit hosted at the Palawan State University had fewer OSLPian representatives physically present, it was no less rich than the year before, if not more so. Richer only because the interactions and conversations were more relaxed, intimate and frequent; perhaps familiarity too deepened the bonds.

PSU PE students were in full force and benefited especially from the speakers and discussions. We have gleaned many lessons from the last two summits and realize the importance of including the young, up and coming sports leaders in all our future summits. This is our way of leaving a lasting legacy for our gracious hosts.

Building on the previous year, we had an amazing roster of homegrown and international speakers. Sophia Papamichalopoulos OLY MD (Cyprus) spoke about the power of sports for peace through the Winds of Change project recently concluded (www.windsofchange-cyprus.com), while Nancy Christiaens (Belgium) shared her extensive experience in International sports volunteerism. Locally, we were blessed to have the MVP Sports Foundation and the Philippine Sports Commission in full force through the spotlight sharing of Executive Director Jude Turcuato and Ambassador Gretchen Ho, and the powerful presence of PSC Chairman Robert Bachmann and Commissioners Walter Torres OLY and Ed Hayco.

Participants also took part in a regional environmental clean-up event initiated by the Olympians Association of Japan (Olympians Action Project) as well as our staple sports experience (spex), this time Petanque and Baseball 5.

We are grateful for the amazing support provided by all our sponsors and partners, but most especially the PSC who has supported the program from the very beginning; Adrenaline Solutions represented by Ms Eurie Quinto; and our host, the PSU, through the leadership of Sports Director Vince Esguerra who left no stone unturned. These are the people behind the scenes who make the summit run. From the opening and closing dinners, to the logistical arrangements and everything else in between. Each year feels like a tough act to follow.

We are already making plans for our OSLP summit next year and hope to see more Olympians and OSLPians there. Let us (continue to) Work Together!

www.oslp.adrenaline.solutions





With Chairman Bachmann, Com Hayco, speakers Sophia and Nancy and PSU officers.



With PSC Chair and Commissioners, Noli Ayo and POA board members.



With Chairman Bachmann and MVPF ED Jude Turcuato, Noli Ayo and speakers Sophia and Nancy.



With Spotlight speakers Stephen Fernandez, Gretchen Ho and Jude Turcuato.



Environmental clean-up.



OSLP Batch 9 and 10

Posters for the OSLP batches held in 2023 with the respective OLY speakers, we are on the lookout for OLY sharers in 2024!

Batch 9 LIVE via zoom

OLYMPIANS ASSOCIATION PHILIPPINES

ATENEO DE DAVAO UNIVERSITY

ONLINE SPORTS LEADERSHIP PROGRAM

A partnership between the Philippine Olympians Association and Ateneo de Davao University

Our sessions will be held during Saturdays from Feb 4 to 28, 2023 via Zoom.

Open to all sports leaders and coordinators of schools, LGUs and sports associations

SPEAKERS



FEB 04
Kitoy Cruz OLY
2000 Sydney (Trackworlds)



FEB 11
Hector Segoe OLY
1988 Seoul (Judo)



FEB 18
Benjie Talintino OLY
2000 Sydney (Rowing)

To register, contact Coach Noli Ayo

Social Media Partner: **ADRENALINE SOLUTIONS**

Batch 10 LIVE via zoom

OLYMPIANS ASSOCIATION PHILIPPINES

Online SPORTS LEADERSHIP PROGRAM

Our sessions will be held during Saturdays from May 6 to 27, 2023 via Zoom.

Open to all sports leaders and coordinators of schools, LGUs and sports associations

SPEAKERS



MAY 06
Marcella Torres OLY
2008 Beijing/2012 London/2016 Rio (Long Jump)



MAY 13
Ryan Papa OLY
02 Barcelona/06 Athens (Swimming)



MAY 20
Edward Lasquet OLY
1992 Barcelona (Pole Vault)

To register, contact Coach Noli Ayo

Social Media Partner: **ADRENALINE SOLUTIONS**

All sessions via Zoom. A batch orientation will take place before May 6. All OSLP participants are invited to the 2nd OSLP National Summit set in Palawan this October 2023.



OLY Centennial Project—The Athlete Certificate Course

As many are aware we are celebrating our centennial participation at the Olympic Games next summer in Paris. The Philippines first competed at the Olympic Games in 1924 Paris sending one athlete, David Nepumoceno. Nepumoceno competed in the 100mt and 200mt dash at these Games and later served as a sailor in the United States Navy where he died on duty in 1939.

To celebrate this occasion the POA has been invited to take part in the Athlete Certificate (AC) Program which was created by the World Academy of Sport (WAoS) in partnership with the World Olympians Association (WOA) and the various NOAs.

The program seeks to educate and prepare emerging athletes for the road ahead, providing understanding and tools to become successful and knowledgeable. There are two parts to the program, an online course and a face-to-face component. The online course is taken at the student athletes own time and pace, while the face-to-face component will be led by a trained OLY educator.

The online course tackles topics such as support team and relationships, values and integrity in sport, health and wellbeing (including mental health), social media and the media, and the overall journey of an athlete.

Each AC costs P1,200 for both the online and the face-to-face components. The POA is currently raising awareness and support to run the program nationwide. For more information about the program please email us at philippines@olympians.org. Join us as we celebrate our Olympic history and train up the next generation of athletes!



ATHLETE CERTIFICATE SUMMARY

PART 1: ON-LINE COMPONENT

- 4.5 hours online course taken at your own time and pace
- Learning activities, graphs, videos and an online assessment



Athlete life skills
Self-development & wellbeing
For the emerging athlete (15-25yrs)

PART 2: FACE TO FACE COMPONENT

- Administered by trained Olympian educators
- Half day, face to face session

Unified Olympic Day June 23, 2023

For the very first time the Olympic day was celebrated by all our athletes! National athletes from the Philippine Olympic Committee, the Philippine Olympians Association, our differently abled athletes from Philspada, and our athletes with intellectual disability from Special Olympics Pilipinas. In synch with this year's theme, LET'S MOVE, SOP athletes kicked off the event with a Zumba class for all. We are very proud of the growing inclusive atmosphere in Philippine sports.



June 23, 2023
#OlympicDay





Zumba led by SO Pilipinas athletes.



Olympians Stephen Fernandez, Elma Muros OLY, Roel Velasco OLY and Jessie Lacuna OLY



National athletes and SOP athletes.

NATIONAL ATHLETE'S FORUM 2023 March 4, 2023

The Athletes Commission of the POC held their yearly national athlete's forum last March, sharing their programs and plans for the year as well as the roles and responsibilities of the different partners in sport. The POA was represented by board member Jenny Guerrero OLY who shared the work we do at the POA.



WOA FORUM Istanbul, Turkey September 15-17, 2023

Over 100 countries were represented at the third World Olympians Forum whose aim was to spread best practices, hear from world experts and workshop how Olympians can more effectively spread the values of the Olympic Movement, the benefits of sport and physical activity and give back to their communities.

The aim of the World Olympians Forum was to inspire and upskill Olympians and National Olympians Association representatives. The delegates heard from world experts including IOC Medical Commission member Professor Yannis Pitsiladis who spoke about the Global Alliance for the Promotion of Physical Activity and why the Global Alliance was so badly needed.

Topics ranging from leveraging your Olympian image and developing Olympian leaders to creating a social business and fostering philanthropy for a better world were presented by the World Academy of Sport, the Yunus Sports Hub, the King Baudouin Foundation, Skillsbuild, Egoli founder Caroline Rowland and Dr Noemi Zaharia OLY.

An IOC Athletes Commission panel led by Chair Emma Terho OLY and moderated by IOC Athletes' Department Director Kaveh Mehrabi OLY discussed the many IOC Athlete365 programs and opportunities that can benefit Olympians and exchanged ideas on how National Olympians Associations and National Olympic Committee Athletes' Commissions can work closely together to spread the values of the Olympic Movement and run programs in their communities.

WOA President Joël Bouzou OLY was very pleased with the outcome of the two days. He said: "This has been the best World Olympians Forum ever and shows how far we have come in the past eight years, the level of maturity our National Olympians Associations have achieved and the abilities of Olympians all over the world to help with social cohesion, bringing sport to disadvantaged communities, protecting the environment and teaching our young citizens the positive values of sport and the Olympic Movement.

The POA was represented by their President, Akiko Thomson-Guevara, who spoke on a panel about best practices for Service to Olympians projects.

Excerpts of this article taken from the WOA website.





OLY Panelists for Best Practices for Service to Olympians.



OLY SIGHTINGS...



Golfing POA Board members Ral Rosario OLY 1972 and 1976 and Jethro Dionisio OLY 2004.



March 19, 2023 with PSC Com Walter Torres; Akiko T. Guevara OLY; Stephen Fernandez; Ed Laqueste OLY and John John Torres OLY teammates all at the 1992 Barcelona Games.



April 6, 2023 with Rogen Ladon OLY 2016; Nesthy Petecio OLY and Irish Magno OLY 2020+1; Elias Recaido OLY and Reynaldo Galido OLY 1996; Monsour del Rosario 1988 and Ronald Chavez OLY 1992 (currently National team coach) at the PSC track in Baguio. Also in picture Coach Gani Domingo – TBB Taekwondo.

OLYMPIANS ARTISTS PROGRAMME Guy Concepcion OLY

We are super proud to announce that our very own Rene “Guy” Concepcion OLY was selected for the Olympian Artists Program to be showcased at the 2024 Paris Olympic Games. Guy is one of six that were selected from the 85 OLY applicants.

Guy Concepcion OLY competed at the 1988 Seoul Olympics and has been honing his craft since 2015. Guy’s work is abstract using acrylic and multimedia with a subtle but strong influence by the works of Henri Matisse. Sharing snippets of his entry and the inspiration behind..



“It is Time”

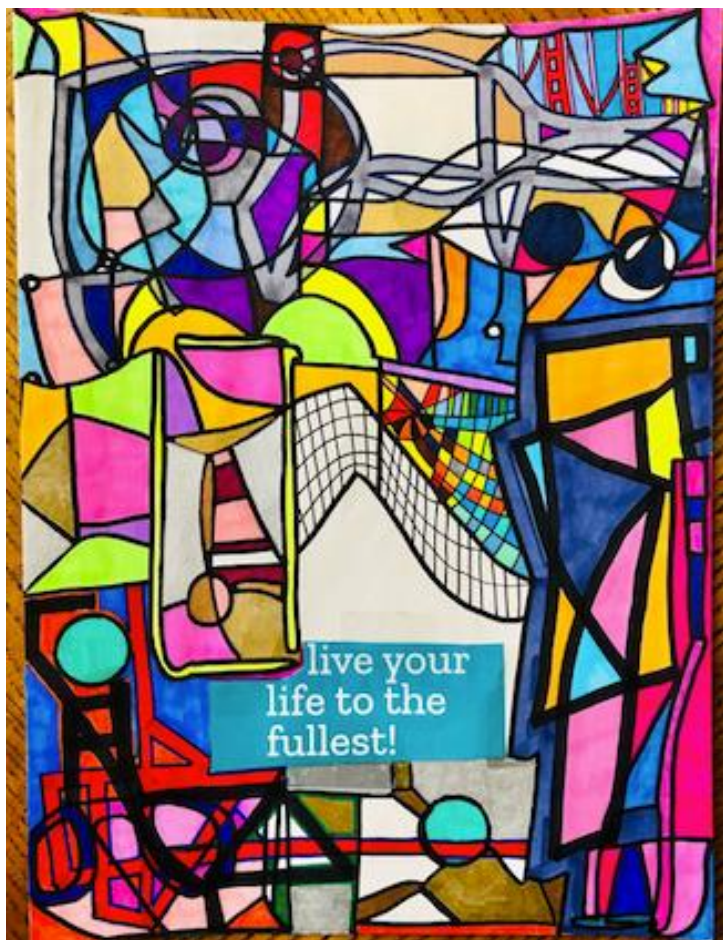
Guy believes very powerfully in the Olympic values, and that these values of peace, community, camaraderie, the pursuit of excellence, hard work, sacrifice, and selflessness continue to drive his daily life long after he swam his last Olympic race.

Through his art Guy wishes to share his belief that all of us can achieve, live wonderfully, and leave the world a better place than we found it, particularly by highlighting his younger son in his art. Guy’s younger son (Rory) has Down Syndrome.

Guy wants Rory to know, as well as those who are in his community and beyond, that he is a willing and valuable participant in this planet.



“Your Energy Matters”



“Live Your Life to the Fullest!”



“Heart, Mind, Muscle”



“Masterpiece”



“The important thing in the Olympic Games is not to win, but to take part; the important thing in Life is not triumph, but the struggle; the essential thing is not to have conquered but to have fought well. To spread these principles is to build up a strong and more valiant and, above all, more scrupulous and more generous humanity.” — Pierre de Coubertin

“I believe creating, sharing, and experiencing art is like the philosophy of M. Pierre de Coubertin about the Olympic Games ... art is for all of us, to make us feel connected and alive. I do struggle to make art, just like I had ups and downs as an Olympic athlete, but I love every second of this journey. If one person’s heart becomes full like my heart is full because of my work, then I’ve fulfilled my obligation as a true Olympian. All Olympians want to spread good.

Receive your OLY Certificate

In recognition of the accomplishments of Olympians worldwide, World Olympians Association are providing Olympians with an Olympian.org email address and a certificate of recognition with the post-nominal letters - OLY. These are available to global Olympians at no cost.

To obtain your certificate and Olympian.org email address, simply register on the WOA website: <https://olympians.org/olympians/oly/>



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