

PANATHLON

INTERNATIONAL



N° 1 GENNAIO-APRILE 2016

ANTWERP 2016



65
1951-2016



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- available in the online version

www.panathlon.net



Year LI - Number 1 January-April 2016

Printed in March 2016

Director: Giacomo Santini

Publisher: Panathlon International

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Registration Court of Genoa n°410/58 del 12/3/1969

Quarterly - Speed post subscription 45% - Article 2, Section
20/B Law 662/96 - Italian Post S.p.A.

Filial Genoa

Write to Union of Italian Periodical Press

Art Director: Deborah Pusiol

Print: ME.CA Via Ponte di Vexina, 16036 RECCO (GE)

HAPPY BIRTHDAY AND EVERYONE IN ANTWERP



It is an extraordinary springtime for Panathlon International. June 12 marks the **65th anniversary** of foundation, from 19 to 22 May in **Antwerp** the 47th Ordinary Assembly and the 20th Scientific Congress will take place; almost all institutional offices will be renovated and the largest survey of "states general" will be closed with the proposals for the future of the movement.

So even if 65 years are for many people the threshold of retirement, for our movement coincides with a major relaunch of our activity, almost with a healthy **"reset"**.

For the first time, the assembly will renew completely the international board, pursuant to the statutory rules approved in Syracuse in 2012, which exclude any renewal application among the board members in office.

Only witness of the International Board will remain the President, as "past-president". Let us hope that this drastic statutory innovation does not produce delays in the resumption of the institutional activity.

Moreover, it is an **Olympic year**, which will arouse ideas and fantasies with the predictable trail of controversy after the event. In Rio de Janeiro, executives grit their teeth to make finding all right; crowning an epic effort started with the football world championships in 2014 and continued with this stunning Olympic deadline. The eleventh **Pan-American Congress** was celebrated in December, which confirmed the associative and institutional growth of Panathlon in the eleven "American" districts (one more, Chile), despite a small decline in members.

The growth is related to the acquisition of an autonomous consciousness and a more certain continental personality within the panathletic movement with an increasingly weak umbilical cord with Europe. No schism, for heaven's sake, only the knowledge that the movement has grown and is now able to stand on its own legs and to directly adjust the **mission** of Panathlon International to the particular living conditions of those countries. Of course, in compliance with the ideals and the constituent objectives. The commitment in the fight against **doping** continues with a campaign particularly appreciated by the International Olympic Committee, which has given us a large sum of money to support it. As well as the IOC welcomed the new charter of duties of parents in sport, as further study of the heritage of values that must surround the competitive activity, especially among the young. Talking about values, we do not fail to stigmatize in these pages the negative effects produced by the chain scandals in **football**. From the judicial inquiries on the top of UEFA, the shame of billionaires contracts of players, with fraud and tax evasion (in Italy) to the cases of racism that occur on and off the court.

A **red card** sport that the true fans, those of the heart not of betting, they should take out.

How? For example deserting stadiums.

It is unfortunate that the most loved and followed sport in the world do everything possible to be criticized but its **"drugged"** universe by the immoral mass of money that circulates inside, authorizes behaviors that are banned in other disciplines. Also in the daily life of mere mortals and in fantasies of young people who risk growing with false myths and without an ethical dimension.

The mission of Panathlon International will never end.

*Giacomo Santini
International President*



- 4• From "Disnar sport" to the current Panathlon
- 6• Panathlon in the EU Transparency Register
- 8• Panathlon has grown in Central and South America

by Giacomo Santini

- 10• The rules of I.O.C. for RIO against fraud on the Game field
 - 13• Human and Ethical competition
 - 14• "Internationality" absolute priority
- by Giacomo Santini*
- 16• Sport breaks down all barriers
 - 17• 20th International Congress
Extraordinary Assembly
47th General Elective Assembly
Antwerp 19/22 May 2016
 - 18• The new IOC Code of ethics for those who work in Sport

- 22• Sport and sponsor but with ethics

by Maryline Ottmann

- 24• Sport is health
- 26• Against corruption that pollutes the Sport
- 28• Panathlon Club Lausanne honours IOC President
Thomas Bach
- 29• Henrique Nicolini 70 years of sports journalism
- 30• From the Preface to the Book "Ethics and Governance
in Sport. The Future of Sport Imagined"
- 31• The Mont Blanc at the top with flying panathlete
- 32• 60th Anniversary of the Club Perugia
- 33• In a basket, redemption
- 34• Red card for all football especially for the executives

FROM "DISNAR SPORT" TO THE CURRENT PANATHLON

Panathlon was born 65 years ago in Venice. At least its embryonic idea. It was June 12, 1951. For some time a group of sports fans, but not only, had developed the project of creating a partnership that would express their common views in the sector of the sports commitment.

The first concrete step was to invent opportunities to talk together and, maybe, broadening the circle of partners. The Constitutional Act of the Association, which assumed the provisional name of "Disnar Sport" (Disnar is a Venetian expression meaning dinner), is reproduced in the box. Today rereading it, you will find many still perfectly current ideas, both in the inspiring motives, and in the perfect and operational guidelines. The premise is fantastic that defines sport as the activity capable to "bring people together" and propagate moral values as "the chivalry, seriousness and discipline."

This sentence is interesting: "at the table we revive friendships and sympathies, we talk and discuss with more frankness and cordiality." However, I would like to draw the attention of many members who are particularly susceptible to the sentence where it says: "at the table we often eliminate doubts, misconceptions and misunderstandings". Finally, there is the great political message of the panathletic idea: "Sport should unite individuals and peoples into a single ideal, regardless of special interests, political beliefs, social class and age."

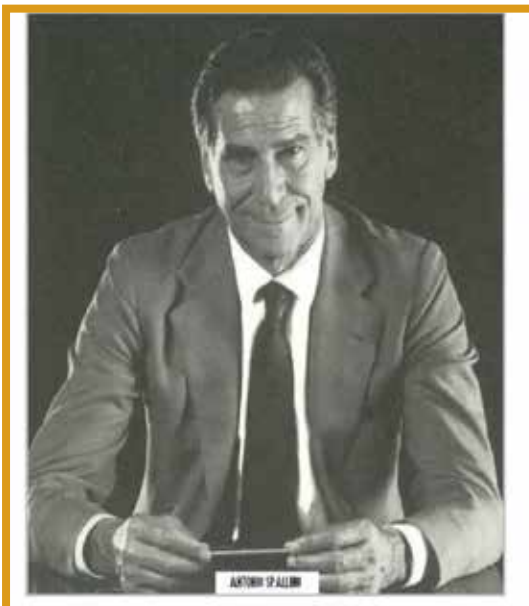
Today I invite every member to consider these proposals and to verify that they are still relevant.

As heirs to this idea, we are going to celebrate the 65th anniversary with a series of special events that are worthy of our history.

An event will be organized in collaboration with the Club of Venice to promote a historical reconstruction from the heart and culture of the children of those founding fathers. Since then, thousands of members, dinners and events produced by the clubs.



Paolo Cappabianca, President from 1977 to 1988



Antonio Spallino, President from 1988 to 1996



Vittorio Adorni, President from 1996 to 2004

The basic idea remains the reference point for comparisons with the reality that changes constantly, even in sport.

The important thing is not to lose the moral and ethical dimension of sport and life, a framework of values that gives meaning to all our movement and gives substance to our commitment among young people.

The President and the International Board are launching a general program but it is necessary that all clubs, on their own, realize celebratory moments in a competition of ideas and concrete initiatives that will be compared and rewarded at year-end.



Enrico Prandi, President from 2004 to 2012

CONSTITUTIONAL ACT

"Given that the sport around the world has grown enough to be considered, in many respects, one of the main activities of each nation, in order to unite the various sports and propagate the sports idea especially in the moral and social objectives, alongside the work of sports federations under the tutelage of C.O.N.I with particular regard to chivalry, seriousness and discipline and that at the table we revive friendships and sympathies, we talk and discuss with more frankness and cordiality, moreover we often eliminate doubts, misconceptions and misunderstandings, and sport should unite individuals and peoples into a single ideal, regardless of special interests, political beliefs, social class and age,

It is proposed:

To Create an association composed of a limited number of members in each city for now at least the provincial capital, now in Venice, in a few days in Veneto or better in Triveneto, then (early) throughout Italy and then after a short period of experiment in Europe and in the world."



From the left: International President Giacomo Santini, the European Commissioner for Culture, Youth and Sport, Tibor Navracsics, and the President of District Belgium, Thierry Zintz

PANATHLON IN THE EU TRANSPARENCY REGISTER

After the meeting of International President Giacomo Santini and District President of Belgium Thierry Zintz with the European Commissioner for Culture, Youth and Sport Tibor Navracsics, Panathlon International was included in the EU Transparency Register, essential in order to be able to cooperate with the European institutions.

Indeed, the Commissioner accepted the Panathlon demand to become part of the group of experts who inspires the European policies in the area of youth, culture and sport. As usual, external organizations have to prove their correctness and regularity by providing a number

of guarantees. The transparency register is a common tool to the European Parliament and the Commission.

It aims to inform citizens about organizations, legal persons and self-employed persons whose activities may influence the decision-making processes of the European Union. This activity is regulated by the application of a code of conduct and a complaint mechanism that allow you to start a process of investigation and treatment of possible breaches of the code of conduct.

- The register includes:
The scope of the register, eligible activities, the categories to which it is open registration and information, in-

Close cooperation with the EU as a Partner of the Commission

by Thierry Zintz, President District Belgium

International President Giacomo Santini and President of District Belgium Thierry Zintz meet European Commissioner for education, culture and sport Tibor Navracsics.

After expressing his thanks for the warm welcome that the Commissioner has given to Panathlon International, President Santini spent a few minutes to the presentation of our movement and its basic texts such as the official Charter of Ghent, the Charter of the rights of children in sport and of the duties of parents.

Thierry Zintz has presented the proposals of Panathlon International to Mr. Navracsics.

He also expressed our wish to integrate some teams of experts in sport (previously identified) as observers.

He suggested that Panathlon International becomes effective partner of the European Week of Sport (EWOS) 2016 mentioning the International Days of Fair Play that in 2016 will reach their 4th edition.

He informed the Commissioner about the creation of an antenna of Panathlon International in Brussels at the European authorities.

Finally, he invited, on proposal of President Santini, the Commissioner to intervene during the Congress of Antwerp (19-21 may 2016). However, Commissioner Navracsics agreed to intervene through a video message due to a meeting in Asia which will take place at the time of Panathlon International Congress.

Our proposals have been welcomed by the Commissioner and his staff.

They will be operational in the coming months with the support of the antenna of Panathlon International in Brussels.

cluding financial disclosure requirements on registered parties;

- A Code of Conduct;

- A complaint mechanism and the measures applicable in case of violation of the code of conduct; these measures include the suspension or removal from the register.

All activities carried out in order to influence, directly or indirectly, the development or implementation of the European policies, regardless of the channels or means of communication used, fall within the scope of the register (media, forums, organizing events, think tanks, etc.). By registering, the organizations, natural and legal per-

sons:

- agree that the information provided to the register shall be public;

- undertake to act in accordance with the code of conduct, they guarantee the accuracy of information provided;

- agree to a possible implementation of the complaint mechanism.

PANATHLON HAS GROWN IN CENTRAL AND SOUTH AMERICA

by Giacomo Santini, International President

At the end of the eleventh Pan-American Congress, I would like to thank the friends of the District of Uruguay for the excellent organization of the work and for the friendship that they created.

Obrigado to Ricardo Perez, Oscar Schiaffino, José Luis Spangender, conductor Carlos de Leon and the organizing team. We participated in high-level, scientific, social and cultural meetings in perfect Panathletic style; with the aim of communicating the evolution occurred in several districts in the construction of Panathlon in Central and South America.

Hoping that a friend, better than us, helps us to move the horizon to the north, for example in the United States and Canada, to the south, for example, in Australia, and to the east, for example in Asia.

Maybe it is a dream, but now let us enjoy the beautiful reality that has emerged from this congress that marked a strong Pan-American personality. More than in the past. I was not insensitive to the correct observation of Honorary Member Henrique Nicolini on the right to their own identity of the Pan-American Panathlon. Very different from the European model, although faithful to the International Statute. I understand his observation on the Pan-American congresses of the past, perhaps too monopolized by European panathletes, also in organizational and managerial roles. However, I also understand the spirit of those European leaders committed to bringing here the overall message of Panathlon with the concern to make it equal for all.

The "niño" walks alone

I have heard that now the Pan-American child grows and is able to walk with his legs. It is important that he understands the great value of sharing Panathlon values that are the same at all latitudes, and that should be interpreted with the different sensitivity of the territories, their history, their culture and the particular time that people are experiencing.

The first lesson you learn by participating in international organizations is the value of diversity. The theme of the great world assemblies is "united in diversity". Being different should not be a problem but a commitment to overcome what divides us to find a dialogue that leads to cohesion and to the Union.

Union does not mean homologation. No one loses its identity, simply compares it with that of others. Our identity is

a distinctive sign that touches our hearts as the flag of our countries. Our unit has a common badge, that of Panathlon, which we put in the buttonhole of our blazer. A symbol does not cancel the other, but rather increases its universal value. This spirit helps Panathlon to fulfill its mission in society, in school, in sports federations, in the Olympic committees of our membership countries.

A common mission

We speak of ethics, fair play, and good sports practices in the different languages but with the same words. This is the great strength of Panathlon in 25 countries on four continents. I met this force here in your words and in your attitudes.

I will present these feelings in the report to the General Assembly in Antwerp in May when we will gather with all other districts of Panathlon. Moreover, I bring the problems related to the expansion and reinforcement of Panathlon, youth participation, the payment of dues, the difficulty of finding new members and opening new clubs.

The importance of having good relations of cooperation



with the national Olympic Committees and the managers of sports federations has been rightly mentioned. Thanks to your help, I will be able to present new topics useful to the expansion of Panathlon in the world and the strengthening of its ideals. Stronger ideals with the help of our diversity, transformed into added value for achieving the

common objectives. For this, I delivered as a reminder to Ricardo Perez and to all our Pan-American friends our pennant, a simple and concise symbol under a single name **"Panathlon International Ludis Jungit"** because it represents all of us.

Declaration of the XI Pan-American Congress of Punta del Este

1. The Congress expresses its greatest recognition to the Municipal authorities of Maldonado and Punta del Este who received the members with great kindness and congratulates the District Uruguay, represented by President Don Ricardo Pérez, on his respectful and magnificent consideration. It also commends the members of Panathlon Club Maldonado-Punta del Este that we welcome in the person of its president Raul Villariño that exalts the figure of the Past President of the District Uruguay, Dr. Oscar Schiaffarino for agreeing in 2013, in Guayaquil, the challenge to realize this event, actively participating in all its moments.

2. It expresses its appreciation and thanks President Giacomo Santini, vice president Sebastião Correa de Carvalho and the members of Panathlon International.

3. The Congress expresses its satisfaction and its gratitude to Mr. José López Spangenberg for his work in organizing the first Pan-American Congress and to keep alive the Panathletic spirit that is reflected in the words expressed in this Congress.

4. It receives with appreciation the event of honorary member of Panathlon International Prof. Henrique Nicolini, referring to the importance of respecting the Pan-American culture in relation to the Eurocentric approach of Panathlon International.

5. It underlines and welcomes the participation of Chile as a new district represented by some members of the two clubs: Santiago and Valparaíso.

6. It takes note of the presence of all American Districts and the clubs of Asunción and Buenos Aires with the distinguished participation of the Supranational Districts and the District Italy. It highlights the level and quality of the reports related to the central theme of the Congress "Physical education, sport and leisure in education": the importance of sport in the school for the training of young people, Santini (International President); History of the Pan-American Congresses, Nicolini (PI Honorary Member); the integrity in training and education; Overview, Guglielmino (Cultural Commission);

Camping Education (Educational Camping) Schiaffarino; Now is the time: Physical education, sport and Brazil, Abdulnur (Brazil); Global trends of physical culture, Sanchez (Mexico); Fair Play spread within the school: case studies, Gordillo (Peru); Sports injuries in children and adolescents, Roman (Ecuador); The values of education and sport, Rodriguez (Argentina); student sport in Paraguay. Support of the National Sports Secretariat, Logan (Paraguay); Physical activity as a proposal for action to combat bullying in school, Fuentealba, Pinac y Peralta (Chile).

7. It expresses its satisfaction with the presence at the forum of teachers and children of the primary school No. 93 of Maldonado.

8. It recommends the participation of Panathlon at the celebration of the World Day Physical Activity (Agita Mundo) on 6 April 2016.

9. The Congress unanimously approves together with the delegates and presidents, the headquarters of the XII Pan-American Congress that will take place in Recife, in the Federative Republic of Brazil, in 2017.

10. It decides to accept the challenge of working effectively for the strengthening of clubs as a means for expansion, based on the strategies presented during the seminar "Expansion and strengthening of Panathlon" as a way to answer the call: "For each member, one new member; for each Club, one new Club".



Approved just in time

THE RULES OF I.O.C. FOR RIO AGAINST FRAUD ON THE GAME FIELD

Code of the Olympic Movement on the prevention of manipulation of competitions

In view of the Olympic Games in Rio de Janeiro, the International Olympic Committee has updated the rules of conduct for all actors of the Olympic scene. In line with the times, it has also established clear rules against manipulation of competitions against corruption and betting.

PREAMBLE

a. Recognizing the danger presented by the manipulation of sports competitions for the integrity of sport, all sports organizations, particularly the International Olympic Committee, the International Federations, the Olympic Games, the National Olympic Committees and their members, at continental, regional and national level and the organizations recognized by the IOC (referred to as: "sports organizations"), reaffirm their commitment to safeguarding the integrity of sport, in particular protecting the athletes and honest competition as envisaged in the Olympic Agenda 2020;

b. Due to the complex nature of this threat, sports organizations admit that they cannot deal with it alone, so cooperation is of fundamental importance with the public authorities, particularly the police and the justice sector, and the bodies of sports betting;

c. The purpose of this Code is to provide to all sports organizations and their members the harmonized standards to protect all competitions from the risk of manipulation. This Code establishes the rules that are in compliance with the Council of Europe Convention on the manipulation of competitions. This does not prevent sports organizations to apply more stringent rules;

d. As part of its mission, as determined by Rule 2.8 of the Olympic Charter, the IOC prepares this code of the Olympic Movement on the prevention of manipulation of competitions, called the "Code";

e. Sports organizations under the Olympic Charter and the IOC Code of Ethics reaffirm their commitment to uphold the integrity of sport and to fight against manipulation of the races by adhering to the rules set out in this Code and requiring their members to do the same.

f. Sports organizations are committed to take all appropriate measures in their power in order to apply this Code, or to implement similar legislation or more stringent than this code.

The Council of Europe and the world

The Council of Europe Convention on the manipulation of sports competitions is a Convention open to all Non-EU countries.

1 – Definitions

1.1 "Profit" means the reserve or raising funds, directly or indirectly, or the equivalent such as a bribe, gifts and other benefits, including, without limitation, earnings and/or potential profits arising from a bet; the above does not inclu-



de the official prices, according to the participation or the result, or on the basis of payments due under the terms of the sponsors or other contracts;

1.2 "Competition" means any sports event, tournament, match or competition, organized in accordance with the rules of a sports organization;

1.3 "Confidential Information" means any information relating to a competition held by a person by virtue of his position in relation to a sport or a competition in accordance with the guidelines and regulations that regulate the competition in question;

1.4 "Participant" means any natural or legal person belonging to one of the following categories:

a. "Athlete" means any person or group of people who participates in sports competitions;

b. "Managerial staff of the athletes" means any coach, trainer, manager, agent, team staff, team manager, medical or paramedical personnel and all the other people who work with athletes.

c. "Officer" means the owners, shareholders, executives and staff of the organizing bodies and/or promoters of sports competitions, as well as referees, jury members and any other accredited person.

1.5 "Sports betting" means any monetary value, with the

hope of obtaining a gain biased by the realization of a future and uncertain event, related to a sports competition.

2- Violations

This behavior as defined in this Article is a violation of the Code:

2.1 To bet: a. with a game in which the participant is directly involved; or b. with the sport of the participant, or c. with any evidence of a multi-sports competition in which he/she is participating.

2.2 The manipulation of sports competitions. An agreement, an act or a deliberate omission of an irregular modification of the result or the carrying out of a race in order to obtain an undue advantage for themselves or others.

2.3 Corrupt behavior. To supply, ask, receive, seek or accept a benefit in relation to the manipulation of a race or any other form of corruption.

2.4 Confidential Information. To use confidential information to bet, for any form of manipulation of sports competitions or for any form of corruption, by both the participant and through another person and/or entity.

2.5 Failure to report. Failure to report, at the first available opportunity, to the appropriate sports organization or a competent authority of all the details of any attempt or invitation of which a participant has been the subject, to perform any action or incident that could lead to a breach of this Code.

2.6 Non-cooperation. The absence of cooperation with any

investigation conducted by the sports organization on a possible violation of this Code.

2.7 Application of the Articles from 2.1 to 2.6. To determine whether a violation has been committed, the following is not relevant: a. that a participant participates or not in the competition in question; b., whatever the outcome of the race is, on which the bet was or should have been placed; c. that profits have been effectively or not collected or received;

2.8 Any form of complicity or attempt by a likely participant to violate this Code shall be treated as if it had been an infringement, whether it was committed intentionally or negligently.

3. Disciplinary proceedings

The content of this article defines the minimum standards that must be respected by all sports organizations.

3.1 The investigation 1. The participant who is accused of having committed a breach of this Code shall be informed of the alleged violations, the details of the acts and/or alleged omissions, and the range of possible sanctions.

3.2 Rights of the person concerned. In all proceedings relating to violations of this Code, the following rights must be respected: 1. the right of every person to be informed of the charges, and 2. the right to a fair and impartial trial, within a reasonable period of time, and 3. the right to be accompanied and/or represented.

3.3 Liability and test level. The sporting organization has the burden of proving that the violation has been committed.

3.4 Privacy. The principle of confidentiality is strictly respected by the sports organization during the procedure; information is exchanged between the entities that have the right to be informed.

3.5 Anonymity. The anonymous communication should be facilitated.

3.6 Appeal 1. Sports organizations have the appropriate appeal procedure within them or the use of an external arbitration mechanism (such as an arbitral tribunal).

4. Interim measures

4.1 The sports organization may impose provisional measures, including a temporary suspension of the participant in the event of a particular risk to the reputation of the sport.

4.2 If a provisional measure is imposed, this must be taken into consideration for determining penalties that may ultimately be imposed.

5 – Sanctions

5.1 If a violation has been committed, the competent sports organization imposes an appropriate sanction to

the participant, in the range of possible sanctions that can range from a warning to a lifetime ban.

5.2 If appropriate and applicable penalties are determined, the sports organization will take into account all aggravating and mitigating circumstances and will indicate the effects of these circumstances on the final penalty in its written decision.

5.3 The substantial assistance given by a participant that implies the discovery or verification of a breach by another participant may be a reason for reduction of the penalty applied to the terms of this Code.

6. Mutual recognition

6.1 With prejudice to the right to appeal, any decision taken in accordance with this Code by a sports organization must be recognized and respected by all other sports organizations.

6.2 Sports organizations should recognize and respect the decisions taken by any competent judicial authority or any other sporting entity that is not a sports organization as defined in the Code.

7 – Application

7.1 Pursuant to Article 1.4 of the Olympic Charter, all sports organizations under the Olympic Charter shall undertake to respect this code.

7.2 These organizations are responsible for implementation of this Code, in the constituency of its own jurisdiction, including educational measures.

7.3 The IOC Executive Board must approve any change to this Code after a proper process of consultation and all sports organizations shall be informed accordingly.

The IOC Executive Board approved this Code on 8 December 2015.

HUMAN AND ETHICAL COMPETITION

In Innsbruck, interesting summit on the protection of young people who face sporting commitments at all levels.

by Günther Mitterbauer
Pastpresident of Panathlon Club Innsbruck,

The Panathlon Club Innsbruck wished to investigate the ethics of youth sports in society today. At the conference „Youth & Sport – is all o.k.“, held on 8th of January 2016, various important political and sporting representatives were in attendance, providing the opportunity to discuss a variety of issues regarding youth in sport. It was at this meeting that **Giacomo Santini** – President of Panathlon International - was able to present the club's findings regarding the ethical situation of youth and sports. In addition, **Susan Bissell**, UNICEF Chief of Child Protection, sent a video message about the responsibility of adults in regards to the youth under their management and care.

Ethical claims in sport are becoming more and more significant. According to the latest studies in Germany, problems for youth competing in high performance sports are on the increase: these problems including higher levels of pressure, training to the pain threshold, as well as sorting in case of injury. Furthermore, the IOC wish to find a more „human way“ of supporting these youths actively competing in sports at a high level. Dr. **Karl Stoss**, president of the ÖOC, reported a new idea regarding events for young adults. They believe events should be more suitably adapted to the age range of the competitors in question (for example the Youth Olympic Games). Dr. **Christopher Willis** (Sport Psychologist) discussed two important co factors in youth sports. On one hand Willis considers the intrinsic motivation in addition to the support from parents who



The Group of speakers and organizers

play an important role as „coaches“ and on the other hand the intense pressure on the young athletes, including high expectations, troubles regarding individual growth, as well as the combination of school education and training. The primary aim should be to discover an optimum way for the child to mature both physically and mentally in a healthy manner, whilst providing the opportunity to find their individual personality.

Kate Allen (Triathlon) and **Stephan Eberharter** (Alpine Ski)- both laureates of the Panathlon award- provided a personal view regarding the most important circumstances in their careers. Both agreed that the support of their family was imperative, as well as the chance to perform different sports (polysportive) and above all personal motivation and the pursuit of success in their field.

„Just try it again – and keep going on!“

The focus of the round table afterwards was on young athletes. Issues including their fears, their wishes, their training possibilities as well as the combination of school education and high performance sports training were discussed.

In summary the PC Club Innsbruck expressed the wish for a concept which includes further understanding of „Sports for Children and Youth“. The „Panathlon Charter for children rights in sports“ (considering important issues such as safe training environments, revitalisation of competition, etc.) should be spread wider to get implemented at schools and by parent's organisations.



The intervention of the international President

"INTERNATIONALITY" ABSOLUTE PRIORITY

The individual national realities, by themselves, do not represent our spirit turned to the universal dialogue and the pursuit of cohesion.

by Giacomo Santini

In my first speech of thanks after the election to the presidency, in Syracuse (2012), I said, *inter alia* ... "I will be a very international president and I will do everything to make grow in size and strategic importance the non-Italian character of our organization..."

In these four years, I have been faithful to this commitment, which is consolidated, along the way, in its motivation and in my convictions.

Those who have had the opportunity in life to live and work abroad, they know well the great added value that comes from a truly supranational vision of life, its values and the social, cultural and historical expressions etc. The horizons that open up allow a better assessment of the ideas and actions in a dimension of universality, which results in a substantial balance that everyone agrees on.

Not only the understanding is easier, but also it consolidates the cohesion that is the magic word by which, for decades in the world, a more diverse and inclusive society at all levels is being built. In addition, especially in relative peace. The universality, the appreciation of differences as a richness, the sharing of experiences and values are the DNA of sport. Just think of the Olympics and the melting pot of people who are compared. Panathlon International cannot escape this development,

otherwise it would betray its name and mandate left by the founding fathers. Those who imagine a strong Panathlon, because strong is the Italian part, betray this perspective vision that the founders had just a few years after 1951 and handed over to a trivial, nationalistic and provincial dimension that no one really cares.

Italy and the others

This does not mean that you have to contrast the development of Panathlon in Italy, but rather, the hope is that it will grow more and more to the number of members and clubs, but also in the ability to manage its majority position. However, we hope that, proportionally, the non-Italian dimension will grow much more, anywhere in the world. When this run will be at least equal, it will result from a balance that will only bring positive developments for all because internationality will no longer be a utopian goal.

It is known that the internationality is a prerequisite in order to be admitted in the bodies of the International Olympic Committee, for us an indispensable source of prestige. Not only: this connotation makes a difference in national assessments by other sporting bodies, beginning with the National Olympic Committees. With this conviction, I have promoted and supported a number of useful initiatives to enhance the international di-

mension of Panathlon and already many answers give reason to this pledge. The European antenna that is being consolidated in Brussels is a concrete proof of the need to be known in order to be taken into account and to count on the choices of the European institutions.

The European antenna

The open dialogue with the European Parliament and the Commission is the first step to enter deeper into the organisms in which topics such as sport, youth education, ethics and social values are addressed. The goal is to be included in the working groups and committees that act as advisory and supportive bodies in the establishment of the European legislation. At European and national institutional level, in the different Member States, there is little talk about sport and little is done. It is important to be there and to be considered when a possibility is open to intervene with legislation measures or with European projects.

The relationship with the European Union is therefore legislative and pragmatic because, thanks to a good understanding, different opportunities may arise to benefit from EU projects or funding in various ways. The presence of Panathlon International in the body APES/EPAS of the Council of Europe has instead a purely political character, given that 47 Member States do not lavish funding, but they indicate the common goals of social policy to achieve, including through the sports world.

At seminars and conferences, many international organizations have shown interest in our presence, and informing themselves about our story, purposes and operating procedures.

Many horizons have been opened, even on views unexplored from us. Now it would be nice to have the means to send "ground troops" to those territories in which probably would not be hard to sow some expansion project. In these experiences, the most exciting time I lived in Biel, in Switzerland, during the general meeting of the sports ministers of 47 Member States of the Council of Europe, and those of some associate and supervisory Members. Moreover, the leading representatives of the Council of Europe and the European Parliament were present, as well as the European Commissioner for Sport.



We are present in institutions

In such a highly prestigious context, I felt proud to present Panathlon International with our history and our values. Even the knowledge of some panathletes was a source of pride, responsible for important institutional roles in their countries. All have come to be known and to appreciate the presence of our "flambeau" between the different symbols of sports organizations in the world.

Almost surprised, pleasantly, for an unprecedented and unpredictable presence. Presence and cooperation have been put in place even with many other international institutions with which we have long relations of partnership that needs to be revitalized or implemented. We summarize them in the note attached to this text.

The next international board that will be totally renewed can play an important role, with only the past president to represent a contribution of continuity. It is hoped that the next President and the board members of all panathletic nations will be animated by a strong international spirit, to continue the drive towards an increasingly modern Panathlon and able to be familiar with the world.

SPORT BREAKS DOWN ALL BARRIERS

The value of the sports education against racial, ethnic, social, cultural and religious discriminations in the communities of South Sudan, a particularly critical area of Africa.



Salah Khaled, the UNESCO Country Representative to South Sudan

Salah Khaled, the **UNESCO** Country Representative to South Sudan has urged South Sudan communities to use sports and education in breaking the existing ethnic, cultural and class differences.

Speaking during the first National Unity Day that was organised by the Government of South Sudan Ministry of Culture, Youth and Sport (MoCYS) and the Japan International Cooperation (JICA), Mr. Khaled outlined UNESCO's own vision as building peace in the minds of men and women and believes education and sport are vital tools in breaking many social, economic and cultural barriers that cause conflict and difference among communities.

UNESCO being the United Nations' lead agency for Physical Education and Sport (PES), considers and adopts Sports in Education as a vital medium for Peace and Development. The Organization is therefore committed to working with the Government of South Sudan in promoting sports in the country through physical education.

Recently, UNESCO adopted the revised International Charter for Physical Education as comprehensive reference for all stakeholders in the field of Sport for Development and Peace, acknowledging the multiple benefits of physical activity for individuals and society and as a universal language and powerful tool to cross boundaries, cultures and religions. This is also in recognition that sport plays a significant role as a promoter of social integration and economic development in different geographical, cultural and political contexts.

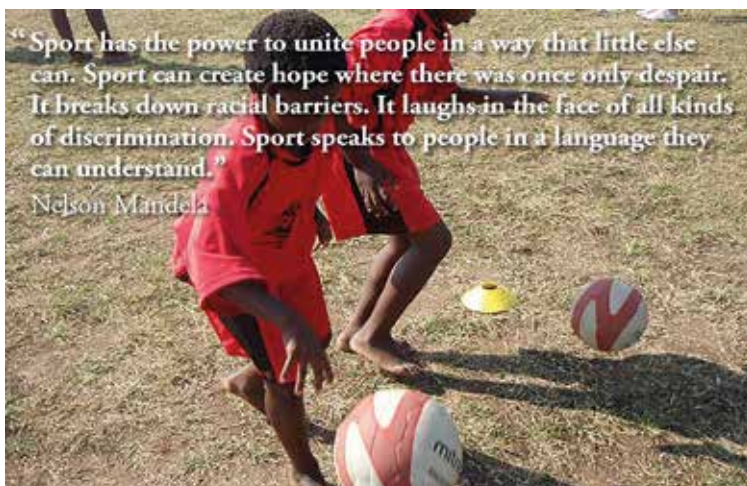
In addition, UNESCO recognises and honours culture and heritage, as sources of identity and mechanisms for unity, understanding and tolerance amongst communities. In South Sudan, UNESCO is also working with the **Forest Whitaker Peace and**

Development Initiative to develop sports that promote ideals of peace, fraternity, solidarity, non-violence, tolerance and justice between different ethnic groups. *"I would also like to congratulate South Sudan for having the new Olympic Committee recognized.*

This is an important step for South Sudan to compete globally and prove to the world, the determination of South Sudanese people and their power to represent their country as one, one team, for one country in the next Olympics games" emphasized Mr. Khaled.

Finally, UNESCO is encouraging you to make the most of the opportunities.

"Be together, help each other, focus on your education, and use sports to make your country one united South Sudan. Without education you will not be able to build your great country. You now have a peace agreement. Get together, forgive, and unite for your country to protect your Heritage and your Identity."



20th INTERNATIONAL CONGRESS, EXTRAORDINARY ASSEMBLY - 47th GENERAL ELECTIVE ASSEMBLY ANTWERP 19/22 MAY 2015 - Campus Middelheim Antwerp University Programm

Thursday, May 19, 2016

Arrival of participants - Accommodation at the Hotel Ramada Plaza **** <http://ramadaplaza-antwerp.com>

- 14.30 Start accreditation of participants at Campus Middelheim University of Antwerp
- 18.00 End of session
- 20.00 Welcome Dinner at Restaurant Hugo Hotel Ramada Plaza

Friday, May 20, 2016

- 8.30 Transfer from the Hotel Ramada Plaza to the Campus Middelheim of the University of Antwerp
- 9.00 Opening of the 20th International Congress in the Auditorium of the University Campus
- 11.15 Coffee break in the Hall of the Auditorium
- 13.00 End of session
- 13.15 Buffet self-service at the restaurant of the University Campus (the only one in the area)
- 14.30 Resumption works
- 16.00 Coffee break in the Hall of the Auditorium

From 17.00 to 18.30 Verification of credentials - Campus Middelheim Antwerp University

- 18.00 Reading of the Final Resolution
- 18.30 Closing of the 20th International Congress
- 20.00 Traditional dinner - Old Brewery De Koninck (<http://www.dekoninck.be/>)
Antwerp is harbor, is diamond, is Rubens, is fashion, and is chocolate. In addition, of course, Antwerp is beer!
De Koninck Brewery is the most famous and recently renovated.
One of the features is the fact that in 1833 a woman, Elisabeth Cop De Koninck, founded it. Originally, the brewery was called "De Hand", in honor of the symbol of the city of Antwerp, and that is the hand.

Saturday, May 21, 2016

- 8.00 Resumption of the Verification of Credentials at the Campus Middelheim Antwerp University
- 8.30 Transfer from the Hotel Ramada Plaza to the Campus Middelheim of the University of Antwerp

9.00 Opening of the Extraordinary Assembly at the Auditorium of the University Campus

- 11.15 Coffee break in the Hall of the Auditorium
- 13.00 End of session
- 13.15 Buffet self-service at the restaurant of the University Campus (the only one in the area)
- 14.30 Resumption works
- 16.00 Coffee break in the Hall of the Auditorium
- 17.00 At the end of the Extraordinary Assembly, Ceremony of "Communication Awards" at the Auditorium of the University Campus
- 19.45 Transfer from the Hotel Ramada Plaza to Grand Café Horta
<http://www.grandcafehorta.be/>
- 20.00 Gala Dinner with music inside the "Art Nouveau Room"
(Built with iron trusses of the former "People's House" in Brussels, the Grand Café HORTA, located in the fashionable heart of Antwerp, is an excellent place for all kinds of events.)

Sunday, May 22, 2016

- 8.00 Resumption of the Verification of Credentials at the Campus Middelheim Antwerp University
- 8.30 Transfer from the Hotel Ramada Plaza to the Campus Middelheim of the University of Antwerp
- 9.00 **Opening of the 47th Ordinary Elective Assembly at the Auditorium of the University Campus**
- 11.15 Coffee break in the Hall of the Auditorium
- 12.30 Election of the International President and the new International Bodies for the four-year period 2016-2019
- Coming up The first meeting of the new International Board at the Hotel Ramada Plaza

THE NEW IOC CODE OF ETHICS FOR THOSE WHO WORK IN SPORT

The International Olympic Committee has updated its code of ethics. Among the old rules, maybe a little outdated, were included most modern concepts and addresses and appropriate to the changes that Olympism and the sports world in general have suffered. It is appropriate and inescapable for all those who have responsibility of any level in a sports association to know these simple but important rules. Moreover, the various management levels of Panathlon International must understand the need to be aware of these ethical guidelines and apply them fairly.

Strategy

The strategy must correspond to the line of thought and regularly adapted to the environment. The strategy of the sports organizations should be developed at the highest levels of the organization.

Structures

The sports organizations should include as members the natural or legal persons that make up the organization and help to form the will of the organization. The subjects involved in the organization include all the members that make up the organization and all the external entities that are involved and have a bond, a relationship or an interest in the organization.

Clear rules

All the rules of each organization and governing body, including, without limitation, statutes and other procedural regulations should be clear, transparent, published, accessible and available to all. Clear rules allow understanding, predictability and facilitate a good governance.

Governing bodies

The size of the governing bodies should be appropriate to the size of the sports organizations. The tasks and responsibilities of governing bodies should be clearly defined in

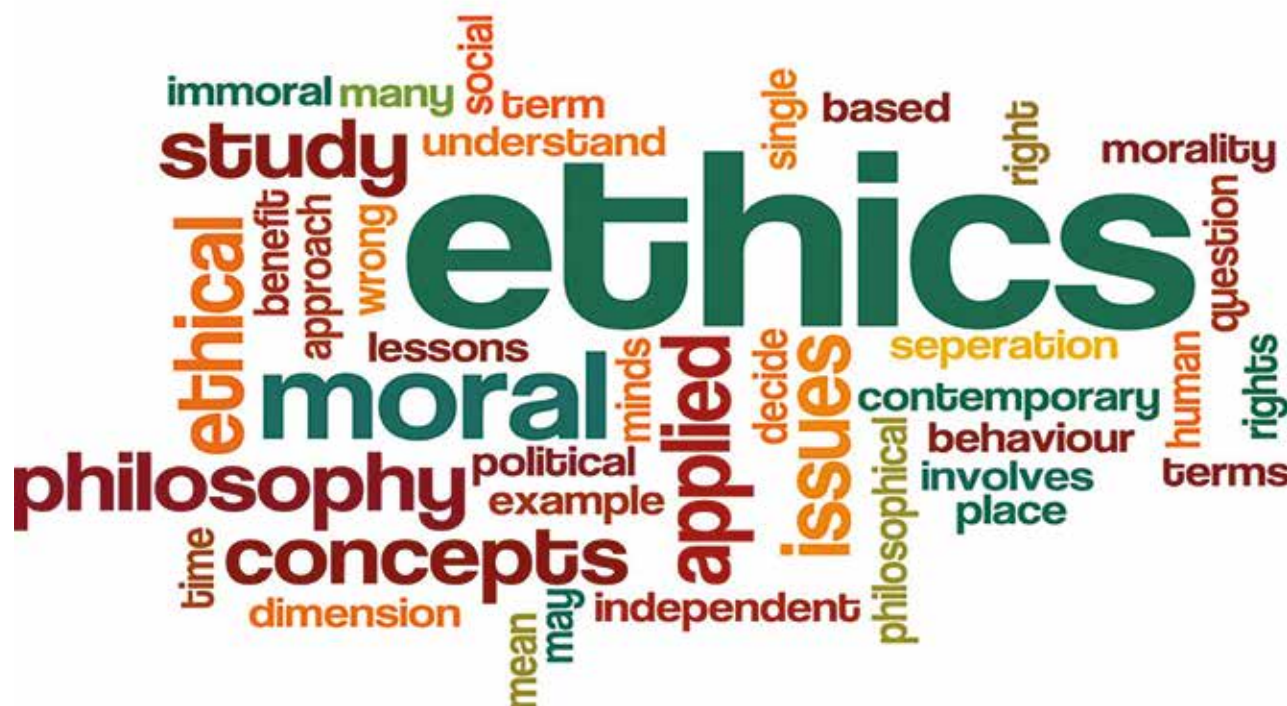
the regulations and they should be adapted and revised, if necessary. The governing bodies should have the power to create temporary or ad hoc committees with specific responsibilities in order to assist them in their tasks. The organization should establish and maintain reliable and appropriate criteria for the election or appointment of members of governing bodies in order to ensure a high level of competence and quality. The members of the organization should be represented in the governing bodies, in particular women and athletes. Particular attention should be paid to the protection and representation of minority groups.

Democratic process

The democratic processes such as elections should be governed by clear, transparent and fair rules. A clear division of responsibilities between the different bodies should be established, such as the General Assembly, the executive body, the committees or the disciplinary bodies.

The decision-making

All members of the sports organizations should have the right to express their opinions on issues on the agenda through the appropriate channels. Members should have the right to vote and to be able to exercise this right appropriately, as defined in the governing body rules. The



te rules should be established, approved and supervised at the highest level. Specific, clear and transparent rules should be established and applied, and control and balance systems should be implemented. In general, the individual signature should be avoided for all obligations involving an organization.

In general, members of any decision-making body should be independent in their decisions. No one with a personal or professional interest in a matter under discussion should be involved in the decision.

The term of office should be predetermined to allow an election/a regular renewal of leadership. The entry of new members should be encouraged.

For each member concerned by a disciplinary decision taken by a sports organization should be possible to lodge an appeal to an independent body within the sporting jurisdictions. When decisions are taken in respect of a member, particular attention should be paid to ensure a proper balance between transparency and protection of privacy.

The members of the executive body should be selected based on their ability, skills, leadership, integrity and experience. The contribution of external experts in specific areas should be considered whenever deemed necessary.

A good governance requires good supervision of financial management. To prevent abuse of the power of representation (in particular the power of signature), appropri-

A good circulation of information within the sports organization provides a good understanding by users of the activities undertaken, and allows managers to make responsible decisions at the right time. Good working conditions and a good atmosphere, as well as motivation and reward policies are essential for the proper functioning of the organization.

A clear and proper process of risk management should be put in place: - identification of potential risks for the sports organizations - risk assessment - risk control – risk management- publication/transparency.

The management is above the administration. The majority of members of the administration should be composed of professionals. Candidates should possess professional skills and impeccable work experience. The selection process should be based on objective criteria and clearly established.

To develop, adapt and implement rules and ethical principles. The ethical rules should refer to the IOC Code of Ethics

and take inspiration from it. To monitor the implementation of the rules and ethical principles.

Responsibility

All bodies that are elected or appointed should be accountable to the members of the organization and, in some cases, to the interested parties of the organization. In particular, the executive body is accountable to the General Assembly of the organization. The administration will be accountable to the Executive Body. All employees will be responsible for the administration.

Processes and mechanisms

The rules and appropriate processes of responsibility should be created, and available in all organizations, implemented and monitored appropriately. Clear and measurable goals should be set up for the organization, its bodies, administration and employees, also including appropriate evaluation tools.

Transparency and communication

The financial information should be communicated to the members, stakeholders and the general public, gradually and in an appropriate form. The publication of financial information should be carried out annually. The financial statements of sporting organizations should be clearly presented to be easily understood.

Financial issues

The accounts must be established in accordance with applicable law and in accordance with the principle of "the true picture of accounts". The application of internationally recognised standards should be strongly encouraged in all sports organizations and should be required for an international organization. For all organizations, independent and qualified auditors shall audit the annual financial statements. The financial and accounting reports should be produced regularly.

The information regarding the compensation and financial provisions of the members of the Institutions should be integrated in the annual accounts. Clear rules should be applied on the remuneration of the members of the executive and administrative bodies.

The remuneration procedures should be transparent and predictable.

Internal control system

An internal control of the operations and financial processes should be set up within the sports organizations. The adoption of a system of compliance, record keeping and information security should be encouraged. The structure of the internal control system should depend on the size

and importance of the organization. Audit committees should be established in all the major sports organizations.

Education and training

There should be an integration program for all new staff members, volunteers and new members of the bodies. The education and further training of executive members, volunteers and employees should be an integral part of the activities. The promotion of continuing education and self-education within the sports organizations should be encouraged.

Distribution of resources

In general, the financial resources coming from sports should be devoted to sport and in particular to its development after covering all expenses. Financial income should be distributed equitably and efficiently. An equitable distribution of financial revenues helps maintain balanced and attractive competitions.

A clear and transparent allocation policy of financial income is essential.

Equity

Resources should be distributed fairly. The equity in sport should be strengthened. The right to participate in competitions should be encouraged and guaranteed for the athletes involved, according to their level. The opportunity to organize major sporting events should be open. The criteria selection of the websites should be fair and transparent.

Development

The development of partnerships between the various sports organizations of developing countries should be encouraged. The development of sports infrastructure in developing countries should be encouraged.

Right to participate

Involvement of the athletes in the Olympic Sports Movement and its governing bodies. The right of athletes must be protected to participate in sports competitions based on their level. Sports organizations must refrain from any form of discrimination. The voice of the athletes should be heard in sports organizations.

Protection of athletes

Some measures should be taken to prevent the exploitation of young athletes. Athletes should be protected against agents or unscrupulous recruiters. The governments of the countries concerned should develop cooperation. All sports organizations should sign the codes of good conduct.

Health

Sports organizations must adopt rules for the protection of athletes' health, in order to limit the risk of endangering their health (medical supervision, the number of days of competition, pollution, etc.).

Fight against doping

Sports organizations have to fight against doping and should have an anti-doping policy. The "zero tolerance" in the fight against doping should be encouraged in all sports organizations at all levels. Sports organizations must

Education of athletes and career management

Educational programs that develop in particular measures of "Sport-Study" should be encouraged. Career management programs should be supported. The upgrading of professional athletes should be promoted through new professional opportunities at the end of their sporting careers.

Cooperation, coordination and consultation

Sports organizations should coordinate their actions with government bodies. Cooperation with government bodies is essential in the sports business.



protect athletes against doping, in particular through prevention and education.

Insurance

Insurance in case of death or serious injury should be recommended for all athletes, and should be mandatory for young athletes. When the situation allows, the athletes should be insured under a social security scheme. Special insurance policies should be available to professional athletes. Organisers of sports events should obtain adequate insurance coverage.

Sporting spirit and "fair play"

Sporting spirit and "fair play" are the basic elements of the competition. "Fair play" is the spirit of sport. The sporting values and friendship must be promoted.

Cooperation, coordination and consultation are the best way for sports organizations to preserve their autonomy.

Complementary mission

Governments, members of the Olympic Movement, other sports organizations and stakeholders have a complementary mission and must work together in the same direction towards the same goals.

To maintain and preserve the autonomy of sport

There must be a good balance between governments, the Olympic Movement and sports organizations.

SPORT AND SPONSOR BUT WITH ETHICS

Towards new relationships between two worlds often divided by suspicion and misunderstanding?

by Maryline Ottmann

"Sport and sponsors: towards a new relationship?" is the title of a conference that took place in front of 200 sport managers and students concerned about the preservation of ethics in sponsoring. Stakeholders, represented by our guests from sports federations, sponsoring companies, sports marketing agencies and institutions, were also present to help grow the debate that focused on several issues all morning:

-What are the opportunities and risks that can improve or worsen the relationship between the parties concerned with sport and sponsors?

-In particular, what are the sports behaviors and situations (individual and collective) that could damage the image of the sponsors?

- On the contrary, how would a sponsor harm the sport and its integrity?

-Which means could the sponsors use or require from the sports movement, in order to avoid these risks?

-What guarantees could sponsors offer to protect the integrity of sport?

-More generally, can sponsors contribute to the sustainable development of elite sport?

- Why is not this sponsoring procedure more widespread,

ad, by both sponsors and sponsored?

- Should the sponsors be more involved in the sports governance?

To talk about ethics, acting with ethics

The event opened with the intervention of Philip Muller-Wirth: UNESCO has just drafted the new International Charter for Sport. It is about renewing the debate on the role and social impact of sport and on how to translate the Charter into measurable and concrete actions. Concreteness. That is the key word, and "not the main goal, but the only one of the committee, said Véronique Lebar, President of the Ethics Committee and Sport.

The goal we are pursuing is the concrete implementation of the respect for the human being in a frame of reference. "The debate of the day is to take stock of current practices and new relationships to be developed between sports and sponsors. In other words, to talk about ethics, but above all to act with ethics! During the introduction, Laetitia Olivier uttered a strong phrase. She exclaimed at the round table, "Responsible sponsorship must be a tautology."

What does that mean? The deaf-mute sponsorship oriented only towards the reputation or the image is and must be a bygone era. Companies invest in sport, using their notoriety, image and commercial development.

*From the book "Sport. Ethics. Culture."
published by Panathlon International in 2004*

*In a sports universe, victim of doping and
unscrupulous business, it is vital to rediscover
some values such as:*

proper sports sponsorship

- *Effective Communication*
- *A lively and purposeful sports association*
- *Protection of sports law at 360 degrees*



There is no reason to ignore how this investment grows.

Ethics sponsorship

The day of the event, the representatives of the Committee group "Ethics sponsorship" Christian Kalb and Maryline Ottmann presented two years of analysis resulting from the reflection on the responsibilities of sponsors and the sports movement in ethics.

Always with the goal of offering the most possible concrete solutions, this study refers to the risks that may affect sponsors and sponsored, but above all, it offers concrete solutions to address them. It has no exhaustive value and is a basis of reflection to launch a more concrete work between sports and sponsors, so that together they can have a tangible commitment.

Four recommendations emerge from this study, four possible ways to prevent the risks that exist, but that can be adjusted:

1. To define the moral contract between the sponsor and the sponsored, in other words, better governance, transparency, openness, solidarity between the two parties"-.

In summary, to account for their own actions, without interfering and preserving the autonomy of sport gai-

ned in recent decades.

2. To dedicate a percentage of the sponsorship budget to the sustainability of the sports future and to defend it against threats. In fact, money for the sport is now much more important, as well as the problems facing the sport.

3. As mirror effect, to require the sponsors to consider the ethical concerns. Considering that, a sport implies the right and even the duty to preserve the value of this commitment.

4. To define a real code of the responsible sport. A roadmap that would have the CSR benchmark for the sponsors. A "compass" says Laetitia Olivier (FDJ).

Any risk highlighted by this study is evaluated and compared to a concrete solution.

SPORT IS HEALTH

Conference organized by Panathlon Club Forlì

By Giorgio Sbaraglia, Board Member and Press Officer Panathlon Club Forlì

After the success of the first edition, held on 16 January 2015, Panathlon Forlì reiterated the conference "SPORT IS HEALTH", with the exceptional presence of an internationally renowned scientist, Professor Barry A. Franklin. The conference was organized by Panathlon Club Forlì together with the Cardiology Foundation Dr. Myriam Zito Sacco Onlus and the Cardiological Association of Forlì, in collaboration with AVIS, UNVS (National Union Veterans of Sport- Sec. Forlì) and Ministry of Education, Office VII – geographical area of Forlì-Cesena.

President of Panathlon International Giacomo Santini was present at the first edition of the Conference and - with great pleasure of all - he wanted to be there this time. He reminded the guys what is the "mission" of Panathlon (in over 65 years of activity), which is not to organize sporting events or celebrate the champions, but rather to promote sporting activities as moral and ethical values to everyone, and the education of youth through sport. *"For Panathlon is not important" who "wins, but "how" one wins. Sport should be a means of growth through the respect of ethics, which is a very important sporting discipline, the greatest of sports. If one wins without ethics, no one really wins."*

Prof. Franklin, President of "the American Heart Association's Council on Nutrition, Physical Activity, and Metabolism" and author of 27 books and over 500 publications, spoke on the subject of prevention and cardiovascular rehabilitation and the risks and benefits of physical activity. It was an honor and a pleasure for all of us to hear this distinguished scientist, who summarized in his speech

the results of scientific studies conducted after years of researches on tens of thousands of subjects. The report - in English with simultaneous translation - was accompanied by numerous slides, full of data and statistics that Prof. Franklin explained with great clarity. Here we will try to make a brief summary. To measure the metabolic cost of a physical activity is used an index defined "Metabolic Equivalents" (METs). A MET is the amount of oxygen (O₂) consumed at rest per kg of bodyweight per minute. A grown man has a level of 5-12 METs during the physical activity. An increase of 1 MET (in the physical activity) is associated with the reduction of approximately 15% of mortality risk. In summary, people who do not exercise have a double death rate compared with those who practice sport. The cardiovascular benefits of regular physical activity are of four types: anti-atherosclerosis, anti-thrombosis, anti-ischemic and anti-arrhythmia. So even healthcare costs are reduced (which in the US are very high, amounting to 15.3% of GDP): for every dollar spent on prevention (and therefore also for physical activity) saves \$ 3 in medical care. Another important fact: patients who do exercise, if undergo surgery have fewer post-operative complications than those who do not do sport (2.8% versus 16.7%). However, the exercise is like a drug: there is the underdose (who does too little sport), but also the overdose (who does it in a very intense manner). Studies conducted by Prof. Franklin lead to the conclusion that the mortality curve is highest for those who do not exercise, is at an all-time low for those who practice sport 2-4 times a week, and then go back for those who do the sport in a very intense manner. Studies of marathon runners have shown that running a marathon



The intervention of Prof. Barry A. Franklin (USA)

produces right ventricular dilatation. Physical activity - if done in the wrong way - sometimes it can cause cardiovascular problems: in people over 35 years old, studies say that the coronary heart attack represents about 80% of the causes of death.

For this reason, the adult and the elderly person (and, more generally, any person with sedentary habits) who

responded with great willingness to audience questions. About the usefulness of training with weights: "It's good to incorporate aerobic activity and maintain muscle mass, especially useful for combating sarcopenia (loss of muscle mass) in the elderly. I recommend exercises of 8 repetitions up to a maximum of 12".

On the use of food supplements: "I recommend only the natural ones (Omega-3 fatty acids and vitamin D), possibly looking to take them with proper nutrition. It makes no sense to take artificial supplements (such as anabolic steroids, growth hormones, etc.), for which - according to studies carried out - the risks are much greater than the benefits". For athletes who stop doing an intense physical activity: "they run the risk of obesity and diabetes. It is therefore important to maintain moderate exercise, even after finishing the sports career". How do you exercise when you have no time? "It is also useful to get up from the chair and even walking for a few minutes, a practice especially useful for obese people." In addition, he summed up the concept with a simple phrase, but very effective: "Every minute counts".

Prof. Franklin, a person who lives his profession as a mission, he concluded with this wish: "We must move from a medical "reactive" model (which operates only when we are sick) to a "proactive model" (the doctor must be for his patients the consultant for a better and healthier lifestyle)".

It followed the intervention of Prof. Bruno Grandi who told us that the IOC has understood the importance of mass sport (not just that of the champions) and therefore established the "Sport for All" Commission of which Grandi is part. At the end of the meeting, President Giacomo Santini rewarded our compatriot Prof. Bruno Grandi (President of the International Federation of Gymnastics) with the prestigious "Domenico Chiesa Award".

The award is offered by Panathlon International, to those who - panathletes or not - have contributed to the affirmation of the sports ideal and its moral and cultural values alongside the Panathletic Movement.



The Domenico Chiesa Award to Bruno Grandi

intend to start the sports practice, they must do it with moderation, beginning in the first 2-3 months with walking, gradually increasing the speed. In this way, the risk of cardiovascular and coronary problems caused by too intense exercise is reduced.

Studies have been conducted on populations that in the world are more long-lived (including the inhabitants of Sardinia), analyzing their lifestyle and the results were that these people have in common the following conditions: 1) they do not smoke, 2) they have strong family ties, 3) they do exercise every day, 4) they are engaged socially, 5) they have a proper diet (the "Mediterranean" diet, fruits, vegetables, whole grains). Professor Franklin was very drastic on smoking: the life expectancy of a smoker is reduced up to 12 years compared to a non-smoker. However, stop smoking before 40 reduces by 90% the risk of death compared to those who continue to smoke. Professor Franklin after concluding his speech



AGAINST CORRUPTION THAT POLLUTES THE SPORT

The ***Global Corruption Report on Sport*** was presented in Berlin, created and published by ***Transparency International***, a leading association in the fight against corruption.

The ***Global Corruption Report*** on Sport with over 60 specialist contributions provides a large and structured overview of the dynamics and causes of corruption in sports fields and outlines a set of recommendations from evidence, the studies and best practices identified by leading sector experts, in order to "cleanse the world of sport", by appropriate tools to be applied to various specific contexts.

A worldwide scourge

The topics covered include political interferences in the Asian football, corruption in the African sports, the risk of match-fixing in football, the legacy of the World Cup and the Olympics in Brazil, the financing of the Winter Olympics in Sochi, the cash flows of the World Cup in Russia, the political control of football in Hungary, the governance of cricket in Bangladesh, the ownership structure of football clubs in the UK, and much more. Sport is a global phenomenon, which involves billions of people and

generates an annual turnover of more than US \$ 145 billion, as we read in the Report, 1 Italia. If the corruption in sport is nothing new, the recent pervasiveness of mismanagement and scandals, such as in FIFA, and even more recent in the tennis world, threatens to undermine the very essence of the sport and all the great benefits that sport gives both to the economic and social scenario of territories, and to the ethical and educational impact on civil societies.

However, this can be defeated

The report highlights the need for a greater involvement of all actors involved: national and local government institutions, leagues, federations, sports associations, international sports organizations (ISOs), sponsors and broadcasters which finance sports activities, cities and citizens that host large events, athletes and fans who purchase tickets.

The Ethical Code of Sport aims to strengthen and enhance the social, cultural and behavioral role that popular sport, practiced and conducted properly, develops on behalf of people and communities, so that the clubs are better equipped to improve the quality of service offered, the re-

relationship with users, to raise funds, to grow its reputation and image. Moreover, it aims to self-protect themselves from improper behavior and the growing risks of involvement, often unintentionally, in the dynamics of minor illegalities or, frequently even at the grassroots level, doping issues, manipulation of results, illegal betting, violence, racism and premature and exaggerated competition, sometimes linked to possible infiltration of organized crime.

Here are the objectives

- Increase of independent supervision in the governance of international sport.
- Use of stringent and transparent criteria for eligibility to all high-level decision-making positions.
- Increased financial transparency in all sports associations.
- Citizen involvement in procedures for major sporting events and the need for formal guarantees by bodies involved to stop corruption, to protect all human rights, the rights to/of the work, to avoid any abuse that concerns environmental and social sustainability.
- the promotion by the sponsors of the integrity and the management of relationships with sports organizations to the same standards that are applied to their supply chain.
- To investigate the institution's need for a single global agency to combat corruption in sport in the world.

PCU Board meeting

The PCU Committee, in March, met at the Sheraton Hotel in Malpensa. Leo Bozzo, Secretary General of Panathlon International, Enrico Prandi, Past President and Deputy of President Santini and Peter Verboven, Secretary of the PCU Committee attended the meeting. All projects and future goals were shared to develop the Panathletic movement.

The next Games will take place in Antwerp from 27 to 29 April and the number of participating University Clubs will substantially increase, and the delegations of the Netherlands, the Republic Czech, Croatia and England will join Panathlon family.

The Board examines the agreements signed between Panathlon International and University of Antwerp and reiterates its willingness to cooperate to common goals, especially with the Drawing Contest, which will give us access to art academies and universities.

Even the PCU activity brings a considerable added value to the expansion policies of Panathlon International, at a level of particular interest that is the university world.



Panathlon Club Lausanne honours IOC President Thomas Bach



IOC President Thomas Bach among the Executives Club of Lausanne

On January 25 2016, the Panathlon Club of Lausanne welcomed and appointed Thomas Bach, President of the IOC (International Olympic Committee), and Honorary Member of Panathlon Lausanne.

On this occasion, some important personalities took the floor. The new President of Panathlon Lausanne, Mr Jean-Pierre Strebel welcomed Mr Bach. The President of Swiss Federation of Fencing, Olivier Carrard, congratulated Thomas Bach.

Who could do better a praise than him? Hasn't Mr Olivier Carrard been the European champion of individual fencing in 1982, six years after the title of Olympic team champion of Thomas Bach, obtained with the team of West Germany at the Olympic Games in Montreal?

Giacomo Santini President of Panathlon International invited to the event, which was attended by a hundred people, wanted to speak in French and German.

Some gifts were delivered to President Thomas Bach. A book written by Alain Bar "Le bréviaire du combattant" (The breviary of the fighter) which contains a dozen engravings representing the Asian martial arts. The work written by a French poet has been translated into German. Moreover, the IOC President received a rapier (type of sword) recalling the sport he practiced. Finally, he received from Jean-Pierre Strebel, former athlete of the Stade-Lausanne (SL) and champion in the 4x100m relay, a testimony on which was engraved "Panathlon Lausanne", Thomas Bach very smiley took the floor. Humility and availability that distinguish him are amazing. Among other things, he spoke of fair play and the importance of working together to protect this incalculable value.

The testimony that he received represents the union that must be a force, isn't it true? (J. W.)

HENRIQUE NICOLINI

70 YEARS OF SPORTS JOURNALISM

90 years old, 70 of journalism and 63 of wedding. Three special anniversaries that fill a lifetime. For Henrique Nicolini is really an extraordinary life, totally dedicated to others.

First as an athlete, then manager and promoter of sports events, lastly as a leading journalist in the field of sport, that in Brazil means the religion of people and life philosophy. From local activities to the Olympics, the World Cup, the relationships with important federal managers, Henrique Nicolini has always transmitted to all his great message of optimism for life that translates into passion and commitment for all that is sport.

As a corollary to this extraordinary life, there is the universal recognition that he has been the great ferryman of the ideals of Panathlon in Brazil and other countries of Central and South America.

The title of Honorary Member is little to signify the epic undertaking he has done to make understand that Panathlon with its exaltation of the values of sport and life can fill and address to the good the destinies of many young people. Witness of almost a century of life open to the world, he never neglected his family as an embryo of his longing for others. That is why his wedding anniversary with Lillian is a fundamental chapter for all other occurrences. Because Lillian perfectly embodies the maxim of Machiavelli, according to which behind every great man there is a great woman.

Rightly in San Paulo and throughout Brazil, a big public celebration, fantastic for the spectacular aspects and deep in its meanings was dedicated to Henrique Nicolini.

Ideally, all of us of Panathlon were present to say thanks to Henrique and Lillian, in all languages of Panathlon. Starting with the language of the heart.

Giacomo Santini



Henrique and Lillian Nicolini



From the Preface to the book *"Ethics and Governance in Sport. The Future of Sport Imagined"*

published with the support of Panathlon International

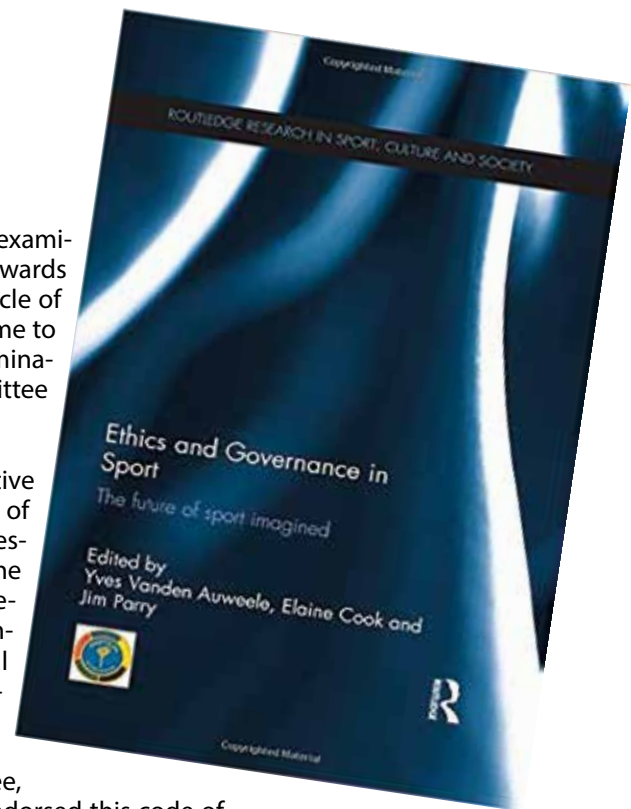
As President of Panathlon International, a service-club whose goal is to examine, promulgate and defend the values of sport intended as a means towards the development and the advancement of the individual, and as a vehicle of solidarity between people and peoples, I am proud to present this volume to the international world of sport science. It may be considered as the culmination of years of intensive activities by our Cultural and Scientific Committee (CSC).

Since its foundation in 1951 in Venice, Panathlon has been constantly active in the field of ethical and cultural values. One example is the protection of children and youngsters in sport. The resolutions of the Panathlon Congresses of Avignon (1995) and Vienna (1997) inspired by the Charter for the Rights of the Child in Sport published in 1986 by the Public Education Department of the Geneva Canton (Switzerland), culminated in the Panathlon Declaration on Ethics in Youth Sport presented by an international team of experts on the 24th September 2004 during a consensus conference in Ghent (Belgium). Since then, UNICEF, the International Olympic Committee (IOC), SportAccord, nearly all international sport federations, hundreds of national sport federations, the European Olympic Committee, national Olympic Committees, universities, provinces and cities have endorsed this code of ethics, considering it as having a high moral value.

However, though work on the implementation of the Declaration is on-going, Panathlon International desired to broaden its vision. Since 2012, a working group of its Cultural and Scientific Committee has been reflecting actively on the future of sport, the result of which is evident in this book, *Ethics and Governance in Sport: The Future of Sport Imagined*, edited by the eminent scholars Yves Vanden Auweele (Belgium), who chaired the workgroup, Elaine Cook (Canada) and Jim Parry (UK).

The book is drawing together the ideas of leading thinkers of three continents in the field, across various disciplines. I wish to thank the members of our Cultural and Scientific Committee, and in particular its President Vic De Donder (Belgium), for realizing one of our main goals: to promote study and research of the problems facing sport and its interrelations with society, and to communicate the results to the public in collaboration with schools, universities and other cultural organisations. I hope this book will find its way to all stakeholders in the world of sport, for the benefit of all those who practice sport and believe that sport brings people together.

Once again Panathlon 'jungit ludis'.



THE MONT BLANC AT THE TOP WITH FLYING PANATHLETE

After publishing several books on mountain flying, panathlete of Aosta Cesare Balbis dedicated his vocation to the flight, photographing every corner of Mont Blanc. After over a year of researches and aerial photographic shots, a unique work came out.

A volume which has in its content every detail of the Massif, from the orogenesis to the images of more than 250 beautiful photographic shots from the plane, useful information on all the shelters and huts, the history of the cable cars, the fauna and flora and the history of glaciations, with all glaciers, the rack railway of Montenvers and the Tramway of Mont Blanc.

A unique work that arouses interest not only in the mountain and photography lover, but of all those who love to have at home a small Photographic Encyclopaedia of the Mont Blanc Massif. From the images taken in the foreground, the inveterate climber can study a new way forward, the profane, thanks to well-descriptive captions on each picture, will always find an answer to the many questions that he raises when the media mention the most varied adventures, while the sporty driver can see how spectacular flying high in the mountains is.

The volume is divided into five chapters: a small geology Treaty, on the birth of the Massif, photos from the Italian side, photos from the French side, photos of the Swiss side, pictures with description of all the refuges of the Mont Blanc Massif, among other things a new cable car on the Italian side, the Skyway with the new arrival at the Pointe Helbronner at 11,358 ft.

All photographs, taken from the plane, (over 250) have a well descriptive caption. Captions, orogenesis, shelters have been checked by specialized staff in various sectors. The 240-page book has a large format of 23x33 cm. with a cardboard cover.

Each book will have as an attachment a poster of Mont Blanc.

For more information: tel. 0165-40687 -
3483002756 cesarebalbis@libero.it www.cesare-
balbis.com



Two basketball courts as a gift to the city

Special Guest Massimiliano Rosolino

by Gino Goti

With the delivery to the town of Perugia, represented by Councilor Cristina Bertinelli, of the project of a sports facility for the city called "Enjoy the game", the festivities were concluded for the 60 years since the establishment of the Panathlon Club Perugia.

There was all Perugia for this significant event and for the presence of distinguished guests of the conference "60 years of Panathlon Club Perugia: the sports associations as a resource for the territory" opened by President Mario Provvidenza with the participation of International President of Panathlon Giacomo Santini, of Regional President of CONI Domenico Ignozza, Councilor for Sport of the municipality Emanuele Prisco, the National President of the Italian Swimming Federation and the World and Olympic swimming champion, **Massimiliano Rosolino**, who won 60 prestigious medals, as the years of activity of the club celebrated.

Two members of the Club, engineers Alessio Burini and Carlo Alberto Beffa developed the sports facility project, Burini illustrated it with graphic support made by Astravideo with aerial shots from a drone. Two street basketball courts designed in the area close to the bowling alley attached to the green path of Pian di Massiano. "A facility - said Burini - that is easily accessible and reachable by the population, inserted in a landscape and environment of a certain level."

The interventions of the speakers focused instead on issues of the world of sport, on associations, on the functionality of the sports teams in various disciplines. Indispensable realities to cover institutional weaknesses at the national



Massimiliano Rosolino (with the beard) guest in Perugia

level. On the role of Panathlon present with more than 300 clubs in the world, to help keep alive the values and the meanings of sport with appearances and demonstrations, supporting CONI, in schools of all levels with the project "Cento Classi".

The governor of the area 10 Pietro Pallini and other Clubs of Umbria were present at the conference: Clitunno, Orvieto, Terni and Valtiberina with presidents, secretaries and numerous partners. The celebrations began with the photographic exhibition **"The empowerment of women through the Olympic Games"** and the visit of the members of the Club of Cremona arrived in Perugia by bicycle to join the celebration that unites them chronologically to the club of Perugia and to visit, always by bicycle, the most beautiful places around the city and the tourist, cultural and religious destinations of Umbria.

IN A BASKET, REDEMPTION

The story of three boys who find their revenge in basketball and in friendship

Italy is in last place among the Western countries for youth physical activity¹. Over 60% of young Italians spend between 10 and 11 hours sitting and only 40% of them practices at least two hours of weekly physical activity. Yet the sport prevents youth social disadvantage and is a key tool for growth and integration: this is the central theme of Basket Case, comic published by Shockdom with the collaboration of the famous basketball player Andrea Pecile.

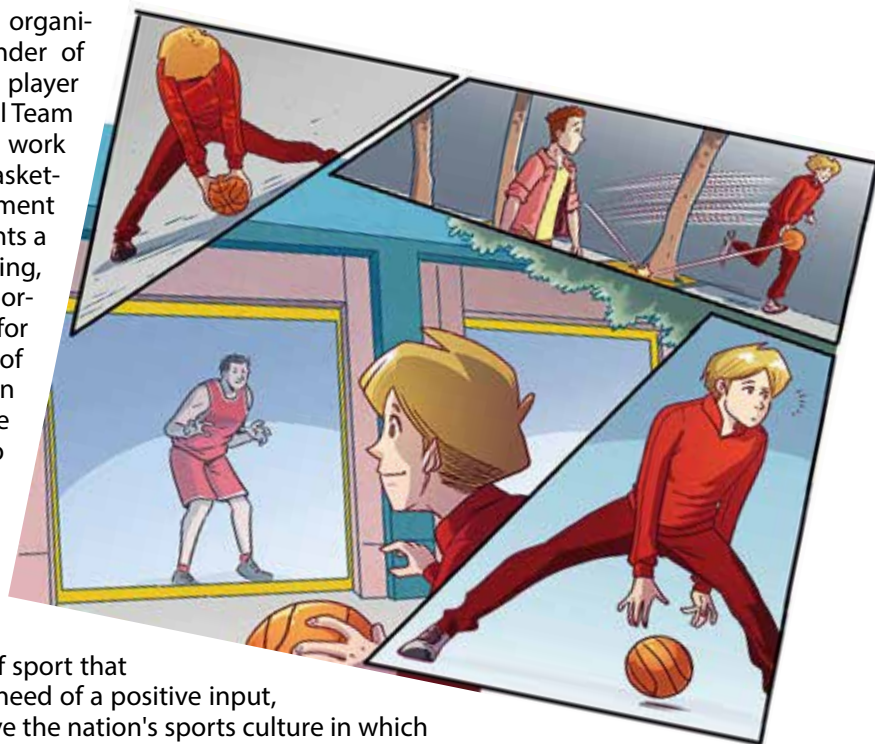
Basket Case, written by Manuel Piubello, designed by Davide 'Dado' Caporali and colored by Alberto 'Albo' Turturici, tells the story of three kids: Michele is almost fifteen years old, he is introverted, shy and lives in his own world; Riccardo isn't even twenty years old, but already has a child and a job he does not like; Karim is seventeen, is from Lebanon, but has always lived in Italy. Three guys with nothing in common, but united by a great passion: basketball.

Mary Floriddia, an expert on sports marketing, organized the meeting between Lucio Staiano, Founder of Shockdom, and Andrea Pecile, Italian basketball player who has racked up 78 attendances in the National Team and from the very first meeting they decided to work together to create a comic book dedicated to basketball. The story recounts the sport as a central element in the growth of people, both because it represents a necessary element for the psychophysical well-being, and because it helps to directly experience important values in the development stages: respect for the rules and for others, self-discipline, habit of hard work and commitment, co-operation within the team, acceptance of defeat, ability to manage the difficulties and problems. Sport as a vehicle to overcome linguistic, religious, cultural and social differences to create contexts in which dialogue and acceptance can be encouraged.

"Basket Case is an interesting, new and exciting project," says Andrea Pecile, "and now it seemed like a good opportunity to promote the values of sport that I love so much. I think right now the guys are in need of a positive input, and that the task of a sportsman is also to improve the nation's sports culture in which plays, setting an example on the field, and outside, and trying to improve with initiatives and works even the society in which he lives. Besides proposing several teenage themes and current issues, Basket Case will certainly communicate that you can deal with all this, with the right amount of calmness, one basket after another."

"I have always practiced team sports, and even now at the age of 47 years, I can't stand it," said Lucio Staiano, Founder and Head of Shockdom "Thanks to the team sport, a shy and insecure child took awareness of his means and responsibilities, grew up and became a man."

We decided to tell a story that does not speak of invincible champions, but of guys who face daily problems, in which many may find similarities".



RED CARD FOR ALL FOOTBALL ESPECIALLY FOR THE EXECUTIVES

In the beginning there was match-fixing. In Italy with a deafening blast, but also throughout Europe, with equal shame. Subsequently, the scandal that involved the greatest world executives, charged with crimes worthy of a criminal organization. Corruption, bribery, favors and millionaire gifts (in dollars, euro, it does not count) extravagant advice, permanent privileges.

Some myths regarded as absolute truths collapsed. Behemoths for years at the head of a pseudo sports apparatus with pinwheels of money that make the World Bank jealous. In view of a renewal at the summit, what happens in other areas it is a common practice: in front of the old man who resists, you go to dig in his history and there will be spoiled for choice. In apparatus in which the word democracy does not appear as a regulatory term but only as an option, and unlikely, it is not difficult to discover that the number one decides on his own.

Especially the movement of money, logistical choices of major events to improbable areas, but check this out, overflowing with oil and dollars. He decides appointments and beheadings, the composition of the unnecessary control apparatus in which the members remain so as long as they practice the sport of Sir. Otherwise, they change with others with a greater guarantee of fidelity.

Then it happens that, at last, someone utters the forbidden words: the change, alternation, renewal, a change at the top, I mean. Unusual: after decades of total dedication to the cause, of passionate and all-encompassing management, there is some ungrateful who thinks to put another in the first place! The leader has the strength and the apparatus to defend the bunker, also because the trusted sentinels have everything to gain if the presidium of the political-sports power remains in the same hands, as well as the keys to the safe. However, the offensive collects converts and between all is rampant the most practiced discipline in those self-styled sports rooms: mutual dispute. The conspiracy has as candidate "Brutus" the deputy in charge, moreover, mythical and emblazoned football player who caught the imagination of generations of fans in France and Italy.

Therefore, an opponent for the win hands down, with a



"Mexican wave" of the most ignorant part of the football movement: the true sportsmen, fans. The ancient law of retaliation is applied, an eye for an eye, a tooth for tooth. Defamation for defamation. If you look at the law violations in a thousand actions of the boss, in decades of despotic management it is like casting a net into a trap, it is not hard to find even nebulosity in the actions of those who for many years have lived in the next room.

Therefore, the legend of Samson is renewed who, feeling lost, brought down the temple, taking all the Philistines with him. Even the deputy, though mythical scorer, has a collection of red and yellow cards in his report card of international manager, and so if the boss is excluded from candidacy, he also enters in the register of unrepresentable. The executive myth collapses with that of the champion of the heart. Gaber would say, "Two miseries in one body." However, while the world of pure wondered how one would come out of this universal morass, in Italy broke another scandal. The Financial police notices that someone defrauds in the millionaire trades of players; VAT is not paid, as all other citizens do (or should do...).

It turns out that the weak point concerns the relationship between the club and the player's agent. Not to be sent away from the champion, the prosecutors avoid him the trouble of paying taxes, so the wages, already macroscopic, beyond the limit of decency, are net. In agreement with the presidents of the clubs and their fixers.

The scandal joins the insult when the president of the team, which now is the number one in the first division in Italy, instead of announcing clarity attempts he says, "it is all 'hot air', nonsense, it will all come to nothing." It is likely that the end is the one reported. "Hot air" means "scam".

Red Card to that President, to all those like him, to all the fraudsters prosecutors, to all players who feign innocence but they know to act illegally. The only defense is to put the football offside. In short, it is better not to go to the stadium.

At least, it will prevent the ticket we pay, our modest contribution in cash, goes to enrich the smelly coffers of the fixers that ruined one of the most beautiful and followed sports in the world.

The spirit and ideals



Fondazione Culturale Panathlon International Domenico Chiesa

The Foundation was created in memory of Domenico Chiesa, based on the initiative of heirs Antonio, Italo and Maria. Domenico Chiesa, who in 1951, besides being a promoter, had also drafted the statute of the first Panathlon club, and in 1961 was among the founders of Panathlon International, had expressed the desire when alive, though not technically binding for the heirs, to allocate part of his property for periodical awarding of works of art inspired by sport, as well as more generally, of cultural initiatives and publications in line with Panathlon's objectives.

Besides the substantial contribution of the Chiesa heirs, the Foundation was also created thanks to the enthusiastic participation of the whole Panathlon movement, through the generosity of numerous clubs but also of individual athletes, therefore providing the Foundation with the necessary conditions to approach the world of visual art in a prestigious and sensational way: the creation of an award in co-operation with one of the most important organisations worldwide, the Biennale of Venezia.

Domenico Chiesa Award

Panathlon International Central Board, on 24th September 2004, given the need to increase the Foundation capital and honour the memory of one of Panathlon's founding member, as well as major sponsor, resolved to establish the "Domenico Chiesa Award" to be granted, upon the proposal of individual clubs and on the basis of special regulations, to one or more panathletes or personalities who are not our members who lived according to Panathlon's spirit. In particular, this award will be presented to whoever promoted the sporting ideal and has made an exceptional contribution:



***To the understanding and promotion of values fostered by Panathlon
and by the Foundation through cultural tools inspired by sport***

***In promoting friendship among all panathletes and all those who operate in the world
of sport, thanks also to their attendance and quality of participation in Panathlon's
activities, promulgating both among members and non members
the concept of friendship in all sport's components, well aware that Panathlon's ideals
are of fundamental importance in the education of young people
In being available for services, thanks to the activity carried out for a Club
or to one's generosity towards a Club or the world of sport***

Italo Chiesa - Venezia 20/10/2004
Martino Pizzetti - Parma 15/12/2004
Paolo Chiaruttini - Venezia 16/12/2004
Bruno Battistella - Vittorio Veneto 27/05/2005
P.Luigi Ferdinandi - Latina 12/12/2005
Gelasio Mariotti - Valdarno Inferiore 19/02/2006
Sergio Prando - Venezia 12/06/2006
Yves Vanden Auweele - Brussel 30/11/2006
Massimo Zichi - Latina 11/12/2006
Viscardo Brunelli - Como 13/12/2006
Giampaolo Dallara - Parma 15/12/2006
Fabio Presca - Padova 03/03/2007
Giulio Giuliani - Brescia 19/06/2007
Luciano Canavese - Crema 26/06/2007
Avio Vailati Venturi - Crema 26/06/2007
Sergio Fabrizi - La Malpensa 19/09/2007
Cesare Vago - La Malpensa 19/09/2007
Amedeo Marelli - La Malpensa 19/09/2007
Fernando Petrone - Latina 10/12/2007
Vittorio Adorni - Parma 16/01/2008

Dora De Biase - Foggia 18/04/2008
Albino Rossi - Pavia 12/06/2008
Giuseppe Zambon - Venezia 18/12/2008
Maurizio Clerici - Latina 15/12/2008
Silvio Valdameri - Crema 17/12/2008
Enrico Ravasi - Varese 21/04/2009
Attilio Bravi - Bra 25/05/2009
Antonio Spallino - Como 30/05/2009
Gaio Camporesi - Forlì 21/11/2009
Mons. Carlo Mazza - Parma 15/12/2009
Mario Macalli - Crema 22/12/2009
Livio Berruti - Vercelli 19/11/2010
Gianni Marchiol - Udine Nord Tiepolo 11/12/2010
Mario Mangiarotti - Bergamo 16/12/2010
Mario Sogno - Biella 24/09/2011
Mariuccia Vezzani Lombardini -
Reggio Emilia 19/11/2011
Bernardino Morsani - Rieti 25/11/2011
Roberto Ghiretti - Parma 15/12/2011
Fondazione Lanza - Udine Nord Tiepolo 17/12/2011

Giuseppe Molteni - Varese 17/04/2012
Enrico Prandi - Modena 11/12/2012
Sergio Allegrini - Udine Nord Tiepolo 17/12/2012
Don Davide Larice - Udine Nord Tiepolo 17/12/2012
Piccolo Gruppo Evolution Polisp.Orgnano A.D.
- Udine Nord Tiepolo 17/12/2012
Maurizio Monego - Venezia il 31/10/2013
Henrique Nicolini - Sao Paulo il 31/10/2013
Together Onlus - Nello Rega
- Udine Nord Tiepolo il 30/11/2013
Enzo Cainero - Udine Nord Tiepolo il 30/11/2013
Giuseppenicola Tota - Modena il 11/06/2014
Geo Balmelli - Como il 12/06/2014
Renata Soliani - Como il 12/06/2014
Baldassare Agnelli - Bergamo il 30/10/2014
Sergio Campana - Bassano del Grappa 09/12/2014
Fabiano Gerevini - Crema 13/11/2015
Dionigi Dionigio - Area 5 10/12/2015
Bruno Grandi - Forlì 22/01/2016
Mara Pagella - Pavia 18/02/2016



CHARTER OF DUTIES OF PARENTS IN SPORT

**THE CHOICE OF
THE FAVOURITE
DISCIPLINE
IS UP TO MY CHILDREN
IN TOTAL AUTONOMY
AND WITHOUT
CONDITIONINGS
ON MY PART.**

