



EOC

A year of hope and aspirations - 2016 is an Olympic year. After months and months of hard training, the world's top athletes will face their greatest test; their moments of truth will come in just a few days' time at the Lillehammer 2016 Winter Youth Olympic Games and in a few months' time in Rio for the Games of the 31st Olympiad. It is also a big year for the Organising Committees, who will see the conclusion of years of preparation, challenges and aspirations.



It will be an unforgettable year for everyone: for the athletes who win medals and for those who don't, for their trainers and for their families. Each will hold a special memory of 2016 for the rest of

their lives.

This will also be a year where Candidate Cities for future Olympic Games battle it out to improve their chances of selection, focusing their efforts to prove their bid is the best.

Such a significant year has certainly begun in an eventful way. As **President Hickey** said in his New Year message, Europe will "have a vital role to play in establishing models not only of good governance but exceptional governance, which the whole Olympic family can benefit from."

The EOC is prepared to play its part, focusing on the needs of the 50 NOC members across Europe, as it schedules numerous activities in the coming 12 months.

The future looks very promising. A Happy New Year for one and all!

First Lady of Azerbaijan receives EOC Order of Merit - In recognition of her work as Chair of the Organising Committee for the inaugural European Games – held last June in Azerbaijan's capital city, Baku – on 21 January the First Lady of Azerbaijan, **Mehriban Aliyeva**, was awarded the EOC Order of Merit by EOC President **Patrick Hickey** at the IOC Headquarters in Lausanne.



The Order of Merit is the highest distinction the EOC can award, and the ceremony – the EOC's last gathering at the current IOC Headquarters, shortly to be demolished and rebuilt – was a memorable curtain raiser to the first EOC Executive Committee meeting of 2016.

EOC President Patrick Hickey, who is also an IOC Executive Board

Member, said: "Mehriban Aliyeva has played a crucial role in helping the EOC achieve its long-held dream of hosting our own continental Games. Her leadership as head of the Organising Committee was inspired and decisive – an approach that was vital to Azerbaijan's delivery of the Games with only 30 months preparation. On behalf of the European Olympic family, I want to thank Mehriban Aliyeva, and His Excellency President **Ilham Aliyev**, for delivering the first ever European Games for both Azerbaijan and Europe. Baku 2015 has provided an excellent blueprint for future editions of the European Games".

First EC meeting of the year - Following this award ceremony at the IOC, the EOC Executive Committee



moved to the ANOC Headquarters for its first meeting of 2016, where it heard reports from the Secretary General, the Treasurer, the EU Office in Brussels, the EYOF Commission and the Olympic Culture and Education Commission, as well as receiving updates on the EOC Seminar in Tarragona, Spain - due to take place on 20-21 May this year.

The EOC Executive Committee also reiterated its position on the 2019 European Games, indicating that Russia remains the preferred host - providing they can demonstrate their ability to support an anti-doping programme of the highest international standards. The EOC will continue to liaise with the IOC, WADA, the IAAF and the ROC to assess Russia's compliance with the WADA Code.

COMMISSIONS

Olympic Culture and Legacy - on 12 January, the EOC Commission gathered in Finland's capital for its annual



meeting, having been invited by Chair **Susanna Rahkamo**, who is also the Finnish NOC's Vice President.

Members **Ömür Dugan** (TUR), **Georgios Korellis** (CYP), **Flemming Knudsen** (DEN), along with athlete representative **Mads Kruse Andersen** (DEN) and EOC Executive Committee Liaison Officer **Marc Theisen**, were welcomed to Helsinki the day before the meeting by NOC International Relations Director **Hilkka Laitinen**. After their meeting at the Finnish Sports House, the EOC Commission visited the Finnish Olympic Committee and Finnish Sports Confederation offices. Secretary General **Teemu Japissou** and Communication Director **Jyrki Kempainen** joined the meeting.

Following a dynamic day of discussions, the commission members joined the annual Finnish Sports Gala festivities at Hartwall Arena in the evening. The Gala, attended by 1,600 dinner guests and broadcast live on Finnish television, celebrated Finnish sport and athletes.

EYOF

2017 GYOR European Youth Olympic Festival (EYOF) - Győr, known as the city of the three rivers, welcomed on 25-27 January EOC representative and EYOF Manager **Katerina Nycova** for a thorough inspection of preparations for the 2017 Summer EYOF. The visit included meetings with the NOC leaders and all directors of departments at the Organising Committee.

The OC has made great progress since the last visit of the EYOF Coordination Commission in September 2015. The sessions were very fruitful, focusing on functional areas the exchange of information.

The Sports Department presented projects for the organisation of all ten sports on the EYOF programme. The National Hungarian Sports Federations are deeply involved in the preparation of the Festival and provided a guarantee of high-quality competitions.

The Győr 2017 EYOF will be unique in its compactness. Basketball and Volleyball tournaments will be held straight in the Athletes' Village. Flat water canoe sprint events (the new sport on the programme) will take place in the middle of the city on the river Mosoni-Danube, just next to the Athletes' Village, while a big sports complex, including athletics, gymnastics, judo, tennis and swimming, is also located within a five minute drive or a 10-minute walk from the Village. Cycling races will start and finish in front of the City Hall, right in the city centre. Finally, yet importantly, Handball will take place in the brand new Audi Arena, also located within the city of Győr.

The OC will launch its recruitment drive for volunteers in March 2016 and is hoping to achieve its goal of recruiting 1,500 volunteers in a short space of time.



ENOCs

2015 Halls of Fame in Europe

In recent months, many European NOCs have celebrated their Best Athletes of 2015. Among these were:

BELARUS - **Maryna Arzamasava**, athletics; **Vasil Kirylenka**, cycling

BOSNIA-HERZEGOVINA - **Amel Tuka**, athletics

BULGARIA - **Gabriela Petrova**, athletics

CROATIA - **Sandra Perković**, athletics

DENMARK - **Peter Gade**, badminton

ESTONIA - **Kristjani Mart Sejm**, weightlifting

FINLAND - **Tero Pitkämäki**, javelin

GEORGIA - **Vladimer Khinchegashvili**, wrestling

IRELAND - **Brieger Corkery** and **Rena Buckley**, GAA stars

ICELAND - **Eygló Gústafsdóttir**, swimming

LIECHTENSTEIN - **Tina Weirather**, skiing

SERBIA - **Novak Djokovic**, tennis

SLOVAKIA - **Peter Sagan**, cycling

SPAIN - **Javier Gómez Noya**, triathlon; **Carolina Marín**, badminton

Congratulations to one and all!

ALBANIA – the volunteer programme set up by the French and Albanian Olympic Committees was renewed this month, with the NOC President **Viron Bezhani** and Secretary General **Stavri Bello** welcoming French volunteer **Florence Stahl**, who will be part of the Albanian National Olympic Committee throughout 2016.



This collaboration between the French and Albanian Olympic Committees, along with the Association of French Speaking Olympic Committees, has been implemented for the fourth year and will oversee various activities relating to Olympic education and other projects linked to the Olympic Movement, education through sport, and culture and the environment.

CROATIA – on 25 January, the Croatian Olympic Academy (COA) and the **Drazen Petrovic Museum** signed an agreement of mutual cooperation regarding the implementation of programmes to promote Olympism, entitled "The Olympic ideals - Drazen Petrovic".

The agreement was signed by Director of the Croatian Olympic Academy, **Sasa Ceraj**, and Director of the Museum Memorial Centre of **Drazen Petrovic**, **Aleksandra Vlatković**.

The aim of this cooperation is to promote the principles of Olympism, boost the merging of sport, culture and education, and disseminate the works of Drazen Petrovic – holder of three Olympic medals and one of the best basketball players in Croatia and across the world.

The programme will be implemented in 2016 across primary and secondary schools throughout the Republic of Croatia, and will involve workshops during school hours at the Museum of Drazen Petrovic.



CYPRUS - the Cyprus Olympic Committee (COC), in collaboration with the Cyprus Sailing Federation (CSF),



organised a Coaches Technical Sailing Seminar between 16 and 21 January, which took place at the Sailing Centre in Limassol. This event was arranged within the framework of IOC Olympic Solidarity and under the auspices of the International Sailing

Federation.

The seminar – run by an expert of the International Sailing Federation, **Rob Holden** – was attended by 20 coaches, along with those living on the island. The event included both theoretical and practical training. All participants received a Diploma of Participation (Level 1) from the Cyprus Olympic Committee.

CZECH REPUBLIC - in connection with the Olympic Games, the Czech Olympic Committee have organised a "Young Journalists Project" for the third time. The programme aims to help aspiring journalists, giving them the opportunity to experience and work within the atmosphere of a large sporting event. Youth from the Usti Region not only met talented athletes, but also journalists from across the country.

"The Young Journalists Project has two main pillars," explains programme leader **Tomas Houska**, who is also PR Manager of the NOC. "First, we want to get young people to participate in our projects, and then keep in touch with those who are interested in media. Secondly, we want to enable people to watch sport, work under pressure - as in the Olympics - and enjoy the full immersion of working in journalism."



DENMARK - the outcome of the study "The sports political power index" - published this month by the Danish Sports Federation (DIF) - shows that Denmark continues to be rated highly in international sports organisations. In addition, this position has been strengthened since the last survey in 2013. Denmark is ranked number 28 in the world, going up eight places since the last survey.



World Top 10: 1: United States; 2: France; 3: United Kingdom; 4: Italy; 5: Germany; 6: Canada; 7: Russia; 8: Spain; 9: China; 10: Australia.

In the European list, Denmark is at number 12. "It's a great result in terms of our size and a great recognition of our work. Danish values of low corruption and transparency in decision-making are vital following a year when corruption and doping scandals have cast a shadow over the sport," said DIF President **Niels Nygaard**, who is also member of the EOC Executive Committee.

Despite the progress, there is room for improvement: "We must make sure we put across even clearer images. We do this partly through our joint executive education with Norway, Sweden, Finland and the Netherlands, and by working closely with our sport politicians in everyday life - showing how we on the Danish side can help to promote transparency in decision-making," continued Niels Nygaard.

PORTUGAL - the Olympic Committee of Portugal is getting ready for a conference on the "Support for the Implementation of Good Governance in Sport" project (SIGGS), due to be held at its headquarters on 3 and 4 February. This project, selected by the European Commission for EU co-financing under the Erasmus + Sports Programme, is managed by the European Olympic Committees (EOC) EU Office. The "Support for the Implementation of Good Governance in Sport" project started in January 2015 and will run for two years.



The SIGGS project builds on the achievements of "Sport for Good Governance" (S4GG), which was successfully coordinated by the Office of the EOC in the EU between January 2012 and June 2013. Whereas the S4GG project demonstrated the importance of good governance and provided new educational tools, the SIGGS project has an even more ambitious goal.

This goal is to help National Olympic Committees and national sports federations by providing practical guidance on how to implement principles of good governance. The basic principles provided by the EU and the International Olympic Committee (IOC) will serve as reference points.

Director of the European Commission's Youth and Sports Policies, **Antonio Silva Mendes**; Vice-President of European Athletics and interim CEO of the International Association of Athletics Federations (IAAF), **Jean Gracia** and the IOC's Chief Ethics and Compliance Officer, **Pâquerette Girard-Zappelli** will be in attendance alongside other sports and Olympic Movement authorities.

TURKEY - in Erzurum this month, the Turkish Olympic Committee held interactive presentations for the Sports Culture and Olympic Education Project – a long-standing scheme that was staged this year in the host city for the 2017 European Youth Olympic Festival.

The project was aimed at students in the fourth and fifth grades of elementary school and was carried out by the NOC's Culture and Olympic Education Committee, with support from the Ministry of Education. The project is the culmination of meticulous work undertaken by academics, child psychologists and culture committee members.

Professional presenter and cherished mascot "Oli" interactively explained sports and the Olympic Games - along with its philosophy of Fair Play, healthy eating habits and environmental awareness - using videos, cartoons, small competitions and colourful images.

Presentations are performed according to a specific plan and programmed every semester. Since February 2006, hundreds of thousands of students from thousands of elementary schools have taken part in the events across Turkey. In Erzurum, Oli presentations

were made to 15,000 students. Top athletes and role models, including weightlifting champions **Naim Süleymanoğlu** and **Gülbeti Aktı** spoke to the students about their achievements and how to get into sport.



OLYMPIC GAMES

RIO 2016 - 18 January marked 200 days to go until the Opening Ceremony of the Rio 2016 Olympic Games, with preparations this month for the Olympic Games entering the home straight. During the next five months there will be 25 test events and eight new venues will be unveiled.



The basketball arena was the first site to be unveiled this year and the focus is now on ticket sales. The scheduled programme between now and 5 August includes the following:

- The selection of 12,000 volunteers to join the casts of the Opening and Closing Ceremonies is underway. On 25 February, the second wave of auditions will begin, lasting until 20 March.

- The restaurant, which has a floor space of 25,000m² and will serve 60,000 meals per day, will be furnished during this period.

- The logistics team will be working around the clock: they must finalise planning to bring 800 boats and 315 horses to Rio for the sailing and equestrian events respectively, as well as providing equipment for 37 competition venues, the International Broadcast Centre, Main Press Centre and Athletes' Village, as well as other accommodation clusters (for officials, media and the workforce).
- In February, the printing of Olympic Games tickets will begin.
- There will also be an abundance of sporting action, with eight of the final 25 test events to be staged during this period.
- The medals, slogan and official song of the Rio 2016 Games, as well as the workforce uniform, will reach the final stages of production.

So there will be minimal time for rest!

The highlight of this upcoming period will be 21 April, when the Olympic flame will be lit in Olympia, Greece, the birthplace of the Ancient Olympic Games.

2018 PYEONGCHANG – site openings continued this month with the Organising Committee for the 2018 Olympic and Paralympic Winter Games (POCOG) holding a "welcome day" event on 22 January to announce and celebrate the official opening of the Jeongseon Alpine Centre. POCOG President **Yang-ho Cho**, Sports Minister **Kim Jong-deok**, President of the Korea Ski Association Shin Dong-bin, Vice Governor of Gangwon Province **Bae Jin-hwan**, and FIS Technical Expert **Guenther Hujara** attended the opening.



The Jeongseon Alpine Centre is the first alpine downhill ski course in Korea and will be used as a venue for the PyeongChang 2018

Winter Games. The men's downhill and super-G races for the 2016 Audi FIS Alpine World Cup, taking place on 6-7 February, will be the course's debut competitions.

On 4 January, POCOG officially opened the doors of the "2018 PyeongChang House" at the Green-city Convention Centre in Gangneung. The ice events will be staged in Gangneung, with the special hospitality venue designed to promote the Games and highlight the environmentally friendly theme of PyeongChang 2018. The 2018 PyeongChang House will serve as a focal point for the public, showing Games preparations and teaching the Olympic values. A large number of youth and teenagers are expected to visit as excitement builds.

TOKYO 2020 – organisers are more committed than ever to successfully engaging all athletes at the 2020 Games. This comes after the Organising Committee received extremely valuable advice from experts of the Olympic Movement in Tokyo on 20 January, during an Athletes' Commission Workshop led by **Claudia Bokel**, Chair of the IOC Athletes' Commission. Athlete experience is key to a successful Games. It takes perfect stages and conditions to ensure athletes can perform to the absolute peak of their abilities and strive to achieve a personal best. For this reason, Tokyo 2020 organisers have pledged to organise an 'Athletes-first' Olympic and Paralympic Games."



The Athletes' Commission is an essential component of the Organising Committee, helping organisers to understand and identify the exact needs of the athletes and plan everything accordingly, from the moment they land in the host city to the moment they leave to take home unforgettable memories. Tokyo 2020 created its own Athletes' Commission in September 2014, a few short months after the Organising Committee was established. Composed of 20 Olympic and Paralympic athletes and chaired by **Naoko Takahashi**, Sydney 2000 gold medallist in the women's marathon, the commission ensures the voices of athletes are heard and taken into account at a decision-making level. "Athletes are the real Games experts," concluded **James MacLeod**, an IOC advisor. Tokyo 2020 is committed to incorporating the athletes' recommendations to ensure the focus on athletes is maintained throughout the planning of the 2020 Olympic and Paralympic Games.

YOUTH OLYMPIC GAMES

LILLEHAMMER 2016 – on 11 January, the flame for the 2nd Winter Youth Olympic Games reached Alta in Northern Norway, starting its one-month journey to the Opening Ceremony on 12 February. The Olympic flame - lit by the sun's rays in the Panathenaic Stadium in Athens, Greece - arrived at the Norwegian Parliament in Oslo in December, where celebrations took place. From Alta, the most populated municipality in Finnmark County, the flame will stop in 21 cities and 19 provinces before arriving in Lillehammer and entering the stadium on the night of 12 February, to mark the beginning of the 2nd Winter Youth Olympic Games. Each city will celebrate youthful enjoyment of sport in its own way, with 19 young enthusiasts, one from each county, lighting the Olympic flame during its trip across Norway



WADA

The 2016 List of Prohibited Substances and Methods took effect on 1 January, as announced by the World Anti-Doping Agency (WADA). The list can be downloaded from WADA's website or accessed through a phone – either via an app for iPhone or the Prohibited List microsite for other mobile devices.



Summary of Major Modifications and Explanatory Notes on:

**Substances and methods prohibited at all times (in- and out- of competition) prohibited substances:*

- Peptide hormones, growth factors, related substances and mimetics (leuporelin replaced triptorelin as a more universal example of a chorionic gonadotrophin and luteinizing hormone-releasing factor).

- Hormone and metabolic modulators (Insulin-mimetics were added to the List to include all insulin-receptor agonists - meldonium (mildronate) was added because of evidence it has been used by athletes with the intention of enhancing performance).

- Diuretics and masking agents (it was clarified that the ophthalmic use of carbonic anhydrase inhibitors is permitted).

**Substances and methods prohibited in-competition:* stimulants (it was clarified that clonidine is permitted).

Substances prohibited in particular sports

- Alcohol (after consideration of the Federation International de Motocyclisme (FIM)'s request, their Federation was removed from the list of sports prohibiting alcohol as a doping agent. WADA understands that FIM will address the use of alcohol using its own regulations).

**Monitoring Programme:*

- Meldonium was removed from the Monitoring Programme and added to the Prohibited List.
- Hydrocodone, morphine/codeine ratio and tapentadol were removed from the Monitoring Programme.

EUROPEAN UNION

Rotating Presidency of the EU to the Netherlands - as of 1 January, the six monthly rotating Presidency of the EU moved from Luxembourg to the Netherlands for the twelfth time – the most recent being in 2004.



During their semester, the Netherlands will hold all EU Presidency meetings and prepare and chair informal EU meetings – as Luxembourg did before them and Slovakia will do, as of next July. The formal meetings of EU ministers take place in either Brussels or Luxembourg, but the Presidency also holds preparatory and informal meetings for the ministers of Member States and civil servants. These include meetings of the ministers of finance, economic affairs and foreign affairs, all of which will be held at Amsterdam's historical naval dockyard, the Marine Etablissement. All 28 Member States send

delegations to EU meetings. The Netherlands will also organise working-group meetings and conferences on subjects that are of common concern to the Member States.

The Netherlands Presidency will focus on the following priorities:

1. A comprehensive approach to migration and international security.
2. Europe as an innovator and job creator.
3. Future-proof European finances and a robust Eurozone.
4. Forward-looking policy on climate and energy.

As part of the strategy on these priorities, *the areas of education, youth, culture and sport* will receive special attention. Regarding sport in particular, the Netherlands Presidency will put the integrity of sport on its agenda, in line with the EU Work Plan for Sport 2014-2017. The focus will be on preparing and organising major international sports events, in particular looking at how this can be done with positive social, economic and sustainable returns that can generate public support. The Presidency will work closely with the sports sector.

MISCELLANEOUS

The Olympic year of 2016 will also be the year of refugees. Not just in Europe, where hundreds of thousands



of migrants have sought asylum over the last months, but all over the world – President of Peace and Sport, **Joël Bouzou**, reminded us of this as he commented that news topics often influence scheduled events in the calendar year. The Monte Carlo based organisation, whose patron is **H.S.H Prince Albert II of Monaco**, stressed that sport – in particular the Olympic Movement – is no stranger to this phenomenon. At the first signs of this crisis in September of last year, IOC President **Thomas Bach** announced his organisation's decision to create a USD 2 million emergency fund made available to National

Olympic Committees to help refugees. "We want to play our part", Mr Bach solemnly explained. In Europe, several countries have heeded the IOC's appeal and have used this money to bring their support to the collective effort. Some 17 National Olympic Committees - in particular Austria, Belgium, Bulgaria, Denmark, Greece, Ireland and Slovenia - have made use of the IOC fund, which is now almost exhausted. After announcing that refugee athletes will have the opportunity to participate in the Rio 2016 Games under the Olympic banner, the IOC carefully searched hundreds of camps the world over. At the end of this painstaking search, **Pere Miro**, Deputy Director General for Relations with the Olympic Movement, announced that three potential Olympic participants had been selected: a Syrian swimmer refugee in Germany, a Congolese judoka in Brazil and an Iranian taekwondo specialist living in Belgium. "We can give them a grant and help them to try and qualify", explained Pere Miro. It is a sign of the times that the Candidate Cities for the 2024 Olympic and Paralympic Games are now integrating the refugee situation into their bids. This is renewed proof of the impact that sport can play in solving crises and conflicts in the modern-day world.