

Correlating the Olympic values of Respect, Friendship, Excellence During COVID 19 Lock down

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Анотація. Основою сучасного олімпійського руху, як вважав П. де Кубертен, є олімпізм, мета якого полягає в тому, щоб поставити спорт на служіння гармонійному розвитку людини з наміром підтримати встановлення мирного суспільства, яке зацікавлене в збереженні людської гідності. 2020 р. вніс істотні корективи в життя світової спільноти, в тому числі й у розвиток олімпійського руху. *Мета.* Обґрунтування шляхів реалізації олімпійських цінностей – поваги, дружби та досконалості – в період карантинних обмежень, пов'язаних з епідемією COVID 19. *Результати.* Дослідження свідчать, що основні цінності олімпійського руху – повага, дружба та досконалість переплітаються з нинішньою ситуацією, що склалася у світі внаслідок пандемії COVID 19. Кожен з нас повинен подумати і проаналізувати, які уроки ми винесемо з цієї ситуації. На сьогодні в Індії ключовим моментом є хороші сімейні стосунки, які допомагають дітям почуватися захищеними та улюбленими. Можна побудувати хороші стосунки у своїй родині за допомогою якісного часу, спілкування, роботи в команді. Вони приємні самі по собі: просто приємно бути частиною теплої та люблячої сім'ї.

Ключові слова: Індія, родина, сімейні стосунки, COVID 19.

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CORRELATING THE OLYMPIC VALUES OF RESPECT, FRIENDSHIP, EXCELLENCE DURING COVID 19 LOCK DOWN

Abstract. The basis of the modern Olympic movement, according to P. de Coubertin, is Olympism, the purpose of which is to put sport at the service of the human harmonious development with the intention of supporting the establishment of a peaceful society that is interested in preserving human dignity. The year 2020 made significant adjustments in the life of the world community, including the development of the Olympic movement. *Objective.* Substantiation of ways to implement Olympic values respect, friendship and excellence – during the quarantine restrictions associated with the COVID 19 pandemic. *Results.* Research shows that the core values of the Olympic movement – respect, friendship and excellence – are intertwined with the current situation in the world as a result of the COVID 19 pandemic. Each of us must think and analyze what lessons we will learn from this situation. In India today, the key point is good family relationships that help children feel protected and loved. You can build good relationships in your family with quality time, communication, teamwork. They are nice in themselves: it's just nice to be part of a warm and loving family.

Keywords: India, family, family relations, COVID 19

Introduction. As Coubertin was planning the modern Olympic Games in the 1890s the idea of Olympism became more clearly defined. In the Olympic Charter it is expressed as «a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy of effort, the educational value of good example, social responsibility and respect for universal fundamental ethical principles».

The aim of Olympism is to show how sport can make us all better citizens through the combination of mind, body and spirit. Its goal is to help foster better relationships between communities and nations, helping us to live in harmony with each other. Olympism tells us that sport is a universal human right and we all should be free to practice it. Olympism is a great way to show how everyone in the world can better themselves. Pierre de Coubertin said: «Olympism is not a system, it is a state of mind. It can permeate a wide variety of modes of expression and no single race or era can claim to have the monopoly of it».

When we recollect the core values of Olympism and the Olympic Movement we find:

Excellence: the best way to live: This is about giving one's best, on the field of play or in your personal and professional life. It is about trying your hardest to win, but it's also about the joy of participating, achieving your personal goals, striving to be and to do your best in your daily lives and benefiting from the healthy combination of a strong body, mind and will.

Friendship: it's all about relationship: This encourages us to consider sport as a tool to help foster greater mutual understanding among individuals and people from all over the world. The Olympic Games inspire people to overcome political, economic, gender, racial or religious differences and forge friendships in spite of those differences.

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

The Olympic flame for the Olympic games Tokyo 2020 was lit today 12 March 2020 in ancient Olympia, Greece. This marks the start of its journey to Japan where, in only 134 days, the games of the XXXII Olympiad will begin. As a symbol of peace and hope, the Olympic flame will now travel on towards Tokyo, conveying the Olympic values.

«This ceremony demonstrates once more our commitment to the success of the Olympic Games Tokyo 2020. Nineteen weeks before the Opening Ceremony, we are strengthened in this commitment by the many authorities and sports organisations around the world which are taking so many significant measures to contain the spread of the coronavirus», said IOC President Thomas Bach.

Every one of us a member of this unique Olympic community. This Olympic community will show the entire world that our shared humanity is stronger than all the forces that want to divide us», he added.

During his visit, President Bach also offered his gratitude to the Hellenic Olympic Committee and its President, IOC Member Spyros Capralos, for the close cooperation with the Greek government to ensure the flame lighting could take place despite the COVID-19 virus. Given the unprecedented circumstances the world is facing, the health and safety of the thousands of torchbearers, spectators and staff will be the first priority along the route of the Olympic Torch Relay both in Greece and Japan.

The 2020 Olympic games have already been seriously marred by serious setbacks in recent weeks the outbreak of the COVID 19 virus which has caused the postponement of Tokyo Olympics 2020.

Yet this is still an Olympic Games, and when that flame which symbolically still burns, the watching world will be hoping that it will still somehow ignite a

festival of everything that's good in sport and human culture. And if it manages to do so, it will partly be because the Olympics are underpinned by three 'core values' which promote exactly that. At a moment when the integrity of the Games are in serious question, it's potentially a vital moment for us to rediscover them. And as we do that, we think we discover a great opportunity to talk about how they seem naturally to connect with the COVID 19 story.

Keeping this as back ground we found that these three values of Olympics...

Respect, Friendship and Excellence is entwined with the present situation COVID 19 Pandemic. Every one of us should think and introspect ourselves whether the COVID 19 Pandemic (Lock down Period) has thought life's lessons... When we sat down and thought about during these days it got into our mind about the family system in India. Here are some points we wanted to share with you all, which also are in-tuned with the motto of Olympism... **Respect, Friendship and Excellence.**

Good family relationships: Key Points...

Good family relationships help your children feel secure and loved. They help you feel good too. You can build good relationships in your family with quality time, communication, teamwork and appreciation.

Why family relationships are important

Good family relationships are **enjoyable for their own sake** – it just feels good to be part of a warm and loving family.

But good family relationships are **important for lots of other reasons** too.

They:

- make children feel secure and loved, which helps their brains develop
- can help to overcome difficulties with children's eating, sleeping, learning and behaviour
- make it easier for your family to solve problems and resolve conflict
- help you and your children respect differences of opinion as your children develop more independence
- give children the skills they need to build healthy relationships of their own.

This is why it's always worth looking at the relationships you share with your children and other family members, and thinking about how you can improve them.

As a parent, you're doing the best you can for your children, probably while you're juggling work, friends, household management and more. But even for the busiest of parents, there are plenty of easy things you can do to develop good family relationships.

Good family relationships are an important part of strong families. Strong families grow from love, security, communication, connection – and a few rules and routines too.

Quality time and family relationships

Quality family time can happen anywhere. It's about making the most of the time you spend together. Here are some **ways you can make quality time happen** in your family:

- Use everyday time together to talk and share a laugh. For example, family meals.
- Have one-on-one chats with each family member to strengthen individual relationships. It can just be five minutes before each child goes to bed.
- Do regular, fun things together as a family. This can be as simple as a family small area games of your choice, watching comedy shows, cartoons, etc.
- Make decisions together about what to do for special events like birthdays. Even young children can be part of these decisions.

Positive communication and family relationships

Positive communication is about making the time to listen to each other, listening without judgment, and being open to expressing your own thoughts and feelings. When you have positive communication in your family, it helps everybody feel understood, respected and valued, and this strengthens your relationships.

Try these **positive communication ideas** to strengthen your family relationships:

- When your child or wife wants to talk, stop what you're doing and listen with full attention. Give people time to express their points of view or feelings. But sometimes you might have to

respect their need not to talk – especially if they're teenagers.

- Be open to talking about difficult things – like admitting to mistakes – and all kinds of feelings, including anger, joy, frustration, fear and anxiety. Just remember that talking about feeling angry is different from getting angry, though.

- Be ready for spontaneous conversations. For example, younger children often like to talk through their feelings when they're in the bath or as they're getting into bed.

- Plan for difficult conversations, especially with teenagers. For example, sex, drugs, alcohol, academic difficulties and money are topics that families can find difficult to talk about. It helps to think through your feelings and values before these topics come up.

- Encourage your Children, Wife and Parents with praise. For example, 'It's a big help when you bring the spectacles' in without being asked, Ronnie. Thanks!'

- Show appreciation, love and encouragement through words and affection. This can be as simple as saying 'I love you' to your children each night when they go to bed.

Positive non-verbal communication

Not all communication happens in words, so it's important to pay attention to the feelings that your children, Wife and Parents express non-verbally. For example, your teenage child might not want to talk to you but might still come looking for the comfort of cuddles sometimes!

It's also important to be aware of the non-verbal messages you send. For example, hugs, kisses and eye contact send the message that you want to be close to your child. But a grumpy tone of voice or a frown when you're doing something together might send the message that you don't want to be there.

Teamwork and family relationships

When your family is working as a team, everyone feels supported and able to contribute. It's easier to work as a team when everyone understands where they stand, so it helps to have clear expectations, limits and boundaries.

You can encourage teamwork in some of these ways:

- Share household chores. Even very young children like the feeling of belonging that comes from making a contribution – sometimes, at least!

- Include children in decisions about things like family activities, rules and holidays. Give everyone – including young children – a chance to have their say. Family meetings can be a good way to do this.

- Let children make some of their own decisions. The decisions you allow will depend on your children's abilities and maturity, and the boundaries you've set. For example, you might let your 12-year-old child decide whether to walk to the market or ride his bike.

- Create family rules that state clearly how your family wants to look after and treat its members. For example, 'In our family we speak respectfully to each other'. Rules like this help everyone get along better, and make family life more peaceful.

- Work together to solve problems. This involves listening and thinking calmly, considering options, respecting other people's opinions, finding constructive solutions, and working towards compromises.

Appreciation for each other and family relationships

Valuing each other is at the heart of good family relationships. Here are some ways you might be able to do this:

- Take an interest in each other's lives. For example, make time to go to each other's sporting events, drama performances, art shows and so on.

- Include everyone in conversation when you're talking about the day's events. For example, 'What was the highlight for you today, Sunny?'

- Share family stories and memories. These can help children appreciate things that aren't obvious, or that they've forgotten – for example, Mum's dance performance when she was younger, or the way a big brother helped care for the youngest child after he was born.

- Acknowledge each other's differences, talents and abilities, and use each other's strengths. For example, if you praise and thank your teenage child for listening to a younger sibling reading, he'll begin to see himself as helpful and caring.

The three core values of the Olympic movement – **Respect, Friendship and Excellence** – might seem like a blueprint for humanism, but it seems to us that they're actually three points at which Olympism interfaces perfectly with COVID 19 pandemic. In fact more than that, we think they provide us with a simple, three-step method for explaining the Human Life. Below you'll find an illustration of what I mean, which draws connections between these values and Human Life'. We wonder if this simple, three-point illustration might be a helpful way for people to explain the message relevantly over at a time when the world is desperate for a bit of moral inspiration. It demonstrates how the values of the Olympics chime perfectly with the values that we carry as Human beings, and how they ask pretty much the same things of athletic competitors that God asks of us in the great race of life.

Here we thought fit to focus upon the real story of a Great Olympian **Santiago Lange**

By his own narration about the values of Olympism which motivates all of us.

UNITED BY FRIENDSHIP, RESPECT AND EXCELLENCE – SANTIAGO LANGE SANTIAGO (SANTI) LANGE IS AN ARGENTINIAN OLYMPIC SAILOR WHO COMPETED AT THE 1988, 1996, 2000, 2004, 2008 AND 2016 OLYMPIC SUMMER GAMES. HE HAS BEEN SELECTED AS A YOUTH OLYMPIC GAMES ROLE MODEL FOR THE BUENOS AIRES 2018 GAMES.EDNNNNN

In the run-up to the Olympism in Action Forum in Buenos Aires (5-6 October 2018), we looked at groups and individuals who, inspired by the power of sport to contribute to a better world, have used their initiative to organise projects and programmes to effect change at all levels.

When Santiago Lange, six-time Olympic Games sailing competitor, was diagnosed with lung cancer five months before the Olympic Games Rio 2016, he didn't give up. Instead, he relied on the positive fundamental values that come with competing – respect, friendship and excellence – to see him through.

Those core qualities not only got him through challenging times, but are also guiding principles that apply both on and

off the field – and that includes the high seas.

«Those three values accompany me wherever I go», Lange says. «When I look back at my life, a big constant is friendship. I would not go on the road to Tokyo if I didn't think I would make friends doing so. To have good friends, you need respect, and to compete, you need respect. It would be stupid for me to keep participating in the Olympic cycle only for winning – so I strive for excellence. So, all three words – respect, friendship and excellence – are what I do it for».

SPORT AND VALUABLE LESSONS BEYOND THE FIELD OF PLAY

As they have for him and many others, sport offers a safe space for learning life's most important lessons, from how to work with fellow teammates to rallying together around a common goal, regardless of background.

«I think we have a challenge not only to teach the technical part of a sport, but also to teach the values that sport gives to society», he says. «I can teach my son to play football, yes, but I must also teach the values of respect, the value of friendship, of respecting the opponent... the values of excellence».

Lange knows first-hand how the basic principles of sport apply to the real world. The determined sailor has faced many triumphs and challenges throughout his career and personal life, but never let them deter his destiny – instead, he leaned on those positive ideals to manage the ups and downs of life.

THERE'S NO «I» IN TEAM

While those values have helped guide Lange, his path toward excellence hit a few bumps in the road. For instance, Lange's relationship with his sailing partner Cecilia Carranza Saroli wasn't always perfect. Prior to their partnership, he had preconceived notions about female competitors that he eventually recognised were unfounded.

«I was against mixed-gender sailing when [the Olympic Committee] originally proposed it, basically because I felt like the physical power between men and women is different», he admits.

«I said that I felt more comfortable racing with a man. Then, Ceci came to me on a recommendation, and I just followed my heart. I realised I could still win gold by racing with her. It was an incredible journey, full of challenges I had never faced before, to be on a team with a woman. I learned a lot. Ceci has a lot of power at only 64 kilos (141 lbs), compared to my previous male partner at 74 kilos (163 lbs)». Through every competition, challenge and trial, the close teammates pushed through and persevered together, rooted in the foundation of the Olympic spirit. Mutual understanding, friendship, solidarity and fair play bound them together, and saw them through to victory. «I think what we've done is incredible. Our relationship is spot on with the values of Olympism».

THE POWER OF PERSEVERANCE

Conquering obstacles with his teammate wasn't the only problem Lange would have to overcome. While he was training and preparing for one of the biggest competitions of his career, he faced his most daunting challenge yet: lung cancer.

In 2015, he was diagnosed with lung cancer and underwent emergency surgery to remove part of his lung. Throughout his illness, he kept his sights on Rio 2016. After an incredible five-day surgery recovery period, he walked again. After 10 days, he could ride his bike. And just a few short months later, he went on to win gold in Rio with Saroli.

When most would falter and give up, Lange's health setback only propelled him forward. His steadfast determination can be attributed to the values he learned through sport that grounded him from the beginning.

I THINK WE HAVE A CHALLENGE NOT ONLY TO TEACH THE TECHNICAL PART OF A SPORT, BUT ALSO TO TEACH THE VALUES THAT SPORT GIVES TO SOCIETY – Santiago Lange

«It's very easy to explain respect in sport. The same with challenges, the same with adversity and the same with friendship. I think sport is a big key in teaching those values to society», he says.

While taking the gold was a victory for the champion, he's learned that winning isn't everything and that teamwork trumps any accolades snagging the first prize yields.

«We learn as a team», he says. «If you didn't learn from your partners, something's going wrong, because everyone should be able to teach you. When everyone buys into the plan, and into the 'why' you are doing this, then the strength of the team becomes a lot more powerful».

GIVING BACK IN BUENOS AIRES

Looking ahead to the Youth Olympic Games Buenos Aires 2018, Lange is excited for the opportunity to impart the ideals of the Olympic spirit to the many young athletes who will participate from 200 countries across the globe.

«The Youth Olympic Games is a great idea because it's a way to get younger people involved in what is the true meaning of the Olympics», he says. «I think we need to teach sports in a way that lets youngsters find their desire, their motive, their own fire, and realise why they are doing the sport. Sport is getting more and more competitive, and more and more professional, and the structures are becoming bigger and bigger and bigger. We should use those structures to help youth achieve their dreams».

For Lange, being in his hometown makes participating in the Youth Olympic Games Athlete Role Models programme even more special.

«Having the opportunity to be involved in the 2018 Youth Olympic Games in Buenos Aires, which is happening in my own country and my own city, is one I really want to enjoy», he says. «I feel it's a privilege for the Olympic Committee to offer me this position».

Despite his triumphs and athletic achievements, Lange never let his success change his personal values or outlook on life.

«The difference, in the Olympics, between being fourth and winning, is nothing. I would have been the same person if we had finished in first or in fourth. I find it crazy that now I get the opportunity to do talks at important

companies with important people. I always think, 'If I had come in fourth, none of these people would be listening to me.' But I would have been the same person. That struck me very hard. It's all about how you live your life, how you approach challenges, and how you enjoy them».

We personally feel that, Yes COVID 19 Pandemic (Lock down Period) has given us time to spend time with family. To know each other to the fullest, this indirectly is the way of getting the experience of the value system of Olympics ... **Respect, Friendship and Excellence.**

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