



## JOIN THE OLYMPIC MOVEMENT

### WHAT IS THE OLYMPIC MOVEMENT?

The Olympic Movement is no different than any global movement in that it becomes concrete from an established set of ideals. In this case, the ideals were based on the educational philosophies of Baron Pierre de Coubertin. He believed that the education of youth should not be bound to books, but should include sport, culture and art. His philosophy, later called Olympism, was the bedrock of the modern Olympic Movement. In 1894, he created the Olympic Movement to advance his philosophies, and in 1896 the first modern Olympic Games were held in Athens, Greece.

De Coubertin envisioned a marriage between sport and art. Youth of the world (at that time only male youth) would gather for competition in both sport and the arts. In the early years, medals were given for both competition categories. This made Olympism's aims of balancing intellectual, cultural and physical development more evident to all. Although the practice of giving medals for painting and poetry didn't last long, the philosophy adopted by Olympism is still alive and well today in the Olympic Movement. In fact, Olympism is featured in the Fundamental Principles of the Olympic Charter:

*Olympism is a philosophy of life; exalting and combining in balanced whole qualities of body, will and mind. Blending sport with culture and education, olympism seeks to create a way of life based on the joy found in effort, the educational value of good example, and respect for universal, fundamental ethical principles.*

### DEFINING OLYMPISM AND THE OLYMPIC VALUES

The goal of Olympism is to place sport at the centre of the development of a person, with a view to promoting a peaceful society concerned with the preservation of human dignity and respect. The practice of sport is a human right. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.

### DEFINING THE OLYMPIC VALUES

Striving for Excellence: It stands for giving our best, on the field of play or in the professional arena. It is not only about winning, but also about participating, making progress towards personal goals, striving to be and to do our best in our daily lives and benefiting from the healthy combination of a strong body, will and mind.

Celebrating Friendship: It encourages us to consider sport as a tool for mutual understanding among individuals and people from all over the world. The Olympic Games inspire humanity to overcome political, economic, gender, racial and religious differences and to forge friendships regardless of those differences.

Demonstrating Respect: It incorporates respect for oneself, for one's body, for others, for the rules and regulations, and for sport and the environment. Related to sport, respect stands for fair play and for the fight against doping and other unethical behaviour.



## **ATHLETES AT THE HEART OF THE OLYMPIC MOVEMENT**

On the field athletes are the central actors in the sport competition on which the Olympic Games are built. They are the role models who inspire millions of children around the world to participate in sport and reflect the Olympic ideals.

As a Team Canada athlete, you have had the opportunity to practice tenacity, dedication, and perseverance on a daily basis. You understand what it's like to face challenges and adversity. By sharing your experiences with children across Canada, you can lead by example, and help students understand and develop the skills necessary to thrive and succeed in their daily lives. When elite athletes share their experiences through the principles of sport, students can connect their own lives to the values of effort, fair play, and teamwork more easily.

## **OLYMPIC EDUCATION IN CANADA**

The Olympic philosophy of education is about a balance of intellectual instruction, cultural development and physical education. Olympic Education is based on the concept, Olympism, which blends sport with culture and education. Through values-based learning, participants are encouraged to experience life values such as excellence, respect and friendship, while developing a balanced body and mind.

With the vision of inspiring the next generation of Canadians through the legacy of Team Canada and the Olympic Games, the Canadian Olympic Committee is known as a leader in Olympic Education offering free, world-class programs and collaborating with multiple international and national organizations.

The Canadian Olympic School Program: Established in 1987, the COSP offers online resources designed to inspire and challenge students to integrate the Olympic Spirit in their daily lives highlighting inspiring Team Canada athletes through the program.

Team Canada Champion Chats: Hosted by the Canadian Olympic Committee, Canadian Paralympic Committee, and Classroom Champions, TCCC connects Canadian students with Team Canada Olympic and Paralympic athletes through live discussions and learning programs.

International Olympic Academy (IOA): The IOA is an institution through which the COC annually sends Canadian representatives to be educated on how to preserve and spread the Olympic Spirit. This academy offers a variety of programming that we participate in: Master's Degree program, Young Participant session and Session for Presidents or Directors of NOAs and NOCs.

IOC Young Leaders Programme: This program gathers young leaders from across the globe to take initiative in implementing social entrepreneurship activities related to Health and Active Living, Inclusion, Sustainability and Peace and Development in relation to sport. Participants could include former athletes, students, young sport professionals or National Olympic Committee staff. These candidates create their own projects that leverage the power of sport for a better world, which are then selected by the IOC and supported by their NOC, to be put into action.

If you are interested in participating in any Olympic Education initiatives or have any questions, please contact us at: [cosp@olympic.ca](mailto:cosp@olympic.ca)