

## 1: 5 Myths About the Ancient Olympics - HISTORY

*The first ancient Olympic Games can be traced back to Olympia in BC. Full of blood, passion and extraordinary feats of athletic endeavour, the Olympic Games were the sporting, social and cultural highlight of the Ancient Greek calendar for almost 12 centuries.*

Exactly when the Games were first held and what circumstances led to their creation is uncertain. We do know, however, that the Games were a direct outgrowth of the values and beliefs of Greek society. The Greeks idealized physical fitness and mental discipline, and they believed that excellence in those areas honored Zeus, the greatest of all their gods. One legend about the origin of the Olympic Games revolves around Zeus. It was said Zeus once fought his father, Kronos, for control of the world. They battled atop a mountain that overlooked a valley in southwestern Greece. After Zeus defeated his father, a temple and immense statue were built in the valley below to honor him. This valley was called Olympia, and soon religious festivals developed there as people came to worship Zeus and to approach as nearly as possible his great strength. It is believed that these religious festivals eventually led to the famed Games of the Olympics. Although we do not know just when the Games were first played, the earliest recorded Olympic competition occurred in B. It had only one event, the one-stade approximately foot or meter race, which was won by a cook named Coroebus. This was the start of the first Olympiad, the four-year period by which the Greeks recorded their history. Athletic competition became so important to the Greeks that the Olympic festivals were a peaceful influence on the warlike city-states. Sparta was famous for the strict military training of its citizens. But it would wait until the Games were over before sending fighters into battle. Other cities followed this example. For the first 13 Olympic Games, the only event was the one-stade run. But over the years, new sports were added to the Games. The hoplitodrome, for instance, was a footrace the athletes ran wearing full armor. The pentathlon, in which the athletes competed in five events jumping, javelin, sprint, discus, and wrestling was added to the Games in B. The pancration was introduced in B. This brutal sport had no rules and combined boxing and wrestling. A winner was named only when one man raised his hand in defeat or lay unconscious on the ground. In addition to the pre-existing religious shrines and altars, a vast complex of buildings and structures was constructed at Olympia to accommodate the growing number of sports and athletes. Chariot races, first run in B. Boxers and wrestlers trained in the Palaestra, which was adjacent to the gymnasium. The Leonidaion housed the athletes. Generally, only freeborn men and boys could take part in the Olympic Games servants and slaves were allowed to participate only in the horse races. Women were forbidden, on penalty of death, even to see the Games. When her husband died, she continued the training of their son, a boxer. Her life was spared because of the special circumstances and the fact that her father and brothers had been Olympians. At first, the Games were strictly for Greek citizens. Eventually, however, athletes from all over the Roman Empire which covered the entire Mediterranean region were permitted to participate. All athletes were required to take an oath that they would observe all the rules and standards. In spite of the luxurious facilities offered to athletes, all had to remain amateurs. That is, they had to pay their own expenses, and they could receive no monetary awards. Winners of the Games were crowned with wreaths of olive leaves and hailed as heroes. He won the wrestling crown six times, and he was said to be so powerful that he could carry a full-grown bull on his shoulders. The ancient Olympic Games also honored, and inspired, artists. Like the athletic champions, artistic champions were awarded olive wreaths and great acclaim. Competition for the common good was ignored by the glory hunters, who were willing to use any trick or deceit to win. For instance, in A. Even though he fell from his chariot during the race, he was named the champion. Olympia then began to crumble. The great statue of Zeus was taken away to Constantinople, where it was destroyed in a fire. In , Roman emperor Theodosius II ordered all the temples destroyed. Earthquakes later helped finish what human hands had started, as well as flooding caused by a change in the course of the river that flowed through Olympia. The once-great city was eventually buried. In , German archaeologists began uncovering Olympia. Today, the site of the ancient Olympic Games is only a shadow of its former glory. Many of the building foundations remain, but few walls and pillars still stand, and the stadium where footraces were held long ago

is now just a broad stretch of barren ground. Pen and ink drawing of Procession of Athletes Photo:

### 2: The Ancient Olympic Games: Third edition: Judith Swaddling: [www.enganchecubano.com](http://www.enganchecubano.com): Books

*The Olympic Games (Ancient Greek: Ἀγῶνες Ὀλυμπιακοί ἄθλοι, Olympia, "the Olympics"; also Ἀγῶνες Ὀλυμπιακῶν, Olympias, "the Olympiad") were a series of athletic competitions among representatives of city-states and one of the Panhellenic Games of ancient Greece.*

How did the Olympic Games begin? The Greeks loved sport and the Olympic Games were the biggest sporting event in the ancient calendar. The Olympic Games began over 2,000 years ago in Olympia, in south west Greece. Every four years, around 50,000 people came from all over the Greek world to watch and take part. The ancient games were also a religious festival, held in honour of Zeus, the king of the gods. There were no gold, silver and bronze medals. Athletes competed for the glory of their city and winners were seen as being touched by the gods. This meant that any wars should be called off so that people could travel safely to Olympia. The entire games were dedicated to Zeus. Visitors flocked to see the Temple of Zeus. Inside stood a huge gold and ivory statue of the king of the gods himself. The main event at the Olympics was not a sporting event, but a sacrifice. On the third day of the games, oxen were sacrificed and burnt on the Altar of Zeus. This altar was not made from stone. Instead it was made from the leftover ash of all the sacrificed oxen. By around AD, the mound of ash stood six meters high! Find out what it was like to visit the ancient games. Click on the athletes below to find out more about some of the sporting events at the ancient games. Start activity Women at Olympia Only men, boys and unmarried girls were allowed to attend the Olympic Games. Married women were barred. If they were caught sneaking in, they could be thrown off the side of a mountain as punishment! However, women could still own horses in the chariot races at the Olympics and unmarried women had their own festival at Olympia every four years. Winners were awarded crowns of sacred olive branches, the same as men. But in ancient Greece, only Spartan women were really interested in sport. Married women were not allowed at the Olympic Games. However, one story tells of a mother so keen to see her son compete that she broke the no-women rule and got in disguised as a man. Take a tour of Olympia previous next This is the stadium at Olympia. It was built during the 4th century BC and it was the largest of its kind at the time. It could seat 50,000 spectators!

## 3: 10 Fascinating Facts About the Ancient Olympic Games - Neatorama

*The marathon was NOT an event of the ancient Olympic games. The marathon is a modern event that was first introduced in the Modern Olympic Games of in Athens, a race from Marathon northeast of Athens to the Olympic Stadium, a distance of 40 kilometers.*

Though technically, they could wear penis restraints - yes, you read that right. Or that one of the games was an ancient form of mixed martial arts? Or that a chef won the very first Olympic games? He won the wrestling event 6 times, over the span of 34 years! Well, to appreciate and celebrate the male physique, of course, and as a tribute to the gods. Participants regularly anointed themselves with olive oil to enhance their looks. In the sixth century, there was an actual attempt to make athletes wear loincloths, but this proved to be unpopular and soon afterwards nudity regained its status as fashion in athletics. Silly me - actually, not all of them were naked. Some wore a kynodesme literally a "dog leash", a thin leather thong used as a penis restraint: The kynodesme could then either be attached to a waist band to expose the scrotum, or tied to the base of the penis so that the penis appeared to curl upwards. The event was a stadion race a foot race equivalent to a 100 m or yard dash. The winner was a humble baker from the Greek city state of Elis named Coroebus also spelled Koroibos. For the first 13 games, the stadion race was the only competition. At the 14th Ancient Olympic Games, a double race was added. An Olympionike or a winner of an event receiving an olive wreath and red ribbons. Epiktetos Painter, - BC - from Miletus. Winners of the competitions won olive wreaths, branches, as well as woolen ribbons. Oh, that and the all important honor. They did, however, come home as heroes - and got showered with gifts there. Many victors subsequently used their fame to endorse products and to get paid posing for sculptures and drawings just like today, huh? More than Just Running: Wrestling and Boxing Added to the Ancient Olympics Tired of all the running, a new game of wrestling called pankration was added to the 18th Olympics in BC. Greek wrestling was a bit more fun than your regular high school wrestling. For one, submission holds were allowed actually, they were encouraged and that a referee could punish an infraction by whipping the contestant with a stick until the undesirable behavior stopped! Now, some historians believed that boxing was originally developed in Sparta. Being the original tough guys, Spartans believed that helmets were unnecessary in battle. Instead, they boxed themselves in the face to prepare for battles! In the Ancient Olympics, there were no rounds - boxing was done when a fighter was knocked out cold if the fight lasted too long, then they each took turn punching each other in the head until one collapsed. How violent was pankration? Everything else - including choke holds, breaking fingers and neck - was legit. There was no weight division or time limits: In BC, Arrhachion of Phigaleia was crowned the pankration victor. The man strangling Arrhachion. Thus Arrhachion became a three-time Olympic victor at the moment of his death. The Ancient Olympic games were actually just a part of a four sports festival called the Panhellenic Games: Ancient Olympics for Women Married women were banned at the Ancient Olympics on the penalty of death. The laws dictated that any adult married woman caught entering the Olympic grounds would be hurled to her death from a cliff! The female victors at the Heraea Games actually got better prizes: The Spartans believed that athletic women would breed strong warriors, so they trained girls alongside boys in sports. Ancient "Computer" Used to Set Olympics Date In 1900, a Greek sponge diver discovered the wreck of an ancient cargo ship off the coast of the Antikythera island. One of the items recovered was an ancient mechanical computer that became known as the Antikythera mechanism. Tony Freeth, a member of the Antikythera Mechanism Research Project, said he was "astonished" at the discovery. It took us by huge surprise when we saw this. The Olympics was no more

## 4: The Games | The Real Story of the Ancient Olympic Games - Penn Museum

*The Olympic Games, which originated in ancient Greece as many as 3, years ago, were revived in the late 19th century and have become the world's preeminent sporting competition. From the 8th.*

The Olympic Games were held from B. They formed an integral part of a way of life, a cultural experience. Their significance compared to the other panhellenic meetings and contests between city states was so great that the four-year period between the games was called an Olympiad and served as a chronological method. During that period, the youth prepared themselves physically, morally and spiritually so as to reach the crest of their abilities at the epitome of the Olympiad, the Olympic Games. The palestras and gymnasia, which were both sports and educational facilities, were to be found in every city, next to the temples and market places. Socrates, Aristotle and many of the famous philosophers of ancient Greece taught in the gymnasia, while Plato was himself an eminent athlete. The process of education continued after puberty, contributing to the learning of citizens and the life-long development of their mind. In a similar way they cultivated the spirit of fair competition and sportsmanship, while seeking to achieve harmony in everything. In accordance with tradition, the origins of sport and the Olympic games in particular are to be found in prehistoric times. The gods and heroes of Greek mythology were the first to take part in contests, becoming role models for all Greeks. The conquest of victory at the Olympic Games was the highest honor for athletes and their city. Olympic victors were considered heroes. The cities tore down their walls when the Olympic victors returned to their homeland, to show how secure they felt to have among their citizens Olympic winners whose feats were extolled in poems and sculptures. More than 40, people, athletes, philosophers, politicians, artists, poets, and other pilgrims travelled from all over the Greek world to Olympia to watch the Games. The protection of athletes and spectators during their hard journey was guaranteed by the holy truce when all hostilities and warfare ceased. Olympia, as a neutral and sacred place, was able to promote in a unique way, beyond the trivia of everyday life, the ideals of peace, freedom, equality and mutual respect. The thinkers of the Enlightenment looked to the ancient Greek spirit for inspiration and guidance. It was this civilization, as it was expressed through the Olympic Games, that Baron Pierre de Coubertin and those who before and after him contributed to the realization of this unique vision, fostered by educational pursuits, wanted to revive The Olympic Games in Ancient Olympia The Sanctuary of Olympia existed long before the Geometric era 9th-8th B. The god Cronos was worshipped here, to be superceded by Zeus, when the latter defeated him in wrestling, as Greek myth has it. In Olympia, the Idaean Hercules had his brothers, the Idaean Daktyloi, compete in footrace after he had marked the place and length of the track. There are many others, who are claimed to be the founders of the Games, according to various myths – among them Peisos, Oinomaos, Pelops, Pelias, Neleus, Oxylos and others. The first historical data about this grand religious and athletic feast in Olympia date from the early 8th century B. The numbering of the Olympiads began from B. Such was the position of the Games in the life of Greeks that, already in the Classical era, the Olympiads were often used for dating the events in the history of Greece. Over time, the Games in Olympia became the most important event for the whole of Greece, and Olympia was the Panhellenic athletic centre. If Delphi was the centre of the Earth, as Greeks believed, there is no doubt that Olympia was the heart of Greece. More events were added from B. Equally old, it seems, were the Heraea – athletic contests for young women. The prizes were useful presents initially, but from B. At first, the Games lasted one day, but when more events were added, the duration was extended to five days – three days for the contests and the first and fifth day reserved for ceremonies and sacrifices. The glory of Olympia lived on for some 1, years and was so great as to prompt the famous poet Pindar to write: Changes in the character of the Games Several factors and historical events contributed to the change in the character of the Games. Professionalism, a desire for material benefits and a considerable emancipation of the games from religious dominance and violations of the truce had already appeared by the end of the 5th century B. When Greece was incorporated into the Roman Empire 27 B. This ban was ratified by Theodosius II in A. The athletic pulse of Greece ceased to beat every four years and Olympia was ruined by earthquakes, fires, floods and suffered the ravages of barbarian plunderers and invaders. Olympia was no more. However, its immortal

spirit, its ideology and the philosophy of the Olympic Games survived and were passed on through modern Greece and Pierre de Coubertin to the entire modern world. The Olympic Games were revived in Athens in and continue to this day with the participation of athletes from all nations.

## 5: The Ancient Olympic Games | Central Rappahannock Regional Library

*The ancient Olympics seem to have begun in the early BC, in honour of Zeus. No women were allowed to watch the games and only Greek nationals could participate. One of the ancient wonders was a statue of Zeus at Olympia, made of gold and ivory by a Greek sculptor Pheidias.*

Competitions were often held in honor of the gods Zeus and Dionysus and were with strong religious charge. There are different opinions about the establishment of the Olympics. According to some it was founded by the god Zeus himself, and by Hercules according to others, however, what we can say with confidence is that the Olympics certainly date back to the 8th century BC. Some of the surprising things that you certainly have not heard of are related to the Olympics. **Athletes Were Always Nude** There was a lot of speculation about this as it was thought that athletes were naked only on the paintings and sculptures, as a personal experience of the artist. However, this is true. The competitors were naked. Their bodies have been designed to perfection through the training and the nakedness symbolized eternal beauty as well as the symbiosis of body and soul. From when they got to high school, the institution where they were taught and coached, they would begin to learn to take care of their hygiene, since they were naked. The whole process would include olive oil and a layer of dust with fine sand that athletes rubbed into the skin. It would protect them from the sun, but also from the occasional hits from the coach in case they can get the set task done. Upon completion of the training, the layer had to be taken off with water and a sponge. And this was done each time before the competition. **Women And Slaves Were Not Allowed To Compete** The fact that women and slaves were forbidden to compete is closely associated with the concepts of society and social life in ancient Greece. In fact, in ancient Greece, women, slaves and foreigners were considered second-class citizens and were not free to participate in all social activities, for example in political decisions but also the Olympics. Only adult men, born Greeks could participate. **The Olympic Games Participants Were Often From Rich Families** Often people confuse Ancient Olympics with gladiatorial games held in the beginning of the new era and think that the participants were slaves. A large number of contestants came from wealthy families who were interested in sport but also, it was one of the methods for attracting the attention of the public. An Armenian, Varazdat, is well known, who was the winner in the competition in boxing at one of the Olympics, and he belonged to the royal family. Participants were often known to bribe, threaten or blackmail the judges to ensure victory. Temptation was extremely high, because the winners automatically become famous and the material reward was very significant, because the rewards were very lucrative. The winner received the olive wreath which symbolized the crown and a red tunic. In his hometown, he was honored greatly, from the poets who would sing epos in his honor to the statues and coins with his image. What made him equal to the gods was the fact that the Greeks believed that the winner shall be decided by the goddess Nike, the goddess of victory. And the fact that she chose a particular person, cannot be an accident. Myron, the famous sculptor made the Discobolus sometime in the 5th century BC, the Roman version, according to experts was created around 2 centuries BC. **Married Women Were Not Permitted To Watch The Games** The married women were not allowed, by the laws of ancient Greece, to attend the Olympics and the violation of this order was followed by a strict penalty. This is probably because the contestants competed naked. And it is known that the ancient Greeks were very careful when it comes to family and did not want to face the eventual infidelity or bigger problems **The Opening Of The Games Was Marked By Animal Sacrifice** As already mentioned, sports competitions were initially closely connected with religious rites. In Greek mythology, as well as in almost all religions, it was common to appease the gods by sacrifice, so that before each competition, the Greeks sacrificed mostly domestic animals to the Gods. Sometimes larger animals were sacrificed, such as bulls. At the Olympics there could be only one winner, on which the mercy of gods rested, and who would get the wreath made from an olive tree near the temple of Zeus. Almost all the emperors, especially in the Byzantium Empire, were Christians. And in this wave, the Emperor Theodosius issued an edict or decree whereby prohibiting all pagan festivals. The Olympic Games were considered to be leftover from pagan times, and were eliminated. This piece is about who would h Throughout the times, there were many ugly things that

occurred, and many devices used to make those things occur. Before they became soldiers, however, Spartan boys have undergone several What do you think?

*The ancient Olympic Games were a sporting event held every four years at the sacred site of Olympia, in the western Peloponnese, in honour of Zeus, the supreme god of Greek religion.*

Compare the ancient Olympics to the modern games. Plus, learn how money, politics, and performance-enhancing drugs have become major influences, often causing controversy.

From 776 to 393 AD The Olympic Games are an international sports festival that began in ancient Greece. The original Greek games were staged every fourth year for several hundred years, until they were abolished in the early Christian era. The revival of the Olympic Games took place in 1896, and since then they have been staged every fourth year, except during World War I and World War II. The original Olympics featured competition in music, oratory, and theater performances as well. The modern Games have a more expansive athletic agenda, and for 2 and a half weeks they are supposed to replace the rancor of international conflict with friendly competition. In recent times, however, that lofty ideal has not always been attained.

The Ancient Olympics The earliest reliable date that recorded history gives for the first Olympics is 776 BC. It is certain that during the midsummer of 776 BC. That festival remained a regularly scheduled event, taking place during the pre-Christian golden age of Greece. As a testimony to the religious nature of the Games which were held in honor of Zeus, the most important god in the ancient Greek pantheon, all wars would cease during the contests. According to the earliest records, only one athletic event was held in the ancient Olympics—a footrace of about 249 m, or the length of the stadium. A cook, Coroibos of Elis, was the first recorded winner. The first few Olympics had only local appeal and were limited to one race on one day; only men were allowed to compete or attend. A second race—twice the length of the stadium—was added in the 14th Olympics, and a still longer race was added to the next competition, four years later. When the powerful, warlike Spartans began to compete, they influenced the agenda. The 18th Olympiad included wrestling and a pentathlon consisting of running, jumping, spear throwing, javelin, discus throwing, and wrestling. Boxing was added at the 23rd Olympiad, and the Games continued to expand, with the addition of chariot racing and other sports. In the 37th Olympiad BC. The growth of the Games fostered "professionalism" among the competitors, and the Olympic ideals waned as royalty began to compete for personal gain, particularly in the chariot events. Human beings were being glorified as well as the gods; many winners erected statues to deify themselves.

The Modern Olympics The revival of the Olympic Games in 1896, unlike the original Games, has a clear, concise history. Pierre de Coubertin, a young French nobleman, felt that he could institute an educational program in France that approximated the ancient Greek notion of a balanced development of mind and body. The Greeks themselves had tried to revive the Olympics by holding local athletic games in Athens during the 18th century, but without lasting success. Despite meager response he persisted, and an international sports congress eventually convened on June 16, 1894. He found ready and unanimous support from the nine countries. De Coubertin had initially planned to hold the Olympic Games in France, but the representatives convinced him that Greece was the appropriate country to host the first modern Olympics. The council did agree that the Olympics would move every four years to other great cities of the world. Thirteen countries competed at the Athens Games in 1896. Nine sports were on the agenda: The Games were a success, and a second Olympiad, to be held in France, was scheduled. Olympic Games were held in 1900 in Paris, and by the number of competitors more than quadrupled the number at Athens—from 140 to 2,800. Beginning in 1924, a Winter Olympics was included to be held at a separate cold-weather sports site in the same year as the Summer Games—the first held at Chamonix, France. In about 1924, athletes from 38 nations competed at Lake Placid, N.Y. But the Summer Games, with its wide array of events, are still the focal point of the modern Olympics. Among the standard events are basketball, boxing, canoeing and kayaking, cycling, equestrian arts, fencing, field hockey, gymnastics, modern pentathlon, rowing, shooting, soccer, swimming and diving, tennis, track and field, volleyball, water polo, weight lifting, wrestling freestyle and Greco-Roman, and yachting. New sports are added to the roster at every Olympic Games; among the more prominent are baseball, martial arts, and most recently triathlon, which was first contested at the 1984 Games. The Summer and Winter Games were traditionally held in the same

year, but because of the increasing size of both Olympics, the Winter Games were shifted to a different schedule after Politics and the Olympics The ideology of nationalism, which swept the world during the early 20th century, left its mark on the Olympics. Athletic nationalism was brought to a peak by Nazi Germany, which staged the Games in Berlin and used the Olympics to propagandize its cause. The Germans built a powerful team through nationalized training and scientific advances and dominated the Games in terms of medals won. The political overtones of the Olympics did not lessen with the fall of Nazi Germany. In the Munich Olympics in 1936, 11 Israeli athletes were massacred by Palestinian terrorists. The most serious disruptions to the modern Olympics, however, occurred in 1980. In 1980, under strong pressure from the Carter administration, the U.S. About 40 nations followed suit, including West Germany, China, and Japan, depriving the Soviets of their chief athletic competition and raising doubts about the future of the Olympic movement. Fear of an openly hostile environment in Los Angeles was cited by the Soviet Olympic Committee as the reason for nonparticipation, but most commentators believed the reasons to be political: The popularity and financial success of the Los Angeles Games were, however, greater than anticipated. The Summer Games, in Atlanta, Ga. The 1996 and Winter Games transpired without incident. The Summer Games were held in Sydney, Australia, to great acclaim. In Sydney, politics took a back seat to the competition, although North and South Korea were temporarily reunited as their athletes marched as one country in the opening ceremonies. Though it has potential for political controversies due to its rapid modernization and its communist state-Beijing, China was selected for the Summer Games. Money and the Olympics The biggest influence on the modern Olympic Games is money. Commercialism exists side by side with the outstanding athleticism and the spirit of friendship imbuing competitors from around the world. Since the Games in Los Angeles, it has become clear that a city hosting the Games can anticipate a financial windfall, as spectators and sponsors converge for the event. Because of the tremendous potential for profit, the process of selecting host cities has become politicized, and there is a large potential for corruption. Athletes, too, especially in the "glamour sports" such as gymnastics, ice skating, or track and field, can reap tremendous financial gains for winning performances, through product endorsements and personal appearances. Originally, Olympic athletes were expected to remain strictly amateurs and not earn money even for endorsing products. However, by the last decades of the 20th century, professionalism among competitors received official acceptance, as the IOC finally recognized that many world-class athletes were already functioning as professionals. At the elite level of competition in many Olympic sports, the athlete must devote him- or herself entirely to the sport, all but precluding the holding of a full-time job. The end of amateurism began in the 1950s in the Communist countries, where top athletes were supported by the state, but were officially considered amateurs. To counter this, in the 1960s and 1970s athletes in non-Communist countries sought out corporate sponsors, in effect becoming "employees" of the sponsor. By the late 1970s, restrictions were eased on athletes earning prize money at their sports, and professional athletes were permitted to represent their countries at the Olympics. This now includes the star athletes who play in the American professional leagues, such as the U.S. In addition, with IOC rules concerning amateurism vacated, many medal-winning contestants have cashed in on their Olympic fame with product endorsements or performance tours. This has led to the use of performance-enhancing drugs by athletes, intentionally or otherwise, despite the health risks to the athlete and IOC rules prohibiting the use of these substances. The types of drugs banned include stimulants which can be found in common cold and cough medications; caffeine is also banned, narcotics, anabolic steroids, diuretics, certain hormones such as human growth hormone, and in some sports, beta blockers. The testing of athletes for drug use began for the Olympics in 1968, at the Mexico City Games, but did not become widespread until the 1988 Games. Over the years, as drugs such as human growth hormone have been developed, tests have been added for newer drugs. With such great rewards at stake, there are athletes and even national sports programs willing to use performance-enhancing drugs despite the risks to future health and the disgrace of getting caught. The best-known example of drug use is the East German sports federation, which had a systematic program for giving its athletes steroids from 1975 to 1990. During that time East German women suddenly dominated events such as swimming, winning medals in 11 of 13 events both in 1988 and 1992. Other swimmers suspected that the East German women were using steroids, because the drugs affected their physical appearance, but the team was never caught. In the former head of the federation

and the doctor who developed and administered the drug plan were convicted of systematic and overall doping. The former athletes maintain that they never knew they were taking steroids, claiming that they were told that the various medications were vitamins. As drug testing procedures have improved, more athletes have been caught. In Seoul there was suspicion of widespread use of performance-enhancing drugs after Canadian sprinter Ben Johnson tested positive; he was stripped of his gold medal. The IOC publicly decries the use of performance-enhancing drugs. However, it is commonly believed that even with out-of-competition testing, the drugs and masking agents available to athletes is far ahead of the tests used to detect these substances. A study released in September that was financed by the U. Athens to Atlanta, 2d ed. Sydney Edition ; Young, David C. A Struggle for Revival

*Welcome to the ancient olympic games. From boxing contests with no weight classifications or point scoring to chariot racing where danger lurked on every corner, it is easy to see why the Ancient Games enthralled the Greeks for so long.*

Accusations of impropriety were also alleged in the conduct of several previous bid committees. The IOC responded by expelling six committee members; several others resigned. In December an IOC commission announced a point reform package covering the selection and conduct of the IOC members, the bid process, the transparency of financial dealings, the size and conduct of the Games, and drug regulation. The reform package also contained a number of provisions regulating the site-selection process and clarifying the obligations of the IOC, the bid cities, and the national Olympic committees. Political pressures Because the Olympics take place on an international stage, it is not surprising that they have been plagued by the nationalism, manipulation, and propaganda associated with world politics. Attempts to politicize the Olympics were evident as early as the first modern Games at Athens in 1896, when the British compelled an Australian athlete to declare himself British. Other prominent examples of the politicization of the Games include the Nazi propaganda that pervaded the Berlin Games of 1936; the Soviet-Hungarian friction at the Games in Melbourne, Australia, which followed shortly after the U. Even national politics has affected the Games, most notably in Mexico City, where, shortly before the Games opened, Mexican troops fired upon Mexican students killing hundreds who were protesting government expenditures on the Olympics while the country had pressing social problems. Political tension within the United States also boiled to the top at Mexico City when African American athletes either boycotted the Games or staged demonstrations to protest continuing racism at home. In the latter half of the 20th century, the IOC sought to more actively promote peace through sports. The IOC and relevant Olympic organizing committees worked with political leaders to allow the participation of former Yugoslav republics at the Games in Barcelona, Spain, as well as the participation of East Timorese and Palestinian athletes at the Games in Sydney, Australia. In 1992 the IOC revived and modernized the ancient Olympic truce, making it the focal point of its peace initiatives. Commercialization Commercialism has never been wholly absent from the Games, but two large industries have eclipsed all others—namely, television and makers of sports apparel, especially shoes. The IOC, organizing committees of the Olympic Games OCOGs, and to some degree the international sport federations depend heavily on television revenues, and many of the best athletes depend on money from apparel endorsements. The Los Angeles Games of 1984, however, ushered in a new Olympic era. And while American decathlete Bill Toomey lost his Olympic eligibility in 1984 for endorsing a nutritional supplement, now athletes openly endorse everything from allergy medicines to blue jeans. National Olympic committees, international federations, and organizing committees Each country that desires to participate in the Olympic Games must have a national Olympic committee accepted by the IOC. By the early 21st century, there were more than such committees. A national Olympic committee NOC must be composed of at least five national sporting federations, each affiliated with an appropriate international federation. The ostensible purpose of these NOCs is the development and promotion of the Olympic movement. According to the rules of the NOCs, they must be not-for-profit organizations, must not associate themselves with affairs of a political or commercial nature, and must be completely independent and autonomous as well as in a position to resist all political, religious, or commercial pressure. For each Olympic sport there must be an international federation IF, to which a requisite number of applicable national governing bodies must belong. The IFs promote and regulate their sport on an international level. Since they have been responsible for determining all questions of Olympic eligibility and competition in their sport. Because such sports as football soccer and basketball attract great numbers of participants and spectators in all parts of the world, their respective IFs possess great power and sometimes exercise it. Although the IOC retains ultimate authority over all aspects of an Olympiad, the local OCOG has full responsibility for the festival, including finance, facilities, staffing, and accommodations. Now each organizing committee provides such a village so that competitors and team officials can be housed together and fed at a reasonable price. Menus for each team are prepared in accord with its own national cuisine.

Today, with so many athletes and venues, OCOGs may need to provide more than one village. The villages are located as close as possible to the main stadium and other venues and have separate accommodations for men and women. Only competitors and officials may live in the village, and the number of team officials is limited. Programs and participation The Olympic Games celebrate an Olympiad, or period of four years. The first Olympiad of modern times was celebrated in 1896, and subsequent Olympiads are numbered consecutively, even when no Games take place as was the case in 1916, 1944, and 1948. Olympic Winter Games have been held separately from the Games of the Olympiad Summer Games since 1924 and were initially held in the same year. The Winter Games were held in 1924 and again in 1928 and thereafter every four years; the Summer Games maintained their original four-year cycle. The maximum number of entries permitted for individual events is three per country. The number is fixed but can be varied by the IOC in consultation with the international federation concerned. In most team events only one team per country is allowed. In general, an NOC may enter only a citizen of the country concerned. The Games are contests between individuals and not between countries. The Summer Olympic program includes the following sports: Women participate in all these sports, whereas men do not compete in synchronized swimming or rhythmic gymnastics. The Winter Olympic program includes sports played on snow or ice: Athletes of either gender may compete in all these sports. An Olympic program must include national exhibitions and demonstrations of fine arts architecture, literature, music, painting, sculpture, photography, and sports philately. The particular events included in the different sports are a matter for agreement between the IOC and the international federations. In 1951 the IOC reviewed the summer sports program, and members voted to drop baseball and softball from the Games. While sports such as rugby and karate were considered, none won the 75 percent favourable vote needed for inclusion. Baseball and softball were added back to the program for the Games, and karate, skateboarding, sport climbing, and surfing were also added. To be allowed to compete, an athlete must meet the eligibility requirements as defined by the international body of the particular sport and also by the rules of the IOC. Professionals in ice hockey, tennis, soccer, and equestrian sports were permitted to compete in the Olympics, although their eligibility was subject to some restrictions. By the 21st century the presence of professional athletes at the Olympic Games was common. Doping and drug testing At the Rome Olympics, a Danish cyclist collapsed and died after his coach had given him amphetamines. Formal drug tests seemed necessary and were instituted at the Winter Games in Grenoble, France. There only one athlete was disqualified for taking a banned substance—beer. As the fame and potential monetary gains for Olympic champions grew in the latter half of the 20th century, so too did the use of performance-enhancing drugs. Tests for anabolic steroids and other substances improved, but so did doping practices, with the design of new substances often a year or two ahead of the new tests. When metre-sprint champion Ben Johnson of Canada tested positive for the drug stanozolol at the Summer Games in Seoul, South Korea, the world was shocked, and the Games themselves were tainted. There is now a long list of banned substances and a thorough testing process. Blood and urine samples are collected from athletes before and after competition and sent to a lab for testing. Positive tests for banned substances lead to disqualification, and athletes may be banned from competition for periods ranging from a year to life. Ritual and symbolism Olympic ceremonies The opening ceremony The form of the opening ceremony is laid down by the IOC in great detail, from the moment when the chief of state of the host country is received by the president of the IOC and the organizing committee at the entrance to the stadium to the end of the proceedings, when the last team files out. When the head of state has reached the appointed place in the tribune and is greeted with the national anthem, the parade of competitors begins. The Greek team is always the first to enter the stadium, and, except for the host team, which is always last, the other countries follow in alphabetical order as determined by the language of the organizing country. Each contingent, dressed in its official uniform, is preceded by a shield with the name of its country, while an athlete carries its national flag. The competitors march around the stadium and then form in groups in the centre facing the tribune. The president of the OCOG then delivers a brief speech of welcome, followed by another brief speech from the president of the IOC, who asks the chief of state to proclaim the Games open. A fanfare of trumpets sound as the Olympic flag is slowly raised. The Olympic flame is then carried into the stadium by the last of a series of runners who have brought the torch on a very long journey from Olympia, Greece. The runner circles the

track, mounts the steps, and lights the Olympic fire that burns night and day during the Games. The medal ceremonies In individual Olympic events, the award for first place is a gold silver-gilt, with six grams of fine gold medal, for second place a silver medal, and for third place a bronze medal. Solid gold medals were last given in The obverse side of the medal awarded in at Athens was altered for the first time since to better reflect the Greek origins of both the ancient and modern Games, depicting the goddess Nike flying above a Greek stadium. The reverse side, changed for each Olympiad, often displayed the official emblem of the particular Games. At the Athens Games, athletes received authentic olive-leaf crowns as well as medals. Diplomas are awarded for fourth, fifth, sixth, seventh, and eighth places. All competitors and officials receive a commemorative medal. Medals are presented during the Games at the various venues, usually soon after the conclusion of each event. The competitors who have won the first three places proceed to the rostrum, with the gold medalist in the centre, the silver medalist on his or her right, and the bronze medalist on the left. Each medal, attached to a ribbon, is hung around the neck of the winner by a member of the IOC, and the flags of the countries concerned are raised to the top of the flagpoles while an abbreviated form of the national anthem of the gold medalist is played. The spectators are expected to stand and face the flags, as do the three successful athletes. The closing ceremony The closing ceremony takes place after the final event, which at the Summer Games is usually the equestrian Prix des Nations. The president of the IOC calls the youth of the world to assemble again in four years to celebrate the Games of the next Olympiad. A fanfare is sounded, the Olympic fire is extinguished, and, to the strains of the Olympic anthem, the Olympic flag is lowered and the Games are over. But the festivities do not end there. The Olympics in Melbourne introduced one of the most important and effective of all Olympic customs. At the suggestion of John Ian Wing, a Chinese teenager living in Australia, the traditional parade of athletes divided into national teams was discarded, allowing athletes to mingle, many hand in hand, as they move around the stadium. This informal parade of athletes without distinction of nationality signifies the friendly bonds of Olympic sports and helps to foster a party atmosphere in the stadium. Olympic symbols The flag In the stadium and its immediate surroundings, the Olympic flag is flown freely together with the flags of the participating countries. The Olympic flag presented by Coubertin in is the prototype: The blue ring is farthest left, nearest the pole. Courtesy of the International Olympic Committee The motto In the 19th century, sporting organizations regularly chose a distinctive motto. Some people are now wary of this motto, fearing that it may be misinterpreted as a validation of performance-enhancing drugs. The flame and torch relay Contrary to popular belief, the torch relay from the temple of Hera in Olympia to the host city has no predecessor or parallel in antiquity. No relay was needed to run the torch from Olympia to Olympia. The Olympic flame first appeared at the Olympics in Amsterdam. The torch relay was the idea of Carl Diem, organizer of the Berlin Games, where the relay made its debut. Subsequent editions have grown larger and larger, with more runners, more spectators, and greater distances. The relay reached all seven continents on its way from Olympia to Athens.

### 8: Olympic History - from the home of Zeus in Olympia to the modern Games

*Thousands of years in the making, the Olympics began as part of a religious festival honoring the Greek god Zeus in the rural Greek town of Olympia. But how did it become the greatest show of.*

Learn More As a sacred place used regularly in religious ceremonies, as well as playing host to the Ancient Games, Olympia was at the centre of Greek civilisation. Renowned expert Paul Christesen gives Olympic. And central to this concept was the site itself. Olympia lay on the north-western corner of the Peloponnese. Zeus, King of the Greek Gods, was said to have taken up residence in Olympia around BC when the Eleans conquered the surrounding area. The fearsome deity marked his ascension by hurling a thunderbolt into the sacred grove from his home atop Mount Olympus. The sacred olive tree of Zeus, from which the victory wreaths were cut, marked the finishing line for all races. The first stadium, a simple affair using the natural embankments of the surrounding hills, remained within the deified area too. The discovery of more than wells dating to this time indicates that even this early in the life of the Olympic Games, they attracted considerable attention. By the mid fourth century BC the third incarnation of the stadium was built. The position of the stadium had been shifted, with events no longer finishing at the altar of Zeus. However, the site lost none of its religious potency during the vast majority of the plus years of the Ancient Games, its diversity being key to its survival. There were over 70 different altars, you could sacrifice to pretty much anyone you wanted to. Interest reached a pinnacle in the following century and the fifth and final renovation took place. Throughout these reincarnations the length of the track in the stadium remained constant. As well as competition, training took place at Olympia. At first this happened outdoors but during the Hellenistic period BCBC the palestra and the gymnasium were built. It was flanked by colonnades and had an extensive bathing system in the adjoining rooms. The gymnasium was an elongated rectangle with space for both the javelin and discus throwers to do their thing. Both buildings were centres of intellectual debate and learning, with philosophers and teachers taking advantage of the shade and abundance of young minds. By the Roman period these training facilities, along with the rest of the site, had, quite apart from the religious aspect, become a year-round tourist attraction. Here, we give you the essential lowdown, highlight our favourite facts and preview the upcoming features. View All time greats of the olympic games A magical collection of characters light up the accounts of almost 12 centuries of action at the Ancient Games. Huge, heroic men caught the attention with the stars of the combat sports particularly adored. Their physique, love of a challenge and extraordinary appetites chimed with a public brought up on the immortal heroes of Greek mythology. Here, we pick out the best of the best.

### 9: Ancient Olympic Games - Wikipedia

*The Olympic Games Participants Were Often From Rich Families Often people confuse Ancient Olympics with gladiatorial games held in the beginning of the new era and think that the participants were slaves.*

Visit Website Actors participate in a torch lighting ceremony for the modern Olympic Games at the ancient site of Olympia in May. Leave it to a politician, however, to take corruption to a new, practically farcical level. When the Roman emperor Nero opted to compete at Olympia in A. The Roman emperor entered the four-horse chariot race with a team of 10 steeds. Although Nero fell out of the chariot and was unable to finish the race, the judges still awarded him the top prize. Nero returned from the Olympics and other Greek sporting events with a haul of 1, first-place prizes. Take that, Michael Phelps. Politics and warfare were absent from the ancient Olympics. With competitors converging from hundreds of independent states, some of them rivals on the battlefields as well as the playing fields, politics inevitably intruded upon the ancient sporting festival. During the Peloponnesian War in B. While a sacred truce traditionally halted all hostilities during the ancient Olympics, war came right to Olympia during the games in B. As the tiebreaking wrestling match in the final event of the pentathlon was taking place, invaders from neighboring Elis attacked. Archers defending Olympia fired from the roofs of the temples. Security measures for the London Games, which included soldiers on rooftops with surface-to-air missiles, echoed these long-ago events. While 5, troops engaged in hand-to-hand fighting, spectators used to cheering bloodied athletes in combat sports such as boxing and wrestling stuck around and turned their applause to the warring armies. The ancient Olympics were devoid of commercialism. In the ancient games, licensed merchants ran food and drink concessions and sold souvenirs. Artists, sculptors and poets hawked their works. Olympic organizers could hand out on-the-spot fines to merchants who engaged in price gouging or sold inferior merchandise. Champions of the ancient games may not have gotten their photographs on boxes of Wheaties, but their images appeared on specially minted coins and state-commissioned statues. Ancient Olympians trained on their own. Like many countries today, Greek states invested in sporting facilities and hired trainers who assisted athletes with medicine, nutrition and physiotherapy. Trainers of Olympic champions became famous themselves and penned popular training manuals with advice on exercise and diet. We strive for accuracy and fairness. Twice a week we compile our most fascinating features and deliver them straight to you.

Young children learning mathematics How to have fun with a vegetable garden Hawaii's Beautiful Trees Finding a place to belong: raising ideal children Unlocking energy innovation Set your compass true Iranian Jewish women's magical narratives Judith L. Goldstein Oxford companion to twentieth-century art English phonetics and pronunciation practice The secrets of underground medicine Raymond Chandler long goodbye Becoming teammates Nice n easy German grammar Modern Carpentry (Instructors Manual) Plant science lab manual Developing Clinical Skills For Pharmacists The Spectacle of Flight Saddleback basic english grammar Outro: The pirates dilemma : changing the game theory. All day permanent red Murder at the PTA luncheon Staying sane when you're quitting smoking Save tiger project in india Whats in your purse bridal shower game The bookshop in dreams. Power investing with sector funds Ieee paper format example The Diaghilev Ballet in England The Media and the Tourist Imagination Arthrocentesis, synovial fluid analysis, and intraarticular injections Introduction to Polish versification. 61 Cooperative Learning Activities for Business Classes Wrights and privileges Agrarian system of Mughal India (1526-1707) Hsc finance book Global church partnership handbook Englands peasantry and other essays All the church's losses, all the church's griefs Methodology for analytical toxicology Life and its purpose