



Arête

The Living Archive Of Olympians PH



Issue 7 | Philippine Olympians Association, July 2021

2021

Welcome to another issue of our ARETE newsletter! Our 7th issue released on the 7th month of the year. With the Tokyo Games just around the corner (we pray and hope!), we have much to be excited for. This is probably the strongest team we've sent in terms of medal hopefuls. Let us continue to keep our Tokyo bound Olympians in prayer, for their safety and success, and the success of the Games.

The POA has continued with our staple projects and embarked on a legacy project with our partners in sports which we are excited to share with you. We pray for everyone's continued health and hope to see more of you in our future events.

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Saluting Cito

By Walter Torres OLY 1992 Barcelona

As I pay tribute to the late Celso L. Dayrit, allow me to refer to him as Cito, not because we were of equal stature but simply because he had always insisted that he be called by his nickname. This showed humility amidst the many accomplishments and recognition given to him in the fencing arena.

"Believe in your heart that you are meant to live a life full of passion, purpose, magic, and miracles.", these were the words of Robert Bennet. And Cito had a heart meant to live a life full of passion for the sport of fencing. This passion eventually translated into a purpose. Cito continued and furthered the development of the sport started by his father, the late Don Francisco L. Dayrit Sr. In time, fencing was included in the 1987 SEA Games. This inclusion made fencing part of the government's sports program and paved the way to more participations in the Asian Games and, ultimately, the Olympic Games.

Cito's efforts in increasing the level of participation in the various games gave fencers a deeper appreciation and understanding of the sport. The experience made fencing an inseparable part of many lives and gave us our own mission to help Cito promote the sport beyond our athletic careers. Thus, fencing became a coaching job for retired athletes like me. An undertaking that redirected the course of our lives.



Far left picture:
Opening Ceremony
1992 Barcelona

Left picture: 1995
SEA Games

Right picture: 1991
SEA Games Manila



Martin Luther King Jr once said, *"You do not have to see the whole staircase... just take the first step."* Cito unknowingly did just that. He was courageous and confident enough to take the first step in propagating fencing. And as he took another step, and yet another, into the unknown, the end of the staircase became clearer and clearer to him, reinforcing his purpose and highlighting his goal even more.

Knowing Cito, he would like each one of us to continue his mission with the same passion and purpose. Similarly, let us take each step with courage and confidence. We may not have a bigger picture of what is at the end just yet, but the world of fencing that he created gives us enough reason to carry on.

4th Hall of Fame Enshrinement Ceremony

The 4th HOF enshrinement will be telecasted July 18, 2021 on PTV 4. To be awarded this year are 8 Olympians, one of whom is our POA board member, Roel Velasco OLY. The awardees are:

1. *ROEL VELASCO (Boxing) bronze 1992 Barcelona Olympics*
2. *ARIANNE CERDENA (Bowling) gold 1988 Seoul Olympics*
3. *DIONISIO CALVO (Basketball/Football) coach of the Basketball team to the 1936 and 1948 Olympic Games*
4. *PAULINO ALCANTARA (Football)*
5. *LEOPOLDO SERRANTES (Boxing) bronze at the 1988 Seoul Olympics*
6. *ROGELIO ONOFRE (Athletics) 1960 Rome, 1964 Tokyo, 1968 Mexico Olympics*
7. *GERTRUDES LOZADA (Swimming) 1956 Melbourne Olympics*
8. *ELMA MUROS (Athletics) 1984 LA and 1996 Atlanta Olympics*
9. *ROBERT JAWORSKI (Basketball) 1968 Mexico Olympics*
10. *ERIC BUHAIN (Swimming) 1988 Seoul and 1992 Barcelona Olympics*

29 Olympians have been inducted to the HOF so far. The HOF was scheduled to be celebrated last year but was delayed due to the restraints and challenges of Covid. The enshrinement is celebrated every 2 years, focusing on athletes and coaches in specific decades. The 4th HOF focuses on years 1924- 1994.

In the law (RA 8758), “The Philippine Sports Hall of Fame is mandated to give special recognition to Filipinos who have achieved significantly in Sports either as an amateur or professional. It is a homage to our sports heroes of past and present who through their triumphs, showed the true mettle of a Filipino athlete/coach/trainer.”

The POA President is part of the screening committee, which is chaired by the Chairman of the PSC (Chairman William Ramirez). Other members of the screening committee are: the POC (currently represented by Atty Ed Gastanes), the University Athletic Association of the Philippines-UAAP (currently represented by Atty Rene Saguisag Jr.), the Games and Amusement Board-GAB (currently represented by Chairman Abraham Mitra), and a representative of the National Sports Association- NSA (currently represented by Atty Avelino Sumagui).

The screening committee selects from the names submitted by the review committee, who look through all the nominees that have been recommended. The review committee are represented by notable sports media practitioners.

This year’s review committee were: Jun Lomibao, Dodo Catacutan, Joe Antonio, Tito Talao, Rey Bancod, Quinito Henson and Tess Jasminez.



OLYMPIC DAY CELEBRATION

POC in conjunction with the POA and the Athletes Commission will once again be celebrating Olympic Day virtually from June 23-25, 2021.

The celebration focuses on the Olympic pillars: Move, Learn and Discover with live stream exercises run by our national athletes, a dance for Olympic Day challenge, a webinar with Olympians from each decade, and work out challenges featuring Olympic and Non-Olympic sports.

The week-long celebration will end with the launch of the POA website and Living Archive of Olympians project with our sponsors from MILO and the POC.



**PROGRAM PERIOD:
JUNE 23 TO 29**



GUIDELINES:

1. Create your own dance steps in celebration of Olympic Day. You can incorporate movements from your favorite sport.
2. All performance have be at least 30 seconds or 1 minute at the most.
3. Songs used must be CENSORED to a radio edit or clean version.
4. Video can either be in Portrait or Landscape Format.
5. POC, POA, and Athletes' Commission will vote for the Top 5 Best Dance Videos. A 6th Winner will be voted based on the video with the most Facebook and/or TikTok reactions.
6. The first 20 participants to submit their videos will receive early bird prizes courtesy of POC and its partners.

SUBMISSION:

Participants have to submit their dance video through the following:

1. Upload your dance video via your Facebook Page and/or TikTok Page with the hashtag **#OlympicDayPH2021 #OlympicDayPHDanceChallenge**. Please make sure that your videos are accessible to the public.
2. Afterwards, send the links of your video via POC's Olympic Day Dance Challenge Signup Form. We will use this form to determine the early bird prizes as well as identify the Top 6 Winners of the Olympic Day Dance Challenge.



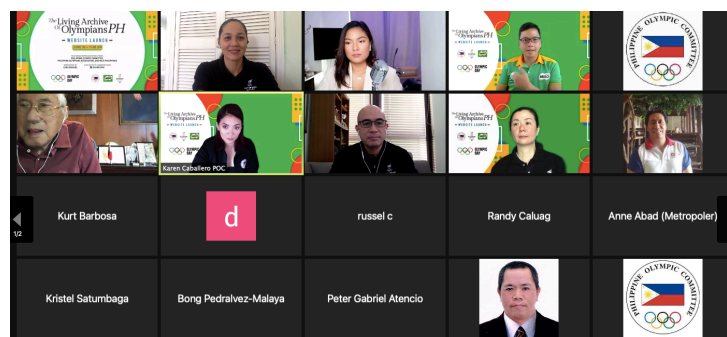
Website Development and Launch of the Living Archive of Olympians

The POA, through the generous support of the POC and MILO launched our official website last June 30, 2021. The website includes the Living Archive of (Filipino) Olympians which is a database of all our Olympians.



Finding no data on our participation at the Games, the POA took on the task of researching and documenting it, and making the information available to the public. This passion project aspires to make the information accessible to all, keep our Olympic history alive and provide inspiration to the future generation.

The archive is “living” as it will be updated every 4 years as new Olympians are made. Please visit our new website and Living Archive at www.philippineolympians.org



Opening Remarks by POA President, Akiko Thomson-Guevara OLY

On behalf of the POA and all our board members that are present here today, we would like to express our gratitude to the POC for their belief and support in this project, and of course to MILO without who's support this project would not have seen the light of day. This project is a beautiful example of collaboration amongst stakeholders in sport towards something really meaningful.

Very briefly allow me to share with you how this project was birthed. We were looking for more information about our participation at the Games when we realized that both the POC and the PSC did not have the information readily available. That's when it dawned upon us that this was something that was needed, that we could do, and that would really benefit the community at large. And so we embarked, pitched the idea to the POC and here we are today.

This Living Archive of OLYs is a passion and legacy project of the POA. Life stories are powerful, but they can also very easily fade away if they are not documented and shared. We hope that by collating these stories and making it accessible, it will inspire a generation of future Olympians.

We have called it a “living archive” as we realize that this will have to be updated every 2 to 4 years as new OLYs are made. But it's “living” also in that it is still a work in progress. Our researchers had a difficult time finding photos for all of our OLYs, some information are sparse, but we did the best we could and we hope that as more people view this site and share it, perhaps it will reach family members of past OLYs who can provide more information or pictures we can update.

This is something I believe we can all be proud of—our Olympic heritage that we celebrate and embrace and will continue to build upon.



Continuation of the Online Sports Leadership Program

The POA and the Ateneo de Davao University (ADDU), through their Sports Director, Noli Ayo, have continued with our virtual Online Sports Leadership Program (OSLP). On our 3rd session, the OSLP features an Olympian sharing their journey and lessons in sport on a Saturday of the month.

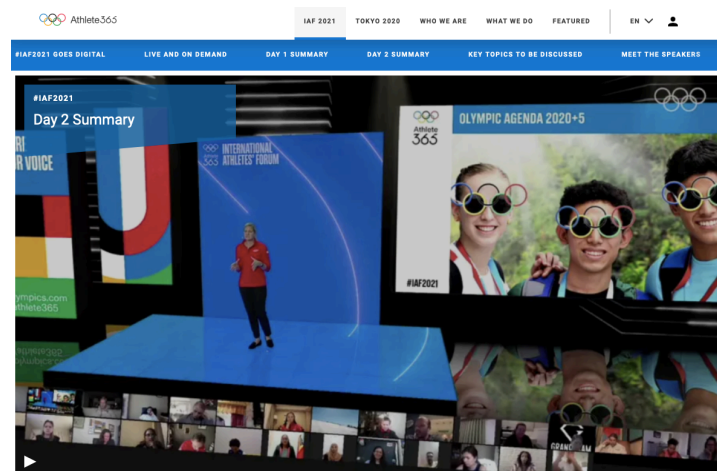
The OSLP 3 was held last February 27, 2021 to March 27, 2021, with participants from varying schools, universities and organizations. For the first time however, we welcomed our “honorary Olympian”, Paeng Nepumoceno, (6x World Bowling Champion, World Bowling Hall of Famer and 4x Guinness World Record holder) who is an Olympian in his own right.

Speakers at the forum were: Paeng Nepumoceno, POA Sec Gen Ral Rosario and POA Board members Weena Lim and Roel Velaso.

We will continue with OSLP 4 in the month of July, stay tuned!



10th International Athlete's Forum



The 10th International Athletes' Forum took place virtually for the first time last 26-27 May 2021. In attendance representing the POA were Ral Rosario and Akiko T. Guevara.

The forum was an opportunity for athletes worldwide to discuss the Olympic Agenda 2020+5 recommendations and contribute to the delivery of it's athlete-focused recommendations. These (15) recommendations were made in the area of Solidarity, Digitalization, Sustainable Development, Credibility, Economic and Financial Resilience.

The forum also included live streamed panel discussions and exclusive break-out sessions. Discussions across the 2 days centered around a range of important topics—athlete well-being, athlete support, Tokyo 2020 and Beijing 2022, Olympic Agenda 2020+5 and a live Q &A with President Bach.

This year marked the 40th anniversary of the Athlete's Commission. More information on the Athlete's Forum can be found at

<https://olympics.com/athlete365/join-us-at-the-2021-international-athletes-forum/>



Surviving Covid

By: Jethro Dionisio OLY
2004 Athens



I never thought Covid was “real” until I heard the words “positive ka sir” from a health worker in some drive thru testing facility.

I was tested Covid positive on April fool’s day. But it was no joke. I am very lucky to live and tell the tale because there were days when I thought I never would.

It started with an itch in my throat which turned into dry cough with a bit of phlegm to running nose all in a span of 2 days. When a friend suggested that I take the test, I even took my time because in my head, me - Covid? No way! But yes, after taking an antigen test and a confirmatory RTPCR test, I was indeed one of the many Covid positives of the second wave, so to speak. And it went downhill from there.

I immediately isolated from my family (thankfully no one had the virus) and stayed in a small room where my meals were passed on through a window from our garage. I thought it was going to be a breeze but on the 3rd day, I had fever which went on and on until I had no choice but to go to a hospital.

It was the longest week of my life. My temperature reached the 40s and rarely went down even if I drank Paracetamol round the clock. I would shiver and feel as if I was soaked in snow when I was actually drenched in my own perspiration. My chills were so bad and my body was aching from non-stop trembling and coping with the abnormally high temperature. I thought I had hallucinations because I did not know the difference of sleep and wakefulness because Covid apparently keeps you awake. I felt bone tired all the time and very lethargic. Once in a while I would feel better only to wake up to bad fever after a few hours.

At first I thought I could survive Covid at home since hospitals were filled to capacity at that time. But on the 9th day, I drove myself to Chinese Gen where a good friend helped in getting a bed for me - in a ward shared with 4 other covid patients. The agony of being alone hit me and continued to attack me mentally while in the hospital. While I was slowly improving with all the intravenous medicine given to me, seeing covid up close in a hospital setting, being near other patients, seeing the pandemics fury right in front of me had an effect so bad I had to psych myself time and again to feel hopeful. Finally after a week, I was given the green light to go home—only now I was 15 lbs less of what I used to be!

Slowly I tried to gain my appetite back. I also tried to do some light exercises especially because I still felt weak during the first few days out of the hospital. It was another 10 days of quarantine before I finally saw the light out of my small room. And what a joy it was to know that I was finally Covid free after 28 days and nights of anguish!

Looking back I cannot clearly pinpoint when I got the virus. As to how, I guess I am partly to blame because I did not wear the mask as religiously as I should have. Whenever I biked, played golf or did some shooting, with or without companions, I usually just wore the sporty cloth coverings than the prescribed face mask. Lesson learned! I double mask nowadays!

The pandemic has changed the world and only those who can adapt will survive. Take all necessary precautions so you can still enjoy the future after this pandemic. If you can, go out and get those jabs. It is our responsibility to get vaccinated. Believe me, I do not wish Covid even to my worst enemies.

Throughout this ordeal, I am faithfully thankful to God, to family who stood by me and for friends who kept me strong. It is my prayer that we will soon wake up to a Covid free, mask-less and fully vaccinated new normal world.



New Opportunities

A wonderful opportunity has become available to all our OLYs. Please email us for more information.

ATHLETES BEYOND SPORTS, LEADING TO EMPLOYMENT

Handog ni **Coach Allan Borromeo**
(National Basketball Player, 1992) ng
Success Advance Corporation.

Para sa mga interesadong atleta o sa
kanilang dependent na in-endorse ng
Philippine Olympians Association
(POA) at ng **PHILSPADA.**



PHASE 1: WELDING SCHOLARSHIPS WITH NC2 TESDA CERTIFICATE

- 100 % free, with transportation allowance and WIFI load
- Open to *current or former athletes, coaches, and their dependents*
- Minimum qualification: *physically fit, good eyesight, high school graduate or with high school units*
- Training for 34 days = 368 hours, face to face and online
- Location with PWD accessibility and observation of safety protocol:
144 Aurora Boulevard, San Juan City
<https://goo.gl/maps/6Mm8Poy9eu14tPaR8>



If you would like to get in touch with the Philippine Olympians Association

Email: philippines@olympians.org

Facebook: [Philippine Olympians Association](#)

