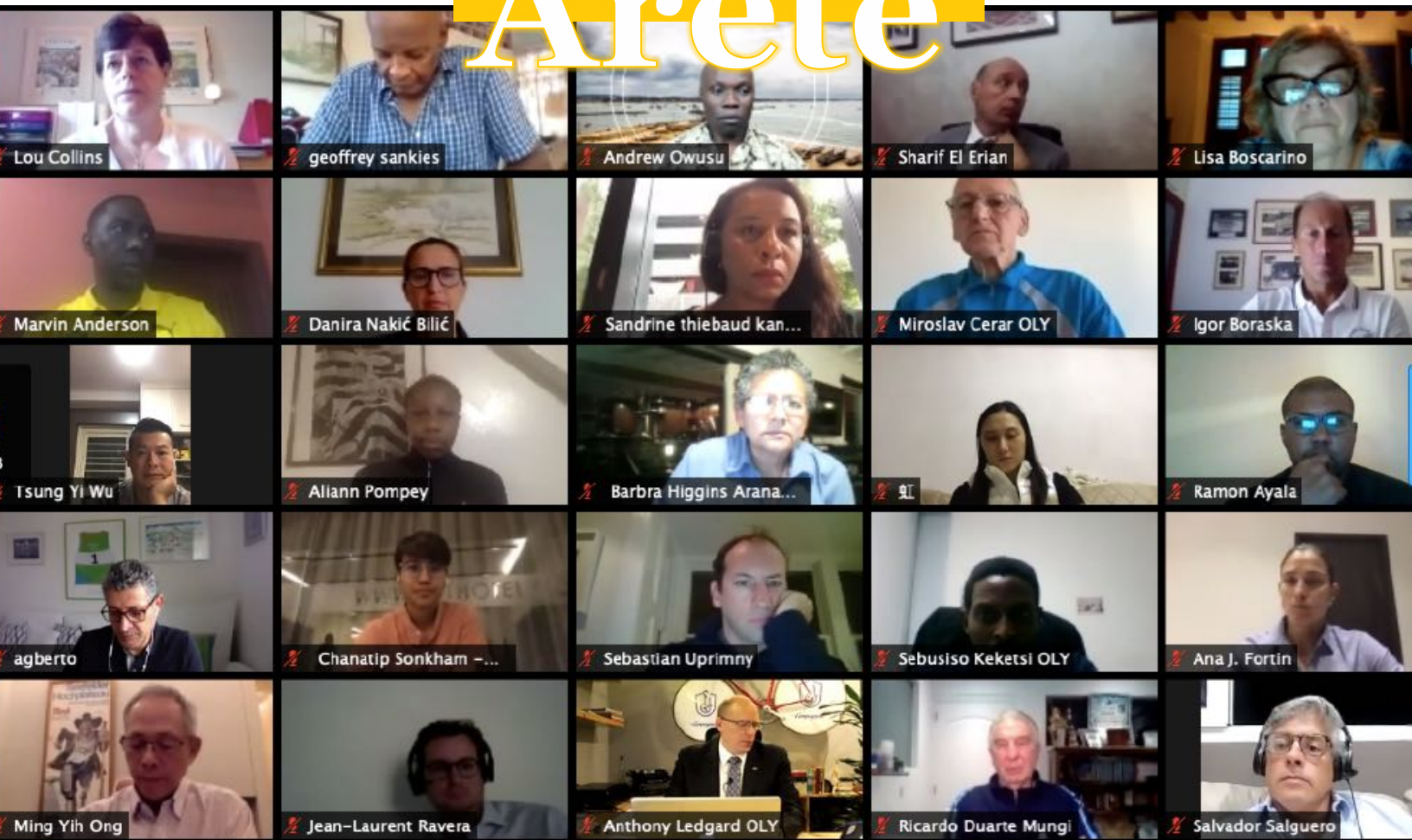


Arête



Issue 6 | Philippine Olympians Association, October 2020

2020

Welcome to this 6th Issue of our ARETE circular. It's hard to believe that we are in the last quarter of 2020. And what a year it has been for all. While everything was put on a standstill worldwide, our Games postponed, somehow we managed to readjust and, by the grace of God, it has been productive. We hope all our Olympians are safe and well and invite you to not only read and learn, but to be part of the work we dream of pursuing with you.

Inside This Issue

- Mental Wellness Sessions for the Athletes Commission
- Bi-monthly POC Webinars
- Olympic Day Celebration
- POA Strategic Plan Session
- Online Sports Leadership Program with the ADDU
- WOA General Assembly
- Olympian Opportunities with Airbnb

Welcome Message

Fellow Olympians,

I hope you are well. Keep safe by following the protocols issued by our government.

You belong to a select group of athletes from around the world. Your experience in this International elite competition has branded you as an Olympian.

What does being an Olympian mean? It is a brand that signifies persons that have achieved excellence in their sports within their country and is now competing against the athletes of the world.

Faster. Higher. Longer. This motto started in Greece. We should all be proud of what we have achieved in whatever sports disciplines.

Kindly contact us at philippineolympiansassociation@gmail.com / philippines@olympians.org. We welcome all of you in Philippine Olympians Association.

Rafael G. Hechanova Sr. OLY

POA Chairman

Basketball

Helsinki, Finland 1952



MENTAL WELLNESS SESSIONS FOR THE ATHLETE'S COMMISSION

Wanting to be relevant and address the needs of the time, the POA was able to facilitate mental wellness sessions for our National Athletes through the Athlete's Commission (AC).

These sessions were conducted weekly and facilitated by social worker/counselor and wellness therapist Ms Gang Badoy. Ms Badoy has been facilitating wellness sessions at the Maximum Security Prison for 9 years and runs her art therapy practice for stress reduction called Project Steady.

Athletes met every Wednesday in the month of July discussing topics such as: Mental Wellness 101/ Ano ba talaga 'to? Do you Believe in Luck? Surfing the Net as a Sport and Heartbreak.

As a result of these sessions, the AC is now hosting a mental wellness forum for their athletes with Ms Badoy this month. Keep a look out for it, with all the changes and adjustments forced upon us it's important to keep our stress levels in check.



Delivering your Olympian Legacy

As part of the IOC Athlete365 webinar, POA President Akiko Thomson-Guevara OLY shared her experiences on using sport as a force for good to inspire the next generation of Olympians and their communities.

You can watch the youtube recording here: <https://youtu.be/Lp2T12lxYoE>



BI-MONTHLY POC WEBINARS

In our efforts to work closely with our partners in sport, the POA has been partnering with the POC to conduct their bi monthly webinars. These webinars, which are sponsored by the Olympic Solidarity, are meant to provide helpful information as well as keep the community updated on NSA developments.

The webinars began in May and will continue until the end of the year, if not beyond. POA President, Akiko Thomson-Guevara OLY has been moderating these webinars for the POC. The partnership continues to evolve as the POC collaborates with Milo for weekly exercise instructionals. Olympians have been tapped to produce basic instructionals on their sport for the month of November.

FOOD AND NUTRITION IN TIME OF THE PANDEMIC

JEANETH ARO | HIDILYN DIAZ | NESTHY PETECIO | MODERATED BY AKIKO THOMSON

MAY 16 2020 | SATURDAY | 1:30 PM

<https://www.facebook.com/OlympicPHI/>

POC WEBINAR SERIES: UNITED PHILIPPINE SURFING ASSOCIATION

MODERATED BY AKIKO THOMSON-GUEVARA

DR. JOSE RAUL CANLAS | LUKE LANDRINGAN

SEPTEMBER 25, 2020 | FRIDAY | 6:00 PM

Visit www.facebook.com/OlympicPHI/ for more details.

FITNESS SATURDAY WITH TEAM AGRA JUMP ROPE EDITION

NOEL AGRA | ATTY. AL AGRA | ATTY. JESSICA AGRA | MODERATED BY AKIKO THOMSON-GUEVARA

JUNE 6, 2020 | SATURDAY | 5:30 PM

Visit www.facebook.com/OlympicPHI/ for more details. No registration needed.

POC WEBINAR SERIES: AC EDITION

MODERATED BY AKIKO THOMSON-GUEVARA

NIKKO HUELGAS | SAMUEL MORRISON | JESSIE LACUNA | MIKEE COJUANGCO-JAWORSKI

JUNE 19, 2020 | FRIDAY | 6:00 PM

Visit www.facebook.com/OlympicPHI/ for more details.





The POC, through their bimonthly webinars with the POA, also had a special series focusing on the Olympic Day with special guests Hidilyn Diaz OLY, Stephen Fernandez, and IOC Rep Mikee Cojuangco-Jaworski.

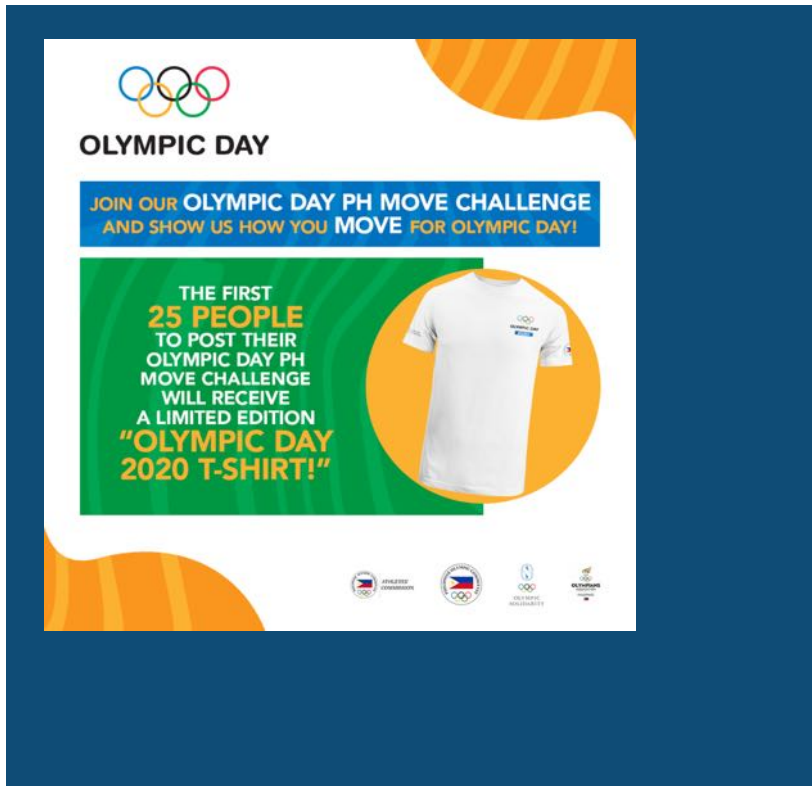


OLYMPIC DAY CELEBRATION

Despite the restrictions to physically gather this year, the POA and the Athlete's Commission collaborated with the POC to create a different, fun and active celebration.

Olympians and National athletes contributed short videos of themselves staying fit and active however way possible. These clips were compiled and released on June 23 with a call to the public to share their own fitness videos in celebration of the Olympic Day. Six winners were selected and rewarded with prizes for their creative contribution, while the first 25 entries were gifted with shirts.

#OlympicDayPHMoveChallenge



Strategic Planning with WOA Support

The POA board, through the guidance of WOA Asia Development Manager, Jovina Choo OLY, was able to run a 2-day Mission and Vision session on August 19 and 26. This is the first time since our Association was established for the board to discuss our hopes and dreams for the next four years (2020-2024). While we continue to refine, these are the principles established.

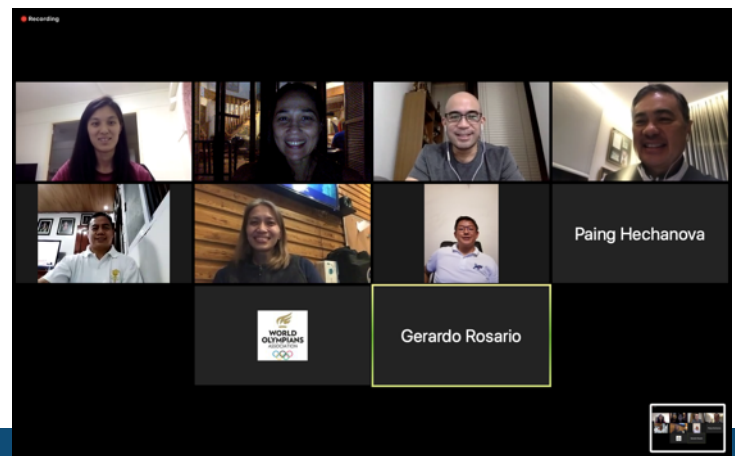
The POA vision is to encourage and empower Filipino Olympians to uphold and promote the Olympic ideals, and to inspire the Filipino youth and nation through patriotism and sports. Under this vision six objectives were established namely:

1. To promote the ideals and develop the values of vision, focus, commitment, persistence, and the discipline of the Olympic Movement in the Philippines.
2. To encourage and assist its members to serve as continuing examples and models of the youth, and encourage and assist their desire to participate in sports and achieve excellence.
3. To encourage sporting contacts between members.
4. To promote and conduct other events in accordance with the by-laws.
5. To solicit, collate, receive, hold, invest, reinvest, distribute and disburse

donations, subscriptions, gifts, bequests, and other funds for the purposes of this Association.

6. To promote activities in the interest of members.

Should you want to find out more about our programs and plans, and how to be involved please email us at philippines@olympians.org. We welcome each and every Olympians' presence.



ONLINE SPORTS LEADERSHIP PROGRAM

Blessed to have formed wonderful relationships with our partners in the Philippine scene, the POA has joined up with the Ateneo de Davao University (ADDU) to establish an Online Sports Leadership Program (OSLEP).

This program, forged with ADDU Athletic Director Mr Noli Ayo, is grounded on a mutual appreciation for storytelling and the power to affect lives. Olympians discuss their journey in sport, the Olympics they saw, the team that made it happen, and tie it in to an Olympic value that resonates in their lives.

These once a week zoom talks are part of a larger creative leadership program in sport. Participants come from varied schools and institutions, sport organizations and local government offices from all around the Philippines. The program hopes to achieve the following:

1. To continue the development of sports leaders in the midst of the pandemic and the absence of sports activities;
2. To allow our sports leaders to learn from the inspiring stories and well rooted insights of our country's finest athletes - our Olympians; and
3. To strengthen the network between sports directors of schools and communities in the country and create areas of collaboration.



Our first OSLEP batch ran for four Saturdays in August, and we are currently running our second batch in the month of September-October.

ONLINE SPORTS LEADERSHIP PROGRAM

The Online Sports Leadership Program is a partnership between the University Athletics Office of the Ateneo de Davao University and the Philippine Olympians Association through its President, Ms. Akiko Thomson-Guevara. You may email Coach Noli Ayo at ersayo@addu.edu.ph for inquiries regarding the program.

OSLEP movers - Coach Noli Ayo of ADDU (in yellow) and POA leaders - Akiko Thomson-Guevara and Stephen Fernandez.

The OSLEP is open to all sports directors of schools. It is a blended learning experience that provides continuous learning opportunity for sports leaders of schools, colleges and universities.

The OSLEP is anchored on the inspiring stories of our country's Olympians and their journey in sports. It highlights the milestones and challenges encountered and the people that paved the way.

The OSLEP is a 15-hour experience of creative and light exercise sessions, forum and discussions and small group mentoring and guided discovery.

OSLEP participants are given the rare opportunity to engage with our Olympians and to network with fellow sports directors in the country. It is also an opportunity for fellow sports directors to learn from each others' experiences and contexts.

To ensure maximum learning experience, only 12 participants are accommodated in each class.

OSLEP Batch 1 participants from Luzon, [Juvencio](#) and Mindanao together with Olympian speakers - Ms. Akiko Thomson-Guevara (88, 92 and 96), Mr. Stephen Fernandez (88 and 92), Ms. Elma [Juvencio](#) (84 and 96) and Mr. Eric [Juvencio](#) (88 and 92).

Recording

"It's not always about winning. It's improving and making yourself better the day after you won."

Eric Buhain
Swimming
1988 & 1992 Olympics

WOA GENERAL ASSEMBLY

The WOA General Assembly was held virtually on October 22, 2020. Two representatives from each member NOA were invited to participate; Gerardo Rosario OLY and Akiko Thomson-Guevara OLY attended on behalf of the POA.



Current WOA officers Pres Joël Bouzou OLY, Sec Gen Anthony Ledgard Grimm OLY, Treasurer Patrick Singleton OLY and Asia Reps Malav Shroff OLY and Mikako Kotani OLY were all reelected onto the board.



The event was attended by close to 200 representatives, with 84 NOA members in attendance, and graced by the IOC Pres Thomas Bach OLY, WOA Patron Prince Albert II of Monaco and IOC Sports Director Kit McConnell.

IOC Pres Bach highlighted the importance of solidarity and the impact of sport—the social significance, economic role and health factor—especially at this time, and his confidence that together we are stronger.

Athlete365 resources to support athletes

At a glance

- COVID-19 Resources for Athletes and Encourage members**
Tips, advice and information from around the Olympic Movement
- Athlete365 Webinars**
By Olympians. For Olympians.
- Athlete, Olympian and Paralympian Experiences**
A way for athletes to earn more money
- Olympic Solidarity Activity Grants**
NOC Athletes' Commission grants Up to \$10,000 available to each NOC
- Intel. Supercharge Your Future**
Exclusive membership, Social Working, Performance tips and LinkedIn Learning
- Athlete365 Power Up Workshops**
Available in English and Spanish
- World University Association Scholarship**
\$5000 for Olympians to study at UoL
- Youth Olympic Games**
- Mental Health Resources**
Advice from fellow athletes and medical professionals on Mental Health

Aside from the program reports for the past four years, and plans for the next four years, elections were held for all positions: President, Secretary General, Treasurer and two male and female representatives from each continent.



OPPORTUNITIES FOR OLYMPIANS

Postgraduate Scholarship

50% scholarships to remotely study for a Postgraduate Certificate in International Sports Management by the University of London.

The life-changing scholarships, offered to Olympians across the world by WOA, will cover half of the tuition fee for the course's January 2021 intake and will empower Olympians to leave a legacy of positive change in their communities.

The course will develop the skills needed to succeed within the dynamic sport industry, providing an in-depth understanding of sports management and an important step for Olympians looking to broaden their skills and education.

Specifically designed to be time-flexible, the course can be completed over a period of up to five years, with Olympians at all stages of their careers encouraged to apply.

Apply now by filling in the online **application form** before **30 October 2020**. Eligible candidates require an approved level of English.

Airbnb Olympian Experience

IOC has teamed up with Airbnb to empower Olympians to earn money doing what you already love and helping to make that dream a reality.

Whether you want to practice your sport with aspiring athletes, host a live viewing party to watch the Games with fans, or open up a room in your home to sports enthusiasts, there's a way for you to share your passion on Airbnb.

Register here to get started:
<https://www.olympic.org/athlete365/airbnb/>



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

Email:

philippines@olympians.org

Facebook:

[Philippine Olympians Association](#)

