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قام بنقل النصوص العربية من الفرنسية وتضيقها بحجج زكريا فرج

Les articles publiés dans cette revue ne reflètent pas nécessairement  
l'opinion du CISM.  
The articles published in this review do not necessarily reflect the opi-  
nion of the CISM.







C'est un honneur et une fierté légitimes pour le Sénégal, Terre de rencontres et d'échanges, d'avoir été choisi par le Conseil International du Sport Militaire pour organiser, en 1990, à Dakar, le 19<sup>e</sup> championnat du monde de judo militaire.

Le nombre de pays présents à ce rendez-vous confirme l'universalité du sport et consacre la vitalité du mouvement sportif militaire, partie intégrante et déterminante du mouvement sportif international.

L'attachement du Sénégal à la paix, à la coopération et à la solidarité internationales devait, tout naturellement, le conduire à militer activement au sein d'institutions crédibles tel le CISM qui, par delà le rapprochement des jeunes et l'interpénétration des peuples, contribue à l'avènement d'un monde de paix et à l'émergence de la civilisation de l'universel.

L'intérêt que nous portons au CISM reflète notre conviction profonde que le sport, activité de formation mais aussi d'épanouissement au double plan physique et moral, façonne les hommes pour mieux les armer face aux défis qui interpellent la société des hommes en ce début du 21<sup>e</sup> siècle.

Activité de maintien, moyen d'entraînement et de perfectionnement, facteur de dépassement de soi, vecteur de développement organique et foncier, le sport joue, à l'évidence, avec ses dérivés, un rôle irremplaçable dans la vie des armées, dont les éléments doivent être, chaque jour, plus opérationnels et servir des matériels plus performants, en acquérant la maîtrise du corps et de l'environnement grâce à une forme physique et intellectuelle accomplie sous-tendue par une volonté inflexible, toutes qualités que cultive le CISM.

Choissant d'organiser, pour la 3<sup>e</sup> fois à Dakar, une compétition de ce niveau, le CISM nous honore et nous donne des raisons de lui maintenir notre confiance, mais aussi de réaffirmer notre attachement à l'idéal qu'il défend et que nous défendons avec lui à travers cette belle devise «*L'Amitié par le Sport*».

**Abdou Diouf,**  
Président de la  
république du Sénégal.

Senegal - land of meetings and dialogue - is justifiably honoured and proud to have been chosen by the International Military Sports Council to host the 1990 Military World Judo Championship in Dakar.

The number of countries participating in this event confirms the universality of sport and vitalises the Military Sports Movement, which is an important component of the International Sports Movement.

Senegal's attachment for international peace, cooperation and solidarity has incited it to devote considerable efforts within the framework of such highly-reputed institutions as CISM which, through the rapprochement of youth and the interpenetration of peoples, contribute to the advent of a peaceful world and the emergence of the civilisation of the universal.

The interest on our part for CISM stems from Senegal's deep conviction that sport, constituting both a source for formation and for physical and moral fulfilment, will prepare men to confront the challenges awaiting the populations of the 21st century.

Instrumental in physical fitness, training and advanced-level coaching as well as in self-improvement and in stimulating organic and property development, sport and its by-products play an irreplaceable role in the life of the armed forces whose servicemen must consistently become more operational and use more proficient equipment by acquiring self-control and defying the elements, thanks to a high standard of physical and intellectual aptitude sustained by unwavering will-power. CISM in fact cultivates all of the above-mentioned qualities.

By its decision to entrust to us the organisation of this the third high-level competition, CISM has indeed honoured my country. We are encouraged not only to continue to place our trust in CISM but moreover to reaffirm our attachment to the ideals for which it stands. We pledge to help maintain these ideals alongside other countries in the name of the wonderful motto: "**Friendship through Sport**".

**H.E. Abdou Diouf,**  
President of the Republic  
of Senegal.

# La 45a Asamblea General de Lusaka (Zambia)

**La 45a asamblea general que tuvo lugar en Lusaka en Zambia conoció un éxito total dado la importancia de las decisiones tomadas y el número de países participantes. Efectivamente, no menos de 56 países miembros, 2 países invitados (Angola e India) y 2 países observadores (Gambia y Malawi) participaron en los trabajos. Este éxito fue posible gracias a la perfecta colaboración de las autoridades de Zambia con el general Fara, presidente del comité organizador, a su cabeza. A lo largo de la asamblea, gracias a la eficacia y al espíritu de cordialidad demostrado por el equipo de organización en su totalidad, los trabajos se efectuaron en las mejores condiciones de trabajo y de hospitalidad.**

En su alocución de apertura el presidente del CISM, el General de División Jean Duguet, subrayó el papel importante desempeñado por Zambia en el seno del CISM:

“Por la segunda vez en cinco años, Zambia acoge una gran reunión del CISM. En noviembre de 1985, estábamos aquí para la segunda sesión del comité ejecutivo. Hoy, la 45a asamblea general reúne a todos los representantes de los países miembros del CISM.

Estamos todos felices y orgullosos de ser recibidos, aquí, en Lusaka, en este país y región hacia donde miraba el mundo entero hace unas semanas solamente. El CISM tiene el honor de reunirse en esta tierra de acogida y de fraternidad. Sabemos que en Zambia, nuestra divisa “la amistad a través del deporte” es debidamente comprendida ya que se inscribe en la dirección de la política de paz del Sr. Kaunda, Presidente de la república de Zambia.

Deseo que nuestra gran reunión internacional sea una contribución a la paz y a la concordia, ayudando a desarrollar los encuentros deportivos entre los ejércitos de África oriental.

El ejército de Zambia es muy activo en el CISM. Desde su adhesión en 1975, participó 10 veces en las asambleas generales y tomó parte en todas las decisiones importantes.

Zambia participó tres veces en nuestro campeonato mundial de boxeo en 1976, 1980 y 1984. Zambia acaba de participar brillantemente en la vuelta final de nuestro campeonato militar de fútbol en julio de 1989 en la que terminó cuarto. Participa de nuevo este año en la vuelta eliminatoria para la final de 1991.

Agradezco calurosamente a las autoridades de Zambia por haber aceptado de acoger esta vez a la asamblea general. Felicito al General Mayor Fara y a todos los que han permitido que esta reunión internacional sea un éxito.

Señor Presidente, en nombre de los países del CISM presentes hoy, le doy las gracias por haber honrado con su presencia esta ceremonia de apertura. Agradezco igualmente a su gobierno y ejército por su calurosa hospitalidad.”

El presidente de la república de Zambia, Kenneth Kaunda, en un discurso lleno de humanismo, subrayó a su vez el papel desempeñado por el CISM en el marco de la paz mundial. “El CISM fue efectivamente fundado al final del largo y cruel conflicto de la segunda guerra mundial. Esto significa que la potencia de esta organización fue inspirada por la experiencia de

las consecuencias trágicas de la guerra y el deseo de evitar tal repetición en el futuro gracias a la coexistencia pacífica entre las naciones. Por ello, el mayor objetivo del CISM fue promover la paz, la cooperación y la comprensión mutua entre pueblos perteneciendo a ideologías, religiones o sistemas políticos diferentes”.

También subrayó los objetivos perseguidos por la asamblea general así como la importancia dada al deporte en Zambia. “Esta asamblea general es importante porque ofrece un foro ideal para hacer el balance de los esfuerzos realizados y definir los programas futuros. No dudo que se dedicarán seriamente en los próximos días a discutir los proyectos con vistas a prescribir las recomendaciones y las medidas para mejorar el entendimiento universal a través de las actividades militares deportivas. Al decir esto, quisiera también subrayar la importancia que el partido y el gobierno atribuyen al desarrollo del deporte en Zambia. Pensamos que los hombres sanos hacen una nación sana. El deporte de competición puede contribuir a ello, desarrollando a la vez cuerpos y espíritus sanos y fuertes.

Pero el deporte es ante todo el puente que une hombres de color, de raza o de país diferentes para el bienestar del hombre.

Es lo que realizan Uds. a través de sus competiciones militares multideportivas. Sostenemos ardientemente su causa porque refleja exactamente la filosofía y el humanismo defendidos por nuestra nación. El hombre debe situarse en el centro de nuestros pensamientos, nuestros deseos y nuestros actos.”

Una ceremonia de apertura tan majestuosamente organizada sólo podía desembocar en trabajos fructuosos de parte de la asamblea general.

El presidente del CISM, brillantemente reelegido para un nuevo mandato de cuatro años, recordaba los hechos destacados y las decisiones esenciales en el discurso de cierre.

“La 45a asamblea general se terminó. Se desarrolló en las mejores condiciones posibles.

Hemos podido trabajar seriamente para tomar decisiones importantes, tanto para el año en curso como para el porvenir del Consejo Internacional del Deporte Militar.

Agradezco profundamente a las autoridades civiles y militares y a las fuerzas armadas de Zambia por habernos acogido con simplicidad y amistad. Llevaremos todos, en nuestros países respectivos, el recuerdo de su maravilloso país, de la hospitalidad del pueblo de Zambia y de su ejército.

La 45a asamblea general tomó algunas decisiones importantes:

## Elecciones

— en primer lugar han renovado la confianza a su Presidente y reelegido a varios miembros del comité ejecutivo.

Por mi parte, en calidad de Presidente, me dedicaré durante estos cuatro años, a perseguir en la dirección que hemos trazado juntos en Jar-tum, en 1986:

- rigor y transparencia presupuestaria
- solidaridad para aumentar la participación de los menos favorecidos
- mejoramiento de la organización de nues-

tros campeonatos.

A todos Uds., renuevo mi llamada para que numerosos candidatos se presenten cada año a las principales funciones del CISM: comité ejecutivo, academia, comités técnicos permanentes, comisiones permanentes, oficinas de enlace. Les he explicado, en mi examen de la situación, la importancia de una buena repartición de las responsabilidades. Para ello, hacen falta candidatos competentes, disponibles y procedentes de todos los continentes.

## Estatutos

Hemos revisado nuestros estatutos. Queda, naturalmente, por perfeccionar este nuevo documento. Disponemos ahora de estatutos adaptados a nuestra organización y a nuestra acción.

## Información

Cada delegación dispone de folletos y de revistas de información sobre el CISM. Les invito a utilizarlos ampliamente para hacer conocer el CISM acerca de sus autoridades, su prensa nacional y su público.

## Solidaridad

Por fin, terminaré con la solidaridad entre nosotros de la que hemos hablado mucho. Ahora, es preciso pasar concretamente a los actos. Para ello:

- debemos buscar nuevos socios económicos,
- la secretaría general permanente debe recibir, de parte de los países candidatos a una organización de cursillo o de campeonato, peticiones completas y bien expresadas,
- la coordinación de proyectos debe ser centralizada por el secretario general.

Para concluir, deseo que el éxito de esta asamblea general sea para la delegación de Zambia y su jefe, el Mayor General Fara, un fomento para perseguir su esfuerzo de promoción del deporte militar en la región. “La amistad a través del deporte” empieza por encuentros deportivos al nivel regional. Permiten a los dirigentes de ejercerse en la organización y a los atletas de enfrentarse con vecinos de misma fuerza. Esta primera selección regional permite prepararse económicamente y eficazmente a los campeonatos del CISM, y en seguida a los juegos olímpicos.

Expreso toda la gratitud del CISM al gobierno de la República de Zambia por haber acogido nuestra 45a asamblea general del CISM.

Quiere Ud., Señor Primer Ministro, transmitir los agradecimientos de todas las delegaciones al Señor Presidente de la República.

**A todos los participantes, miembros del comité ejecutivo, de las delegaciones, de la academia, de las comisiones permanentes, de las oficinas de enlace, de los comités técnicos permanentes, a nuestros socios y a los observadores, por fin y sobre todo, a toda la secretaría general permanente que ha proporcionado un importante trabajo, a todos, vuelvo a decir mis felicitaciones y el deseo de volver a verles numerosos el próximo año en Arusha en Tanzania.”**



# The 45th General Assembly in Lusaka (Zambia)

*The 45th General Assembly held in Lusaka (Zambia) was a glowing success based on the important decisions taken and the large number of delegates that participated in the deliberations. Indeed 56 member nations, 2 invited nations (Angola and India) and 2 observer nations (The Gambia and Malawi) attended the meetings. Thanks to the outstanding cooperation and dedicated support of the Zambian military and civilian authorities. Noteworthy was the superb work of the Zambian delegation headed by Major General T. Fara, who is also the President of the organizing committee.*

*The proceedings were held under the best work conditions and warm hospitality.*

*Général de Division J. Duguet, President of CISM in his opening speech emphasized the important role played by the Republic of Zambia in CISM activities and in promoting CISM ideals.*

## Opening Speech by Général de Division J. Duguet Lusaka - 4 May 1990

For the second time in five years, Zambia is hosting a very important CISM meeting. In November 1985, we were here for the second session of the Executive Committee. Today, the 45th General Assembly has brought together all the representatives of CISM member nations.

We are very happy and proud to be here in Lusaka, in the country and region upon which just a few weeks ago had focused the attention of people all around the globe. CISM is highly honoured to meet here in this welcoming and friendly land.

We know that in Zambia, our motto of "Friendship Through Sport" is well acknowledged as it is reflected in the strategy of the Republic of Zambia.

I hope that the gathering of our various international nations will make a contribution to peace and harmony, in helping to revive and develop sports activities between the Armed Forces of East Africa.

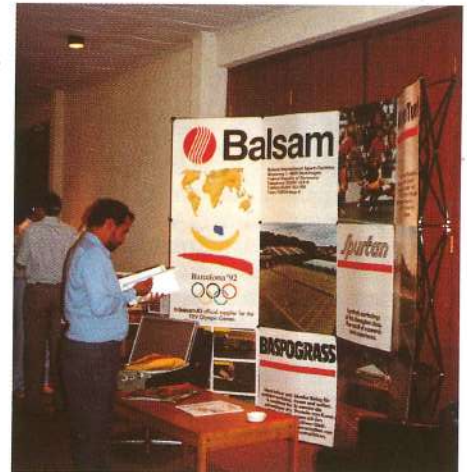


*Les partenaires Adidas, Balsam, Insa and Polytronic présentaient un stand d'exposition à Mulungushi International Conference Center.*

*The partner firms Adidas, Balsam, Insa and Polytronic exhibited their products in the Mulungushi International Conference Center.*

The Zambian Armed Forces is very active in CISM. Since its affiliation to CISM in 1975, it has participated ten times in General Assemblies and has taken part in all the major decisions.

Zambia participated three times in our world boxing championship, in 1976, 1980 and 1984.





# The 45th General Assembly in Lusaka (Zambia)

Zambia has also participated superbly in our final military football championship in July 1989 in which its team came fourth. It is participating this year in the eliminatory tournament for the finals in 1991.

I wholeheartedly thank the Zambia authorities for having accepted to host the General Assembly. I extend my thanks also to Major General Fara and compliment him and all those who have contributed to make our international meeting a success.

M. President, on behalf of the 56 CISM nations present today, I thank you for attending this opening ceremony. May I ask you to convey, to your government and to your Armed Forces our thanks for their warm and friendly hospitality?

**Kenneth Kaunda**, President of the Republic of Zambia, standing by his humanism image, also emphasized the importance of CISM in the context of world peace.

CISM as you know, was founded at the end of a long and bitter conflict of the 2nd World War. This means that the organization's birth was inspired by the experience of the tragic consequences of war and the desire to avoid its repetition in future through peaceful co-existence between nations.

Consequently, it has been the main objective of CISM to promote peace, cooperation and understanding between nations of different ideological backgrounds, religious beliefs and political systems through military sport.

President Kaunda also underlined the objectives of the General Assembly and the importance of Sport in Zambia.

This General Assembly meeting is important because it offers you a forum to review your past efforts as well as to map out the future programmes. I have no doubt, therefore, that you will seriously apply yourselves in the next few days to the discussion of the subjects before you so as to enable you to come up with recommendations and measures which will contribute to the improvement of international understanding through your military sporting activities.

In saying this, I would like to underline the importance which the Party and its Government in Zambia attach to the development of sport. We believe that a healthy people make a strong nation. Competitive sport can contribute to this by developing strong and healthy minds and bodies.

But above all, sport is a bridge builder bringing together people of different colours, races, nations and background for the common good of man. This is what you, through your military sports competitions in various disciplines, are doing.

We strongly support you in this because it is what our nation stands for under our National Philosophy of Humanism: that whatever we think, say and do should be for the good of man.

After such a majestic opening ceremony, the success of the different meetings was granted.

The President of CISM brilliantly reelected for a new four year mandate, in his closing remarks highlighted the major decisions taken during the deliberations in Lusaka, Zambia.

## **Closing Speech by Général de Division J. Duguet Lusaka - 10 May 1990**

We have come to the end of the 45th General Assembly. The proceedings have been conducted under the most favourable conditions possible.

We were able to work in real earnest and to take important decisions both for the current year and for the future of the International Military Sports Council.

I extend my sincere thanks to the civilian and military authorities and to the Zambian Armed Forces for the unpretentiousness and the cordiality of their welcome. We shall all take back to our respective homelands a pleasant recollection of their beautiful country, of the heartfelt hospitality of the Zambian population and of its army.

The 45th General Assembly has reached a number of important decisions:

### **Elections**

— Firstly you have again put your faith in your President and have elected several Executive Committee members. For my part, in my role as President during the coming four years, I shall endeavour to carry on along the same lines we laid down together in Khartoum in 1986, namely:

- rigorous and transparent financial procedures
- a solidarity policy geared to bringing about more participation in CISM activities by the less-developed members.
- the enhanced organization of our championships.

I renew my appeal to you all to make sure that sufficient candidatures are put forward each year to serve on CISM's main bodies: Executive Committee, Academy, PTCs, Permanent Commissions, Liaison Offices ...

In my survey earlier, I stressed how important it is that responsibility be shared within CISM. To achieve this objective, we rely on the availability of competent candidates emanating from the different continents.

### **Statutes**

We have re-drafted our statutes. Of course we still have to add a few finishing touches to them. We now have statutes befitting our organization and its activities.

### **Information**

Each delegation has access to information brochures and magazines on CISM. I strongly urge you to put them to good use so that the authorities in your country, as well as the national press and media and the general public, become familiar with CISM.

### **Solidarity**

Lastly, I shall conclude on the topic of solidarity within CISM. Much has been said about solidarity; we must now take action. In this context:

- we need to secure additional partner firms
- detailed, precise and comprehensive applications for clinics or championships to be conducted by CISM must be forwarded by the applicant delegations to the Permanent General Secretariat.
- the coordination of projects must be centrally processed at the Permanent General Secretariat.

To conclude, I trust the success of this General Assembly will encourage the Zambian delegation and its chief, Major General Fara, to pursue its work in the promoting of military sport in this region. "Friendship through Sport" begins at regional sports level. Regional competitions give leaders the opportunity to practice their skills in managing a CISM event and athletes are able to compete against equally-matched neighbours. This initial regional selection is an efficient and cost effective operation paving the way for subsequent CISM world championships and possible selection for the Olympic Games.

It is my pleasure to express CISM's thanks to the government of the Republic of Zambia for hosting CISM's 45th General Assembly.

Kindly convey, if you will Sir, the gratitude of all the delegations to H.E. the President of the Republic.

**To all attendees, members of the Executive Committee, of all delegations, of the Academy, of Permanent Commissions, of Liaison Offices, of Permanent Technical Committees, to our partners and observers, and lastly and most importantly, to the staff of the Permanent General Secretariat who have worked exceedingly well and to you all, I re-iterate my congratulations and formulate the wish that we shall all meet again in one year's time in the Tanzanian city of Arusha.**

# Le 19<sup>e</sup> Championnat Mondial militaire de Judo HAJIME! - BRAVO SENEGAL!

Texte : L. De Petter

Photos : PIC (Presse Information Cinéma)  
SID (Service d'Information des Forces Armées belges)

**Dakar a accueilli début juin le premier championnat du monde militaire de judo organisé sur le continent africain : mission accomplie pour le Sénégal!**

Du 1<sup>er</sup> au 8 juin 1990, le 19<sup>ème</sup> Championnat du Monde de Judo du Conseil International du Sport Militaire s'est tenu à Dakar, au Sénégal. Par le passé, ce pays, membre du CISM depuis 1974, avait déjà organisé deux championnats de basket (en 1976 et en 1985). Mais l'organisation de ce championnat de judo dans la capitale du Sénégal revêtait une importance particulière. Depuis 1966, date du premier championnat du monde militaire de judo, c'était en effet la première fois qu'une telle compétition était mise sur pied par une nation appartenant au continent africain. Un véritable challenge pour le Sénégal, qui a parfaitement rempli son contrat et qui a largement démontré ses capacités d'accueil et d'organisation.

Pour quelles raisons le Sénégal a-t-il organisé ce 19<sup>ème</sup> Championnat du monde militaire de judo, qui a d'ailleurs reçu un large écho, dans les médias locaux (presse écrite, radio et télévision)? La réponse du commandant Abdoulaye Fall, commandant du Bataillon des sports au sein des Forces armées sénégalaises et secrétaire général du comité d'organisation est : « Tout d'abord, en tant que membre du Conseil International du Sport Militaire, le Sénégal a certaines obligations : chaque pays membre doit en effet organiser régulièrement un événement majeur du CISM. Ensuite, nous pensons qu'il est bon pour le CISM que ses membres soient actifs : le Sénégal, avec ses moyens, veut participer à cet esprit. »

## **Des conditions techniques excellentes**

Tant pour l'épreuve inter-équipes que pour les compétitions individuelles, les judokas ont pu déployer tout leur talent sur deux tatamis installés dans le Stadium Marius Ndiaye, à Dakar. Quelques caractéristiques des trois journées de compétitions prévues au programme? Un public particulièrement enthousiaste et des combats livrés par les athlètes avec une grande sportivité. En outre, de l'avis de nombreux spécialistes, les conditions techniques dans lesquelles le championnat s'est déroulé se sont révélées excellentes.

A cela, deux raisons. Les organisateurs ont tout d'abord mis en oeuvre des moyens considérables pour que tout se passe pour le mieux. Et puis, ils ont pu compter sur des apports extérieurs. C'est ainsi que les deux tableaux d'affichage électroniques utilisés au cours des compétitions ont été offerts au Sénégal par le CISM, dans le cadre de son programme de solidarité. Autre exemple : l'Allemagne avait livré, quelques semaines auparavant, les deux tatamis sur lesquels les athlètes ont livré leurs combats.



*Différents pays participant à ce championnat du monde militaire de judo se sont concertés avant de s'envoler vers le Sénégal. C'est ainsi que les délégations européennes ont toutes convergé vers l'Ecole interarmées des sports (EIS), à Fontainebleau-Avon (France), où elles ont été logées, pour être prises en charge dès le lendemain par l'Armée de l'Air française chargée d'assurer le transport aérien jusqu'à Dakar.*

## **Des compétitions de haut niveau**

On s'en doute : les judokas sénégalais ont été fortement encouragés par le public venu assister en nombre aux compétitions et chacun de leurs combats a donné lieu à de multiples manifestations de joie ou de déception. Dans l'ensemble, les compétitions ont été d'un haut niveau, même si l'on a pu regretter l'absence de certains pays dont les équipes militaires de judo sont performantes. Conséquence du niveau élevé

des rencontres : les athlètes confirmés qui n'étaient pas en forme ont été battus ou se sont imposés avec difficulté.

Les athlètes européens ont dû s'habituer aux conditions climatiques particulières (surtout la chaleur). Les judokas sénégalais, eux, avaient mis un point d'honneur à se préparer minutieusement en vue de ce championnat du monde militaire. Ils ont notamment réalisé un stage de préparation de plusieurs semaines en France, participé à des compétitions aux Pays-Bas et suivi avec quelques athlètes un stage de perfectionnement en Autriche. Question : quelle est la situation du judo sur le continent africain? « Cette discipline sportive y a fait des progrès considérables depuis quelques années », commente le Colonel Luis Baguena, président de la fédération espagnole de judo et représentant officiel, à Dakar, de la Fédération Internationale de Judo (FIJ).

« Il y a actuellement une quarantaine de pays africains au sein de la Fédération Internationale de Judo », poursuit le Colonel Baguena. « Ces pays s'efforcent de prendre part aux différents championnats qui sont organisés à l'échelle mondiale, même s'ils connaissent des difficultés financières pour envoyer leurs équipes à l'étranger. En tout cas, en matière de judo, il faut souligner le rôle moteur joué dans l'ensemble de l'Afrique par le Sénégal, tant dans les championnats civils que dans les compétitions militaires. »

## **Les aspects socio-culturels**

Tout championnat du monde du CISM comporte par définition un volet sportif prépondérant. A Dakar, le judo était roi. Mais d'autres éléments, tout aussi importants, entrent également en ligne de compte. A commencer par les initiatives socio-culturelles, qu'il faut situer dans le cadre de la devise du Conseil International du Sport Militaire, « L'amitié par le sport ». Ainsi, les contacts entre les différentes délégations ont été encouragés, de même que les contacts entre l'ensemble des athlètes et la population sénégalaise.

Excursions diverses, visites protocolaires, animations culturelles ou encore visites au village artisanal : rien n'a été négligé dans ce domaine. Le Lieutenant-Colonel Potin, vice-président du comité d'organisation chargé de la logistique, se dit satisfait des résultats qui ont été enregistrés : « Nous avons voulu faire découvrir à l'ensemble de nos invités la culture, les différentes facettes de notre pays. Tous ont très bien réagi en répondant avec enthousiasme à cette « initiation » à la culture sénégalaise. »



## L'académie du CISM

Outre les volets sportif et socio-culturel, ce championnat du monde militaire de judo organisé à Dakar a été l'occasion pour le Médecin en chef Léon, membre de l'académie du CISM, de présenter dans les locaux de l'INSEPS (Institut National Supérieur de l'Education Populaire et du Sport) de Dakar un exposé consacré à l'alimentation contrôlée du judoka. L'académie du CISM est un organe de recherche et d'étude, un organe de réflexion sur le sport et les procédés d'entraînement, qui déploie ses activités dans un cadre essentiellement caractérisé par le concept solidarité.

## Faible participation des pays africains

En guise de conclusion, laissons le Général de Division Jean Duguet, président du Conseil International du Sport Militaire et représentant officiel à l'occasion de ce 19<sup>e</sup> championnat du monde militaire de judo, porter une appréciation globale sur le championnat: «Je suis déçu, comme de nombreux autres responsables, par le nombre peu élevé de pays africains présents à Dakar (NDLR: seuls le Burkina-Faso, la République de Guinée et le Sénégal ont en effet aligné des judokas dans ce championnat). L'occasion était unique pour les judokas de ces pays de prendre part à un championnat du monde militaire de haut niveau organisé pour la première fois sur le continent africain.»

Et le général Duguet de poursuivre: «Quant à l'organisation-même du championnat à Dakar, elle s'est révélée parfaite. Et les conditions d'accueil et d'hébergement ont été excellentes, tant pour les athlètes que pour les officiels. Un tel constat est tout à l'honneur du Sénégal, qui a démontré une fois de plus sa capacité à mettre sur pied ce type de compétition internationale.» Après avoir passé une semaine dans la capitale sénégalaise, les différen-



Le Général de Division aérienne Mamadou Mansour Seck, Chef d'Etat-Major Général des Armées souhaite la bienvenue aux chefs de délégations et aux officiels du CISM. A ses côtés, le Général de Division Jean Duguet, président et représentant officiel du CISM à l'occasion de ce 19<sup>e</sup> championnat du monde militaire de judo organisé à Dakar.

tes délégations ont pris congé de leurs hôtes et se sont fixé rendez-vous à Nîmes, en France: c'est en effet dans cette ville que sera organisé, l'année prochaine, le 20<sup>e</sup> championnat du monde militaire de judo.

## Quelques données chiffrées

Au total, dix nations ont envoyé des athlètes à Dakar pour prendre part à ce 19<sup>e</sup> championnat du monde militaire de judo. En voici la liste complète, avec, entre parenthèses, le nombre de judokas engagés (le premier chiffre indique le nombre d'athlètes masculins tandis que le second représente le nombre de femmes faisant partie de l'équipe): Pays-Bas (9/4), Sénégal (15/-), Finlande (3/-), France (10/-), Guinée (8/-), Corée du Sud (8/3), Burkina-Faso (4/-), Belgique (10/5), Autriche (10/-) et République fédérale d'Allemagne (11/-).



Au cours de la cérémonie d'ouverture, organisée dans l'enceinte de l'Etat-Major Général des Armées et à laquelle assistaient de nombreuses personnalités, le général de division Duguet et le Général de Division aérienne Seck passent en revue les différentes délégations. Au cours de cette cérémonie, M. Medoune Fall, ministre des Forces armées, déclarera ouvert le 19<sup>e</sup> championnat du monde militaire de judo: «(...). C'est avec une grande fierté que le Sénégal accueille les pays qui ont bien voulu répondre à l'invitation de ce championnat et je leur souhaite, au nom du Président de la République et du peuple sénégalais, la bienvenue sur cette terre d'hospitalité et de Téranga.»



Instant particulièrement solennel: la montée des couleurs du CISM au mât du Memorial. Les athlètes sont invités à respecter la devise du Conseil International du Sport Militaire: «L'amitié par le sport».

A noter que la compétition féminine a été baptisée «tournoi» et non «championnat»: trois pays (Pays-Bas, Belgique et Corée du Sud) ayant aligné des judokas féminins. Les règlements en vigueur sont clairs sur ce point: pour pouvoir parler de «championnat», il fallait au moins quatre pays participants. Reste qu'une telle décision, d'ordre technique, n'enlève rien au mérite des jeunes femmes. Une vingtaine d'arbitres, pratiquement tous de niveau international et appartenant à diverses nationalités, ont œuvré pour que l'ensemble de ce championnat puisse se dérouler dans les meilleures conditions.





### Compétitions individuelles

#### Hommes

##### \* - 60 kg :

1. Yoon jin Hwa (COR)
2. Salle Eric (FRA)
3. Harismendy Thierry (FRA)
3. Kittinger Peter (AUT)

##### \* - 65 kg :

1. Laats Philip (BEL)
2. Kim Jong Su (COR)
3. Kim Joong Man (COR)
3. Mirabello Alain (FRA)

##### \* - 71 kg :

1. Dott Stefan (RFA)
2. Darnaisin Bertrand (FRA)
3. Park Jae Hwan (COR)
3. Marquignies Ludwlg (BEL)

##### \* - 78 kg :

1. Jeon Man Bae (COR)
2. Amoussou Bertrand (FRA)
3. Summer Anton (AUT)
3. Musquin Gilles (FRA)

##### \* - 86 kg :

1. Legout Pascal (FRA)
2. Vasseur Stéphane (FRA)
3. Lee Young Soo (COR)
3. Buchsteiner Rudolf (AUT)

##### \* - 95 kg :

1. Guenet Fabrice (FRA)
2. Claes Patrick (BEL)
3. Westerveld Eric (P-B)
3. Choi Yoon Jun (COR)

##### \* + 95 kg :

1. Van Barneveld Harry (BEL)
2. Rognon Patrice (FRA)
3. Schmöller Josef (AUT)
3. Coly Lansana (SEN)

##### \* Toutes catégories :

1. Van Barneveld Harry (BEL)
2. Guenet Fabrice (FRA)
3. Wiesner Norbert (AUT)
3. Claes Patrick (BEL)

#### Femmes

##### \* - 56 kg :

1. Byun Su Ji (COR)
2. Kim Jung Sun (COR)

##### \* - 61 kg :

1. Yang Seoung Won (COR)
2. Respens Dominique (BEL)
3. Calmeyn Joanna (BEL)

##### \* - 66 kg :

1. Lieckens Godelieve (BEL)
2. Theunis Anja (BEL)
3. Bos(P-B)

##### Toutes catégories :

1. Lieckens Godelieve (BEL)
2. Dewulf Heidelinde (BEL)
3. Yang Seong Won (COR)
3. Oosting Marga (P-B)



Le Colonel Joseph Herzog, président de la fédération autrichienne de judo et du comité technique permanent de judo du CISM, accueilli ici par le ministre des Forces armées sénégalais : «La collaboration avec les responsables sénégalais s'est bien passée et les petits problèmes d'ordre technique que nous avons pu rencontrés ont pu être rapidement surmontés.»



Une séance de l'académie du CISM, organe d'étude et de recherche, est prévue lors de tout championnat du monde militaire. A Dakar, le Médecin en chef Léon, qui en est membre, s'est longuement penché sur les différentes facettes de l'alimentation contrôlée du judo. A la fin de l'exposé, le Général Duguet souligna qu'un travail immense devait encore être réalisé : adapter les principes énoncés à la situation des pays africains, où l'alimentation n'est pas identique à celle du continent européen. La collaboration établie avec les médecins sénégalais devra donc se poursuivre et s'intensifier.

François Besson (à gauche), directeur sportif de l'Union Européenne de Judo (UEJ), se trouvait également à Dakar pour assister à ce championnat du monde militaire de judo : «A mes yeux, l'organisation est remarquable à tous points de vue. Cela prouve que l'on peut organiser dans de bonnes conditions techniques des compétitions de très haut niveau sur le continent africain.»

## Le judo au Sénégal

La Fédération sénégalaise de judo et disciplines assimilées (FSJDA) compte au total quelque 2.500 licenciés répartis dans une cinquantaine de clubs, la plupart situés à Dakar. Si le Sénégal figure parmi les pays africains qui enregistrent de bons résultats en judo, ce sport se place néanmoins loin derrière le football et le basket-ball, les deux disciplines sportives les plus populaires dans ce pays. Reste qu'aux dires des responsables de la fédération sénégalaise de judo, le nombre de leurs adhérents est plutôt orienté à la hausse et des «écoles fédérales» ont été mises sur pied pour diffuser la pratique de ce sport. Une grande partie de l'équipe nationale est composée de judokas qui font également partie de l'équipe militaire de judo. Le président de la FSJDA, M. Omar Danga, Loum, est secrétaire général de l'Union africaine de judo.



### Compétition inter-équipes

1. France
2. Belgique
3. Autriche et RFA





(photo d'un combat et de l'ensemble du stade avec combats). Les athlètes se sont affrontés dans l'enceinte du Stadium Marius Ndiaye, soutenus par un public enthousiaste et sous les regards vigilants de leurs entraîneurs. Jean-Marie Badiane, l'un des entraîneurs de l'équipe sénégalaise, a trouvé le championnat d'un très bon niveau. Ce qu'une telle compétition représente pour les judokas sénégalais ? Sa réponse est simple : « Qui dit performance dit contact : quels que soient les résultats enregistrés, nous avons donc beaucoup à retirer de notre participation à ce championnat du monde militaire de judo. »

Nous avons recueilli ses impressions :

« Je me félicite de l'organisation de ce 19<sup>e</sup> championnat de Judo du CISM à Dakar pour plusieurs raisons objectives et subjectives.

Il y a que d'abord toute manifestation qui permet un brassage, une communion entre différents peuples est en elle-même positive parce que ne l'oublions pas le judo est aussi un humanisme. Si à la place des armes, les militaires optent pour des joutes fraternelles sur un même tapis, c'est qu'il y a là un message d'espoir à magnifier.

Il est quand même dommage que les pays africains ne soient pas nombreux à venir à cette belle fête de l'amitié que nous avons vécue à Dakar d'autant que le niveau en a été très élevé. Ce que cette compétition peut apporter au judo africain est inestimable. Il y a l'intérêt de se frotter à un judo supérieur dont le contact est source de progrès. Il ne faut pas aussi négliger la possibilité de se rapprocher des autres et de se créer des créneaux porteurs pour la coopération avec des pays de grand judo. C'est en voyant les autres qu'on peut mesurer ses lacunes ou ses performances à partir du vécu.

A tous les coups, même si les résultats techniques sont insignifiants, l'Afrique trouve un intérêt évident à participer à des manifestations de l'envergure des championnats de judo du CISM de Dakar car s'il n'y avait que les médailles et le podium comme objectifs en sport moderne, les différents championnats du monde ou les jeux olympiques ne seraient que le théâtre de l'élite. »

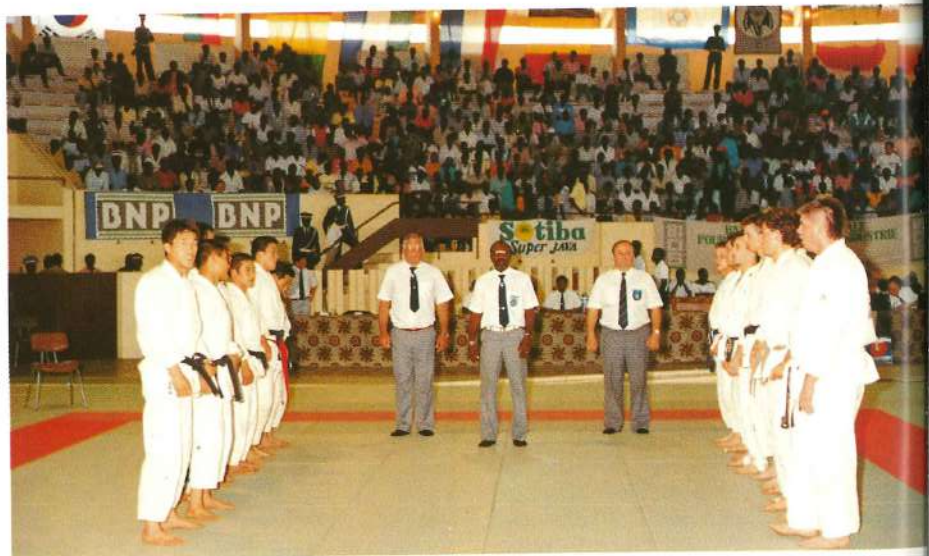
#### Réunion du comité technique permanent de judo du CISM, organisée au Centre international d'échanges de Dakar

En ce qui concerne les questions de règlement, le projet relatif à l'engagement de quatre combattants au minimum pour



Le Général Duguet, qui remet ici au nom du CISM un présent au ministre des Forces armées, a souligné le dynamisme de la délégation sénégalaise et a remercié le pays organisateur « d'être un véritable guide, un moteur pour l'Afrique saharienne. »

les compétitions par équipes a été retenu. Le comité a également traité du calendrier des compétitions futures. En voici la liste : France (1991), Corée du Sud (1992), Turquie ou Iran (1993), Pays-Bas (1994), Suriname (1995), Italie (1996). De toute évidence, une telle programmation vise à alterner les compétitions organisées en Europe et celles qui le sont sur les autres continents. Quant au développement du judo au sein du CISM, le comité technique permanent a rappelé que cette évolution n'est possible que par la contribution de tous les pays membres. Et à l'occasion de ce 19<sup>e</sup> championnat du monde militaire de judo, cette action a notamment été illustrée par l'assistance technique et l'aide matérielle apportées au Sénégal.



Les arbitres ont joué un rôle primordial au cours du championnat. M. Henri Turpault, l'un des arbitres français présents à Dakar (à droite sur cette photographie où l'on voit les athlètes sud-coréens et autrichiens se faire face), commente la prestation des uns et des autres : « Plusieurs nations, comme la France, la Belgique et le Sénégal, m'ont laissé une bonne impression. Les Coréens ? Décevants au cours de la compétition inter-équipes, ils se sont néanmoins rattrapés dans les compétitions individuelles. »



# ADIDAS

## Partner of the International Military Sports Council (CISM)

**Adidas** is the world's largest manufacturer of sporting goods (textiles, bags, balls, rackets, cross-country, ski bindings), producing 250.000 pairs of shoes a day. **Adidas** products are exported to more than 160 countries.

The latest success achieved by the company is *Torsion*, a new generation of athletic footwear. It is based on the principle of controlled uncoupling of forefoot and heel, enabling the foot to move as nature intended. To date, 3.5 million of these revolutionary shoes have been launched on the market.

The **Adidas** brand has always been associated with the big names in sport. For example, in 1988 Steffi Graf, the number 1 in international tennis, won the Grand Slam and Olympic gold in **Adidas**. Roger Kingdom took the world record in the 110 m hurdles to 12.92 secs, and Javier Sotomayor improved his world high jump record in Barcelona (2.44 m). As far as upcoming major sports events are concerned, 15 teams competed in **Adidas** at the Soccer World Cup in Italy, for example.

**Adidas** offers armies in the CISM member countries preferential terms. In this context, contact can be made directly with the persons mentioned below:

**Mr Richard Schmitz**  
Délégué Adidas/CISM  
Via CISM General Secretariat  
Rue J. Jordaens 26  
B - 1050 BRUXELLES

**Mr Peter Haag**  
Manager  
International Business Development

**Mr John Boulter**  
Vice-President  
Promotion in International Relations



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# ADIDAS

## Partenaire du Conseil International du Sport Militaire (CISM)

**Adidas** est le plus grand fabricant d'articles de sport du monde (vêtements, sacs, ballons, raquettes, fixations de skis de fond), réalise une production journalière de 250.000 paires de chaussures et exporte ses produits dans plus de 160 pays.

Le dernier succès en date de l'entreprise est le modèle *Torsion*. C'est une nouvelle génération de chaussures de sport. Son principe repose sur la dissociation contrôlée de l'avant par rapport à l'arrière du pied. Jusqu'à maintenant, 3,5 millions de ces chaussures révolutionnaires ont été introduites sur le marché.

La marque **Adidas** a toujours été associée aux plus grands noms du sport. Ainsi : Steffi Graf, numéro 1 du tennis mondial, gagne en 1988 le Grand Chelem de tennis et la médaille d'or olympique avec Adidas ; Roger Kingdom remporte le record du monde des 110 m haies en 12,92 s ; de même, Javier Sotomayor améliore son record du monde de saut en hauteur à Barcelone (2,44 m). En ce qui concerne les événements sportifs à venir, on peut noter, entre autres, que 15 équipes de football se sont affrontées sous les couleurs d'**Adidas** lors de la coupe du monde en Italie.

**Adidas** se propose d'offrir des remises aux armées des pays membres du CISM. A cet effet, les contacts peuvent être pris directement auprès des personnes mentionnées ci-dessous :

**M. Richard Schmitz**  
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**M. Peter Haag**  
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**M. John Boulter**  
Vice-président  
Promotion en relations internationales



# Prévention des Blessures du Tendon d'Achille et des Muscles du Mollet

Texte : Médecin Commandant J. ARONEN

**Lors de l'examen des blessures, j'essaie de déterminer la cause première de la blessure afin de pouvoir renseigner l'athlète comment éviter la réapparition des problèmes lors du retour normal à l'activité physique. Evidemment, ni moi-même, ni les autres médecins spécialistes en médecine sportive de par le monde, n'avons pu développer des protocoles offrant à 100 % une sécurité préventive à l'égard de blessures qui se représentent encore journalièrement parmi les adeptes du milieu athlétique. Cependant, je suis convaincu que nous avons progressé dans la connaissance relative à la prévention des blessures durant les dernières décades.**

Sans aucun doute, la majeure partie des enseignements retirés concernant la prévention des blessures spécifiques est basée sur les objectifs fixés pour le patient en vue de parachever sa rééducation avant son retour à une activité athlétique. Un des principaux objectifs dans le traitement de ces blessures est que le patient retrouve avec succès suffisamment d'élasticité au niveau du tendon d'Achille/des muscles du mollet, avant son retour à toute activité physique.

Bien qu'aucune étude n'ait démontré de façon irréfutable que les déficiences constatées au niveau de l'élasticité suffisante nécessaire du tendon d'Achille/des muscles du mollet soient un facteur déterminant constaté lors des différentes blessures affectant ces parties, je conçois qu'il est plus sûr de prétendre que l'élasticité du tendon d'Achille/du complexe musculaire du mollet serait bénéfique dans le cadre de la prévention de ces blessures depuis qu'une élasticité adéquate est un des objectifs dans le traitement de ces blessures.

Beaucoup de méthodes différentes ont été décrites en vue d'étendre le tendon d'Achille/les muscles du mollet. De par mon expérience, j'ai constaté qu'une des méthodes les plus efficaces pour obtenir et maintenir une élasticité suffisante est d'utiliser un plan incliné (voir figures 1 et 2). Le plan incliné se placera contre un mur en formant un angle de 35° (voir figure 1). L'athlète est en position debout sur le plan incliné dos au mur et les pieds tournés vers l'intérieur formant un angle approximatif de 30°. Pour étendre de façon suffisante les muscles (jumeaux et soléaires) du tendon d'Achille et du mollet, l'athlète doit se tenir debout avec les genoux droits et ensuite avec les genoux fléchis à +/- 30°. Lorsque l'athlète se tient en position debout sur le plan incliné avec les genoux tendus (voir figure 3) les muscles jumeaux qui sont insérés à l'arrière de la cuisse et le tendon d'Achille sont effectivement étirés. Lorsque l'athlète est en position debout sur le plan incliné avec les genoux fléchis à +/- 30° (voir figure 4), les muscles jumeaux sont relâchés et le muscle soléaire, qui est inséré à l'arrière de la jambe ainsi que le tendon d'Achille sont étirés de façon efficace. Les talons doivent rester en contact permanent avec le plan incliné pendant l'exécution de ces deux étirements. L'étirement maximum du tendon d'Achille/des muscles du mollet est réalisé lorsque les talons sont en contact permanent avec le plan incliné et que l'arrière des talons s'appuie contre le mur. Initialement, à moins que vous ayez déjà au départ une bonne élasticité au niveau du tendon d'Achille/des muscles du mollet, vous éprouverez une certaine difficulté à garder les talons en contact constant avec le plan incliné, lorsque vous essaie- rez de garder l'arrière des talons contre le mur. Chaque fois que vous exécuterez ces exercices d'étirement, placez vos talons suffisamment près du mur pour qu'en même temps vous soyez capable de garder vos talons fermement appuyés sur le plan incliné (voir figure 5). Lorsque votre élasticité sera améliorée par la pratique journalière de chaque étirement pendant 5', deux à trois fois par jour, vous pourrez progressivement rapprocher l'arrière de vos talons contre le mur. Finalement, vous parviendrez à maintenir l'arrière de vos talons contre le mur tout en gardant vos talons en contact permanent avec le plan incliné (voir figure 6). Ces plans inclinés seront utilisés de façon idéale dans des endroits permettant leur emploi à la fois avant et après toute participation aux activités physiques. Un plan incliné large de quatre mètres doit : (1) permettre simultanément à 6 jusqu'à 8 athlètes d'étirer de façon efficiente leur tendon d'Achille/les muscles du mollet avant et après une activité physique (2) d'offrir suffisamment de temps pour permettre aux participants lors de l'échauffement préliminaire à la compétition ou lors de la séance de relaxation après la compétition d'exécuter les deux sortes d'étirement pendant deux à trois minutes avant et après la compétition.

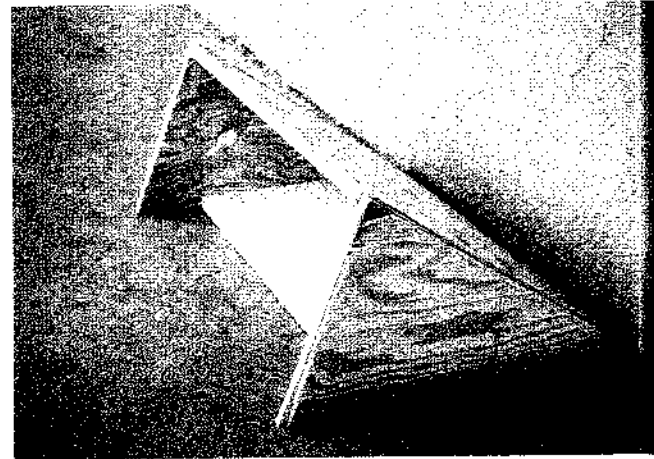


Figure 1. Un plan incliné offre une méthode très efficace pour obtenir et maintenir l'élasticité des tendons d'Achille et des muscles du mollet.

FIGURE 1. A tilt board is a very effective method to obtain/maintain flexibility of the Achilles tendon/calf muscle complex.

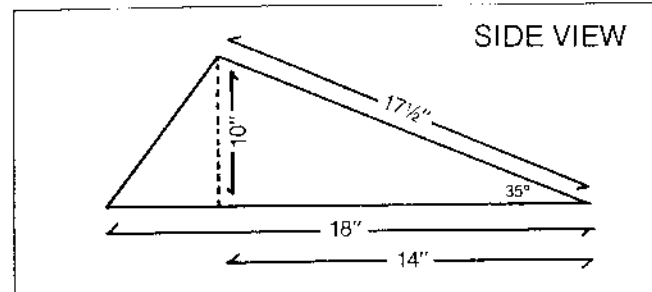


Figure 2. Les dimensions d'un plan incliné pour obtenir un angle de 35° sont reprises en pieds (un pied = 33 cm). Pour l'emploi individuel, la largeur sera de deux pieds.

FIGURE 2. The dimensions of a tilt board to produce a 35° angle are shown. For individual use, the width should be two feet.

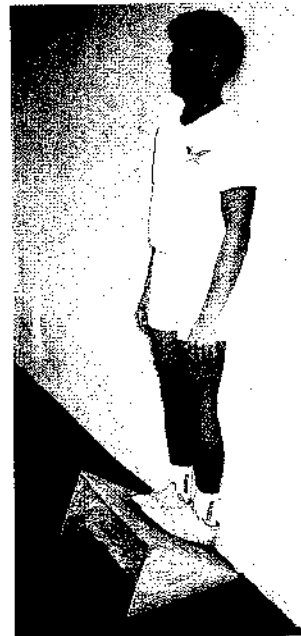


Figure 3. Etirement maximal des muscles jumeaux. Les pieds tournés vers l'intérieur avec un angle de +/- 30°, les genoux tendus, les talons en contact permanent avec le plan incliné et les talons contre le mur.

FIGURE 3. Maximum stretch of the Gastrocnemius muscle. Feet turned inward approximately 30°, knees straight, heels in constant contact with the board and heels against the wall.

# PREVENTION OF ACHILLES TENDON AND CALF MUSCLE INJURIES

by Cmdr. J. ARONEN

*Figure 4. Etirement maximal du muscle soléaire. Les pieds tournés vers l'intérieur avec un angle de +/- 30°; les genoux fléchis à +/- 30°, les talons en contact permanent avec le plan incliné et les talons contre le mur.*

**FIGURE 4.** Maximum stretch of the Soleus muscle. Feet turned inward approximately 30°, knees bent approximately 30°, heels in constant contact with the board and heels against the wall.



**In evaluating injuries, I attempt to determine the cause of the injury so as to be able to instruct the athlete what he can do to avoid recurrence of the problem with return to athletic activity. Obviously, neither myself nor the rest of the physicians in the world who are involved in sports medicine have developed 100% fail-safe injury preventive protocols, for injuries still continue to occur daily to the athletically active world. But I do feel that we have progressed in our knowledge regarding injury prevention over the last ten years.**

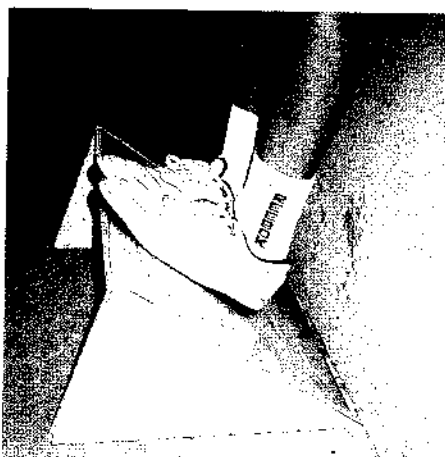
Unquestionably much of what we have learned regarding the prevention of specific injuries is based upon the goals we establish for the patient to achieve in the rehabilitation of an injury prior to his returning to athletic activities. A perfect example of this is seen in the surgical and nonsurgical management of Achilles tendon and calf muscle injuries. One of the main goals in the treatment of these injuries is for the patient to successfully obtain sufficient flexibility of the Achilles tendon/calf muscles complex prior to his return to athletic activities. Although there has not been a study reported that has definitely shown that the lack of what we feel is sufficient or adequate flexibility of the Achilles tendon/calf muscle complex is unquestionably a factor in the various injuries seen in these anatomical structures, I feel it is safe to assume that adequate flexibility of the Achilles tendon/calf muscle complex should be beneficial in the prevention of injuries to these anatomical structures since adequate flexibility is one of the goals in the treatment regimens of injuries to the Achilles tendon/calf muscle complex.

There have been many different methods described to stretch the Achilles tendon/calf muscle complex. It has been my experience that one of the most effective methods to obtain and maintain adequate flexibility is with the utilization of a tilt board (see Figures 1 and 2). The tilt board should be placed against a wall with a resulting angle of 35° being formed (see Figure 1). The athlete stands on the tilt board with his back against the wall and his feet turned inward approximately 30°. To effectively stretch the muscles (Gastrocnemius and Soleus) of the Achilles tendon/calf muscle complex, the athlete must stand on the tilt board with his knees straight and then with his knees bent approximately 30°. When the athlete stands on the tilt board with his knees straight (see Figure 3), the Gastrocnemius muscle, which originates off the back of the thigh, and the Achilles tendon are effectively stretched. When the athlete stands on the tilt board with his knees bent approximately 30° (see Figure 4), the Gastrocnemius muscle is relaxed and the Soleus muscle, which originates off the back of the leg, and the Achilles tendon are effectively stretched. The heels should remain in constant contact with the tilt board while performing both of these stretches. The maximum stretch of the Achilles tendon/calf muscle complex occurs when the heels are in constant contact with the tilt board and the back of the heels are against the wall. Initially, unless you already have good flexibility of your Achilles tendon/calf muscle complex, you will experience difficulty in keeping your heels in constant contact with the tilt board while you attempt to get the back of your heels against the wall. Each time you perform the stretching exercises, position your heels only as close to the wall such that at the same time you are able to keep your heels firmly on the tilt board (see Figure 5). As your flexibility improves by performing each stretching exercise for five minutes, two to three times a day, you will be able to move the back of your heels closer and closer to the wall. Eventually, you'll be able to get the back of your heels against the wall while keeping your heels in constant contact with the tilt board (see Figure 6).

Ideally, tilt boards should be located in areas which would enable athletes to utilize them both before and after participation in athletic activities. A twelve foot long tilt board would: (1) allow six to eight athletes to simultaneously effectively stretch their Achilles tendon/calf muscle complex before and after participation, (2) allow adequate time for the preparticipation hype-session and the postparticipation excuse session if they performed both of the stretches for two to three minutes before and after participation.

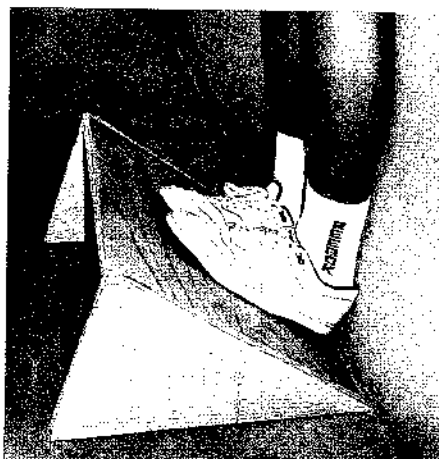
*Figure 5. Lors des étirements, posez le pied sur le plan incliné suffisamment près du mur de façon à garder en même temps les talons en contact permanent avec le plan incliné.*

**FIGURE 5.** When stretching, position your feet on the board only as close to the wall such that at the same time you can keep your heels in constant contact with the board.



*Figure 6. En améliorant votre élasticité, vous pouvez garder les talons contre le mur tout en les maintenant en contact permanent avec le plan incliné.*

**FIGURE 6.** With increased flexibility you will be able to get your heels against the wall while keeping your heels in constant contact with the tilt board.





# 39th World Military Cross Country Championship 7 - 12 May 1990, Borden - Canada

Text and photographs by the Canadian delegation

## Participating countries: 21

Germany F.R., Saudi Arabia, Belgium(\*), Botswana, Burundi, **Canada** (\*), Denmark, United Arab Emirates, Spain, United States(\*), Greece, Italy, Kuwait, Morocco(\*), Nigeria, Oman, Netherlands, Portugal, Qatar, Sweden(\*), Togo.

(\* ) feminine participation: 5 countries.

**Observer:** Algeria (PTC President)

**Official CISM Representative:** Général de Brigade G. Gärden (SWE)

**PTC President:** Commandant M.O. Metref (Algeria)

**Number of participants:** athletes: 221  
officials: 80  
total: 301



Sdt Maravilla from Portugal crossing the finish line first in the mens short cross (4.5 km) in 13:17.



Runners in the mens long cross (11.25 km) negotiating the water jump.

## Results

### Discipline: Men short cross (4.5 km)

#### A. Individual classification

1. Sdt Maravilha A. (POR)	13.17
2. Sdt Jabour B. (MAR)	13.22
3. Sdt Junqueira J.M. (POR)	13.25

#### B. Team classification

1. Morocco	16	40.28
2. Portugal	16	40.30
3. Italy	21	
4. Belgium	54	
5. Greece	58	
6. Qatar	65	

### Discipline: Ladies short cross (4.5 km)

#### A. Individual classification

1. Sdt Debaets C. (BEL)	15.31
2. Sdt Maama F. (MAR)	15.32
3. Sdt Ouaziz Z. (MAR)	15.33

#### B. Team classification

1. Morocco	10	47.14
2. Belgium	15	48.05
3. USA	36	51.07

### Discipline: Men long cross (11.250 km)

#### A. Individual classification

1. SGT Boutayeb H. (MAR)	35.03
2. Sdt Khattabi E. (MAR)	35.15
3. CC Miccoli G. (ITA)	35.19

#### B. Team classification

1. Morocco	47	3.33.29
2. Italy	69	3.35.15
3. Burundi	102	3.37.14
4. Belgium	136	3.39.37
5. Spain	194	3.42.40
6. USA	215	3.43.20





*Two unidentified runners training on the CISM course prior to race day.*



*Sdt Debaets of Belgium crossing the finish line in the ladies short cross (4.5 km) in 15:31.*



*Start of the ladies short cross (4.5 km) race.*

## Description of the races

Canadian Forces Base Borden was the host for the 1990 International CISM Cross Country Running Championships, attended by more than 300 athletes and officials from 22 countries throughout the world.

Filled with the pageantry and spirit of the Olympic Games, the opening ceremonies were marked by precision and friendship as the athletes marched in team formation with full military dress carrying their national flags. The CISM flag made a spectacular entrance following the Canadian Forces Vimy Band.

On the day prior to the ceremonies the officials and athletes were hard at work studying the layout of the course, working out final details in preparation for the competition which would test each athletes abilities to the fullest.

On a warm, damp day that was conducive to running, the competition began with the men's 5km run which saw the day's fastest race. Sdt A. Maravilha of Portugal outkicked Sdt B. Jabour of Morocco and his team mate Sdt J. Junqueira at the finish line in the time of 13 minutes and 17 seconds. Since Morocco placed 3 members in the top 10 finishers they captured the team trophy over outstanding teams from Portugal and Italy.

The day's second race featured 5 very strong women's teams. The race was won by Belgium's Sdt C. Debaets who outraced 2 Moroccan team mates Sdt's Maama and Quaziz to the finish line in the closest finish of the day. Only 2 seconds separated the top 3 finishers. The team event was won by Morocco ahead of Belgium and the United States. The third place medals were decided by breaking a tie between the host Canadian team and the United States according to the CISM rules (best placed 3rd runner).

In the day's final event Sdt H. Boutayeb of Morocco easily out distanced Sdt Khattabi and CC Miccoli of Morocco and Italy to gain the Gold Medal in a time of 35 minutes and 3 seconds. Once again the team event was decided by 6th placed runners with Morocco being awarded the gold medal over an outstanding team from Italy. Burundi unexpectedly captured the team bronze for its second participation in the CISM championship.

The Moroccan team dominated the 1990 event capturing all Gold medals in the team events and one gold, 3 silver, and one bronze in the individual events.



# Parachuting today

Parachuting after being observed only by military operations for some years is now considered a competitive sport open to the public.

This year the 20th CISM championship is taking place for the second time in Altenstadt (Germany) and will host about thirty nations (including five SKDA countries). Therefore it is interesting to have two different points of view: Altenstadt with more than thirty years experience and the Nigerian Training center where parachuting is taking its first steps.

## Parachuting Center Airborne Operations and Air Transport School at Altenstadt

The Airborne Operations and Air Transport School - established in 1956 and having celebrated its 30th anniversary in July 1986 - is the training center concerned with Army air mobility and Federal Armed Forces air landing and air transport.

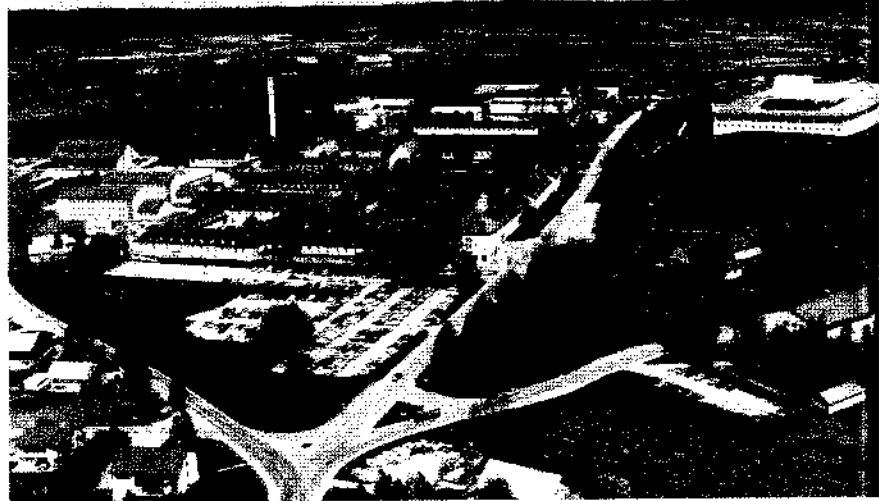
Its task is to train future paratrooper command personnel and Air Force special air transport personnel in career courses. The special training provided in assignment courses is subdivided into:

- Jumping and air dispatcher training (automatic and free fall)
- Ranger and survival training
- Air loading and air transport training
- Technical parachute training.

Since its establishment on 1 June 1976, this school - located in the Alpine foothills of Upper Bavaria is the home of the Army Sport Parachuting Group and the Army training center for this type of sport. The Airborne Operations and Air Transport School satisfies the preconditions to be met concerning personnel, material and infrastructure for accomplishing the Army Sport Parachuting Group's mission, i.e. the

- Conduct of intensive and regular training under the direction of coaches such that efficient competitors will be able to represent the Federal Armed Forces in national and international military and civilian championships and competitions;
- Provision of personnel replacements by way of recommending soldiers for admission to the training center;
- Technical support in the preparation and accomplishment of CISM championships, whenever the Federal Armed Forces are responsible for their organization;
- Conduct of military training and follow-on training provided in training courses.

In training the point of main effort is established in the so-called classical parachuting events, the style and accuracy jumping, because most of the military and civilian championships/competitions will cover these events.



In 1980 relative work was introduced as the third event into the CISM championships; since then, the training program had to be extended to cover these events.

During the winter months a small cadre will receive training for the parachute skiing championships and competitions being held annually in the "accuracy jumping" and "ski giant slalom" events. A parachute skiing world championship took place at Sarajewo, Yugoslavia, for the first time in 1987. The daily routine is characterized by training and participation in competitions and championships.

30 percent of duty hours are taken up by military tasks. Counterraid and firing operations are included as well as national and international military exercises. However, special use is made of the experience and mastery of the parachute in developing and testing this piece of aeronautical equipment. Thus, the leading position of the Federal Armed Forces in the military utilization of the gliding parachute is, among other things, to be attributed to the soldiers of the Army Sport Parachuting Group.

Tracing the development of parachute jumping in the Federal Republic of Germany, one's attention is particularly attracted - over and above pioneering achievements of individual associations and parachutists in the first years of this young type of sport - by the performance of a team which on 30 May 1986 celebrated its 10th anniversary since its establishment.

The success achieved so far by these "sportsmen in uniform" is not bad at all. For many years they have been winning the German championships in their domains "style and accuracy jumping"; they hold all German records. In the championships of the Conseil International du Sport Militaire (CISM), one of the world's largest sports federations, gold, silver and bronze medals are won every time.



Since 1978, the national team of the Federal Republic of Germany exclusively consists of soldiers of the Army Sport Parachuting Group. In the Sport Parachuting World Championships taking place every two years, sports sergeants were able to win two gold and one bronze medals, that is to say in 1982 and 1982.

# Parachuting today

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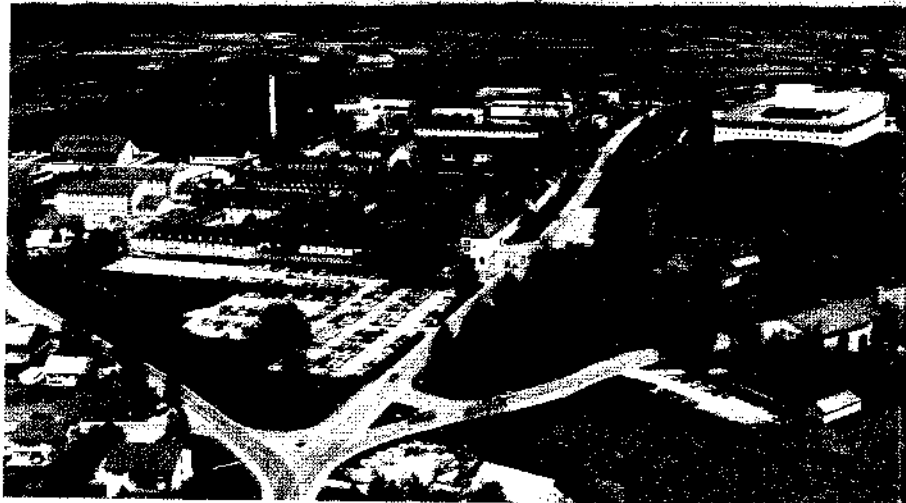
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# Parachuting today



# Parachuting today

In the world championships held at Ankara/Turkey in September 1986, Sergeant 1st class Hooge retained his leading position in the individual accuracy jumping event against strong competitors from the East and the West up to the semi finals. Due to an unfortunate 10th jump in the finals he lost the world championship in individual accuracy jumping which had been within reach. He achieved the unrewarding, but respectable 5th position among 135 participants from 27 countries.

One of the sports highlights occurred on 11 November 1982. On this day, the Federal President of the Federal Republic of Germany conferred the highest sports award of our country, the "Silver Laurel Leaf", to three sports sergeants for their success achieved in world championships and high-ranking international championships and competitions.

The prerequisite for achieving this success was the establishment of the Army Sport Parachuting Group with a personnel establishment of meanwhile 20 soldiers.

In contrast to training conditions prevailing previously, when qualified soldiers from the Army parachutist units were concentrated for a short time for training at the Airborne Operations and Air Transport School, the soldiers of the sports group train all the year around. Their training is only interrupted by military training as described previously and by the attendance of compulsory and assignment courses. The unreasonable commitment and burden imposed on the competitor by requiring him to both accomplish his function within his unit flawlessly and to perform well in the competitions were, thus rendered superfluous.

Before being admitted to this group the soldiers of the Army Sport Parachuting Group must have acquired a military parachutist certificate. It necessarily follows that the members of or candidates for the sports group are recruited from the formations and units of the 1st Airborne Division, the long-range reconnaissance troops and the Airborne Operations and Air Transport School.

Before being admitted to the sports group particularly qualified soldiers proving their talent in Part I of the gliding parachute course will be checked for their suitability in a four-week training course, provided their unit commanders will relieve them of their duties. There are only very few short-term volunteers who have practiced parachute jumping as a member of one of the associations within the Deutsche Aero Club e.V. before joining the Federal Armed Forces and could therefore be directly persuaded to join the Sports Group. They must also pass an examination.

This will include:

- Performance in style and accuracy jumping
  - Capabilities in sports (control of psychomotoric functions, coordination, reaction)
  - General behavior and conduct.
- The age limit is 23 years.

Suitable candidates are assigned to the sports group and given basic, advanced and tactical training of two-to-three years duration before they can be entered in international championships and competitions.

As opposed to other types of sports, training in this case is not carried out in civilian centers providing training or intensive training which belong to the sports federations, but exclusively in the military sphere. This is also of advantage to the Deutsche Aero Club e.V. if teams are to be sent to enter world championships and civilian international competitions.

During competitions the soldiers of the sports groups are to be found at many jumping sites all over the world. Their training also does not always take place at home in Altenstadt. In 1977, so-called three-country training was established which is alternately carried out by the Austrian Army, the Swiss Army and the Federal Armed Forces. In 1986 these teams received their 30th joint training at jumping sites in Switzerland, Austria and Altenstadt. By 1985, soldiers of the sports group had received their winter training with the US Army Parachute Team at Fort BRAGG/USA for a period of ten years. Since 1982, the Ecole Interarmées des Sports - section parachutisme - of the French Armed Forces and the Army Sport Parachuting Group have been maintaining an intensive training exchange.

Early in 1987, the exchange of affiliation documents will render official recognition to this promising cooperation. The members of the Danish Jägerkorpset and Swedish Fallskärmsjägarskolan also participated in the training of the Airborne Operations and Air Transport School. International competitions have been taking place at Altenstadt since 1978. In 1986, for instance, the Airborne Operations and Air Transport School for the 5th time organized the International Military Parachute Jumping Competitions; it also organized the 16th CISM parachute jumping championship held in 1984 and will organize the 1990 championship. During these events, the soldiers of the Sports Group again have accomplished their mission of technical support in preparing and organizing the CISM championships.

The overall result of the Army Sport Parachuting Group's efforts could be expressed in military terms by "mission accomplished". There was of course no official mission requiring victory to be gained; instead, every participant was under a moral obligation to justify the confidence placed in him above all the expenditure of resources by his hard work and good performance.

In conclusion, it can be stated that by establishing the Army Sport Parachuting Group a type of organization has been created which is well adapted to the requirements of modern competitive sports and provides for optimum intensive training with regard to personnel, competence and infrastructure while considering military requirements.



## Sport Parachuting in Nigeria

by Major HM Lai

### Background

Regrettably, parachuting as a sport in Nigeria has not gained any prominence like other sporting activities such as soccer or basket-ball, for obvious reasons. Apart from the fact that most people view it as a very dangerous and risky sport, it is also economically difficult a venture to embark upon by an individual or a group of less privileged persons. To parachute, one will need an appropriate aircraft or balloon, a serviceable parachute and an adequate drop zone (DZ). Additionally, basic gears like a jump suit, helmet, boots, goggles, altimeter and gloves are some of the personal equipments one will have to consider. Most

of these requirements are not locally available.

Incidentally, the Nigerian Airforce (NAF) in 1979 first set the pace by introducing parachuting in Nigeria. Since its inception in Kaduna, the NAF team has consistently maintained a weekly regular jump practice at the NAF Base. The parachutists made their maiden demonstration jump in Lagos during the NAF Day Celebration in April 1981. The show jump was adjudged "perfect and highly impressive that the then President of the Federal Republic of Nigeria, Alhaji Shehu Usman Shagari who witnessed the occasion, personally congratulated each of us that jumped, recalled Airforce Warrant Officer, Gabriel Nimfa, one of the five parachutists of that memorable event.

# Parachuting today



# Parachuting today

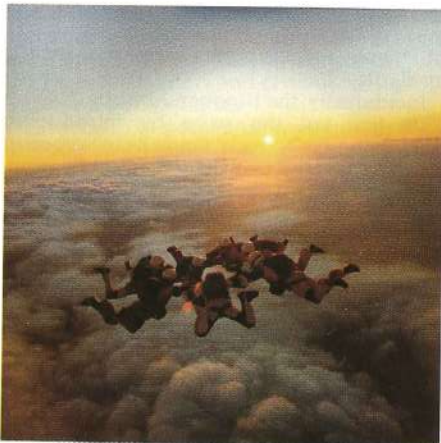
Although the Nigerian Army (NA) has a handful of qualified paratroopers who were trained in the United States Airborne School, Fort Benning, Georgia since the 1970s, it was only in 1983 during the NA Sports at Port-Harcourt that some of the NA paratroopers performed their maiden parachute jump. This was then followed in 1984 by another at Minna during the NA Shooting Competition. In 1985, a weekly joint Nigerian Army and Airforce parachute jump training was organized at the NAF Base Kaduna. This lasted for almost six months.

In 1986, the Nigerian Army commenced its Airborne Training at the Wing of the Nigerian Army School of Infantry (NASI), at Jaji near Kaduna. The training concentrates largely towards producing paratroopers for combat. However, a few of the instructors are trained free-fall parachutists (sky-divers). They in conjunction with their Airforce counterparts conduct demonstration jumps during Airborne course graduations at Jaji DZ. This team has also performed show jumps at Murtala Mohammed Square, Kaduna, during many state or national ceremonies. The colourful parachute jump witnessed at the new Federal Capital, Abuja, during the 1988 Nigerian Independence anniversary was another of this team's selling point.

"That parachuting show afforded most Nigerians the opportunity to see Nigerian paratroopers in true action" says Lt-Colonel UK Bello (who is an active paratrooper) at the occasion.

## Values

"Parachuting is not for everyone", observed Mr JH Heard, a veteran American parachutist popularly known as "Mr Skip". The American has trained the Nigerian Army free-fall parachutist in Kaduna and has contributed immensely towards the promotion of parachuting in Nigeria. "Some people suffer limitations due to physical defects of nervousness. A person's resolve to jump from a perfectly good flying aircraft again, depends on his own ability to psyche himself up to the need. A person can always overcome these limitations if he reassures himself of his yearn to become a parachutist just like those he admires, provided he is in good physical and mental health".



Mr Heard explained.

"Parachuting helps to foster physical fitness, alleviate that fear for height which is natural with most people. A parachutist must be consistent in the training if this phobia is to be overcome. Parachutists are generally known for their high motivation and self confidence. It also promotes esprit-de-corps amongst colleagues and by and large generates international cooperation through the interaction of parachutist from different parts of the world during competitions or workshops" he concluded.

The values of parachuting in the military need to be over-emphasized. In most armies, parachutists are trained in sky diving, technically called High Altitude Low Opening (HALO). This is a parachute insertion specialty of certain military crack forces. This capability allows for clandestine insertions in special combat situations. HALO parachutists are rigged complete with breathing equipments and are released from a height of over 20,000 feet above ground level. They fall free to about 3,000 feet before activating their chutes.

## Parachuting today

Present day technology has brought modernization in most aspect of sports, parachuting has not been left behind. Since its inception, sport parachute canopies can be grouped into five general classifications as below:

- Unmodified
- Modified
- Para-Commander class
- Wings
- Ram-air.

With improvement over years, sophistication has been attained with the ram-air class (square canopy) as the latest in use for most parachuting sports. This canopy category is characterized by an ability for 32 kph forward throw, 10 fps (flarable) and about 72 degree glide, (the performance figures are approximate and are for a 170 lbs person, the speed and descent figures will increase with added weight). It therefore, affords accurate landing on designated spots if it is properly and skillfully steered.

To most people a parachute jump is a parachute jump and it is pretty scary at that.

To a seasoned sky-diver, there are as many types of jumps as there are enlightened people. He can make low or high ones, on land or in the water, in daylight or in darkness, carrying smoke to demonstrate or a camera to shoot his friends, solo or as a team member, out of a plane or a balloon, practicing for the style event or relative work, the list is endless. Principally, parachuting as a means of recreation or sports would not be complete without a mention of its other uses. The military airborne troops and the fire-fighting smoke jumpers in other countries use it for quick vertical transportation, while military aviators use it as survival equipment and, of course, it is used to drop equipment, slow down race cars, also as a support braking system for high speed airplanes.

## Aspirations

The growing awareness of parachuting in Nigeria has triggered discussions at various military quarters in view of the formation and maintenance of a military free-fall parachute sports team in the near future. When fully incepted, it could be tasked to perform demonstration jumps, national and international competition, promote military prestige, as well as conduct training and certification programmes for members of the Armed Forces. Such training could also be extended to interested civilians who would like to form Parachuting Clubs.

Strictly at the military level meanwhile, the Army and the Airforce have stepped up parachute training. It is expected that very soon, distinct names and uniforms will be introduced to give each team an identity.

As it is the practice in the United States Army, the Parachuting Team is called the "Golden Knights". They don a yellow and black out-fit while their Airforce counterparts are called the "Thunderbirds" and the Navy's "Blue Angels".

The Nigerian Army, Airforce and Navy teams could in a like format compete at national levels during the occasional Armed forces games. This would provide an avenue for selecting a Nigerian Armed Forces parachuting team, that can represent Nigeria in Conseil International du Sport Militaire (CISM) organized events, or any international parachute sporting activity.

# Parachuting today



# Know your Permanent Technical Committees

Sport International will try to present in each issue a sport committee.

The Permanent Technical Committee for Basketball consists of the following:

Colonel FOLEY (USA) - President

Lieutenant DIXON (USA)

Lt-Colonel Y. ABU EL SAOUD (EGY)

Major H. VAN BASTELAERE (BEL)

Colonel R. FOLEY is replacing Colonel GLEICHENHAUS, President from 1987 to 1990. We have provided you a synopsis of his biography (military and sport).



Colonel Robert F. Foley, a native of Boston, Massachusetts, received his commission upon graduation from the United States Military Academy in 1963.

Since that time, he has served in a wide variety of command and staff assignments. He was initially assigned in 1964 to duty with the 2d Battalion, 27th Infantry (Wolfhounds) in the 25th Infantry Division in Hawaii where he served as Rifle Platoon Leader, Weapons Platoon Leader and Company Executive Officer. After deploying with the Division to Vietnam, he served as Battalion Heavy Mortar Platoon Leader, S-3 Air and Rifle Company Commander. In subsequent assignments, he served as an instructor at the Army Engineer School, Fort Belvoir, Virginia; with the staff and faculty, Department of Tactics at West Point; Aide-de-Camp to Commanding General I Corps (ROK/US) Group, Uijongbu, Korea; Operations Officer, 1st Battalion, 7th Infantry (Cottonbalers), Third Brigade, Third Infantry Division; and Chief of Staff, REFORGER Umpire Control Group, REFORGER '76. He commanded the 1st Battalion, 4th Infantry (Warriors), 3d Brigade, Third Infantry Division; served as Branch Chief of Europe/Africa/Middle East Current Operations, DA, ODCSOPS, in Washington, D.C. and was Chief of Assignments, Colonels Division, OPMD, USA MILPERCEN. Following his tour in Washington, he was assigned as Chief of the Bradley Fighting Vehicle Material Fielding Team in Vilsek, Germany and then assumed duties as Commander of the 2nd Brigade, Third Infantry division in Kitzingen, Germany. He then returned to the Pentagon to be Chief of Current Operations and Contingency Plans ODSCOPS, DA.

Colonel Foley's overseas tours include Hawaii, Vietnam, Korea and Germany. Among his military awards are The Medal of Honor, Legion of Merit with two Oak Leaf Clusters, Bronze Star, Meritorious Service Medal with Four Oak Leaf Clusters, Purple Heart, National Defense Service Medal, Vietnamese Cross of Gallantry with Silver Star, Ranger Tab, Parachutist Badge, the Combat Infantryman Badge and various service and campaign ribbons.

Colonel Foley is a graduate of the Infantry Officer Basic Course, Ranger School, Airborne School, Armor Officer Advanced Course, Command and General Staff College and the Naval War College. In addition, he holds a Masters Degree in Business Administration from Fairleigh Dickinson University.

Colonel Foley and his wife, Julie, have two sons, Mark and David and a daughter, Sara. His last assignment prior to assuming duties as assistant to the Deputy Assistant Secretary of the Army for Reserve Forces and Mobilization was Chief of Staff, 7th Infantry Division (Light), at Ft. Ord, CA.

## BASKETBALL EXPERIENCE

- Captain, Belmont High School Basketball Team (1959), Boston, Massachusetts All New England Team (1959).
- Captain, United States Military Academy, West Point, New York (1963).
- East-West All-Star Team (1963).
- 25th Division, U.S. Army Basketball, Schofield Barracks, Hawaii (1964).
- Captain/Coach, student basketball team Ft. Knox, Kentucky (1968).

- Captain/Coach, student basketball team Ft. Leavenworth, Kansas (1974).
- Captain/Coach, student basketball team Navy War College, Newport, Rhode Island (1979).
- Coach, Youth Athletic Association, Fairfax, Virginia (1980-1983).
- National Collegiate Athletic Association (NCAA) Recognition of Outstanding Service (1968).
- Guest speaker on sports (Basketball) and military leadership.

# The Masters Competitor

by Major D.C. Menard MD

Throughout recorded time, many civilizations have been permanently influenced by revolutions. Who could deny that the French revolution, the American revolution and the industrial revolution had far reaching influences on the world we currently live in? The 1980s have witnessed their own collection of social upheavals. Included in this group is the masters athletic movement and like all of its predecessors it promises to initiate many radical changes in our society. Until recently, the masters athletic movement has been a quiet and slow growing phenomenon offering only minor challenges to the supremacy of youth. However, as the movement gathers momentum it is becoming increasingly difficult to ignore and is challenging many of society's misconceptions concerning the limitations of the aging individual. It is estimated that there are more than forty million North Americans over the age of sixty-five and this number is increasing daily. It should be noted that the most rapidly growing segment of our society is the over eighty-five age group (8). This enormous segment of humanity is no longer content with retiring to rocking chairs and enjoying a life of leisure. Instead, many of them are looking for new challenges and finding them in sports. Globally, competitions have been organized under various titles such as "Oldtimer events", "Senior's leagues", "Master's races", "Mature athlete's leagues" etc. Nineteen seventy witnessed the first Senior Olympic Games with some 200 competitors taking part. Nineteen years later, Eugene, Oregon hosted the 8th World Veterans Games in which 4951 athletes from 58 countries gathered to test their skills against each other - making it the largest track and field meet in history. Athletes from 40 to 96 years of age established a total of 124 world age-class records in a wide variety of events. The masters movement offers many positive benefits to aging athletes. In addition to the obvious fitness and social advantages, it also gives them something to look forward to as they age. Every year older they get, moves them closer to another age group with its unique challenges and the potential for new records.

The scientific community has only recently recognized the masters athletic movement and there is considerable need for further investigation in this area. Unfortunately, to date a great deal of the research and literature has concentrated on either the impact of athletic participation on longevity of the benefits that exercise offers the cardiovascular system. Surprisingly little has been published focused specifically on the aging athlete. As a consequence, a number of areas have been inadequately explored, including questions such as: How the aging athlete differs from the younger competitor - structurally and physiologically? Can anything be done to prevent or at least retard the rate at which these differences occur? Do aging athletes experience a characteristic injury pattern and are there treatment considerations peculiar to this age group? This article is dedicated to addressing these topics in an effort to permit a more complete understanding of this unique entity in the world of sports - the aging athlete.

## Historical perspective

It has not been that long since society labelled anyone who continued to compete in sports past their thirtieth birthday as being "Over the hill". These people were often discouraged from participation by an attitude reflected in comments such as "Act your age", "Don't be so childish", "You never did grow up" and "What are you trying to do, give yourself a heart attack?" Living in this type of environment, it was little wonder that older citizens often found it very difficult to become involved in sports in anything other than a supporting role (i.e. coach, manager or official).

In addition, they often had limited access to sports facilities, there were few if any age group divided competitions and most importantly there were no role models to emulate. In the 1974 Commonwealth Games, Jack Foster took a giant step towards resolving some of these problems, when at the age of forty one he stunned the athletic world by placing second in the marathon with an incredible time of two hours, eleven minutes and nineteen seconds (A record that still stands). He did not stop there and has since gone on to establish at least eight other world age class marathon records. This remarkable achievement seems to have been one of the major catalysts that triggered the start of the masters movement. Since then aging athletes have gone on to

compete successfully in virtually every sport and recorded performances that are truly world class.

The following are some examples of noteworthy performances achieved by older athletes in a variety of sports:

Until the 1950's, many believed that running a sub-four minute mile was impossible. Despite the regularity with



which sub-four minute miles are run today, this achievement still remains a rare standard of athletic excellence. To date sub-four minute territory has been the exclusive purview of the young. A review of today's masters milers suggests that it is no longer a question of "if" someone over forty will ever break the four minute barrier but rather a question of "Who will be the first". In 1989, Wilson Waigwa ran a 4:05 mile and there were many masters who were not far behind. When legendary middle distance runners like John Walker, Steve Ovett and Steve Scott reach their forties who knows what will happen?

At 52, Al Oerter continues to throw the discus as no one else can. In 1989, he won this event at the World Veterans Games, twenty one years after he won his fourth consecutive Olympic gold medal in Mexico City. What is truly amazing is that his longest official throw (227 feet, 11 inches) came in 1980 when at the age of 44 he finished fourth in the American Olympic Trials.

Thirty pounds overweight, a pack a day smoker and never before active, Priscilla Welch took up jogging at the age of 34. At the age of 39 she made the 1984 British Olympic Team and finished sixth in the marathon establishing a British national record. Her marathon personal best of 2:26:51 was achieved at the age of 42. She is currently considered one of the best female road runners in the world and still believes that she can continue to set personal bests.



Power lifting is a sport that has traditionally been dominated by younger competitors. Ignoring tradition, 42 year old Precious Mckenzie of Great Britain established a world record by achieving a combined lift total of 1,339 pounds (over 11 times his body weight).

In 1985, Richard Bass (age 55) became the oldest person ever to conquer Mount Everest.

At the tender age of 65, Ashley Harper became the oldest person ever to swim the English Channel.

Although he is 72, Payton Jordan continues to record nothing short of amazing sprinting performances. This year he rewrote the record books clocking times of 13.28 for 100 meters, 27.09 for 200 meters and 66.02 for 400 meters. He attributes his success to a system of graduated warm ups, drills and recovery days that he spent years perfecting.

While the above accomplishments are certainly the exception and not the rule, they do serve to illustrate the potential that many aging athletes can strive to achieve. In essence, these people serve as role models reminding everyone

involved with aging citizens that care must be exercised not to discourage them from trying to realize their dreams simply because they are "Too old".

### **The structural and physiological changes associated with aging**

Before one can adequately appreciate the physical changes associated with the aging process, one must first understand the concept of aging itself.

Goldman(7) offers one of the simplest and yet most complete definitions of aging. He states that the aging process has four basic properties: "Aging is universal, decremental, progressive and intrinsic". In other words - we all age; functional and structural losses occur and relentlessly progress over time; and the aging phenomenon is innate to our genetic design and not something pathological. The net result of aging is a gradual impairment of our organ systems such that their functional reserves are eroded to the point where we are increasingly less able to compensate for environmental stresses,

metabolic disturbances and disease processes(16). As one can clearly appreciate, the very nature of the aging process dictates that the aging athlete differs biologically from the younger competitor.

I would now like to consider the specific alterations that occur in a number of major organ systems as individual age.

### **Respiratory changes**

There is a gradual deterioration in the functioning of the respiratory system with age. Paramount in this process are a number of architectural alterations that take place over time. A progressive degeneration of the collagen and elastin fiber content of the pulmonary parenchyma occurs(19). This is apparently an innate process that is exacerbated in lungs which are repeatedly insulted by cigarette smoke and environmental pollutants. The loss of collagen and elastin significantly undermines the structural integrity of the pulmonary tissues and so reduces their capacity for elastic recoil.

## **L'Athlète de Compétition Vétéran**

Le Major Menard du centre d'éducation physique des forces armées canadiennes s'est attaché dans son article à faire connaître le sportif de compétition vétéran en présentant principalement des vedettes du continent nord-américain ou du monde anglo-saxon. Son analyse est très détaillée du point de vue médico-sportif. Il y aborde les aspects primordiaux de l'évolution suivant l'âge de l'athlète dans les domaines :

- de l'anatomie et la physiologie
- du système cardio-vasculaire
- du système nerveux central
- du squelette
- des tissus articulaires
- des cartilages
- du système musculaire
- des types de blessure
- du traitement médical.

Cet article très complet sera un très bon guide pour le milieu sportif vétéran qui s'est érigé en véritable phénomène social au fil des années. Les athlètes ayant connu une longévité sportive de très haut niveau ont toujours existé.

Qui ne se souvient

- du célèbre «mousquetaire» Jean Borotra qui, associé à l'ancien ministre français, président de l'assemblée Jacques Chaban-Delmas, enlevait encore le titre de champion de France en tennis double messieurs à plus de 60 ans
- des fameux keepers de football quadragénaires Yachine (Russie), Zoff (Italie) précédant l'Anglais Shilton actuel keeper anglais du mondial à 41 ans avec plus de 120 sélections nationales. En football le record appartient à l'Ecossois Meredith qui, à 53 ans, évoluait toujours en première ligue d'Ecosse.

L'athlétisme connut aussi ses athlètes quadragénaires tels que :

- Carlo Lopez (Portugal), détenteur de la meilleure performance mondiale du marathon à près de 40 ans, du Britannique Ron Hill célèbre dans la même discipline et le Belge Gaston Roelants omniprésent en demi-fond
- le Français Colnard dépassant pour la première fois les 20 m au lancer du poids à plus de 40 ans et finaliste à Mexico
- le Belge Marcel Van De Wattyne participant à plus de 20 cross des nations
- Dans le domaine du cyclisme, le belge «Poeske» Scherens toujours champion du monde de vitesse à plus de 40 ans et l'éternel second du cyclisme mondial le Français Raymond Poulidor
- les sports plus techniques tels que la voile : l'Anglais Chichester, vainqueur de la transatlantique en solitaire à plus de 60 ans, l'équitation : les frères italiens d'Inzeo, le Brésilien Nelson Pessoa, les Allemands Klimke et Winkler, l'escrime : le Polonais Pavloski, l'escalade etc, connaissent encore davantage des figures légendaires.

Le sport vétéran est appelé dans notre monde actuel de civilisation des loisirs à prendre de plus en plus d'importance. Une certaine mise en garde s'impose cependant. En effet, à côté de ceux qui ont toujours pratiqué un sport et ont su s'adapter en fonction de leur capacité, il y a malheureusement certaines catégories qui s'exposent toutefois inconsciemment à de graves accidents.

Et parmi eux, il y a ceux qui ont pratiqué le sport dans leur jeunesse, l'ont abandonné et le redécouvrent sans préparation ou examen médical.

Il y a également ceux qui se croient invulnérables et refusent le vieillissement en n'adaptant pas leurs méthodes d'entraînement en fonction de leur âge risquant l'accident musculaire ou cardiaque.

Puis il y a finalement le débutant du troisième âge qui découvre le sport et s'y lance aveuglément sans aucune méthode.

A tous ceux-là, il est rappelé que le sport doit être un facteur d'émulation, d'équilibre, de joie de vivre, de santé et d'hygiène mentale.

Il doit toujours être pratiqué avec prudence, progressivement et sous contrôle médical.



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Additionally, the costovertebral joints stiffen and there is a reduction in the elasticity of the costochondral cartilages. The respiratory musculature not only experiences a loss in strength but also has a progressive increase in its connective tissue content. The changes outlined above culminate in a number of specific functional decrements that physiologists have associated with aging for many years,

- Reduced expiratory air flow;
- Reduced inspiratory air flow;
- Increased residual lung volume;
- Decreased total lung and vital capacities(19). In fact vital capacity may decline as much as 25ml/year after age 20(16).

As individuals age, there appears to be a reduction in the small vessel density present in the pulmonary tissues. It is also likely that collagen deposition occurs at the level of the alveolar-capillary basement membrane, serving to increase the diffusion barrier over which gases must be exchanged during respiration. The net result of these respiratory changes is a gradual reduction in the ability of the aging athlete to deliver oxygen to their working musculature and this will definitely hinder their ability to perform aerobically. Regular exercise will reduce the rate at which these changes occur but will not completely eliminate them.

### Cardiovascular changes

Age-related alterations in the cardiovascular system have been extensively researched. Evidence to date indicates that beyond the age of thirty-five there is an inevitable decline in an individual's  $Vo_2$  max such that by the age of sixty, it may be reduced to 80% of what the individual was capable of at the age of twenty(2,7). This represents a rate of decline anywhere from .5-1% per year and has significant implications in events requiring maximum aerobic. Several authors contend that this decline in  $Vo_2$  max is the direct result of the reduction in maximal attainable heart rate that occurs with maturation(14,16,18). However,  $Vo_2$  max is a complex value that depends on several physiological factors including cardiovascular, pulmonary and muscle function.

Since aging is associated with diminished function in all three areas, it would seem reasonable to assume that the cause of this age-related reduction in  $Vo_2$  max is multifactorial. Aging is also associated with an increase in the time required for the heart to recover to resting rates following exertion. This has implications in terms of interval training and the recovery times required between heavy physical efforts.

If disease processes are excluded, cardiac functional changes generally occur with little or no evidence of structural alterations in the cardiac tissue itself. For example, the myocardial weight remains constant; there is no substantial increase in the collagen or reticulin fibers; and there is only a minor rise in the volume of elastic tissues(7).

The vascular system is by no means immune to the relentless alterations of aging. One must, however, be especially careful in this area to differentiate age-related modifications from those caused by pathological processes such as atherosclerosis. Independent of any disease process, the vasculature not only undergoes enhanced collagen deposition, but this collagen becomes progressively more rigid as its cross-linkages mature and undergo stabilization. Calcium deposition also takes place in association with elastin fibers - a phenomenon referred to as elastocalcinosis. While atherosclerosis is considered a pathological process, its universality does not permit it to be ignored. This insidious disease narrows the lumens of blood vessels, rendering them less able to supply blood to a given area.

At the same time, it also reduces vessel wall extensibility. These changes begin before we reach our forties and produce a measurable increase in vessel wall resistance(16).



Pictured here is Sergeant-Mahjor John Taylor an infantryman with the Canadian Armed Forces. At the age of forty six (46) Sergeant-Major Taylor has run a respectable 31:14 for 6 miles.

### Central nervous system changes

As individuals age, there is a demonstrable loss of nervous tissue, including spinal cord axons and cerebral cortex(14). While the mechanism is uncertain, nerve conduction velocities can slow as much as 15% by the age of eighty(14). The ability to maintain balance and coordinate complex motor activities also diminishes with age(18). Functionally, aging athletes experience a slowing of their reaction times and increasing difficulty preserving their superior skill levels. Campbell et al(4) have used autopsy and electromyography to demonstrate that the number of functional motor units decreases with age. In effect, as individuals age there are fewer nerves to stimulate, fewer muscle fibers available to respond, and the fibers that respond do so more slowly. All of these changes have enormous implications for performance, especially in events requiring the use of speed and power. Success in these events demands recruiting and coordinating a large number of muscle fibers in order to generate an explosive effort. This is the area where aging athletes have traditionally fared the poorest in relation to their younger opponents.

While these deteriorations in the performance of the nervous system have been attributed to aging, they are accentuated by inactivity(2). Several researchers have shown marked improvements in the cognitive and neuromuscular functioning of the elderly when exposed to exercise(8). It appears that neurons are similar to muscle fibers, in that they function more efficiently when subjected to regular use.

### Skeletal changes

Perhaps the best understood age-related structural changes occur in osseous tissues. Bones are basically a combination of organic and inorganic materials arranged in a complex matrix and are capable of withstanding a lifetime of mechanical stress. They are highly dynamic tissues that undergo continuous structural adaptations in response to the demands placed upon them. Any condition that compromises one's adaptability or architecture will reduce its resilience to mechanical stress and render it more vulnerable to structural breakdown. These breakdowns can occur instantly as seen in a traumatic fracture or gradually as seen in overuse induced stress fractures. Undoubtedly, the greatest threat to the skeletal integrity of the elderly is osteoporosis. A condition affecting more than twenty five million North

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Americans, osteoporosis often progresses relentlessly in the unsuspecting person until a fracture suddenly occurs. Aging is clearly associated with a loss of bone mass and the rate of loss is gender specific. Males lose bone mass at approximately 0.4% per year beyond the age of fifty and usually experience no sequelae until the eighth decade of life. Women not only experience a higher rate of loss (0.75-1.0% per year) but they start losing their bone mass much earlier in life - often in their early thirties! To make matters worse, this rate of loss may as much as triple at menopause and remain elevated for several years thereafter. By the time many women reach their seventies they have lost more than 30% of their total bone mass.

The etiology of osteoporosis appears to be multifactorial, with calcium intake, hormonal factors, physical activity and genetics all playing significant roles. When dealing with aging athletes one must keep two critical concepts in mind. First, the loss of bony mechanical strength that occurs with osteoporosis represents a serious threat to master athletes especially if they begin training when they are fifty or older. These individuals should "Start low and go slow" in an effort to avoid overloading their skeletal structures before these structures have a chance to undergo adaptive change. Secondly, regardless of age, bony tissues respond to muscular traction and gravitational loading by increasing in thickness, strength, calcium concentration, and nitrogen content(3). Thus it seems that regular physical activity will not only counteract the demineralization process but to some extent may even reverse it.



### Connective tissue changes

Connective tissues such as ligaments and tendons were originally thought to be inert structures. Once they were synthesized they were believed to remain forever passive in the body, providing structure and support. Instead, research has shown these tissues to be highly dynamic. They constantly undergo alterations in an effort to adapt to the stresses to which they are subjected. As a rule, activity serves to stimulate connective tissue hypertrophy while inactivity promotes atrophic changes. This is yet another example of the "Use it or lose it" mechanism that is an integral part of our physical being.

Not all connective tissue is the same. In fact, the connective tissues employed in various body structures differ significantly. Their tensile strengths are determined by their unique organization of proteins such as collagen, elastin, connectin and proteoglycans(19). These macromolecules can be arranged in various combinations to create the framework for most of the body's soft tissues. Accounting for approximately thirty percent of our total body protein, collagen is by far the most abundant element in connective tissue(19). It is a major structural component of bone, ligaments, tendons, cartilage, skin, teeth, vasculature and most organs(3). Currently, five major types of collagen are recognized, each differing in its amino acid composition and sequencing, its cross-linkage bonding and the amount of covalent cross-linkage(19). It is these cross-linkages that endow collagen molecules with their tensile strength and low compliance(1). Many of the age-related alterations that collagen experiences appear to be focused on these cross-linkages.

As collagen ages, its molecular stability improves. This enhanced stability was originally thought to result from an increase in the number of cross-linkages within the collagen molecule. It is now known that shortly after being synthesized, a collagen fiber possesses all the cross-linkages it will ever have. What is currently thought to happen is that during maturation cross-linkages which were once reducible gradually stabilize, leaving the collagen fiber progressively less compliant(19). The rate at which this process occurs can be influenced by several factors including hormonal changes and physical activity. Exercise appears to accelerate collagen turnover. By effectively shortening collagen's lifespan, exercise serves to retard the process of maturational stabilization(19) and so preserves the youthfulness of these tissues.

Hormones such as insulin, thyroxine



and corticosteroids have also been implicated in the aging of collagen. Henlin has demonstrated that collagen isolated from forty year old diabetics resembles that found in normal individuals over one hundred years old(19). All of these age-related connective tissue changes are important because they alter the mechanical properties of many tissues and render the aging athlete more vulnerable to injury.

### Cartilaginous changes

Articular cartilage is an ingenious combination of collagen fibers embedded in a matrix of ground substance that is rich in chondroitin sulphates and mucoproteins. This unique design bestows upon it mechanical properties ideally suited to shock absorption. Unlike most body tissues, articular cartilage lacks a direct blood supply and so depends entirely on diffusion or imbibition processes for its nutrition. Both of these processes are facilitated by regular mechanical loading and unloading of the joint surface. Articular cartilage responds to regular mechanical stimulation by thickening. Hall and others contend that



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for articular cartilage to remain healthy it must be regularly subjected to mechanical stresses(10).

Investigators have demonstrated several age-related changes in articular cartilage. In addition to the loss of compliance in the collagen fibers as a result of cross-linkage stability, there is also an increase in the keratosulfate and chondroitin sulfate concentrations(11). The water content of these tissues is also reduced. All of these changes render articular cartilage less compliant and so less able to perform its critical function of shock absorption. It should be noted, that while age-related changes do occur, it is inactivity and not the aging process that makes the major contribution to cartilaginous deterioration.

### Skeletal muscle changes

A highly complex structure, skeletal muscle is an undeniably important element in athletic performance at any age. Despite years of research, there remains little consistent evidence of any major changes in muscle structure prior to the age of seventy(9). It is also critical to note that the alterations that have been observed are very similar to those seen in young people who are inactive or immobilized for whatever reason(12). There is disagreement in the literature as to whether muscle fibers and motor units decrease in number with age(12). As muscle ages it seems to remain biomechanically stable and maintain its capillary density(9). Larsson's research and that of several others shows alterations in the relative percentage of muscle fiber types with age(13). Their research shows a selective atrophy of the type II (fast twitch) fiber population while the type I (slow twitch) fiber population remains fairly stable. The net result of this shift is a relative increase in type I fibers. This observation is unlikely related to the aging process but rather is probably a reflection of the differential use made of these fiber types as we age. Type I fibers are recruited extensively in the execution of postural and low intensity activities which dominate the lives of most elderly people. Type II fibers on the other hand, are employed in more explosive activities and are generally utilized less frequently as we age. Considering the above, it seems only natural that such fiber population changes should occur but they should not be attributed to the aging process. Alnaqeeb et al have also shown that with aging there is a corresponding increase in the collagen content of muscle(1). Since collagen is relatively non-compliant and becomes even less so with maturation, this serves to enhance the stiffness of the aging athlete's musculature. Muscular strength drops

off beyond the age of fifty such that by the age of sixty five a person may only possess 75-80% of his/her peak strength. This loss parallels the decrease in muscle mass that occurs with aging(2).

### Injury patterns

Research unquestionably demonstrates that aging athletes are unique structurally, physiologically and psychosocially. Considering this, it is unreasonable to assume that their athletic injury pattern would not differ from that of their younger opponents. Masters athletes are potentially the victim of two distinct sets of injuries; those that occurred in their youth and have come back to haunt them and those that develop as a result of their current training and competition. Either set of injuries can be significant enough to cause considerable discomfort, hamper one's ability to train effectively and ultimately force a premature retirement from the athletic arena.

On the whole, younger athletes experience a much higher incidence of traumatic injuries to their musculoskeletal structures than their older colleagues. It should also be noted that this occurs in spite of the greater suppleness of the younger athlete's connective tissues. To explain this difference, one must take into consideration the younger athlete's comparative lack of competitive experience, his/her tendency to participate in more body contact and potentially violent sports, and the more reckless intensity with which they often compete. The masters athlete is by no means immune to trauma induced injury but the greatest threat to them comes from degenerative tissue changes. Generally, these are excessive wear and tear disorders. Postural malalignments only serve to exacerbate this process. For example, runners with genu varus will repeatedly subject the medial compartment of their knees to excessive mechanical stresses. Over time, this overloading of the medial compartment will considerably shorten its lifespan and osteoarthritic degeneration and medial meniscal breakdown will occur. Research by DeHaven and Littner indicates that as we age the incidence of inflammatory problems rises until at the age of seventy the top five athletically induced maladies are inflammatory in nature(5). Anyone who works with masters athletes must constantly beware of the "itises" - arthritis, bursitis, tendonitis, capsulitis etc.

Some discussion must now be directed to the effect of aging on the healing process. According to Eagles-tein(6), research on humans and animals indicates that there are age-dependent differences in the wound healing pro-

cess. Classically, the body's response to injury is described as occurring in three phases:

- Inflammatory phase
- Proliferative phase
- Remodelling phase

All three are detrimentally affected by the aging process. The inflammatory response is dampened. During the proliferative phase, cellular migration, cellular proliferation and cellular maturation are all delayed. Finally, during the remodelling phase collagen is laid down less rapidly, in smaller volumes and with an altered binding pattern. In summarizing these changes, Dr. Eaglestein states, "Events begin later, proceed more slowly and often do not reach the same level. However, there are neither new events nor an absence of expected events"(6). Other researchers have suggested that the delays in the healing process associated with advancing age are the result of delays in the time it takes to prime the system for the regenerative process(6). The bottom line is, that aging athletes will recover more slowly from injuries than their younger opponents and that the injuries they get tend to be chronic in nature.

### Treatment considerations

There are a number of factors to keep in mind when managing an injured masters athlete. First, dedicated masters athletes will react to being injured like most athletes and thus will be reluctant to simply discontinue their training and competitive schedule. Their athletic involvement has become a highly valued component of their self image and this is seriously threatened when their participation is restricted because of injury. Before a health care professional can effectively manage these individuals they must recognize the existence of this "Athletic mind set". To boldly pronounce to an athlete, "The solution is simple: if it bothers you to throw the discus then stop throwing the discus" is not only inappropriate but insensitive. This type of attitude does little to dissuade some athletes from participating in their sport. Indeed, this approach challenges some individuals to attack their sport with even greater fervor in an effort to prove the medical world wrong. As an alternative, medical professionals should take the time to carefully explain the problem and indicate that continuing with an unrestricted training program could not only cause more extensive damage but might permanently interfere with the athlete's ability to compete and improve in their particular sport. The objective is to convince athletes that by accepting a short term loss they will ultimately enjoy





a long term gain. The severity of this short term loss can be minimized by proposing alternate athletic activities that will permit athletes to maintain or even improve their fitness and athletic skills without hampering the healing of their injury. The more sport specific these activities are, the greater their potential benefit. A good example of this would be water running sessions for a marathoner with a metatarsal stress fracture. Technique modification is another avenue that one can pursue. For example, switching a tennis player with a recurrent shoulder impingement syndrome, from an overhead serve to a side arm serve is often all that is needed to permit continued participation with minimal discomfort.

Although the problem is not directly addressed, you accomplish what the patient desires - permitting continued

participation in his/her chosen sport. If necessary, bracing can be used to support body parts where the normal musculoskeletal structures have been compromised. Only as a last resort should one recommend a complete change of activity.

### Conclusion

This article was intended to convince the reader that the masters athlete is indeed a unique entity in the athletic world. Considerable research has been done in this area and clearly shows a number of structural and physiological changes occur as a result of the aging process. These changes not only affect training and performance but also influence injury patterns, wound healing and treatment concerns. One of the few areas where aging athletes do not differ from their younger opponents is the

seriousness with which they approach their sporting lives. A review of the sports results over the past ten years indicates that masters athletes are not only competing in increasing numbers but in many cases they are performing at exceptional levels. In rare instances, they are actually winning medals in international events and establishing world records. While the masters athletic population has its own injury pattern, the greatest threat to the continued health of its membership is not the aging process but rather the inactivity associated with a sedentary lifestyle(2). As P.O. Astrand, the father of modern exercise physiology, puts it: "There is less risk in activity than in continuous inactivity. It is more advisable to pass a careful physical examination if one intends to be sedentary in order to establish whether one's state of health is good enough to stand the inactivity"(2). There can be no denying that the body was designed to reinforce physical activity and that deprived of this stimulus it will undergo many degenerative changes. Several investigators estimate that the rate of structural and physiological changes seen in our aging population can be reduced by as much as fifty percent with regular exercise. Considered in this light, physical activity is indeed a fountain of youth in which virtually everyone can refresh themselves. This is perhaps best summarized by a slogan seen on the T-shirt of a competitor at the 1989 American Senior Olympics which states, "You don't stop playing because you grow old, you grow old because you stop playing."

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# Military Sport Schools

By Lt-Colonel W. Libbrecht (BEL)  
Captain C. Miry (FRA)  
Professor K. Chmiel (FRG)  
The Swiss delegation

*CISM is organizing a doctrinal clinic in Warendorf (Germany F.R.) from 14 to 20 October 1990. One of the most important topics will be: Army Sports Schools. A similar clinic will be conducted in Fontainebleau in 1991. In this context, the Commissions for Sport and Information decided to choose Military Sports Schools as the central theme of the Nos. 90/3 issue of the "Sport International" magazine. This seems to be an excellent means of introducing and informing future participants of the doctrinal clinic. The objective of the article was indeed to describe and to compare the different training systems for sport instructors in CISM. Therefore it is necessary for us to consider the different aspects attached to training:*

- the need to have specialized instructors with or without physical training as a unique speciality.
- possibility to have polyvalent instructors (with military and sport techniques) or mixed combination or a combination of civilian teachers or civilians during their military term.
- differences in organization or concepts of the different Armed Forces of the same country (Army, Air Force, Navy, Gendarmerie, Financial corps etc) or according to the specialization of the sports (winter, summer, mountain, combat, water, team sports, etc.)
- linkage with the training of the top athletes regrouped in sport companies according to their sport or in one sport center or having a statute which allows them to practice their sport under the best conditions.
- percentage of the on-duty man hours used by military and sport training for these top athletes.
- coordination with the National Sports Federations
- medical sport control.

*Each of these issues could be used as a main topic. In order to be able to discuss these different aspects we were expecting the cooperation of the different delegations who were asked in the January 1990 issue of the CISM News to provide the necessary information. It is regrettable to note that despite many reminders, we only received a few positive responses from some delegations. So our initial project cannot be accomplished and the article will only consist of a description of the military sport schools from Germany F.R., France and Switzerland. We hope to publish in the next issues other sport centers based on the information we receive and specifically about the other continents.*

## The French Armed Forces Sport School

It was founded in 1967 and combined the military top athletes and the military sport experts from the Army, the Air Force, the Navy and the National Gendarmerie.

Located in the Guynemer camp, enclaves 50 hectares in the forest of Fontainebleau, 60 kms from Paris, the school has a colonel as unit commander.

The Armed Forces Sport School has two main tasks: the training of the Armed Forces experts in Physical Education and Sport and the training of the military top level athletes. Two battalions (Antibes and Joinville) are responsible for accomplishing these tasks.

The battalion of Antibes is responsible for reviewing specific information and the advanced training of the officers and N.C.O.'s specialized in P.T.T. It prepares the athletes to achieve the national and federal diplomas in some sport disciplines. Finally it provides training to foreign participants. That makes an annual average of 500 participants, including 10% foreign students.

The battalion of Joinville is responsible for organizing and animating sport training for the athletes while at the same time providing military training. According to the special directives given by the General Commissary for Military Sports, it also trains the Military French teams set up for international meetings. 400 athletes, with a large majority of conscripts, are therefore designated

annually. The Battalion of Joinville also hosts several clinics for the benefit of foreign athletes or several national civilian sports federations.

Besides these main tasks, the school is not only conducting studies and research in the fields of physical and sport training but also in the field of sports medicine with close cooperation of the Central Armed Forces Health Department. By issuing a technical liaison bulletin, it also plays the information role. Finally, it is closely related and exchanges ideas and information with

the French and foreign sports bodies.

The local sports infrastructure makes it possible to ensure the quasi totality of the training of the participants and particularly in the fields of track and field, collective sport, swimming, shooting, weight-lifting, combat sports, water sports, tennis... This infrastructure is still in the development stage. New accommodations, sports facilities, and a new sport medical center will be available around 1995 and will give it the dimension of "the School of the year 2000".



The stadium Jean Seitz and the lodging area  
Le stade Jean Seitz et la zone de logement



## The Federal Armed Forces Sports Schools

The Federal Armed Forces Sports School is the central training institution for Bundeswehr sports. Between 1957 and 1978, the Sports School was based in Sonthofen, Allgäu, where there is still a branch primarily dedicated to winter sports. Since 1978, the Federal Armed Forces Sports School has made its home at Warendorf, Westphalia, the "City of Sports". Right adjacent to the school are the North Rhine-Westphalia State Stud Farm with the German Riding School, the German Equestrian Association, the Olympic Equestrian Committee, as well as the Federal Training Center for Modern Pentathlon and for the German Lifesaving Society.

The Federal Armed Forces Sports School also assumes the duties and responsibilities of an Olympic Base of the German Sports Federation.

Above all, the Federal Armed Forces Sports School is a school tasked to train sports instructors. In a wide variety of training courses, the capabilities to serve as sports instructors in Bundeswehr units are imparted to enlisted personnel, NCOs and officers. Moreover, all licences awarded by the Federal Armed Forces Sports School are fully recognised by the German Sports Federation. Primarily, training courses are held in such types of sport as swimming/lifesaving, track and field, orienteering, soccer, handball, volleyball, basketball, as well as physical fitness, in which the students may attain various levels of qualification. In order to conduct this training, the Sports School has a faculty which includes 21 civilian certified and licensed physical education instructors, who are graduates of German sports colleges or of university sports schools.

Another important task of the Federal Armed Forces Sports School is to promote top athletes who are liable to military service. For about two decades now, the Bundeswehr has been offering such top athletes an opportunity to train during their tour of duty. Pursuant to an agreement made between the Federal Minister of Defence and the German Sports Federation, top athletes - following completion of the 3-month basic training - are assigned to a sports promotion unit where they can train 70 percent of their on-duty hours in addition to 30 percent of the time, which is taken up by military training. Thus, approximately 160 "soldier athletes" receive dedicated promotion and advancement in the sports promotion units, which have been set up at the Sports School in Warendorf and at its Sonthofen Branch. Outstanding placings achieved at German, European and World Championships, as well as at CISM Championships and at the Olympic Games attest to the success of that concept.

Just to name a few of the 71 winners of Olympic medals since 1972, Olympic Gold Medals were won in recent years



*The field house is one of the most modern training facilities in the Federal Republic of Germany.*

*La salle d'athlétisme est une installation d'entraînement des plus modernes en République fédérale d'Allemagne.*

by soldier athletes like Gregor Braun, 1976 Double Olympic Champion, cycling; Peter Angerer, 1980 Olympic Champion, Biathlon; Michael Groß, 1984 and 88 Olympic Champion, Swimming; Ralph Ehrenbrink and Thies Kaspereit, 1988 Olympic Champions, Equestrian events.

An Evaluation, Troop Tests and Regulations Division supports training by preparing instructional films and training material, as well as regulations and training guidelines. In order to have teaching methods and organizational structures satisfy the ever increasing requirements, the methods used are continuously revised and supplemented. Bundeswehr sport is patterned after current sports structures as they exist in the Federal Republic of Germany and is practised in line with methodological-didactic principles. There are no sports activities in terms of purely military sports conducted in the Federal Armed Forces, since such activities would not stand a chance in modern conscript

forces as regards the motivation required.

The medical equipment and facilities available to the Division of Sports Medicine meet the most demanding requirements: its field of work extends from the preparation of expert medical reports and advisory opinions on physiology of effort through orthopedic therapy and internal treatments to diagnostic performance tests within the realm of top competitive sports. In addition to four physicians, the Division of Sports Medicine employs 17 civilian and military personnel, including masseurs, doctor's assistants. Moreover, the Head of the Division of Sports Medicine lectures at the Medical School of Freiburg University. This example clearly shows the close cooperation with civilian institutions and the qualification of the staff employed.

At Warendorf, the Federal Armed Forces Sports School has all facilities and sites necessary to ensure a smooth progress of training and competitions.



*Overall view of the sports halls and the Division of Sports Medicine Building.  
Vue d'ensemble des salles de jeux d'équipe et de la division de médecine sportive.*



They include:

- a field house with a total length of 146 meters. Apart from a 110 m hurdle track, it houses a complete site for hammer, discus and javelin throws where the items hurled or thrown are caught in a huge plastic net after approximately 20 meters;
- a swimming stadium featuring a 50 m pool and a 25 m pool, as well as a stand for about 600 spectators, an electronic scoreboard, underwater viewing windows and a hydraulic variable height diving platform;
- a sauna;

- a sports hall with a stand for about 600 spectators;
- another sports hall and three gymnasiums;
- a large riding hall;
- two special arenas for boxing, judo and fencing;
- four rooms equipped with Athletic-Power-Centers;
- a stadium with grandstand, a 400 m synthetic surface track and floodlighting;
- a sports field with a 400 m synthetic surface track;
- two training fields (turf and synthetic)

- and three small playing fields also with synthetic cover;
- complete track-and-field facilities (multiple-event sites);
- three tennis courts.

The Sonthofen Branch of the Sports School has two sports grounds (one featuring a 400 m synthetic track), one indoor swimming pool (25 m), two sports halls, one room equipped with an Athletic-Power-Center and another room especially for weight lifting.

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## The Swiss School for Physical Education and sports (Macolin)

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The Swiss School for Physical Education and Sports (SSPES) at Macolin enjoys a privileged position on a plateau of the Jura facing South, with a splendid view across the Lake of Biel and the Midlands to the Alps. In the midst of an exceptionally beautiful landscape, at a height of about 3,300 feet, the school has become the most important sports centre of Switzerland in the past forty years. It is a State institution and depends on the Federal Department of Home Affairs. There are three main divisions concerned, respectively, with teaching, administrative services and research. The school provides training in a great variety of specialized branches, for sports teachers, national coaches and advanced level instructors for the national Youth + Sports scheme. Research is devoted to fields such as, among many others the investigation of

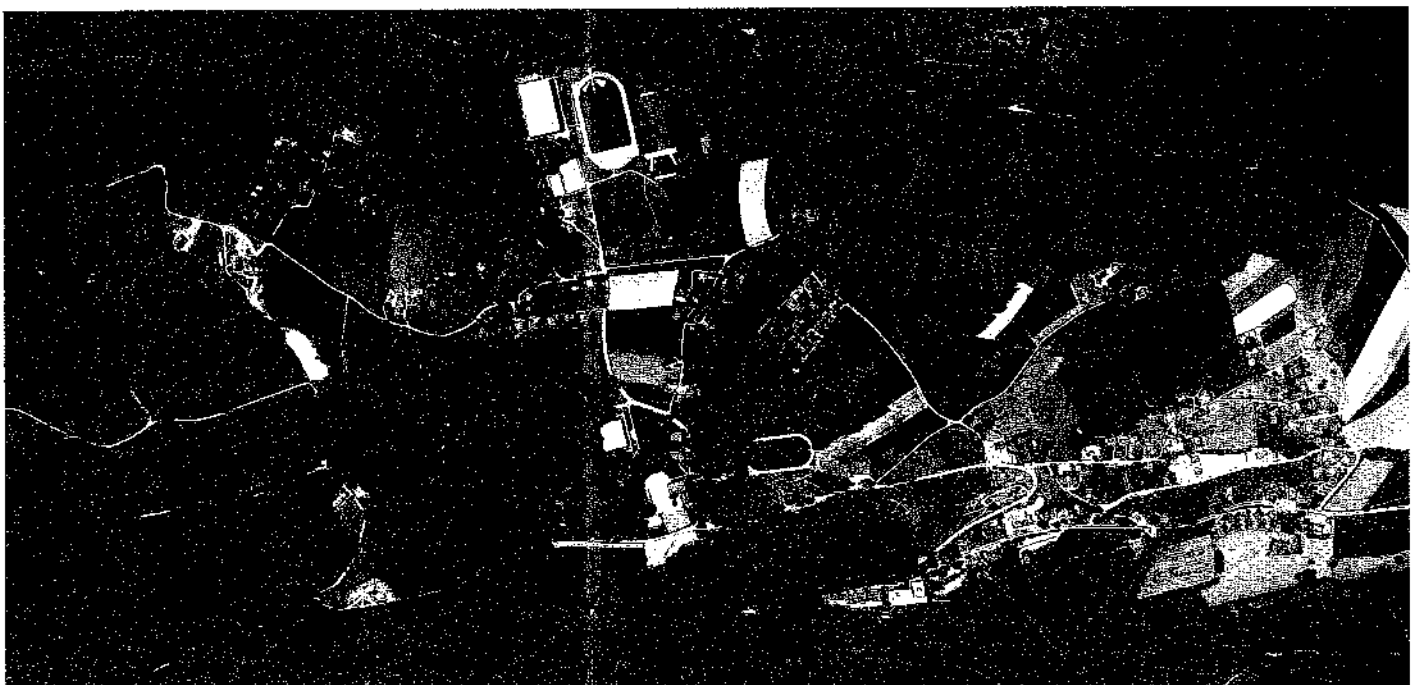
the possibility to improve man's physiological abilities and the development of antidoping tests. Macolin is an oasis of calm, where top level athletes have an opportunity to prepare for the great contests at leisure and under the best possible conditions. The SSPES offers audio-visual aid facilities, including a reading library and a lending film library, as well as a special section which provides advice and recommendations for the building of sports facilities.

The SSPES is moreover an important meeting and study centre: research workers and in general all sports specialists frequently gather there for congresses.

Most of the magnificent outdoor equipment of Macolin is at the disposal of the public. According to season, those who wish to keep up and to

improve their physical form may make free use of the Finnish track or of the cross-country skiing tracks, one of which is lit. For those who enjoy group games, there are handball fields. But Macolin is also a popular site for excursions; they come for walks on the school's grounds in thousands.

Here a few figures: 165 employees, including 28 teachers and 4 doctors, as well as 3 cooks; around 4,000 people each year take part in the School's own courses and 14,000 in the associations' courses and training sessions. The ground covers approximately half a million square meters, of which 374,000 are in the building zone of Biel. Building costs: 60 million Swiss francs per annum, of which 15 million Swiss francs per annum, were covered by private sponsors (Swiss National Sports Federation, Swiss Federation for Gymnastics).



*Aerial view of the installations of Macolin (Switzerland).*

*Vue aérienne de Macolin*



## “The 1990 Military World Skiing Championship”

# 32nd Skiing Championship - Seefeld (Austria) from 19/03 to 24/03/90

<b>Participating countries:</b>	14	Austria, Germany FR, Belgium, Canada, Chile, United States, Finland, France, Italy, Norway, Netherlands, Sweden, Switzerland, Romania (invited country)
<b>Observer country:</b>	2	Denmark, Morocco
<b>Female participation:</b>	6	Canada, United States, France, Norway, Sweden, Romania (invited country)
<b>Official CISM Representative:</b>		Lieutenant-General Cl. Rees (United States)
<b>PTC Chairman:</b>		Lieutenant-Colonel J. Cavallé (France)
<b>Number of participants:</b>	athletes	179
	officials	117
	total	296
<b>Number of spectators:</b>	1500	



*La Française Mancini, victorieuse dans l'épreuve de fond 10 km*

*The French woman Mancini, winner of the cross-country skiing 10 km ladies*

### Sunday, March 18th, 1990

We prepare the rooms which will be used for the organization of the championship. The reception desk and the offices are located in the "Seefeld Olympic Centre", a building erected for the Nordic events of the 1976 Winter Olympics.

It will be here in Seefeld, on genuine olympic slopes, that "our" military World Skiing Championship 1990 will take place.

I look out of the big window, at the starting and finishing area of the cross-country skiing competition. The last

snow has melted and a few metres away from where the shooting range has been erected, people sit on benches enjoying the warm sunny day, with temperatures of up to 25°. For a short while I let myself daydream. I can see skiers soar past rows of enthusiastic spectators. They ski through the centre of Seefeld. I hear the metallic click of the disks falling under the biathletes' fire and I can feel the excitement of tension mounting, as one may hear when in a sports competition, a record is about to be broken. I am soon brought back to reality by a telephone call requiring personnel reinforcement for work on the giant slalom slope. For days now we've been fighting the sun in an attempt to save the rest of the snow, we build up reserves by day, while at night we spread out the precious white stuff on the slopes, which we are permanently rebuilding.

For the cross-country ski trials we have long since decided to use the nearly slope of Wildmoos as a replacement. The news from Wildmoos is very reassuring.

The weather bulletin for the next day does not announce any change, so, within the organization, we all know "Improvisation" will be the watchword.

### Monday, March 19th, 1990

The early morning organization meeting is short, and all is harmony between the involved parties. We, the military, are already used to work together with our civilian collaborators from Seefeld, and we fully trust each other. The past 16 CISM Championships have until now been organized exclusively within military surroundings. This time however, we have made an attempt to leave the barracks

well behind us and to organize the championships in civilian surroundings, in order to make full use of the human and material resources thereof. In this way we hope to open a door which will enable us to continue to organize high-level military competition sports, entailing ever increasing rises in spending, even if the economic situation of the member countries should take a turn for the worst.

As ever, the arrival of the delegations goes on for the whole day, with the last delegation only arriving around midnight.

The news from the ski slopes is very encouraging, everyone seems to be working zealously. We get the distinct feeling everyone considers it to be "their very own championship".

### Tuesday, March 20th, 1990

The opening meeting for delegation leaders and team managers is ceremonious and finishes after 35 minutes.

The lack of executive officers and private cars for the assignments brings about some uncertainties, and the officials and organizers are induced to collaborate even more intensely.

However, despite the difficulty to improvise, due to the moving of the competition sites, there really aren't any major problems. Although the organizing committee's means are reduced to about a quarter of the usual personnel and material potential, it assumes its assignment to the full.

The news released by the technical juries confirms that the various events may take place on the slopes anticipated, which provokes a general outburst of good humour.

## A Championship's Diary





*Le vainqueur de l'épreuve de fond de 15 km, Gandler (AUT)*

*The winner of the cross-country skiing 15 km, Gandler (AUT)*

The last measures for the coming competition day are taken in the technical meeting. The registration rolls for the various events confirm that it is world class which will be present at jump-off.

At 1930 hrs, half an hour before the start of the opening ceremony, the rain starts. This is the enemy we fear most of all, as we are quite helpless to do anything about it.

However, all this does not prevent the tightly packed crowd in Seefeld square from heartily cheering the female and male athletes.

### Wednesday, March 21st, 1990

During the night, there is dense and uninterrupted rainfall.

The cross-country slopes are still resisting to the water, but the giant slalom slope has suffered enormously. It only just allows for the passage of the triathletes, the special giant slalom is cancelled by the jury, under the direction of the ISF representative.

By this time the meetings between the organizers have turned into real crisis cabinets; our last hope is now the 2000m substitute slope in Kühtai, at 50 kms from here. While the male and female biathlon tests take place in strict observance of competition rules, the giant slalom for the next day is prepared at Kühtai, with the efficient help of the civilian inhabitants. There are but a few hours left....the starlit sky looks hopeful for a cold night.

### Thursday, March 22nd, 1990

The organizers, athletes and trainers, not forgetting the spectators, march along to Kühtai in 3 columns, spaced out in time. The last doubts by now have gone. Sunshine and snow, international athletes, exhilarating performances and an enthusiastic public, all ingredients are present for an intoxicating cocktail.

We're glad the atmosphere is so splendid, although we had to change the championship site. There's only ski patrol left to be done now.

### Friday, March 23rd, 1990

A fully equipped cross-country skier puts on a sprint from the hotel to the shuttle bus which is to take him to the competition site.

It's been raining cats and dogs for hours on end now, this is an ideal time for a military test such as the patrol run. Providing the trail holds out!

On the terrain, the IUPM representative in charge signals to me from afar: all is well, competition may start within one hour thirty.

When the race is over, we see that notwithstanding the rain, numerous spectators have once more witnessed an enthralling race between 23 patrols, with extremely narrow time differences in the placings. After this, without any warning the sun breaks through the heavy clouds, at one go sweeping away both the athletes' and the organizers' tension.

The majority of the championship participants is gathered once more, at the closing ceremony. The atmosphere at the closing banquet in "Olympiahall" is excellent, and rumour has it that for some, the party lasts until the small hours, in the Seefeld bars and discotheques.

I'm grateful to the team for bringing the championship to a successful conclusion. Also, I'm quite delighted by the numerous performances accomplished by the athletes, and by the team spirit that has reigned over all.

We pass the torch to Sweden:  
"Good luck for 1991, Östersund".

by Colonel Arthur ZECHNER



*Le vainqueur du slalom géant en pleine action, Pieren (SUI)*

*The winner of the giant slalom in full action, Pieren (SUI)*



déroulent, dans le strict respect des règles de la compétition, les épreuves de biathlon pour hommes et femmes, le slalom géant du lendemain se prépare à Kühtai, avec l'aide efficace de la population civile. Il ne reste que quelques heures...Le ciel étoilé nous promet une nuit froide.

**Jeudi 22 mars**

Les organisateurs, les athlètes et les soigneurs, sans oublier les spectateurs, se mettent en marche vers Kühtai en 3 colonnes espacées dans le temps. Les derniers doutes sont tombés. Le soleil et la neige, les athlètes de niveau international aux performances impressionnantes, le public enthousiasmé, tous ces éléments constituent un cocktail grisant.

Nous sommes heureux que l'atmosphère soit si bonne malgré le changement de lieu pour notre championnat.

A présent, il ne reste plus que l'épreuve de patrouille.

**Vendredi 23 mars**

Un skieur de fond muni de son équipement pique un sprint de l'hôtel vers le bus de navette qui doit l'emmener au terrain de compétition.

Il pleut à verse depuis des heures; c'est un temps idéal pour une épreuve militaire comme la course de patrouille. Pourvu que la piste tienne!

Sur le terrain, le responsable, le délégué de l'UIPM me fait signe de loin: tout est O.K., la compétition peut commencer dans une heure et demie.

Lorsque la course est terminée, nous constatons que de nombreux spectateurs ont à nouveau assisté, malgré la pluie, à la lutte captivante entre 23 patrouilles. Les différences de temps entre les équipes classées sont très minimes. Et puis, sans crier gare, le soleil perce les lourds nuages, dissipant d'un coup la tension qui règne chez les athlètes et les organisateurs.

La cérémonie de clôture réunit, une fois encore, la plupart des participants à ce championnat. Au banquet de clôture dans la «Olympiahalle», l'ambiance est excellente; on dit même que pour certains, les festivités se termineront aux petites heures dans les discothèques et les bars de Seefeld.

Je suis reconnaissant à l'équipe qui a permis de mener le championnat à bonne fin; je me réjouis également des nombreuses performances accomplies par les athlètes ainsi que de l'esprit sportif qui a régné chez tous.

Nous passons le flambeau à la Suède: «Bonne chance pour 1991, Östersund».

par le Colonel Arthur ZECHNER

**RESULTS**

**Individual classification**

**Biathlon 20 km**

1. A. Reiter (FRG)
2. A. Zingerle (ITA)
3. M. Löwgren (SWE)

**Biathlon 15 km Ladies**

1. H. Fossen (NOR)
2. M. Stadig (SWE)
3. A. Elvebakk (NOR)

**Cross Country skiing 15 km**

1. M. Gandler (AUT)
2. H. Balland (FRA)
3. S. Barco (ITA)

**Cross Country skiing 10 Km Ladies**

1. I. Mancini (FRA)
2. A. Elvebakk (NOR)
3. I. Björkbom (SWE)

**Giant slalom**

1. H. Pieren (SUI)
2. A. Bittner (FRG)
3. L. Pesando (ITA)

**Triathlon - General result**

1. H. Mühlbacher (AUT)
2. E. Werlen (SUI)
3. W. Perner (AUT)

**25 Km Patrol race**

1. Norway (T. Hallen, S. Istad, E. Kvalfoss, I. Uiekleiv)
2. Italy (M. Albarello, A. Zingerle, W. Pallhuber, J. Passler)
3. Finland (I. Pulkkinen, J. Ahonen, A. Marjetta, V. Oja)

**Combined trophy per nation**

- |                |            |
|----------------|------------|
| 1. Italy       | 2. France  |
| 2. Austria     | 6. Norway  |
| 3. Germany FR  | 7. Sweden  |
| 4. Switzerland | 8. Finland |

**Team classification**

1. Italy (A. Zingerle, W. Pallhuber, J. Passler)
2. Germany FR (A. Reiter, F. Wudy, H. Göbel)
3. Finland (A. Tella, T. Kohonen, H. Eloranta)

1. Norway (H. Fossen, A. Elvebakk, U. Kristiansen)
2. Sweden (M. Stadig, R. Löwqvist, I. Björkbom)
3. Canada (M. Bedard, Y. Visser, E. Gillies)

1. Italy (S. Barco, S. Fauner, A. Runggaldier)
2. Sweden (D. Andersson, P. Göransson, K. Andersson)
3. Switzerland (D. Hediger, J. Wigger, H.L. Kindschi)

1. Norway (A. Elvebakk, H. Fossen, U. Kristiansen)
2. Sweden (I. Björkbom, A. Engström, M. Stadig)
3. France (I. Mancini, V. Claudel, N. Beausire)

1. Italy (L. Pesando, A. Barcella, A. Tomba)
2. Austria (R. Nierlich, G. Mader, S. Eberharther)
3. Switzerland (H. Pieren, U. Kälin, P. Zurbriggen)

1. Austria (H. Mühlbacher, W. Perner, L. Gredler)
2. Switzerland (E. Werlen, G. Niederberger, D. Curschellas)
3. France (D. Michaud, P. Rassat, L. Mandrillon)





# INSA

## INTERNATIONAL SPORTS ACADEMY The Beginning of A New Partnership



We are happy to use the new **INSA/CISM** partnership as an occasion to introduce the **INSA FOUNDATION** services also to those **CISM** member countries that have not yet been acquainted with our **Sports Academy**. Since its formation in 1985 **INSA** has educated more than 200 coaches and sports managers, prepared more than 50 teams in training camps for important championships and supervised the medical treatment of many injured top athletes. Our sportsmen come from numerous countries in Africa, Asia, the Middle East and elsewhere and participate in our English and Arabic spoken courses as members of civil or military sports organisations. Highly favoured are our **Basic and Advanced Coaching Courses** which are organised for all types of sports, as well as our **Sports Management Course (BCC/ACC/ASM)**. Highly qualified teaching personnel for theory and practice, ideal teaching and training centres in combination with pleasant hotel accommodation have become the trademark of our **Sports Academy** while the number of our friends and clients is steadily growing. The recognition of this supreme educational quality resulted in **cooperation** between **INSA** and the **NOC for Germany, the German Sports Federation, UNESCO, the IOC-Olympic Solidarity** and other supranational sports organisations and government offices which are only too pleased to actively support **INSA's** endeavours in the field of international sports development. The newly established partnership with **CISM** is meant to open up our services to a higher degree to individuals and teams from the **Armed Forces** of the **CISM** member countries and within this cooperation envisages the enrichment and optimisation of the military sports at the amateur and professional levels. Please, get your information on our manifold services not only in the field of education but also if you need assistance to obtain sports equipment or general organisation and counselling, the **INSA Foundation** will support you by word and deed. **Order** our information material or **register** for the **courses** of your choice right now!

1990

ACC/ASM	26.02 — 24.03
BCC	20.08 — 12.10
ACC/ASM	17.09 — 12.10

1991

ACC/ASM	18.02 — 15.03
BCC	08.07 — 30.08
ACC/ASM	16.09 — 11.10

L'association **INSA-CISM** est née récemment et nous profitons de cet heureux événement pour vous présenter notre **ACADEMIE DU SPORT** et ses différents services.

Depuis sa création en 1985, **INSA** a formé quelque 200 entraîneurs et «sports managers»; elle a préparé plus de 50 équipes à des championnats importants et a assuré la surveillance médicale de plusieurs athlètes de haut niveau. Nos sportifs proviennent du monde entier mais principalement d'Afrique, d'Asie ou du Proche Orient et appartiennent à des institutions sportives civiles ou militaires. Nos **cours: le «basic coaching course» (BCC), l'«advanced sports management course» (ASM)**, donnés en langue anglaise ou arabe, se rapportent à tous les sports.

Nos entraîneurs hautement qualifiés, tant sur le plan théorique que pratique, nos centres de formation et d'entraînement bien équipés et l'hébergement confortable dans des hôtels luxueux attestent de la haute qualité de l'**Académie du Sport** dont le nombre d'élèves va croissant.

La valeur de notre formation s'est révélée au cours de **collaborations entre INSA, le Comité National Olympique d'Allemagne et la Fédération Allemande des Sports mais également au contact de l'UNESCO, de la Solidarité Olympique du CIO** et de nombreuses organisations internationales sportives qui soutiennent notre action dans le cadre d'une aide internationale au développement du sport.

Le but de notre nouvelle association avec le **CISM** est de permettre une participation accrue à nos cours, d'athlètes, amateurs ou professionnels, des pays membres du CISM et d'obtenir via cette collaboration une meilleure optimisation du sport militaire.

Soyez persuadés que **INSA** peut vous aider dans le cadre de la formation mais aussi vous procurer du matériel sportif et résoudre vos problèmes d'organisations de manifestations sportives.

Demandez notre documentation complète ou **inscrivez-vous** à l'un de nos cours à votre choix!



يسرنا ان نغتنم فرصة ارتباط انترناسيميزم لتعرض للدول الاعضاء في السيزم نشاطات مؤسستنا الانزا لاولئك الذين لا يعرفون اكاديميتنا الرياضية . منذ تأسيسها عام ١٩٨٥ استطاعت الانزا تعريب اكثر من (٢٠٠) مشارك في دوراتها التدريبية الرياضية او الادارية الرياضية . واكثر من (٥٠) فريق رياضي شارك لدينا في مسابقات تدريبية والذين حضروا انفسهم لبطولات رياضة ذات مستوى رفيع وكذلك تلقت قدمنا خدماتنا في رعاية الرياضيين المصابين لاعادتهم سالمين من اصاباتهم . ان رياضيونا ياتون من دول كثيرة افريقية واسيوية وخاصة من دول الشرق الاوسط ومن اماكن اخرى يشاركون كأعضاء منتدبين من قبل الجهات الرياضية الحكومية والعسكرية في دوراتنا المقدمة لهم في اللغة الانجليزية والترجمة الى اللغة العربية ، وخاصة دورات المدرسين سواء منها الاعيادية او المتقدمة وكذلك دورة الاداريين الرياضيين المتقدمة . ان المدرسين ذوي الخبرة النظرية والعملية وكذلك اماكن التعريب ممتازة بالارتباط مع الاقامة الفندقية المريحة هي الشعار المميز لأكاديميتنا التي ينمو عدد المشاركين فيها عاما بعد عام ، ان المستوى التدريبي العالي لدينا ادى الى حصولنا على الاحترام والعمل المشترك مع اللجنة الاولمبية الالمانية ، اتحاد الرياضة الالمانى البيونسكو ، اللجنة الاولمبية العالمية والمراكز الحكومية ، وكلهم يدعمون عطنا معنوياً في دعم الرياضة في دول العالم الثالث . وان هذا الارتباط انزرا - سيزم ليسمح الفرصة لنا ان نزيد من دائرة عطنا في دعم المزيد من الرياضيين والفرق الرياضية مع الدول الاعضاء في السيزم للمساعدة في رفع مستوى الرياضة العسكرية وصلفها نحن في خدمة الجميع ليس فقط في مجال الدورات الرياضية وانما أيضا في مجال تزويديكم بالاجهزة الرياضية أو في الامور التنظيمية والارشاد . نحن دائما تحت الطلب للنصح والعمل الى جانبكم ، اتصلوا بنا لتزويديكم بالمعلومات الوافية عن مؤسستنا وكذلك سجلوا انفسكم فوراً للدورات التي ترغبون في الالتحاق بها .

دورات ١٩٩٠

د.م. متقدمة	٢/٢٤ — ٢/٢٦
د. اداريين متقدمة	١٠/١٢ — ٨/٢٠
د.م. مبتدئة	١٠/١٢ — ٩/١٢
د. اداريين متقدمة	

دورات ١٩٩١

د.م. متقدمة	٢/١٥ — ٢/١٨
د. اداريين متقدمة	٨/٢٠ — ٧/٨
د.م. مبتدئة	
د.م. متقدمة	١٠/١١ — ٩/١٦
د. اداريين متقدمة	



Prof. H. Dubberke · President



L. Waterfeld · Manager



W. Bialik · General Secretary

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