



Magazine N° 1 - July 2022

SPORT WITH A HEART



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Editorial

Today this magazine sees the light after a long process of gestation. We thank with our heart all those who participated in the realization of this Dream. The School of Sport with a Heart was born almost 12 years ago with an idea as the central axis of its existence: to use the pedagogical power of sport to improve human beings and, in addition, societies.

Nowadays the sport is used in a high percentage as a business... and this is (allow me the football comparison) the same as using Leonel Messi in his full physical and mental capacities, as a defensive midfielder. In other words, his enormous potential is being wasted. This happens these days with the sport. Apart from honourable exceptions, its pedagogical potential hardly has been used to global personal improvement. In the Olympic Games we have a very clear example of this phenomena. We lost something in the way...

I see all of this and ask myself: when everything changed? At what point the Games lost their capacity to give place to people like the baker Corebo de Élis?, who conquered the victory at speed in the first Ancient Olympiad? At what point the conquest of the sportive excellence was more important than the human excellence? When the Games lost its capacity to stop wars and make the combatants to sit at the same table to negotiate peace, under the ever-favorable auspices of the Games' ruling gods?

In Ancient times, one idea was capable of unite different people beyond political conflicts and their believes. Such was the sacred character of the Olympic Games, in which the unstoppable wars between sister nations stop to allow that everybody could participate, because the oracle had said that they should transform their antagonism in a noble competition at the sport field.

Thus, Olympia was the physical place where embodied the ideal that would lead the young people, through the spur of victory, to develop values that, deep down, are the main goal of the game.

According to the deep meaning of the oracle, it would be a civilization impulse driven one more time by the gods who would watch over the development of the humanity. These values, only achieved with intelligent and enthusiastic effort, would be the ones that would embrace the athlete's soul, who would become an example to be followed by his fellow citizens.

So while the prize seemed to be fame and honor, the real triumph was the purification of the soul, as Plato would later teach us. Therefore, it went for over a thousand years until the wear of everything that manifested made the Games fall into oblivion....

In his Olympic Memory, Coubertin clearly expresses his position about the "sports for everybody":

"Sport is not a luxury item, it

is not an occupation for the lazys or compensation for intellectual work. Sport is a source of internal improvement for every person. Profession has nothing to do with it. On the contrary, sport is an irreplaceable gift that is given to all people in equal measure. From an ethnic point of view, there is also no difference, as, by nature, all races have sport as something of their own and with equal rights."

The School of Sport with a Heart was born with the aim of continuing to foster this spirit. To this end, it offers sport for everyone (Coubertin's old dream) and for all ages. Sports education is useful for everyone: those who have a vocation and those who are attracted to sport, so that everyone has the opportunity to experience sport as something fun, pleasurable, profitable, and that does not produce rejection in people who have the mistaken concept of considering that sport is just sacrifice and suffering of the physical body. Sport produces physical and psychological well-being, as well as health, if practiced intelligently.

Gymnastics not only have the ability to train the individual physically, but also psychologically and morally if we use sport as a means to develop and transmit values, forming conscious, useful and happy human beings. Some values such as solidarity, cooperation, communication, participation, tolerance, respect for others, teamwork, coexistence, perseverance, creativity or

initiative, can be developed through the practice of sport.

The spirit of the School of Sport with a Heart is to understand that what matters is to be better, faster in accomplishing responsibilities, higher to elevate our feelings and thoughts, stronger to overcome weaknesses and always remain United above everything that tries to separate human beings: CITIUS, ALTIUS, FORTIUS, COMUNIS.

In our logo, the Olympic fire appears as an universal symbol of union. Those who feel this vocation also believe in the ideas of fraternity among peoples, of non-discrimination, of using sport as a mean to transmit values and the tireless search for peace.

So, let us embark on the beginning of a beautiful adventure, the daughter of luminous ideas, and in the words of Coubertin:

"To you, my ideas, I dedicate my memories as a sign of gratitude for the happy moments you gave me. I am not sure if you are all mine, neither if before you came to my mind you had lived in other people's minds. However, I have the impression that you belong to me, which is the same thing as if you really did. We never fight. I tend to accept and obey you, and I have faith in your consistency. Some of you have already taken shape and become reality. It gives confidence to other ideas that I have not had time to work on... They will wait patiently and they will not give up on me.

Oh, do not forsake me! You are my happiness. Thinking, imagining, dreaming, conceiving: what a pleasure!"



Francisco Iglesias
International Coordinator of the
School of Sport with the a Heart

WHO WE ARE



School of Sport with a Heart

The International School of Sport with a heart is a non-profit organization, which started its activities in Spain in October 2010.

It is present in nearly twenty countries, including Spain, Brazil, Canada, Paraguay, Bolivia, Guatemala, Costa Rica, Russia, Ukraine, Israel, Czech Republic, Hungary, Romania, Slovakia, Germany, Colombia and Austria.


The activity of the School of Sport with a heart is based on three principles:

- 1) Channel vocations with a philosophical spirit
- 2) Using sport as a means of transmitting and developing values in people
- 3) Using sport as a means of

generating health

The spirit of School of Sport is to train the body and mind. Our culture applies once again the concept that the Roman poet Juvenal brought from a long time ago "mens sana in corpore sano". However, the deep meaning of this famous quote remains to be understood: maintaining a balanced spirit within a healthy body.

And we also rescued the Olympic motto: "Citius, Altius, Fortius" (faster, higher, stronger), a phrase also adopted by Pierre de Coubertin after hearing it from his friend, the Dominican Henri Martin Didon, and which symbolizes the struggle of the human being to improve



himself. We understand that the important thing is to be better, faster to fulfill our responsibilities, higher to elevate our feelings and thoughts and stronger to overcome weaknesses.

As the philosopher Aristotle would say: "The most beautiful and the strongest are not crowned at the Olympic Games, but those who know how to compete. Also in life, the one who acts righteously is the one who gets the prize."

That's why everyone who participates in the School of Sport with a heart is a volunteer and the Olympic Fire appears in our logo as a universal symbol of Union.

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OLYMPIC RITES AND SYMBOLS IN PIERRE DE COUBERTIN'S PERSPECTIVE



Several factors led Pierre de Coubertin to the idea of restoring the Olympic Games. However, it is known that the archaeological discoveries of Olympia, together with other excavations in Greece and Asia, were decisive in his decision to bring the event of Antiquity into the Modern Era. The Baron was not the first to attempt such a thing, but the success of his undertaking was sustained by the assimilation of concepts in line with the Greek Olympic ideals and perceptions, as well as by the development of rules for the smooth running of the Games, such as internationalization of the competitions and fidelity to the frequency of each Olympiad (LENK, 2012).

Although the period of the Olympic Games in Ancient

Greece was traditionally marked by fraternity, many peoples of Antiquity experienced conflicts and disputes that culminated in bloody wars. In Elis, city-state of the administrative centre of the event, certain commitments were formalized: to compete, it was necessary to be free, of “pure race” (that is, Greeks), not to have committed any crime or impiety and to fulfill a mandatory stay of thirty days prior to competitions. Meanwhile, citizens selected as “messengers of Zeus” roamed Greece proclaiming the sacred truce, which demanded the cessation of all armed dispute and combat among the Hellenes. Thus, the territory of Olympia, declared neutral, was inviolable and the athletic festival should be respected (MÜLLER; TODT, 2015).

Such processes instigated Coubertin, especially considering the needs he perceived in the contemporary world. According to the French, humanity was experiencing an “education crisis” (MÜLLER; TODT, 2015, p. 570), which was directly related to the way in which Europe – especially France, his homeland – dealt with the youth education. He defended that the technician bias of the pedagogical approaches did not contemplate the integral formation of the students, mainly with regard to the moral and ethical virtues. Not limited to this, Coubertin’s views transcended the educational scope, also extending to the areas of sport, internationalization and peace, from which the Baron began to establish symbolisms as representations

of these manifestations during competitions and other events linked to the Olympic Games.

One of the symbolisms set by the French is the Olympic Flame, which essentially represents the beginning of the Olympic Games. Despite the public’s attention being mostly focused on sports competitions, Coubertin’s wish was that in each Olympic stadium the Flame would burn, as in Ancient Olympia, a wish that became reality in the same city, in 1936. Lit with sun’s rays, the Flame symbolically connects the Ancient Olympic Games and the Olympic Games of the Modern Era. The Baron attributed so much importance to it that he considered it one of the bases of the Olympic Movement:

The Olympic Flame travels the earth, at least from city to city, and continues its race to the Far East. If anywhere it faints, young nations will step forward to take it from the careless hands willing to let it fall. Thus, the sporting flame will be saved from extinction. This is the cause for which I re-established the Olympic Games, and not for the vainglory of restoring disappeared gateways (MÜLLER; TODT, 2015, p. 199).

The idea of Flame relay, charged with Olympic fire, is also linked to the sense of internationalization prioritized by Coubertin when he decided to change the President of the International Olympic Committee (IOC) according to the location of each edition of the



Pierre de Coubertin in Olympia in 1927, accompanied by his daughter Renée. A woman of great intelligence, she helped her father in his work. (Navacelle Collection).

Olympic Games – this was the reason why the first president of the IOC was Demetrius Vikelas, from Greece, and not the Baron himself, since the Games were resumed in the city of Athens, in 1896. The work of the Olympic Movement, in this perspective, assumed since the beginning the role of promoting peace beyond sport, considering that the change of headquarters at each Olympics enables the development of other sectors of the chosen city and uses the Games as an impetus for new social and ideological discussions, enabling equality, justice, respect, indiscrimination and other values allied to Coubertin's thoughts.

Regarding this measure, a good relationship between peoples is also promoted and, consequently, the nationalist spirit, which causes several international conflicts, is reduced. Such thinking is in line with Coubertin's motto "all games, all nations", recalled by Lenk (2012), who emphasizes the relevance of the Olympic Games in terms of offering to teenagers from all countries and sports modalities, opportunities to learn and get to know each other. The author also recalls the idea that the Olympic Games are disputes between individuals and not between countries. Such ideas are clearly present in a speech given by the Baron in 1935, whose objective was to present Olympism as a mean for the propagation of values necessary for the development of citizens committed to the context in which they are inserted: "To

ask different people to love one another are mere childishness. Asking them to respect each other is not utopia, but to respect each other it is necessary to know each other" (DURRY, 2016, p. 39). Still on Olympism, Parry (1998) proposes that it is characterized by education, effort, justice, peace, tolerance and sport in equal conditions for all - a point of view clearly perceived in Coubertin's thoughts, which presupposes in the athlete the joy of the effort dedicated in their actions: "the important thing in life is not the victory, but the battle, the essential thing is not having won, but having fought well" (DURRY, 2016, p. 8).

Another point highlighted

by Lenk (2012) concerns the already injured Olympic Truce, which, in antiquity, among its purposes, sought to establish in Olympia the representation of the symbol of peace through sport. In the same perspective, the Olympic Movement, despite having undergone different changes, continues to strengthen relationships in order to achieve greater credibility and effectiveness in the impact of its activities. An example of this is the partnership signed with the United Nations (UN), which also defends the Olympic Truce on a global scale and reinforces the commitment of sport in education and as an international reference source



Extracted from P. Wolff, Was ich bei den Olympischen Spielen sah. Berlin: Specht, 1936, no. 1.

for the relationship between countries. When directing a more critical view at the Games in the Modern Era, Lenk (2012) still highlights its important role, stating that the mega-event does not translate only into symbolisms or protocols of opening, closing or podium ceremonies during the Olympic Games. According to him, the Olympic Spirit means much more than the external views on the representativeness of the Games: the idea of the Olympic athlete must serve as a model for other members of society, given that, due to their bond with the movement, perform functions that athletes from other entities cannot assume.

This line of reasoning is aligned with the symbology carried by the motto *Citius, Altius, Fortius* (in English, *Faster, Higher, Stronger*), firstly mentioned by the Dominican priest Henry Didon, in 1891, and launched as the Olympic Motto by Pierre de Coubertin in the same year the IOC was created, 1894. According to the French, the motto should not be interpreted only from a technical-sportive perspective, but also as a philosophical state

to be reached:

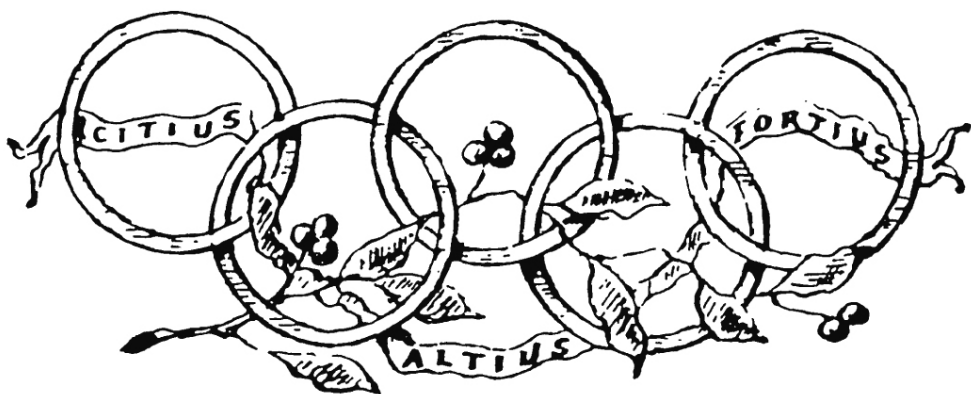
Citius: not only faster in the race, but also in the sense of quickness of understanding, of vivacity of intelligence. Altius: higher, not only in relation to a desired goal, but also for the individual moral improvement. Fortius: not only the more audacious in the fights within the sporting scope, but also in the fights of life (MÜLLER; TODT, 2015, p. 577).

At the Tokyo 2020 Olympic Games, however, it was necessary to ensure, in addition to the high level of organization and competitions, safety, health and a sympathetic look at the participants, a reflection raised from the difficult pandemic period experienced by all. Taking these aspects into account, the IOC, in July 2021, changed the Olympic Motto to *Citius, Altius, Fortius – Communis*, evidencing, at the adverse moment, the urgency of propagating the spirit of community and union among people, after all, as proposed by IOC President Thomas Bach (2021): to go faster, higher and stronger, we need to be together in solidarity.

It is also essential to talk

about the symbolic rites that permeate the Olympic Games. In antiquity, the first day of the event was filled with ceremonies and sacrifices: rich offerings were presented on all altars, the order of competitions was drawn and the athletes took an oath before the statue of Zeus. Today, the Olympic ceremonies are also accompanied by remarkable and symbolic moments. These occasions are responsible for highlighting the Olympic Spirit and the culture of the host city from the transformations of sport and society, thus consolidating, along with other aspects, the Olympic Games as one of the biggest sporting events in the world. (FERNÁNDEZ PEÑA, 2019). In addition, the ceremonies represent the values of peace, fraternity, hope, equality, inclusion and others that emerge with each edition of the Olympic Games.

In his writings, Coubertin also comments on some rituals inserted within the solemnities themselves, referring to the Ancient Games when talking about the relevance of the flags displayed in the stadium: “Before the opening of the Games, the athletes admitted to compete went to the temple of Zeus and swore to always observe the law of the Games. They declared themselves worthy of performing at the stadium. The image of the god will be replaced by the flag of the homeland for each one, and in this way the ceremony will gain in grateness” (MÜLLER; TODT, 2015, p. 259). It is worth noting that the flag of the countries had great



The Olympic rings with the Olympic motto “*citius-altius-fortius*”, designed by Pierre de Coubertin himself in 1914. (Navacelle Collection)

value at the time of Pierre de Coubertin (MACALOON, 2013), mainly because it constituted the maximum representation of patriotism in force in the 19th and 20th centuries. However, Coubertin's international approach gained more and more strength, and it was in this scenario that the Olympic Flag emerged, displayed with its Five Olympic Rings, which the Baron explains: "All white, with the five rings intertwined: blue, yellow, black, green, red, symbolized the five parts of the world united by Olympism and reproduced the colors of all nations" (MÜLLER; TODT, 2015, p. 455). First mentioned in 1914 in Paris, the idea of the Olympic Flag took shape at the 1920 Antwerp Olympic Games, when the symbol was finally presented to the public.

It can be said, therefore, that the Olympic Games translate, among so many rites and milestones, the manifestation of youth that is renewed every four years. Symbolologies such as the opening and closing ceremonies, the tribute to the winners, the Olympic Rings, the Olympic Flag and Flame give meaning and differentiate the Olympic Games from other world sporting events. Such a representative

organization assures the Games a lasting value, consistent with the ideas of its founder, who looked to history as an inspiration for the future.



Pierre de Coubertin

COMITÉ BRASILEIRO
PIERRE DE COUBERTIN

Nelson Schneider Todt

Full Professor and Coordinator of the Research Group on Olympic Studies at PUCRS. President of the Pierre de Coubertin Brazilian Committee, Member of the Directive Board of the Latin American Centre for Coubertinian Studies and Vice-President of the Pierre de Coubertin International Committee.

Christian Roberto Kern

Scholarship holder of the Research Group in Olympic Studies at PUCRS. Member of the Pierre de Coubertin Brazilian Committee and Member of the Latin American Center for Coubertinian Studies.

*Pierre Coubertin, forged
in iron for the IOC by
Karlheinz Oswald
(Germany) in 1999.*

Sport with a heart around the world



RTIC
CEAN



Same principles, different forms of manifestation. Universal symbols, many cultural and geographical expressions in which the Olympic flame takes shape in countries which the School of Sport is present around the world. The requirement to establish the School of Sport is to start the transmission of

the Formation Program classes. With a monthly frequency, the essential thing is to have a contact with the Ideas of philosophy, as Plato teaches us, "Music" and takes practice through "Gymnastics", seeking the integral development of the human being. Physical exercise is a central part, however, as

long as it is loaded of Olympic philosophy, in other words, sport with a heart.

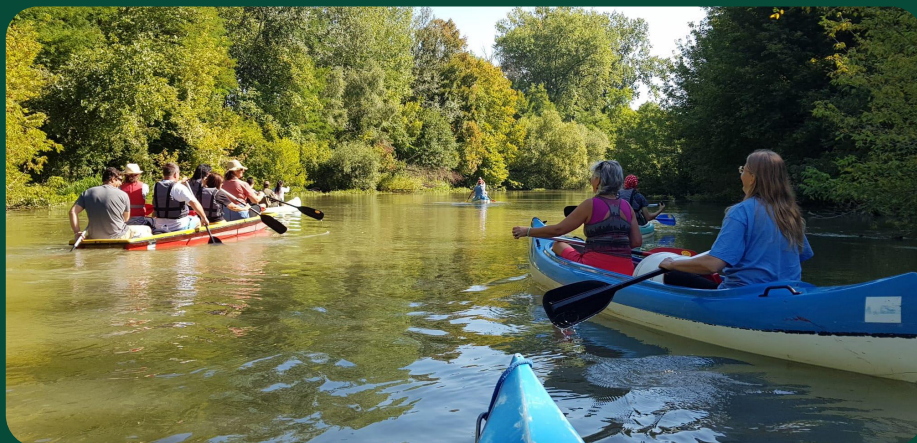
Let us take a tour through the countries in which the School of Sport is present, and get to know a little about how the Acropolitan athletes have lived the sport with a heart these days.



Slovakia



The School of Sport carried out a cycling tour with a visit to a historic park, where the objective was to train the muscles, practice resistance and connect sport with the culture.



Kayak tour with the theme of the article by Professor Jorge Angle Livraga "sailing against the current", with the aim of promoting friendship and the spirit of collaboration, besides the contact with nature and adventurous experience.



Paraguay



Activity of the Monitors of the School of Sport of Paraguay, in the city of San Lorenzo.



The School of Sport participated in promoting activities in the XIII Integration Meeting of OINA-Paraguay.

Central Russia



Celebrating the “Sports Day” a meeting was held with classes of Olympic philosophy and dialogues.



Table tennis tournament held in celebration of “Sports Day”.



Volleyball tournament held in celebration of “Sports Day”.

Ukraine



Volleyball with a heart training.



Romania



Sport with a heart during the pandemic – Morning Gymnastics for the body and mind.

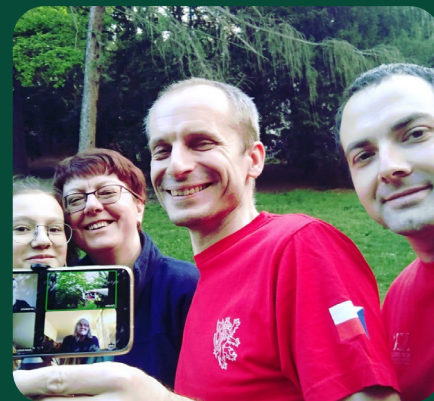
Czech Republic



The members of the School of Sport took a cross-country ski trip in the mountains of the region, with the objective of practicing muscular resistance and inner strength.



Trip to Egypt, with the School of Sport promoting functional exercises in the morning, by the bank of River Nile.



Training during the pandemic: keeping the flame lit.

Brazil south



Class by the National Director to the monitors during the VII Sports Philosophical pre-season.



Formation Program class of the School of Sport during the VII Sports Philosophical pre-season.





Physical exercises practice during the VII Sports Philosophical pre-season.



Music and Gymnastic activity in Curitiba (PR) and Florianópolis (SC).



Since 2018, the School of sport has been promoting, in partnership with the Pierre de Coubertin Brazilian Committee, a cycle of lectures in honor of the Philosophy of Olympism presented by the restorer of the

Modern Olympic Games, the pedagogue Pierre de Coubertin. In 2011, lectures were held on the New Acropolis YouTube channel, with the presence of the International Director of the School of Sport, Prof. Paco

Iglesias, the president of Pierre de Coubertin committee, Prof. Nelson Todt and the Olympic Studies Specialist, Ana Miragaya.



Brazil north



Annually, the Acropolitans held Summer Games in which celebrate the fullness of Life and the heroic spirit through sports and artistic festivities.



Artistic performances during the Summer Games.



Sunday at the Park in Manaus: physical activity and Olympic spirit.



Painting made by philosopher-athlete Éder Augusto Pereira Queiroz, from Central NA Lago Norte-DF.



Guatemala



Practical calisthenics class with dialogue on how to strengthen ourselves.



Colombia



Functional exercises training during the COVID-19 pandemic.



Athletics competitions at the X National Acropolitan Olympics.



Spain



The branches from the cities of Mallorca and Barcelona carried out a bonding activity in which there was a lot of conviviality, classes and sport with a heart.



Convivial meeting in Mallorca full of adventure and mystique: night walk, games, challenges, music, volleyball and philosophy!



Classes during the bonding activity between Mallorca and Barcelona.



Canada



Carrying out collective games of different modalities with the objective of learning about ourselves from our reactions in the game, trying to observe them and correct them in life.



Israel



For the first time the country held the National Olympics at its main branch, Nahalat-Tal, with the participation of 200 people including athletes, judges, volunteers and public. Volleyball, archery, running, chess, walking (for those over 60 years) and children races were held, in addition to the entire Olympic ceremonial.



I Acropolitian Olympics of Israel: children races competition

Awards Ceremony at the I Acropolitian Olympics of Israel.



Volleyball tournament at the I National Acropolian Olympics.



Citius, Altius, Fortius,

Communis



Pierre de Coubertin

A famous unknown

<https://www.escueladeldeporteconcorazon.com/pierre-de-coubertin-un-famoso-desconocido>

It is extremely difficult to summarize in an article, the trajectory and work of a man who gave his life to a pedagogical ideal. For this, no one better than the one I consider his legitimate successor, D. Conrado Duránte, to sum up this passionate life.

Pierre de Fredy, Baron de Coubertin, was born in Paris on January 1, 1863, into a wealthy family of Italian descent, whose ancestors date back to a first known Fredy, who served the French King Louis XI, who granted him the title of nobility in 1471. One of the Fredys acquired in 1567 the Lordship of Coubertin, near Paris, adopting the name that was later kept by the family.

Pierre de Coubertin studied in Paris, at the Primary School, and later graduated from the University of Political Science.

"Let us wish that the restored Greek gymnasium, paves the way for the new generations to a pure and intelligent civility, to a joyful and fraternal cooperation"

He lived in the castle of Mirville, Normandy, owned by his family, and in Paris, at 20 Rue Oudinot, the house where he was born, and which was initially the operating center of the IOC.

Disillusioned with politics and politicians and also discarding an easy military career, very suitable for his class and condition, after deep



meditations, he decided to devote himself fully to the arduous task of educational reform in his country, boosted by revealing personal experiences obtained in a training and study trip that took place in England and North America.

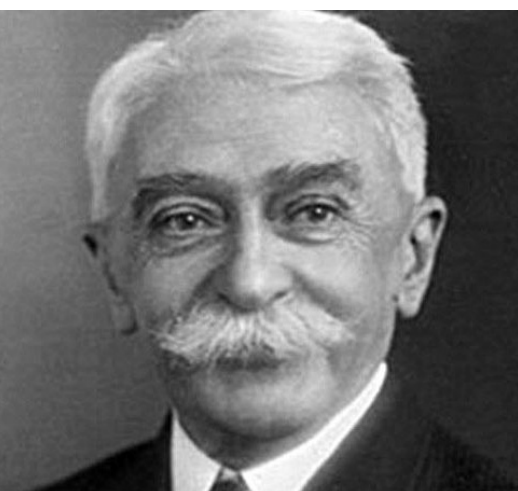
Education, teaching, and pedagogy are, in these moments of his life, powerful engines of a feverish activity, tirelessly and hopefully developed in the prodigious historical projection of a genius visionary. As Coubertin said, "I decided to abruptly change my career in the desire to unite my name with that of a great pedagogical reform... since the most important thing in the lives of modern peoples is education... education that has to be the preface to life... and what so expressed, is the result of observations acquired in the different stages of my travels through the states of Europe

Pierre de Coubertin

made his life a passionate adventure. In a world where humanity used its energy in conflicts between peoples and many individuals lived gray lives, he looked to ancient Greece and found an ideal that served to excite all nations and that once again recreated joy and fraternity in a clean sport. His legacy spanned the third millennium, but maybe it's a good time to see if we've forgotten some aspects of that ideal.

and North America, where I was able to see the existence of great currents of pedagogical reform, independent of government systems and even superior to the same national traditions”.

The powerful engine that boosts his vocational pedagogical ideals inevitably led him to the modern conception of Olympism, on a trajectory where only his exceptional personal conditions of shaping the brilliant conception of great ideas into immediate reality made such an adventurous mission possible. Sport is, therefore, not only the easiest, fastest and most effective



“If someone asked me for a recipe for ‘becoming Olympian’, I would say: the first condition is to be happy and you would undoubtedly be surprised... To experience complete joy, another element is needed, altruism. Rejoice with humanity that never ceases to be reborn! Have faith in it, devote your efforts to it, coincide your hopes with theirs! Selfish joy is but an intermittent sun, selfless joy is a perpetual dawn”.

Olympic cards. December 11, 1918.

“The five constituent elements of sport: will, continuity, intensity, improvement and eventual risk. This is at the same time united with the Stoic philosophy, towards which it can lead its practitioners...”

way to train the individual, but also the most direct vehicle for communication, understanding and pacification of peoples, constituting, in his view, a school of nobility and moral purity moral, while it is a means of strengthening and physical energy.

TOWARDS GAMES RESTORATION

On November 25th, 1892, at a conference he gave to the faculty of the Parisian Sorbonne, on physical exercise in the modern world, Coubertin announced the project to re-establish the Olympic Games, which failed in the face of widespread misunderstanding, despite the exultation over the idea awakened.

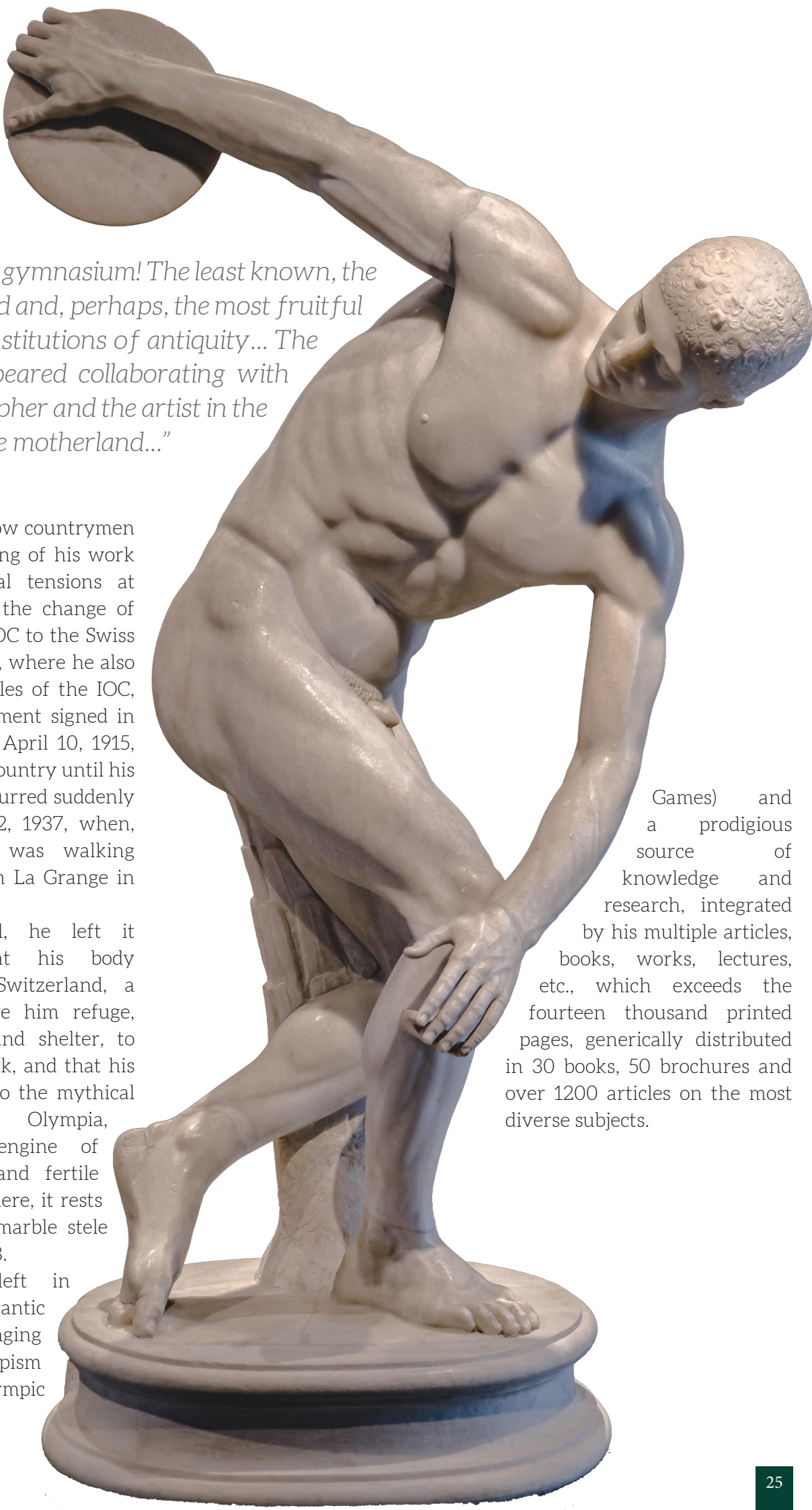
Two years later, at the same university campus, the project was unanimously approved, creating the International Olympic Committee, and designating it as the first venue for the Modern Olympic Games in the city of Athens, where they took place in 1896.

Two consequences emerge from such a historic moment. The most important sociological force of the 21st century had just been born and its birth took place under the protection, shelter and intellectual disposition of a prestigious university campus.

The pacifying mission of the Games is a priority attention agenda for Coubertin, who stated at the end of the year of his restoration: “It is necessary that every four years the restored Olympic Games give universal youth an occasion for joyful and fraternal reunion, with which, this ignorance in which peoples live, in relation to one another, will gradually dissipate, ignorance that maintains hatred, accumulates misunderstandings and precipitates events into the barbaric fate of an unrelenting struggle”.

Coubertin was the driving soul, ideologue, executor and designer of the great modern Olympic adventure, which he was closely linked to and personally led since its inception, serving as president of the IOC between 1896 and 1925. Using the limited means of communication in those days, he personally directed and attended to the restored Olympism, receiving and writing by hand the abundant Olympic correspondence in progressive increase, in a titanic personal task, to which he dedicated every moment of his life and also the totality of his healthy and considerable fortune, enduring, therefore, an acute and difficult economic situation at the end of his life.

The incomprehension of a



"The Greek gymnasium! The least known, the least studied and, perhaps, the most fruitful of all the institutions of antiquity... The athlete appeared collaborating with the philosopher and the artist in the glory of the motherland..."

sector of his fellow countrymen about the meaning of his work and the political tensions at the time led to the change of location of the IOC to the Swiss city of Lausanne, where he also transferred the files of the IOC, due to an agreement signed in the city hall on April 10, 1915, he lived in that country until his death, which occurred suddenly on September 12, 1937, when, meditating, he was walking in the Park from La Grange in Geneva.

In his will, he left it established that his body be buried in Switzerland, a nation that gave him refuge, understanding and shelter, to him and his work, and that his heart be taken to the mythical sanctuary of Olympia, the spiritual engine of his fascinated and fertile Olympic task. There, it rests deposited on a marble stele since March 1938.

Coubertin left in motion a gigantic living and changing work (Olympism and the Olympic

Games) and a prodigious source of knowledge and research, integrated by his multiple articles, books, works, lectures, etc., which exceeds the fourteen thousand printed pages, generically distributed in 30 books, 50 brochures and over 1200 articles on the most diverse subjects.

MUSCLES IN HEALTH AND HUMAN EXPRESSION

We can declare that every movement in our body, from the organic to the somatic, depend on the good functioning of our muscular system.

Erika Kalvelage Nocera
State Coordinator for the School of Sport in Sao Paulo,
Brazil-South



The body's basic movements on receiving external information and nourishment, digest them and eliminate excesses, in every organ (respiratory, digestive, urinary...) are performed by the smooth or the cardiac muscles, which are "involuntary" muscle tissues, that is, they function regardless of our will, at all times, with their own rhythm, to allow nutrients to reach all our organism and excesses to be eliminated.

We have an intelligently designed structure, the skeletal muscles, so that we can express ourselves physically in the world.

The interaction between anterior muscles (abdominal) and posterior (dorsal) provides stability and produces movement on the axial skeleton, in order for us to maintain a straight posture. Many times, chronic back tension originates from the imbalance of this support (absence of muscle tone in the abdomen, in the case of a lordosis). It might be necessary to exercise or lose excess weight to reestablish balance.

Abdominal, Pelvic and perineal muscles are also important to support abdominopelvic viscera. Well positioned and developed thoracic and dorsal muscles allow for more efficient and deeper breathing.

Coordinated action from inferior limb muscles allow us to stand and walk with stability. They also allow us to jump, run, squat and perform many sporting and martial arts



movements. They allow us to move in space and change environments at will.

Because superior limbs are generally not associated with supporting weight or motility, their stability was "sacrificed" for the sake of mobility. Arm, forearm and hand muscles, with their respective joints, allow for specific actions such as writing, playing a musical instrument, use machines, paint, dance, perform body expressions important for communications, and many other examples.

The movement of the neck and eyeball muscles



allow us to focus our attention on specific objects and the amplification of the field of view and change of perspective in our vision.

Chewing muscles allow for the grinding of the food we consume, the first step of digestion. The adequate tone of the throat muscles prevent choking while eating and snoring during sleep.

Larynx muscles, which mobilize the vocal chords, enable speaking and singing, with the nuances of intonation and different vocal pitches.

Muscles on the face allow us to express what we feel and make ourselves understood by others beyond words.

Apart from that, putting in motion voluntary muscles has the capacity of putting all other systems in a more energetic movement; to make blood circulate with more potency, to make digestion and the elimination of body residues more efficient, stimulate the functioning of our nervous system and contribute towards hormones arriving where they

are supposed to, through blood circulation.

However, for the muscular system to fulfill its important job in the expression of life on the body, some care is needed, and the first and foremost is to put muscles in action. There is a natural mechanism in our body, through which muscles atrophy as long as they are not used, maintain toning with regular exercises and strengthen and grow (hypertrophy), as long as more strength is demanded, with the formation of new myofibrils and with the increase of the muscle fibers in diameter.

Therefore, we must exercise periodically our voluntary muscles (all of them) in order to keep them healthy and ready for action. It is not only about exercising muscles on superior or inferior limbs, but to move consciously our eye muscles, abdomen, pelvis, chewing muscles, always searching to improve their action, so it becomes more harmonic and ample.

Another point to be highlighted is the indispensable regularity of physical exercises to maintaining healthy muscles. Each individual must find their own rhythm of activity in their

day by day, according to their needs. Yet, there is a minimum frequency of exercises for every week, avoiding excessive training with adequate resting periods.

A good frequency would be to realize 30 minutes of aerobic exercises every day, with variation between sport modalities, to place different muscle groups into action.

We must also pay attention to the warming up in the beginning of the movements, and the gradual intensity increase until peak usage, as to avoid injury, as well as the gradual decrease of intensity in the exercises until resting.

This must be done not only on trainings, but every day, when waking up and going to sleep. Mobilizing articulations when standing up is a good practice to stimulate the harmonic movement of the muscles, without excesses, and to set in motion the body machine.

And the last aspect of the preservation of muscular health is a balanced nutrition, with the consumption of every nutrient – proteins, carbohydrates, fats, fibers, minerals and vitamins-, according to specific individual



needs, which depend on factors such as age, gender, nutrition state, genetics and physical training.

Thus, with these level of care, we will be fitter and more energetic to carry on with our daily and professional tasks, and to express ourselves in an increasingly more authentic and harmonious manner through the movement of our bodies.



The background of the entire page is a dark, textured image of a torch with a bright orange flame. The torch is positioned vertically, with the flame at the top and the handle extending downwards. The background is dark and textured, resembling a close-up of a tree trunk or a similar natural surface. The title 'THE OLYMPIC SPIRIT' is written in large, white, serif capital letters, positioned in the upper right quadrant of the image. The subtitle 'A PHILOSOPHY FILLED WITH VALUES' is written in smaller, white, serif capital letters, positioned below the title. The author's name 'Ana Gálvez' and her affiliation 'Member of the International Olympic Senate' are written in a smaller, white, serif font, positioned to the right of the torch's handle. A paragraph of text is located in the lower left quadrant, describing the Olympic spirit and the role of the School of Sport with a Heart.

THE OLYMPIC SPIRIT

A PHILOSOPHY
FILLED WITH
VALUES

Ana Gálvez
Member of the International
Olympic Senate

Sport is an accessible and recommended activity for everyone. Perhaps for this reason, the celebration of the Olympics always arouses so much expectation. The School of Sport with a Heart is aware of what is transmitted through the practice of sport and promotes the experience of sporting activity with an “Olympic spirit”.

As Conrado Duránte would say: "If sport is not good for mankind, it is useless". For this reason, from the Scholl of Sport with a Heart we are aware and responsible for what is being transmitted through the practice of sport, but also for what is shown in our Philosophical Olympic Games.

If I have learned something in all these years about the Olympic spirit, it is that overcoming is always underlying, the effort to give the best in each competition. Seeing another athlete not as a rival, but a human being who serves as an incentive to overcome yourself.

The origins of the Olympic Games in antiquity are not absolutely clear, as there are no sources that can attest to them with certainty. Even the Hellenic historians were unable to find these beginnings of the rite. The first sure data are the Olympic Games of the year 776 BC, where Corebo from Élide, a cook in the city-state of Élis, won the stadium race (the only event). After this first edition, it becomes a quadrennial party, just like modern games.

SPORTS FESTIVALS IN ANTIQUITY

A few centuries after its first edition, other important sporting festivals were established in honor of other gods: Pythian Games, in honor of Apollo (son of Zeus), Isthmic Games, in honor of Poseidon (god of the sea) and the Nemeus. The great ambition of the Greek athletes was to obtain victory in each of the games played.



Many centuries have passed since those first Olympics in Greece, but returning to rescue them with their initial spirit makes athletes feel happy and willing, smiling and at the same time nervous, because they will demonstrate that the effort and perseverance of their training will soon bear fruit.

Baron Pierre de Coubertin already said in 1908, during the London Games: "The most important thing in the Olympic Games is not to win, but to participate, just as the most important thing in life is not the triumph but effort. The essential thing is not to have conquered, but to have fought well".

Something that is also moving for the soul is seeing the

Olympic torch arrive, carried by the athletes who in the last Olympics obtained more medals. It is reminiscent of the ancient Olympics and its spirit. It lights up with the first rays of the Summer Solstice sun and is guarded by athletes until the Olympics begin. Seeing the Olympic Fire light, all together, is an experience that is engraved in the heart and that reminds you that you also have part of that fire within you; it is the enthusiasm that makes all your actions have a special warmth.

CITIUS, ALTIUS, FORTIUS

We cannot forget the Olympic motto: "Citius, Altius, Fortius" (faster, higher, stronger), a phrase adopted also by Coubertin, after hearing from his friend, the Dominican Henri Martin Didon, and which symbolizes the struggle of the being human to be better.

"Olympism is a philosophy of life that exalts and combines in a harmonious whole the qualities of the body, will and spirit. Combining sport with culture and education, Olympism proposes to create a lifestyle based on the joy of effort, on the educational value of good example and on respect for universal fundamental ethical principles".

Pierre de Coubertin, precursor of the philosophy of Olympism, emphasized the values of equality, justice, impartiality, respect for people, rationality, understanding, autonomy and excellence, as a paradigm of the Olympic movement.


As we see, many values intertwine to form part of a single philosophy, a single way of life, the pursuit of a goal. Often it doesn't matter what the challenge is, but the way you face it, the confidence and security you put in yourself, to keep working while enjoying what you're doing.

Often, participating in the Olympics is a consequence of practicing these values. This participation becomes, in itself, a personal and sporting

success, sometimes, regardless of the result. Being part of this celebration is an opportunity to learn, a unique experience that accompanies you throughout your life and that encourages you to face new challenges.

The Olympic values can be present in all of us, in every person, sportsman or not. They will be there whenever we have the assurance that, by taking appropriate steps, striving, being constant, respecting those around us and overcoming difficulties, we will reach where we want to be, making us responsible at all times for every decision we make.





Olympic spirit today

Olimpíadas do Voluntariado

The School of Sport with a Heart accomplished, in 2018, its first International Olympics Games volunteering, in Chinchilla de Monte Aragon, Spain, bringing together 450 people from nine countries. The Coubertin's fraternity flag was raised with the presence of three of its five rings, representing by countries from America, Asia and Europe. It brought together countries as Ukraine and Russia, showing that friendship and union are stronger than any other feeling of separatism.

The hearts of human beings do not dream with war. Different cultures met each other during those days, artistic presentations took place offered by the athletes and various expressions of beauty became present in these games of peace.

“This experience gave us the opportunity to live in practice, the communication from hearth to hearth; the taught us that fraternity is possible and real; that the Language of the Soul can transcend barriers: that your inner fire is capable of reaching other person chest via an invisible thread, but stronger than any muscle. There are no limitations, there is purity, enthusiasm, trust and extreme happiness to experience the magic of reunion.”

Fabiana Turelli,
Member of the New Acropolis International Olympic Senate

The friendship bonds were created and many sealed the commitment for the reunion at the next Olympics. This time, Brazil (South) was chosen as the location to host the II International Volunteering Olympics Games which were planned for 2022, but they were postponed for 2023 due to the impact of the pandemic.

The Olympics have as inspiring figure Pierre de Coubertin, French educator responsible to rescue the Philosophy of Olympism for the Modern Era. The School of Sport has continued the Coubertin's dream, to reanimate the Olympic spirit in order to put sport back at the service of human development.

"Many people trick themselves when participate in simple healthy exercises, believing they are "doing sport". Sport, properly understood, lead to the triumph of the will and the human ideal." Pierre de Coubertin.

Our goal is not the sport neither the health itself, but the virtues that can be acquired

through the sport and a healthy lifestyle and this way improve society. The world can only be better if each human being transform himself in a better human being. We understand that the Olympics offer an amazing opportunity to channel the beauty and goodness that live inside each athlete's heart, expressing the best of the volunteering spirit that we seek to offer.

Since 2018, we continue to keep the flame lit and working so the authentic Olympic spirit is increasingly present in the lives of those who could feel its binding force and bettering of the human spirit.

Each year, new countries have organized themselves to accomplish the National Olympics according to protocols coordinated by the International Olympic Senate and this way strengthen the presence of the Olympic flame in various territories geographically apart, but united around this Sacred Fire that remember us that we are ONE.

We continue to work in

order to build the Olympic Saga that Fate has allowed us to live, fighting to honor the teachings that we have received, trying to do our best. This is the great goal that training in sport with a heart invite us to live.

We meet again in Olympia!

Ricardo Vela e Sara Fantin
Members of the International
Olympic Senate



Identity

*From the top of the boat I could see
Where immersed, happy I thought I was.
...To be?! I realized that I never went there.
I was a joke of desire.
Happy, in the distance, the Goddess smiled
As the current carried me
By the tides, days after days
my sad stay
So, it followed
In the lake of the unholy Maya,
That held me there.
happy was the day
In which the end of agony came,
when i saw the boat
And the hand that reached out.*

*I turned my attention to the boatman
Serene, with his eyes he spoke
How unveiled my I was
And the command now the soul gave.
Just then I saw the lotus flower
of immaculate petals
From the dirty, swampy waters
Which was now sailing.*

*When on the shore I docked
I took the seed from my pocket,
Gift I got
When I stepped on the boat.
I climbed the mountain as instructed,
By the sailor who had rescued me
And at the top, do it! I planted.
I cultivated, I cultivate and I will cultivate
The being I saw unfold.
I look up and there it is
The golden flower shining.*



Márcio Reichert de Souza
Member of the Porto Alegre branch
in Brazil-South

Olympic education

sports philosophical
pre-seasons



The sports philosophical pre-seasons share goals with the Acropolitian Olympics. Both are part of the pedagogical project of School of Sport, which aims to promote olympic education by means of vocation channelling, value development through sports practice and health promotion. Thereby, the pre-seasons occur as an educational strategy to equip the athletes and enthusiasts to sports performed in the Sports School perspective, in other words, the one that comes from the heart,



are also suitable for directing the understanding of this warm sport, imbued with a heart, but at the same time structured, rationalized, that respects logical criteria and even some goals.

In the pre-seasons, we promote the understanding of this brave combination, we create the time to study, which never should disconnect from the passion for the sport. We need as well the heat from the fire, as its light. Searching active and unified heart and mind to consolidate the flame of the olympic torch which guides, illuminates and warms paths. So then, we have a theoretical and practical class schedule pedagogically organized space-time, which helps people

to get closer to the olympic goals, widely spread by the International Director of the Sport School, Paco Iglesias. They are:

- Prepare athletes* for the competition* and fight, either individually and as teams.
- Teach respect and admiration for the opponents. Remember that old teaching that says "at the table and at the game you know the lady and the gentleman".
- Rescue the Olympic Spirit from time and turn into a reality in our daily life.

**Athlete = "The one who fights"*

**Com petire (to compete) = "go together towards something"*



full of sentiment and inspiration. However, this should not correspond to one abstract and fanciful conception of the sport. For this reason, the pre-seasons

Fabiana Turelli
Member of the International
Olympic Senate



Film Recommended

This story introduces us to the young athlete Drew, who lives under difficult conditions. His father died when he was still a child, his mother is very overwhelmed by the situation and his older brother involves him in his problems with drug dealers.

In the midst of this great mess, his neighbor, retired coach Coleman, noticing the young man's vocation for athletics, offers to train him, so that he can run a mile in less than four minutes and guarantee a university scholarship.

Even with their shadows, the two establish a beautiful relationship of master and disciple. Drew is able to understand that sport goes far beyond physical training and that it can be an important tool to help him face other tests that life imposes on him, even the toughest ones.



4 Minute Mile (The Race to Overcome)

Alana Cardoso
Athlete from the Florianópolis
branch in Brazil-South

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The ***Sport with a Heart*** magazine is promoted
by a group of people committed to the
education of human beings.

It is carried out completely altruistically by members of:

New Acropolis International Organization

School of Sport with a heart

Brazilian Pierre de Coubertin Committee

And collaborators from different cultural, scientific and social
areas around the world.

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