

Xth Games for the Small States of Europe

2nd – 7th June 2003

Teaching Resources and Project Information

EDUCATION PACK

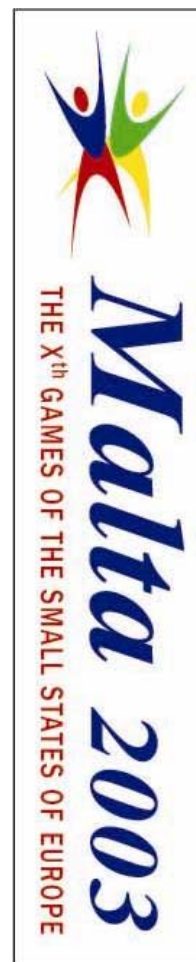
FOR SECONDARY SCHOOLS

The aim of this educational pack is to engender awareness of the Xth Games for the Small States of Europe Malta 2003, to seek to motivate students to be involved in the Games by acquainting themselves with the various facets that are involved in the undertaking, yet most of all to inspire within all the ideal of sportsmanship being personal excellence, sport as education, cultural exchange, mass participation, fair play and international understanding.

This teaching resource pack and project information will help teachers to provide school students with the opportunity to become involved in these Games through education programs and special strategies which further the spirit and ideals of Olympism, whilst developing a range of skills, effective learning and understanding.

Therefore, use the Games as a way to integrate into all of your subject areas, motivate students and spark a keen interest for a spectacular real life event happening on their own back door. By connecting the curriculum content to a larger theme such as the Games, students begin to see that the content they are learning is quite relevant.

Indeed, the aim of education is to shape all human beings so that they acquire the qualities, which will make them useful to society. To this end, education must not be limited only to knowledge; it must also form the human being physically, intellectually and morally. It is through sport that education will help a person to develop him/herself harmoniously in his/her soul and body, while giving him/her good physical health, but also by developing courage, devotion, loyalty, team spirit, respect for the rules, and respect for others as well as oneself. *(Mr. He Zhenliang, IOC Executive Board Member Opening Address IOC Forum "Education Through Sport" – Germany 2002).*



This pack is divided as follows: -

1. Teaching and Learning Strategies

Different Strategies, which can be used to introduce the Games within a classroom environment and outside the classroom including sample worksheets in Part 5.

- a) Art
- b) English
- c) Geography
- d) Home Economics
- e) Italian
- f) Maths
- g) Personal and Social Development (PSD)
- h) Physical Education (PE)
- i) Religion
- j) Drama

2. General Information - Xth Games for the Small States of Europe Malta 2003 (an outline).

3. Suggested activities per grade or for the school.

4. Worksheets

5. Fact Sheets

- a) GSSE Malta Medal List
- b) GSSE Disciplines (History)
- c) GSSE Sports (Description)
- d) GSSE Venues
- e) Member States
- f) Sports Science



6. Others

References:-

The Olympic Spirit in the New Millennium

Interesting websites relating to these Games, Sport and Education:

Malta Olympic Committee website: www.nocmalta.org

GSSE Malta 2003 website: www.gssemalta2003.org

GSSE San Marino 2001 website: www.sanmarino2001.sm

The International Olympic Committee website: www.olympic.org

The Commonwealth Games Manchester 2002 website:

www.commonwealthgames.com

Sport and Education: Lesson ideas – Olympics

www.teachers.ash.org.au/researchskills/Lessons.htm

2002 Olympic & Paralympic Education <http://2002.uen.org>

www.athens2004.com (Link to Youth 2004) and www.athens.olympic.org



**Part 1 –
Teaching and Learning
Strategies**



a) Art

- Design a Mascot for your school sports day.
- Design a Games Emblem for your school sports day.
- Design a Poster to help promote your school sports day.
- Design a postcard and stamp using the GSSE Malta 2003 as the main theme.
- Design a road Billboard to help promote the Games.
- Discuss how the venues and the streets can be decorated to promote and reflect the Games.
- Discuss ways and means of promoting the Games visibly using Art.
- Design a trophy, medals and certificates to be presented to winning athletes.
- Discuss what is involved in the Games opening ceremony.



b) English

There are various lesson plans one can devise for the English lesson, which can be related to the Games of the Small States of Europe.

Ways how the games could be introduced during the English lesson:

- Essays on various topics can be written ex. fair play, sports, why exercise is necessary in our lives etc.
- Invite athlete to the school and get the students to interview athlete and present the interview as a newspaper article.
- The students could research an athlete and write a biography on him/her.
- As a reading lesson, students are asked to read the informative parts of this book or a related book.
- As a spelling exercise, the teacher reads out a passage from this book and the students write it down.
- The teacher selects a passage from this book and some words are removed. Students are to fill spaces with their own grammatically correct words.
- There are crosswords and word search, which can be used in the English lesson.

Work sheet 1 – Spelling

Work sheet 2 - Essay

Work sheet 3 - Cross word puzzle

Acknowledgements: Ms Adele Muscat



c) Geography

The attainment target of any geography lesson is to expose the students to a wide variety of knowledge and skills that would increase their geographical awareness. Such exposure is most effective when the lesson is student-oriented, encouraging the students to become participants in collecting and analyzing information and challenge their newly acquired skills.

It is hoped that these ideas would help to pursue such target, both within a classroom and also in outdoor environment. Good Luck!

Further Ideas and Projects for Geography Lessons:

Fact Sheet Class Presentation: Activity 3 could be extended further by involving the students in a 5-minute class presentation on each state. They could be encouraged to get visual aids such as pictures, posters, brochures, and maps.

State Profile Exhibition: Students are divided in groups and assigned a country per group. Each group is asked to research information and display in the form of charts, power point presentation and model work.

Cross-curricular activities: The geographical information collected could be integrated in other subjects to encouraging the students to display their knowledge in different mediums: ex. in art to create artifacts and models, drama to help in costume making and or perform a play, music lessons to research on typical music and dance performances and information technology to create a country brochure or a website to access the information collected.

Quiz Competition: Students can be involved in a quiz competition either within the class or between classes to challenge their researched knowledge. The competition can also be set up with country-representative groups, to reflect the spirit of country-oriented competition of the games. Winners of the competition would be then taken to an event of the games.

Worksheet 1 – Where are the member states?

Worksheet 2 – But, in which continent?

Worksheet 3 – Let's state the facts!

Acknowledgements: Ms. Ritienne Abela



d) Home Economics

Basically the games may be included in various topics in Home Economics, mainly the Nutrition area, the Family and Personal Care. Usually I always refer to sports competitions for disabled and elderly persons as well.

Ways how the games could be introduced during the Home Economics lessons are:

- The students may plan and cook a two-course meal for an athlete.
- A reference could be made when dealing with the importance of sportsmen to follow a balanced diet. Students may create a model of the healthy diet pyramid with the recommended food and beverages for sportsmen.
- During the topic 'common diet-related conditions/diseases in Malta', a set of transparencies about the high-rates of these conditions in Malta may be compiled. During the explanation, emphasis could be made how we, as a nation can reduce the risk of high level of cholesterol, hypertension, heart disease and low blood circulation amongst others through sports.
- When covering the topics about the Nutrients – Proteins, Carbohydrates, Fat, Mineral elements, Vitamins and Water, to conclude the topic, a guest speaker (someone who practices a particular sports) may come to school and talk about the relationship of following a balanced diet, having a sound knowledge about the nutrients and practicing sports to lead a healthy lifestyle.
- When dealing with personal care, the students may prepare a set of charts representing how sports can help individuals to stay away from bad habits such as smoking cigarettes, drinking alcohol and taking drugs.
- An inter-disciplinary project may be planned with the Physical Education Department to promote healthy living through sports and following a balanced diet.
- One of the projects that the students need to prepare for the SEC Home Economics examination could be related to the games as well.

Worksheet 1 – Word Search

Worksheet 2 – Food Groups' Flow Chart

Acknowledgements: Ms Liliana Maric



e) Italian

The students can be asked to:

- Make out an interview with an athlete.
- Make a presentation regarding relative customs, geography, cuisine of any member state
- Research the folklore of any member state and present one of their traditional dances
- Create a travel brochure of any member state
- Participate in a quiz following research made

Work sheet 1 – San Marino e I Giochi dei Piccoli Stati d'Europa

Work sheet 2 – Giochi dei Piccoli Stati d'Europa

Acknowledgements: Ms Maria Bianchi



f) Maths

Some suggestions for activities to become familiar with games:

- a) Use logos and look for line and rotational symmetry
- b) Find out populations of participating countries. They can be placed in size order, written to the nearest 10, 100, 1000 or to one significant figure.
- c) Find out the area of each participating country. Is the number of medals won by each country proportional to its size?
- d) Use results recording times and distances of particular events, e.g. 400m running race, and use them to calculate the average speed of the runner.

Worksheet 1 – Form 1

Worksheet 2 – Form 2

Acknowledgements: Ms. Anna Camilleri



g) Personal and Social Development- PSD

The games may be included in various topics in Personal and Social Development, mainly in stress management, time management, emotions, nutrition, team dynamics, drugs, alcohol, self-confidence, goal-setting and more.

Ways how the games could be introduced during the PSD lesson:

- When dealing with drugs and alcohol, students may prepare charts/discuss how sports can help individual's stay away from bad habits.
- Invite a sports psychologist to the school to talk about how sport psychology techniques can help athletes deal with the mental side of their sport.
- Invite top athlete to speak about the stresses he/she encounters and how they manage their time.
- Students may discuss and prepare charts on how to loose weight healthily and how having a fit and attractive body can help a person feel more self-confident and positive.
- Discuss how participating in sports and exercise can help us both physically and psychologically.
- Get the students to work on a task as a team and get them to analyse the team dynamics and what helps to make a good productive team.
- The students can do a project on how they can help athletes participating in the games.

Stress Management

Ice-breaker - Balloon Game

Each student is given a balloon. Blow it up and tie it to your leg using a piece of string. At the word go try to burst each others balloon.

Processing:

- How did you feel when we were playing?
- Was the game competitive?
- How do you feel when you have to compete?
- When you participate in a race/ sports day etc. do you get anxious?
- Do you think athletes get anxious before a competition even though they've been training and competing so much?
- Do you think school is competitive?
- Does it cause stress?



Ex 1 Brainstorming

What does the word 'stress' mean to you? Write using the markers on a chart. When everyone is ready the teacher and students discuss what they have written.

Processing:

- What causes stress?
- How do you feel when you are in a stressful situation?
- When do you feel most stressed?
- When do you think athletes feel most stressed?
- Is stress always bad?
- What do you do to cope when you have stress?
- Have you had any stressful situations recently?
- How did you react to these stressful situations?
- What do you think could happen to an athlete when he/she gets stressed out?

Ex 2 Stress Puzzle

Complete the stress puzzle. How would you manage stress? Discuss.

You can help to control stress by:

- Exercising
- eating healthily
- regulating your breathing
- speaking about your problems with someone
- have breaks
- make a time-table
- try not to get angry

Ex 3 Relaxation Exercises

The students are to lie down on the floor on cushions and close their eyes. The teacher will then teach them how to take deep breathes from the stomach, how to relax their muscles as well as conduct a fantasy trip. This is just what an athlete might do to relax himself/herself before an important race.

- How are you feeling now that you are relaxed?
- Which exercise did you like most?
- Which exercise is most useful for you?
- Do you think athletes would find these exercises useful?
- Why does the body need to be relatively relaxed when competing?
- Do you think its important to conduct these exercises when we're anxious?
- Has anyone ever tried yoga or some similar exercises?
- What have you learnt from today's lesson?
- How are you going to deal with stress in the future?

Work sheet 1 – Stress Puzzle

Acknowledgements: Ms. Adele Muscat

h) Physical Education

Physical Education contributes to the total health and development of all children. Students have opportunities to gain knowledge, skills, and attitudes that promote physical activity as part of their everyday lives. The Games of the Small States of Europe Malta 2003 Games can provide a backdrop for promoting the physical well being of children.

Physical Education:

- Discuss the GSSE sport disciplines and highlight a Maltese Athlete's sport and career.
- Discuss what it means to prepare as an athlete for these Games or any sports competition.
- Get students to plan a multi-sporting event – what sports should they include and why.

Health:

- Discuss with pupils the importance of water and consider the prevention of dehydration during the Games.
- Invite a nutritionist into school to talk about various diet issues.
- Invite a well-known local sporting personality into school to be interviewed by pupils about his/her fitness regime and diet.
- Pupils record a day's food intake and break it down into the five basic food groups. Pupils make an analysis to discover whether they have a balanced diet and describe any changes they might need to make.
- Pupils describe what would happen if an athlete ate more or less than the amount of calories burned up during training and what the subsequent effects on performance might be.
- Provide pupils with the calorific value of common foods so they can work out the amount they personally consume.
- Pupils design a day's healthy eating plan for themselves and also for an Olympic athlete.
- Pupils discuss different ways of adding exercise to their daily routine and of improving their eating habits.



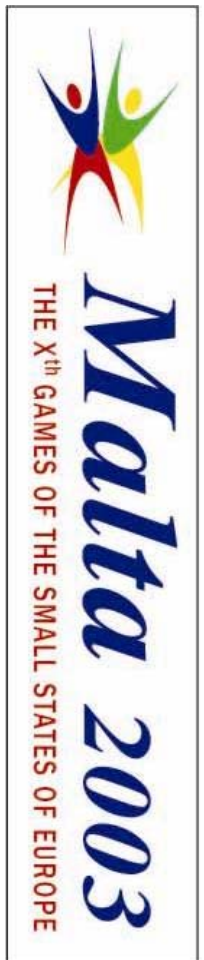
Pierre de Coubertin summarized the Spirit of Olympism in five ideals that were established as part of the first modern Olympic Games held in 1896. These goals remain the basis for Olympism today.

1. To help develop better citizens through the building of character that accompanies participation in amateur sports.
2. To demonstrate the principles of fair play and good sportsmanship.
3. To stimulate interest in fine arts through exhibitions, concerts, and demonstrations during the games, and in so doing contribute to a well-rounded life.
4. To teach that sports are played for fun and enjoyment.
5. To create international friendship and good will that leads to a happier and more peaceful world.

Work sheet 1 – Physical Fitness and your health

Work sheet 2 – Identify the sport

Acknowledgements: Adele Muscat and Marconia Camilleri



i) Religion

Use accounts of Olympic Role Models like Wilma Rudolph, 'Jesse Owens', John Stephen Akhwari, Steve Redgrave to highlight and discuss various values being the following:-

Wilma Rudolph, the idea of will power and its importance which could be taken further to explore putting full faith in God and allowing His power and grace to work through us so that in turn we will be a source of grace for others and bring about positive change in the way Wilma did. Use the song Amazing Grace. Refer to the idea of inclusiveness (she insisted on the parade being held in honour of blacks and white, she helped the underprivileged).

Jesse Owens, the Christian love shown by Luz Long. Luz Long risked his life in advising Jesse in the way he did. This is 'agape' in action, making a sacrifice for others, in actual fact he realised the greatest love a person can show for another, sacrificing himself for him. Luz highlighted sportsmanship as a means of speaking up against injustice and working for peace.

John Stephen Akhwari, the will and the determination to succeed, faithfulness and loyalty, in spite of all obstacles, refer to Olympic Motto, Citrius, Altius, Fortius.

Steve Redgrave, the will and the determination to succeed.

Barcelona 1992: the 10,000 Metres – Elana Meyers and Derartu Tulu, crossing barriers of prejudice and establishing unity and understanding – our duty to respect the dignity of every human being.

- Students draw an outline for an assembly highlighting one of the Olympic ideals.
- Students role play an event outlining the crossing of barriers and the creating of friendships – 8 member countries, including some form of costume and reference to relative cultures – can be obtained through research or by interviewing the athletes from the different countries.
- Students write out a psalm of faith reliance in God, to be used as a hymn for the opening of the games.



- The Olympic Truce, elicit those parts of the world where war is raging and write a letter to the leader of a war-torn country, urging peace – send one letter.
- Linking Olympic Motto, with sayings from Proverbs, Sirach, the letters of St. Paul. create a class motto.
- Invite athletes over together with their families; make presentations of Maltese customs and culture, other athletes to do the same.
- Create theme song for the Games, including all the Olympic ideals, involve parts for diverse nationalities and occupations.
- 'Hero' sung by Mariah Carey and Luciano Pavorotti, emphasis on personal excellence.
- Fitness as a duty to ourselves, God as the giver of Life requires us to care for our lives, living balanced lives, caring for the well being of our mind, spirit and body.
- Fair play award to be designed.
- End class prayer with 'Ekecheria', meaning "holding of hands" but really being the name of the Olympic Truce in Ancient Greece.
- Research organizations that work for peace, an example being UNICEF, who have arranged "zones of tranquillity" and "corridors of peace".
- Research organizations that reach out to the emarginated, the Red Cross Society, invite member over, to address the students about his experiences and knowledge.



Games of the Small States of Europe - aims and nature.

Define ethos.

List the various elements, which you would think constitute the ethos of the Games of the small States of Europe.

When students have compiled the above, compare and contrast to the aims of the Games of the Small States of Europe being the following: -

- a. to bring together, every two years, in a genuine and sporting contest, the athletes designated by the European Olympic committees.
- b. to back up the ties of peace and friendship between the sportsman and the youth of these EOCs to promote understanding, cooperation and mutual help and to encourage consultation and exchanges of information and experience
- c. to promote the Olympic movement and its ideal in each member country through its NOC.



The following is the Olympic oath taken at the beginning of the Games:-

“In the name of all the competitors, I promise that we will take part in these Olympic Games, respecting and abiding by the rules, which govern them, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.”

Whilst referring to the above and to your own knowledge regarding the Olympic Games, withdraw what you consider to be the Olympic ideals.

Distinguish what you would consider to be Christian values as opposed to strictly Olympic ideals in the following:-

Agape, hope, international understanding, justice, prudence, mass participation, fair play, personal excellence, sport as education, cultural exchange, fortitude. Give reasons for your answers.

The goal of the Olympic Movement reads as follows:

“The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.”

Go over the Nicene Creed in a meditative way, then write your own reflection of the goals and values therein contained. (Refer to the way that the Olympic goals are contained in the Nicene Creed).

Worksheet 1 – Miracles Build The Kingdom of God

Worksheet 2 – An examination of Conscience

Acknowledgements: Ms. Anna Pizzuto

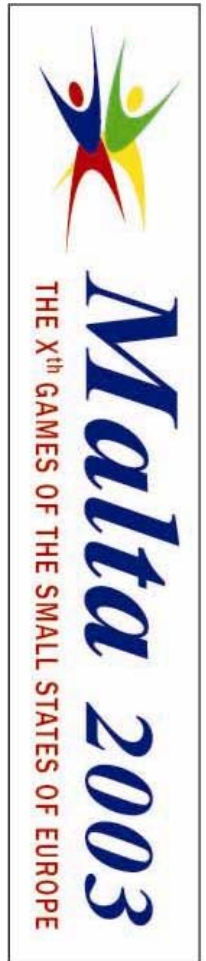


j) Drama

- In groups, students are asked to make statues representing the different disciplines that could be included in the Small Nations Games. The students are asked to form human statues of the games that are going to be played in this year's edition that is going to be held in Malta. The students have to find reasons why the chosen games were chosen.
- The whole class is asked to form a human monument dedicated for the Small Nations Games that are going to be held in Malta by putting together:
 1. The different disciplines;
 2. The Mascot ELMO; and
 3. Malta.

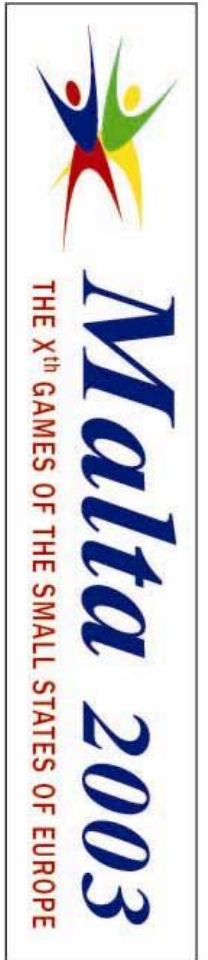
Then, they are asked to find a sentence that each member in the monument can say. This sentence has to help the characters identify themselves and their part in the Small Nations Games.

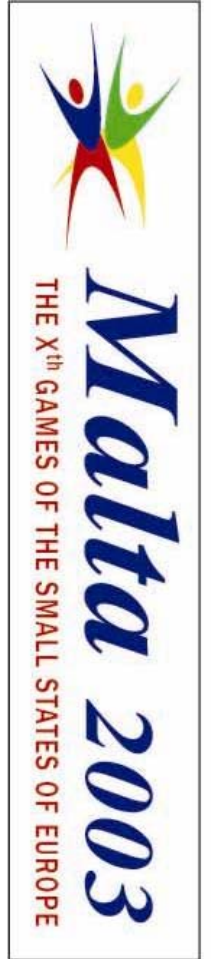
- In groups, the students are asked to discover the actions involved in the different games and how the games are played. Students are then asked to try to build a situation where this action is an integral part of a real life situation.
- The same exercise as the aforementioned but different stories and situations are built around one particular game. This exercise can be done on all the different games and thus producing a substantial number of situations one can discuss.
- Through improvisation, students are asked to discover what is ELMO's (the mascot) work. This will lead to an improvisation on a day in the life of ELMO. Students are asked to try to put together the history behind ELMO and the different games in the Games of the Small States of Europe.
- Students are asked to try and put together an imaginary story that took place in the days when Fort St. Elmo (the name from where the mascot got its name) and how the different games could be included to help in the building of Fort S. Elmo.
- Students are asked to imagine a situation where:
 1. The athlete the entire class was backing has won gold medals;
 2. The athlete the entire class was backing has not won any medals;



3. Half the class has won a gold medal and half the class has not won a medal.

Students are asked to discuss the different feelings felt.





**Part 2 –
General Information**

**Xth Games of the Small States of
Europe Malta 2003 (GSSE)**

The Event

8 countries, 10 sport disciplines, at least 1,000 athletes; will be involved in the Xth edition of the Games of the Small States of Europe (GSSE); hosted in Malta between the 2nd and 7th June 2003 and organised by the Malta Olympic Committee in collaboration with the Parliamentary Secretariat in the Ministry of Education and the 10 sport disciplines' associations.

These Games are of national concern as they provide a historical and memorable event generating national pride and enthusiasm in the community. The Games are also a high public profile event with large followings, attracting attendees from all around including a large number of visitors from abroad.

Events such as these are a blending of sport, culture, and education providing experiences not just for the athletes and their contingents but for the spectators as well.

Malta 2003

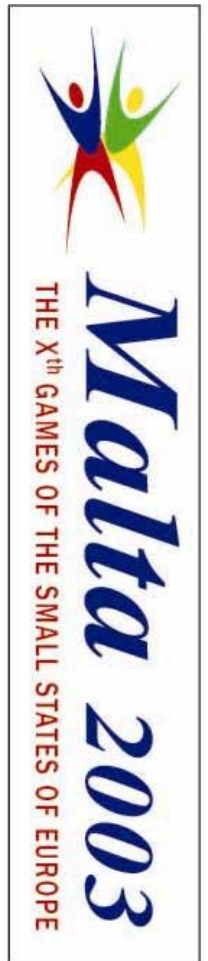
The Malta edition should prove to be colourful, exciting and fun. The successful staging of which involves the support from everyone whether as a participant, volunteer, spectators, or sponsors who are an integral part of making these Games successful and will help enhance the whole experience for spectators and athletes alike.

The Member States

Andorra, Cyprus, Iceland, Liechtenstein, Luxembourg, Monaco, San Marino and Malta.

The Sporting Disciplines

Athletics, Basketball, Judo, Shooting, Squash, Swimming, Table Tennis, Tennis, Volleyball and Sailing.



The Venues

Bidnija Shooting Range, Corradino Sports Centre, Gozo Sports Complex, M. Micallef St. John Athletic Stadium, Marsa Sports & Country Club, Cottonera Sports Complex, Tal-Qroqq National Swimming Pool, St. Aloysius College Gymnasium, University Sports Complex, and St. Paul's Bay.

The Malta Olympic Committee

The Malta Olympic Committee was established in 1928. It is the supreme and exclusive authority on matters relating to representation of Malta at the Olympic Games, the Commonwealth Games, the Mediterranean Games, the Games of the Small States of Europe and other International Games, which fall under the jurisdiction of the MOC. Our main commitment is that of encouraging, promoting and funding Maltese athletes' participation at these Games and through support programmes to improve their level of competitiveness.

One of the aims of the MOC in line with that of the International Olympic Committee (IOC) is that of promoting and enhancing "and not trivialising" the Olympic ideas to achieve worldwide reaffirmation of ideals and values, which are reflected in the legacy of the Olympic Games.



History of the GSSE

The Games of the Small States of Europe first took place in 1985 in San Marino, and are held every 2 years. These Games are important for the smaller member states as they provide an opportunity for athletes to come together to share their cultural experiences and establish common goals and strengthen links of friendship across boundaries, while at the same time competing in a good sports competition.

Aims of the Games

- a) to bring together, every 2 years, in a genuine and sporting contest, the athletes designated by the European National Committees (E.N.O.C.);
- b) to back up the ties of peace and friendship between the sportsmen and the youth of these E.N.O.C.'s to promote understanding, cooperation and mutual help and to encourage consultation and exchanges of information and experience;

- c) to promote the Olympic movement and its ideal in each member country through its N.O.C.

The Mascot "ELMO"

A cartoon representation of a Pike man, complete with breastplate and helmet. It is well known that apart from being fearless fighters, these men were also physically well trained. A combination of physical preparation and a strong will to achieve success is an essential pre-requisite for any competing athlete. This mascot augurs well to all the participants of the Malta edition of the Games in 2003.

The Malta 2003 Emblem

The idea of two figures in the logo emerged from the traditional eight-pointed Maltese Cross. They were stylized into the human body by use of curves instead of the rigid straight lines. Curves symbolize the flexibility of the athletes, whilst the eight points of the figures represent the number of countries taking part in the Games.

The colours of the logo on a white background are the basis of the colours used in the flags of the participating nations. Both sexes are depicted in the logo. Motion and joy, the spirit behind the Games of Small States of Europe, are the motifs behind the design.



The Games of the Small States of Europe

Logo 1



The Games of the Small States of Europe official logo.

Logo 2



The Games of the Small States of Europe Malta 2003 - official emblem.

Logo 3



Elmo

The Games of the Small States of Europe – official Mascot “ELMO”



GSSE Malta 1993
Games of the Small States of Europe 5th Edition
Malta 25th – 29th May 1993
The Solidarity and Friendship Games

GSSE Malta 1993

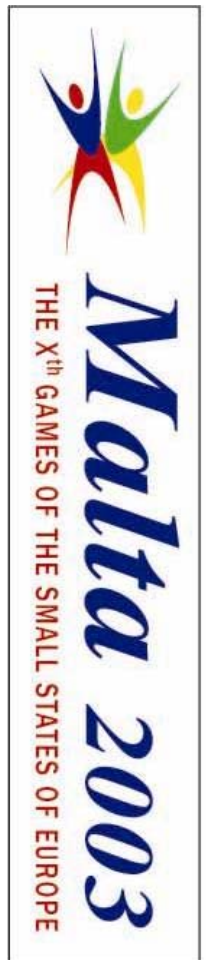
Malta had the honour of hosting the 5th Games of the Small States of Europe in 1993. The Games were officially inaugurated at a spectacular Ceremony under the floodlights of the National Stadium at Ta' Qali, in the presence of the President of the International Olympic Committee, Juan Antonio Samaranch; The President of Malta, Dr. Censu Tabone; The Minister for Youth and the Arts, Dr. M. Frendo; The Chairman of the Malta Olympic Committee, Magistrate Gino Camilleri; and the athletes, officials, representatives and supporters of the participating nations.

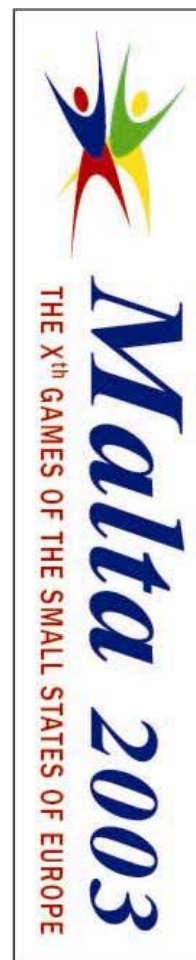
The Opening Ceremony

The Flame was lit on the eve of the Games in the unique setting of the megalithic temples of Ggantija in Gozo. After being taken around the sister island in relays (first runner, athlete Charles Cioffi) where it remained for the night, another group of runners carried it through many towns and villages in Malta in time for it to arrive at the Ta' Qali National Stadium where the Opening Ceremony was held presided by H.E. Dr. Censu Tabone, President of Malta.

H.E. J.A. Samaranch, President of the IOC headed the list of distinguished guests who came to Malta for the Games. These included Prince Henri, Grand Duke Hereditary of Luxembourg, M. Oscar Ribas Reig, President of the Executive Council of the Government of Andorra, Prince Albert of Monaco, the Presidents of the respective Olympic Committees and other guests. Also present were the Hon. Dr. Eddie Fenech Adami, Prime Minister, Dr. L Gonzi, Speaker of the House, Cabinet Ministers, Members of Parliament and their wives.

With the whole arena covered with a blue carpet (the same one used for the Barcelona Olympiad ceremony) depicting the Mediterranean, some 14,000 spectators witnessed a one-and-a-half hour pageantry of light, colour and history, which started off with five parachutists descending gracefully in the middle of the pitch. This was followed by hundreds of schoolchildren who, after forming the Olympic rings, crouched down to form the words "Malta" and "Merhba" (Welcome).





Scenes showing the struggle of man and his quest for peace followed by a huge colourful float preceded the multi-coloured March past. Naturally the loudest cheer was reserved for the Maltese contingent who, as hosts, marched last behind the Maltese Flag proudly carried by Carol Curmi, our most successful tennis player in the Games.

Speeches were made by Mag. Dr. Gino Camilleri, by Dr. Michael Frendo and by H.E. J.A. Samaranch before H.E. Dr. Censu Tabone, President of Malta, declared the Games open.

The Torch, on reaching the stadium, was carried for half a lap on horseback by Salvo Darmanin, Malta's foremost polo player and then Carmel Busuttill our national soccer captain took over to light with it the imposing urn opposite the VIP stand.

The oath for the athletes was read out together by Laurie Pace, the judoka (bronze medallist in the Commonwealth Games) and by Gerald Degaetano (silver medal winner in the 10,000m in Andorra). Tony Micallef, National Basketball referee did the same on behalf of all officials. The Games song 'Getting Together' was sung by Moira Stafrace and Michael Spiteri. A spectacular fireworks display brought the ceremony to an end.

The Malta Games can be summed up in just a brief analysis.

Iceland who again triumphed in the final medal list won 23 of its 36 gold medals in swimming. One must surely single out Arnar and Magnus Olafsson who shared between them 12 gold, 1 silver and 3 bronze medals as well as Bryndis Olafsdottir who was accredited with no less than 7 golds. A magnificent catch indeed! Moreover Iceland had the distinct honour of establishing 13 new records in the pool. Iceland went on to register another 9 golds in Athletics, 3 in Judo and 1 in Basketball.

On the other hand Cyprus again showed supremacy in athletics. So much so that 18 of their 26 golds were obtained on the track and field. In swimming Cyprus gained 9 wins with the other two in volleyball and shooting respectively.

So it was evident that these two nations who have proved in each edition to be head and shoulders above all the other States, continued to rely heavily on their favourite sport: Iceland in swimming and Cyprus in athletics.

Luxembourg caused some surprise for although they again finished third, their final medal tally was not as impressive as in the previous editions. In fact they could only muster 8 firsts – a very poor consolation indeed when compared with their excellent showings in the past.

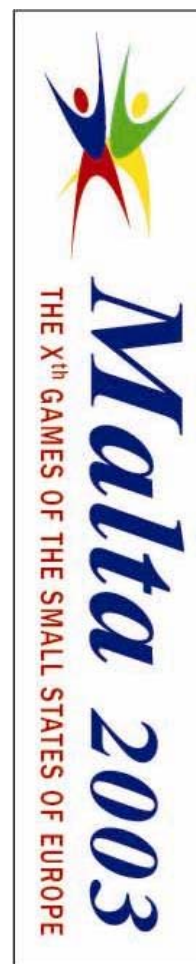
The only Country, which failed to be among the gold medallists in Malta, was Andorra.

Maltese competitors rose to the occasion brilliantly and regaled the crowds who filled all venues with some pulsating and at times dramatic performances. Although retaining its 5th place overall, Malta won no less than 31 medals – by far the best achievement in these Games. In fact, Maltese athletes were among the medal winners in seven of the nine sports contested missing out in cycling and volleyball.

Pride of place goes, of course, to the gold medallists. Helen Asciak and Carol Curmi stepped on the top rung of the victory rostrum for the fourth consecutive edition, unrivalled in the Women's Doubles. An unbeatable record! Theirs was another shining show of all round supremacy over all rivals. Not to be outdone Gordon Asciak and Chris Gatt also struck gold in the Men's Doubles to the delight and joy of the overflowing stands in the center court. For Helen and Gordon Asciak this must have been the first husband and wife gold in the same sport in these Games. Carol Curmi progressed steadily to the final in the Singles and although emerging on the losing side, her silver meant that in Tennis, Malta contested three finals out of a possible four.

Jacqueline Xuereb reached unprecedented heights at the sports pavilion in Gozo taming all opposition to stand, proudly facing the Malta flag during the playing of the National Anthem, her medal secure around her neck for the first ever gold in Judo.

Jean Paul Fleri Soler must have had the biggest thrill and satisfaction of his life when after placing 3rd in Monaco; being deprived of a 'sure' gold in Cyprus and with yachting not included in the programme in Andorra, he sailed supreme in masterly fashion to take the gold which had eluded him for so long.



The seven silver were evenly distributed. Henry Tabone was instrumental in adding to Malta's collection when he finished a close runner-up in the Laser Class.

Laurie Pace, succumbing only in the last 11 seconds to Brigit Blum (LIE) could not hide her delusion in not gaining gold and had to be content with the second placing.

In athletics, Deirdre Caruana ran a perfectly planned and executed 200m to strike silver and she was also a member of the record breaking 4 x100m relay team together with Elain Zammit, Marika Montebello and Sandra Meli-Scerri who had the large crowd on its feet as they surpassed themselves reaching for another silver.

Katya Pace who in Andorra broke the medal barrier for swimming excelled herself by striking twice: individually in the 100m breast and in the 4x100m medley together with Susan Smith, Gail Rizzo and Roberta Stellini. Newcomer Susan Smith won most medals adding 4 bronzes to her silver. (50m, 100m, 800m free; 100m butterfly).

The fact that Malta won 20 bronze medals is very significant indeed for not only does it show the vast all round improvement attained on the previous editions; but it also is indicative of the rich potential eagerly awaiting to climb the next step.

The two other third placing in swimming was obtained by Gail Rizzo (100m back) and Roberta Stellini (200m butterfly). Our swimmers could have added another bronze for the 4 x 100m free relay but were disqualified as they could not hold back their excitement and jumped back in the pool before the race was completely over.

Athletics were a close second in the bronze awards with 5 third berths. Carol Galea set pattern on the first day in the 800m with a repeat on the last day in the 1,500m. There was no holding Frida Thordardottir (ISL) who is based in America and who chalked up a hat trick winning the aforementioned two events as well as the 3,000m in which Carol placed fourth setting a new National record as she did for the 800m.

Jennifer Hickey Pace though nowhere near the record reached in the Los Angeles Olympiad was nonetheless justifiably all smiles for the third place in the Javelin.

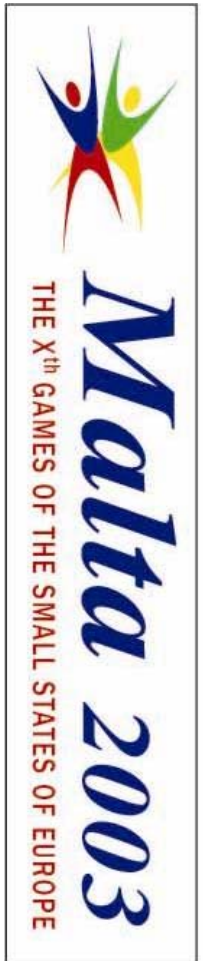


In the men's division, Malta's two medals came in the relays: 4x100m (D. Mifsud, M. Bonello, K. Tonna, R. Chircop); and 4x400m (M. Sullivan, T. Sammut, M. Bonello, X. Grech). In both these races new times were recorded.

John Tabone (Laser) finished just 0.8 behind his brother Henry, whilst Andrew Wilson added another bronze in the Lechner to bring yachting's total to 4 medals in two events.

The bronze column for Malta continued to swell with 4 more in Judo: J. Zammit, J. Trevisan, M. Cassar and Carolina Attard while Emanuel Abela in the trap broke new ground by becoming the first ever Maltese to win a medal for shooting in the Games. He was leading half way through but then his form deserted him finishing five clays behind the eventual winner Alfio Tomassoni (SMR). Philip Busuttill emulated Abela in Double Trap missing silver by one point and just two hits behind the winner Maurizio Zonzini's (RSM) total of 166.

The women's basketball team made up for the rather unlucky men's showing. In a decisive nail biting finish against Cyprus our girls sent the packed pavilion in a delirium as they snatched a 39-36 victory with the very last throws of the match to round up Malta's bronze haul to 20.



The Closing Ceremony

The Games were hailed as a huge success from all angles and gave the Maltese public something to be proud of in sport. Praise was showered by all foreign delegations. In his concluding speech Mag. Dr. Gino Camilleri reflected the atmosphere prevailing by saying that all Malta was united as one during the Games, which were characterized by a spirit of solidarity and friendship.

Another colourful pageant this time depicting Maltese festas and traditions set all participants including the protagonists themselves in a festive, joyful mood. A big round of applause echoed all round the National Stadium as the Liechtenstein contingent carried a banner "Grazzi Malta" (Thank you Malta). Similarly deafening clapping and cheering greeted the Malta contingent who blazoned another banner: "Thank You Supporters" in recognition of the unfailing backing they received throughout the Games.

Mag. Dr. Gino Camilleri handed the Games Flag to M. Norbert Hauptert, President of the Luxembourg Olympic Committee where the Games will be held in 1995, and as the

Flame was extinguished and the lights were dimmed another unforgettable fireworks display brought the curtain down on a most successful edition of the Games of the Small States of Europe.

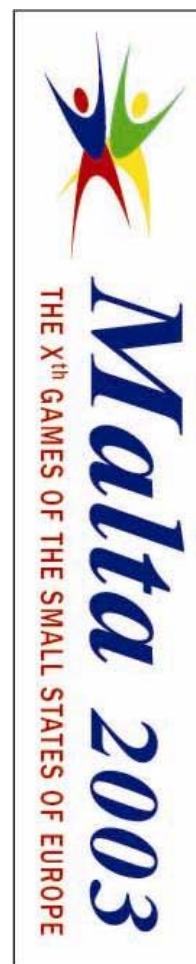
The Sporting Disciplines

Athletics
Swimming
Basketball
Volleyball
Tennis
Judo
Shooting
Cycling
Sailing

The Venues

Athletics - Marsa Athletic Track, Marsa
Basketball - Basketball Complex, Ta' Qali
Cycling - Mosta Centre, Mosta
Judo - Gozo Sports Complex, Gozo
Tennis - Marsa Sports Club, Marsa
Shooting - Bidnija Shooting Range, Bidnija
Sailing - Mellieha Bay Hotel, Mellieha
Swimming - National Swimming Pool, Msida
Volleyball - Corradino Sports Pavilion, Corradino & De La Salle College, Cottonera

Information: Lewis Portelli "The Games of the Small States of Europe - From San Marino to Malta"



Maltese Medallists

Gold Medallists

Jacqueline Xuereb	Judo – 52 kgs
J.P. Fleri Soler	Boardsailing
Carol Curmi and Helen Asciak	Tennis Doubles
Chris Gatt and Gordon Asciak	Tennis Doubles

Silver Medallists

S. Smith, K. Pace, G. Rizzo, R. Stellini	Swimming 4 x 100m medley
Katya Pace	Swimming 100m breaststroke
Deirdre Caruana	Athletics 200m
E. Zammit, S. Meli, M. Montebello, D. Caruana	Athletics 4 x 100m relay
Carol Curmi	Tennis Singles
Henry Tabone	Yachting
Laurie Pace	Judo 61kgs

Bronze Medallists

Susan Smith	Swimming: 50m, 100m, 800m freestyle; 100m butterfly stroke
Gail Rizzo	Swimming: 100m backstroke
Roberta Stellini	200m butterfly stroke
John Zammit	Judo (-60kgs)
Jason Trevisan	Judo (-71kgs)
C. Attard	(-56 kgs)
Manuel Cassar	(-86kgs)
Carol Galea	Athletics: 800m, 1500m
M. Sullivan, T. Sammut, M. Bonello, X. Grech	Athletics: 4 x 400m relay
Jennifer Hickey-Pace	Athletics: Javelin
K. Tonna, R. Chircop, M. Bonello, D. Mifsud	Athletics: 4 x 100m relay
Emanuel Abela	Shooting: Trap
Andrew Wilson	Boardsailing
John Tabone	Yachting
Philip Busuttill	Shooting: Double Trap
Women's Team	Basketball

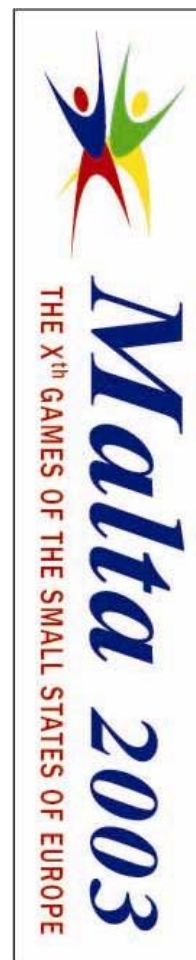


THE Xth GAMES OF THE SMALL STATES OF EUROPE

Malta 2003

Medals Table

Country	Gold	Silver	Bronze
Iceland	36	17	15
Cyprus	26	23	22
Luxembourg	8	14	10
Monaco	7	11	11
Malta	4	7	20
Liechtenstein	4	2	7
San Marino	2	6	5
Andorra	0	6	10



The GSSE SPORTS - Description

Basketball

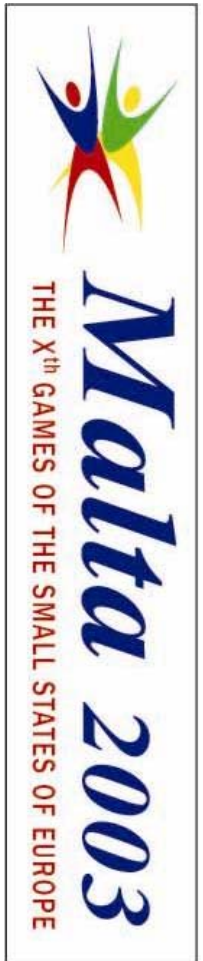
Basketball is a fast ball game played by two teams of five players each. Points are scored by shooting the ball into the baskets, which are at each end of the court, 3m above the ground. Players dribble the ball or pass it on to each other whilst players of the other team try to defend. The team that scores the most points in 4 sets of 10 minutes each is the winner.

Volleyball

Volleyball is played by two teams of 6 players. The game is generally played on an indoor court. The court is divided by a net, which is 2.4 m high. Players try to hit the ball over the net in such a way that the other team cannot return it. Points are scored when the ball hits the floor on the opponents' side of the net. Only the serving team can score points. A game begins when the right back of the serving team serves the ball over the net. The receiving players try to hit the ball back with their hands. The team can hit the ball up to 3 times. If the serving team fails to return the ball, the other team serves. When this happens all players move around one position so that everyone has a chance to serve. The first team to score 25 points (with at least a 2-point advantage) wins the set in a rally point system game that can be played to the best of three or five sets.

Tennis

Tennis is a racket and ball game played between either two (singles) or four (doubles) people. Tennis is played outdoors on grass or clay. To begin a game, one player serves the ball to their opponent. The ball must go over the net and land in the service area on the other side of the court. The other player has to hit the ball back after the first bounce off the ground. Both players keep hitting the ball back and forth over the net until one of them hits it out of the court or fails to return it. Players try to score points by hitting shots that will force their opponent to make a mistake. Each player serves for one game then the other player serves. A match is divided into 3 or 5 sets. The first player to win 2 or 3 sets wins the match. A set is divided into games and you need to win 6 games with a lead of 2 games, to win a set. To win a game you must score 4 points. You start with a score of 0 which is called love, first point is called 15, 2nd-30, 3rd- 40, 4th- game point.



Squash

Squash is a fast racket sport. Players use a small-headed racket to hit a small rubber ball against 4 walls of an indoor court. To begin a game one player serves the ball. Players can hit the ball against any of the four walls as long as it hits the front wall before it bounces. If you miss the ball, let it bounce twice or hit the ball outside the boundary you either lose a point or your serve. The first player to reach nine points wins the game and the first to reach three games wins the match.

Table Tennis

Table tennis is like a miniature form of tennis. Players use wooden bats to hit a small ball over a net on a table. A game begins with one person serving. Points are scored by hitting the ball in such a way that your opponent cannot return it. The first player to reach 21 points wins the game.

Track and field athletics

The events in the GSSE include long jump, high jump, triple jump, discus, shot, javelin, pole vault, 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 100m hurdles, 400m hurdles, relay 4x 100m, 4x 400m. These events will take place at the Marsa track. For short running races called sprints, the athletes need to be able to run at top speed. Middle and long distance races test the runners' stamina or strength. Relay races are run by teams of 4 runners. The first runner carries a baton. After a short sprint, the baton is passed on to a teammate.

The discus is a saucer-shaped object. You hold it with one hand, and then swing round a few times before throwing it. The shot is a heavy metal ball. It is tucked under the chin, and then heaved forwards with all your strength.

Long jumpers leap as far as they can into a pit of sand. They sprint down a runway to gather speed, and then jump as far as they can from the take-off board into the sand. For the triple jump, you sprint down the runway, then hop, skip and jump into the sandpit. In the high jump, you run up to a high bar, then leap over and land on a mattress. Pole-vaulters run down a runway, ram the pole into a box below the bar. This launches them upwards on the pole so they can twist over the high bar.



Swimming

There are four basic strokes. For the backstroke you lie on your back in the water. In the butterfly you swing both arms over and down and kick your legs together. The freestyle is the fastest stroke. The breaststroke combines a sweeping arm movement with the breaststroke kick. Competitions take place in a 50m pool divided into a number of lanes, one for each swimmer.

Judo

In judo you try to throw or pin your opponent with the help of balance and timing. Judokas use their opponents' weight or movement to unbalance them. A fight or randori is won when one judoka is thrown to the ground using one of the many techniques. A fight can last up to 5 minutes and the competitors are classified into weight categories.

Shooting

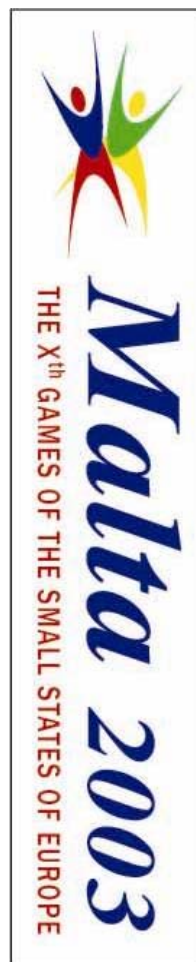
In the GSSE there will be five shooting disciplines- trap, double trap, skeet, air rifle and air pistol 10m. In the first three (clay target shooting) shooters try to hit flying targets. The target is a small clay disk shaped like a saucer designed to break up when hit by just one or two of the pellets. The air rifle event is shot at 10m from the physically demanding standing position. Shooters have to wear special gear to hold themselves steady. Air pistol is also shot at 10m. Air rifle and air-pistol shooters have to shoot 60 shots in 1 hr 45mins. They try to hit the bull for a 10 point score on paper targets.

Sailing

The optimist and the laser radial and laser standard boats are to be used in the GSSE. These boats have a sail, which uses the power of the wind to push it forward. The optimist is sailed by athletes who are under the age of 16. A course is set out at sea using buoys or marks and the sailors have to go around this course to the finish. In sailing one cannot go in a straight line but must tack from side to side to the mark. The sailor who can best read the direction of the wind and who is physically fit, mentally strong and has a good technique will win the race.



**Part 3 –
Suggested activities per grade
or for the school**



Path of the Torch

The path of the torch (lit before the start of the games) can be followed to tackle various aspects of the Maltese identity:-

- a. the diverse churches and chapels, architectural features and religious orders.
- b. religious/non-religious paintings, sculptures, disciplines, artists.
- c. features that deal with our infrastructure, local councils etc.,
- d. environmental issues along the path, any devices erected which are environmentally friendly or directly beneficial to the environment and therefore to the community at large
- e. geographical features along the path
- f. museums along the path

Member State athlete Visits

The various athletes and their families can attend a gathering at the school wherein the children would give a presentation related to the Maltese culture and athletes one pertaining to their relative culture. Traditional foods to be eaten or prepared.

Adopt an Maltese Athlete

The school can adopt an athlete with the assistance of the Malta Olympic Committee and determined by the availability of athlete. Follow their preparations and successes to the games. At the time of the games the school can show their support by backing that athlete when in competition by being present at the competition venue and encouraging their participation.

GSSE Day

A GSSE day can be organised, whereby athletes come to school, meet students, or are interviewed by them, regarding training schedule, lifestyle, records, relative disciplines. Also a review of the games, tackling them from the historical point of view (if practical) to the present day can be undertaken beforehand.

Network of Friendship

Establish a network of friendship with a member state's school and keep each other informed about the preparations of the Games and at the time of the games the results and the atmosphere and excitement of the games. Students will learn about the country they are linked with and also build relationships with the participating member state.



Drama Unit

Visit a special programme being organised by the drama unit (Blata-l-Bajda), which will focus on all aspects of these Games through drama and will help students understand the different disciplines and the way medals are won in these disciplines.

Art

Design a Mascot and Logo for your school and why have them. Design posters focusing on the values and ideals of the Games.

Patriotic Education

Through these games generate patriotic pride amongst students. Instruct students on the history of the Maltese flag, flag etiquette, flag customs and other patriotic exercises.

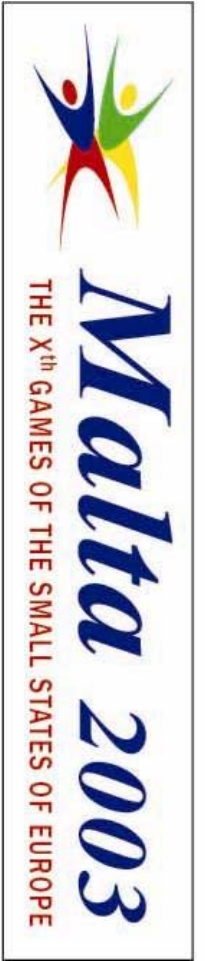
This pack has been developed to support schools wishing to use the Games as a teaching and learning opportunity. The materials enclosed and suggested aim to promote the Olympic ideals to young people in schools. Positive new initiatives can flow from knowledge of these ideals. The pack will also encourage participation in and promote sport. Information and suggestions provided are not limited and Teachers themselves can develop further ideas.

For further information contact:

Joseph Cassar – Secretary General
Malta Olympic Committee
National Swimming Pool Complex
Maria Teresa Spinelli Street, Gzira GZR 06
Tel. 21 332801
Email: moc@nocmalta.org
www.gssemalta2003.org
www.nocmalta.org



Part 4
WORKSHEETS



English Worksheet 1

Find as many spelling mistakes as you can in the following article and replace the underlined words with others of your choice.

Volunteers

We want you to be part of the games. The games will offer you training opportunities and enable you to enjoy a whole new unique experience. Organising such games means a lot of people will be needed to ensure that these games are run smoothly and effectively. Every effort and person counts. Without volunteers these games would be impossible to organize.

These games apart from bringing 1,000 officials and athletes from the 8 member states will also bring together 800 volunteers. It is our job to involve everyone in all ways possible and bring these games to the people. These are our games let us prove what a show we can put on and let's support our athletes and encourage them to go for gold!

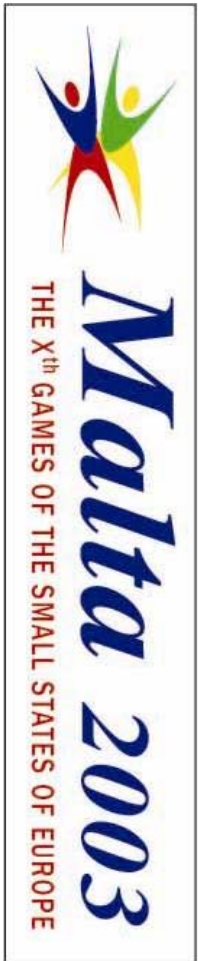
Although the games take place in June 2003, a number of activities will take place in 2002. These activities will especially be involving schools, youth clubs, and local councils. Events such as the Olympic day run, promotional activities in schools and at local communities and more will be an ongoing process and we cannot do this alone.

With our new website www.gssemalta2003.org you will be able to be kept abreast with what is happening with the games.



English Worksheet 2

- Write a poem on the Games mascot Elmo or
- Write an essay saying which athlete you admire most and why. Do you think this person is a good role model? Why?
- Write your own definition of fair play. Give an example from some sporting event. Also give an example of poor sporting behaviour.
- Discuss ways in which different sports could be adapted to accommodate athletes with different disabilities.



English Worksheet 3

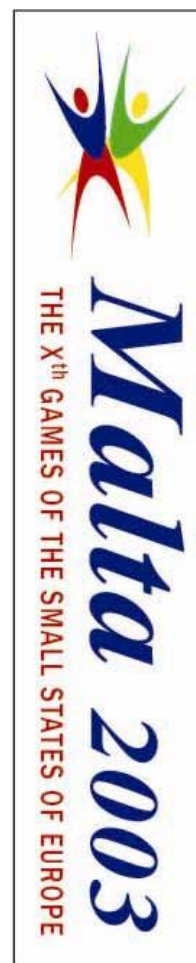
GSSE Crossword

Down

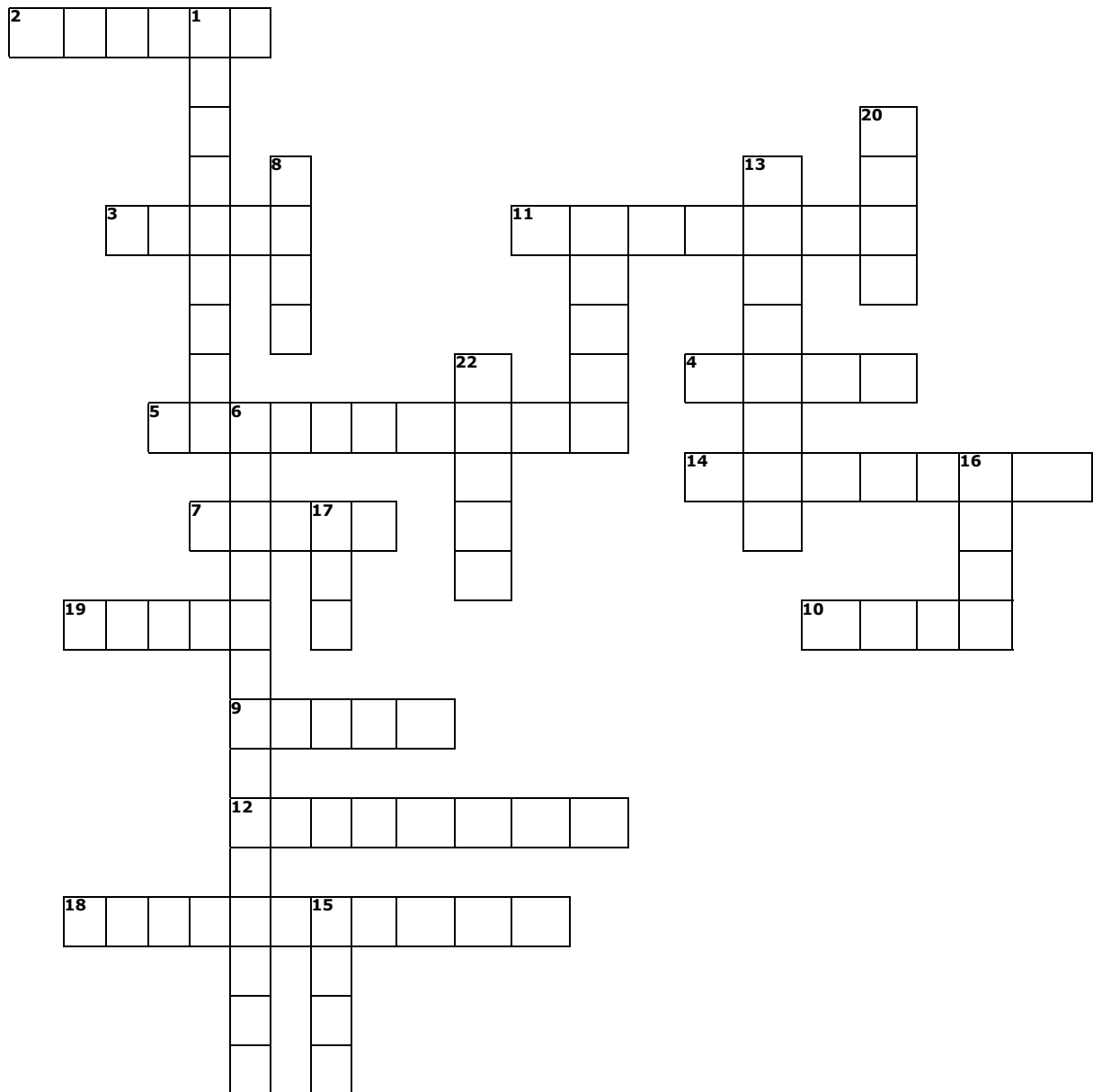
1.	Name the member state that is closest to Italy. (3/6)
6.	The GSSE 1999 games, where were they held? (13)
8.	What was the Mascot's name for GSSE Malta 1993 games? (4)
13.	Stefan _____ won a gold medal in Bocci at the San Marino games in 2001. (8)
15.	What is the name of the GSSE Malta 2003 Mascot? (4)
16.	What month will the GSSE Malta 2003 take place? (4)
17.	Every how many years do the GSSE games take place? (3)
20.	This GSSE sport is played on a mat. (4)
21.	First name of well-known Maltese lady marathon runner. (5)
22.	Angie _____ practices breastroke in swimming. (5)

Across

2.	Which GSSE sport discipline is played with a racket in an enclosed area? (6)
3.	Tanya _____ is a track athlete and won a gold medal in the 800mtr track event at the San Marino games 2001. (5)
4.	What event did Lara Gerada participate in at the San Marino games - the Triple long _____. (4)
5.	What female team sport made the medallist podium at the San Marino games? (10)
7.	Which edition of the Games of the Small States of Europe will take place in Malta in 2003? (5)
9.	How many member states are there in the Games of the Small States of Europe? (5)
10.	What is the abbreviation of the Games of the Small States of Europe? (4)
11.	Which member state is geographically furthest away from Malta? (8)
12.	Which GSSE discipline does William Chetcuti participate? (8)
14.	Where will Shooting take place for GSSE Malta 2003? (7)
18.	Which GSSE sport discipline uses a table? (5/6)
19.	Xandru _____ won Silver in the 1,500m track at the GSSE Luxembourg games. (5)



Xth Games of the Small States of Europe – Crossword

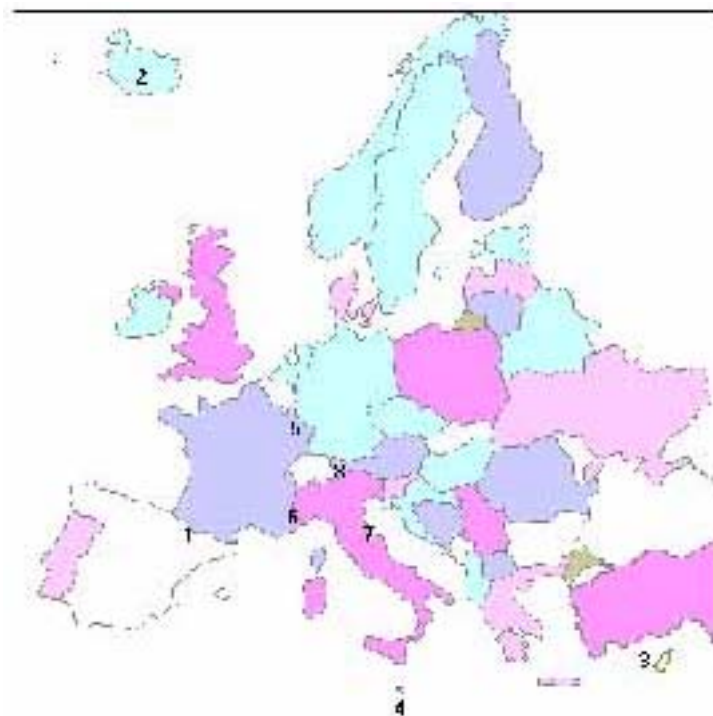


GEOGRAPHY WORK SHEETS

Geography Work Sheet 1: Where are the Member States?

Elmo has been given a map of Europe to learn more about the location of the 8 Member States taking part in the Games. The states have been numbered and he has to match the names of the 8 countries listed in the table with the numbers indicated on the map.

Use an atlas to try to help Elmo fill in the table.



Country	Number
Andorra	
Cyprus	
Iceland	
Liechtenstein	
Luxembourg	
Malta	
Monaco	
San Marino	



Geography Work Sheet 2: But, in which continent?

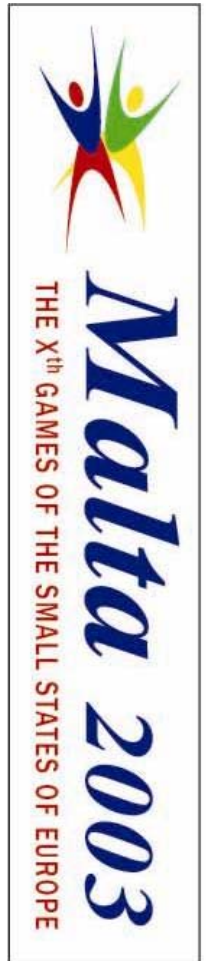
Next to which countries?

Hold on to your atlas for this activity!

Your next activity is to read the descriptions listed in the table below and with the help of your atlas, find out which of the 8 states match each description.

Tip: Try to use a Political Map of Europe. It shows the names of countries, oceans and seas.


<u>Description</u>	Name of the State
It is in the Middle East Found in the Mediterranean Sea Located South of Turkey	
It is in Western Europe On the South Coast of France Borders with Italy	
It is in Southwest Europe Located between Spain and France	
It is in Western Europe Located between France and Germany	
It is in Central Europe Situated between Austria and Switzerland	
It is in Southern Europe Found in the Mediterranean Sea South of Italy	
It is found in Northern Europe Located in the North Atlantic Ocean On the Northwest of the United Kingdom	
It is situated in Southern Europe Located in Central Italy	

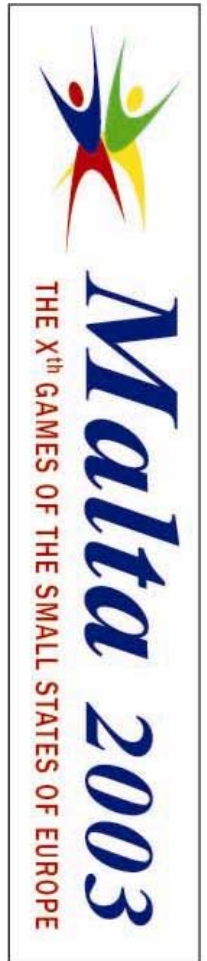


Geography Work Sheet 3: Let's State the Facts!!

A **fact sheet** is a summary of the most important facts (such as population, use of language, land area etc) of a particular state.

Your task for this activity is to create a fact sheet for a state of your choice. An example has been provided to help you. You can find this type of information from any encyclopedia, library reference books, or internet sources.

<h2>Luxembourg</h2> <p>Land area</p> <p>Population 437 389</p> <p>Border Countries Belgium, France Germany</p> <p>Languages Luxembourgian, German French, English</p> <p>Capital City Luxembourg</p> <p>Religion Roman Catholic</p> <p>Flag</p>  <p>Government Monarchy</p> <p>Climate Continental with mild winters and cool summers</p>	<div style="border: 1px solid black; width: 100px; height: 20px; margin-bottom: 10px;"></div> <p>Land area</p> <p>Population</p> <p>Border Countries</p> <p>Languages</p> <p>Capital City</p> <p>Religion</p> <p>Flag</p> <p>Government</p> <p>Climate</p>
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HOME ECONOMICS WORK SHEETS

Home Economics Work sheet 1 – Word-search

Imagine that you are having training sessions in volleyball. Your coach came up with a list of foods and beverages that the athletes should avoid during the training sessions. Try to find the products in the word-search.

H	A	M	B	U	R	G	E	R	S	J	W	Y	T	Z
V	A	O	X	D	X	Y	L	E	Z	F	R	I	E	S
S	N	R	W	W	Z	Q	C	E	B	J	U	K	H	S
O	I	G	D	L	I	B	H	B	H	P	D	U	V	F
F	M	H	G	C	K	N	E	K	S	A	L	A	M	I
T	A	I	K	L	H	S	E	E	O	N	J	S	S	P
D	L	A	M	B	V	E	S	Q	F	C	D	P	I	U
R	F	X	O	Y	Z	G	E	O	C	A	V	I	T	F
I	A	Z	G	D	Q	G	C	S	W	K	C	R	Q	F
N	T	C	A	K	E	S	A	T	E	E	X	I	P	P
K	S	B	K	B	J	J	K	V	F	S	U	T	O	A
S	S	A	U	S	A	G	E	R	O	L	L	S	R	S
H	G	F	C	S	L	T	S	I	C	U	V	D	K	T
L	I	Q	U	E	U	R	S	L	Z	I	C	X	B	R
X	Y	K	F	S	W	E	E	T	P	A	S	T	R	Y

Animal fats

Cheesecakes

Liqueurs

Sausage rolls

Fries

Eggs

Pancakes

Soft drinks

Beef

Hard cheeses

Pork

Spirits

Beer

Hamburgers

Puff Pastry

Sweet Pastry

Cakes

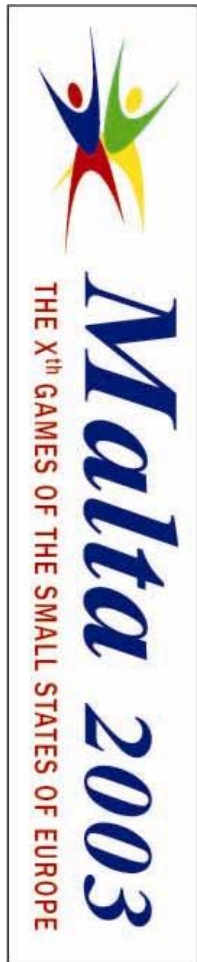
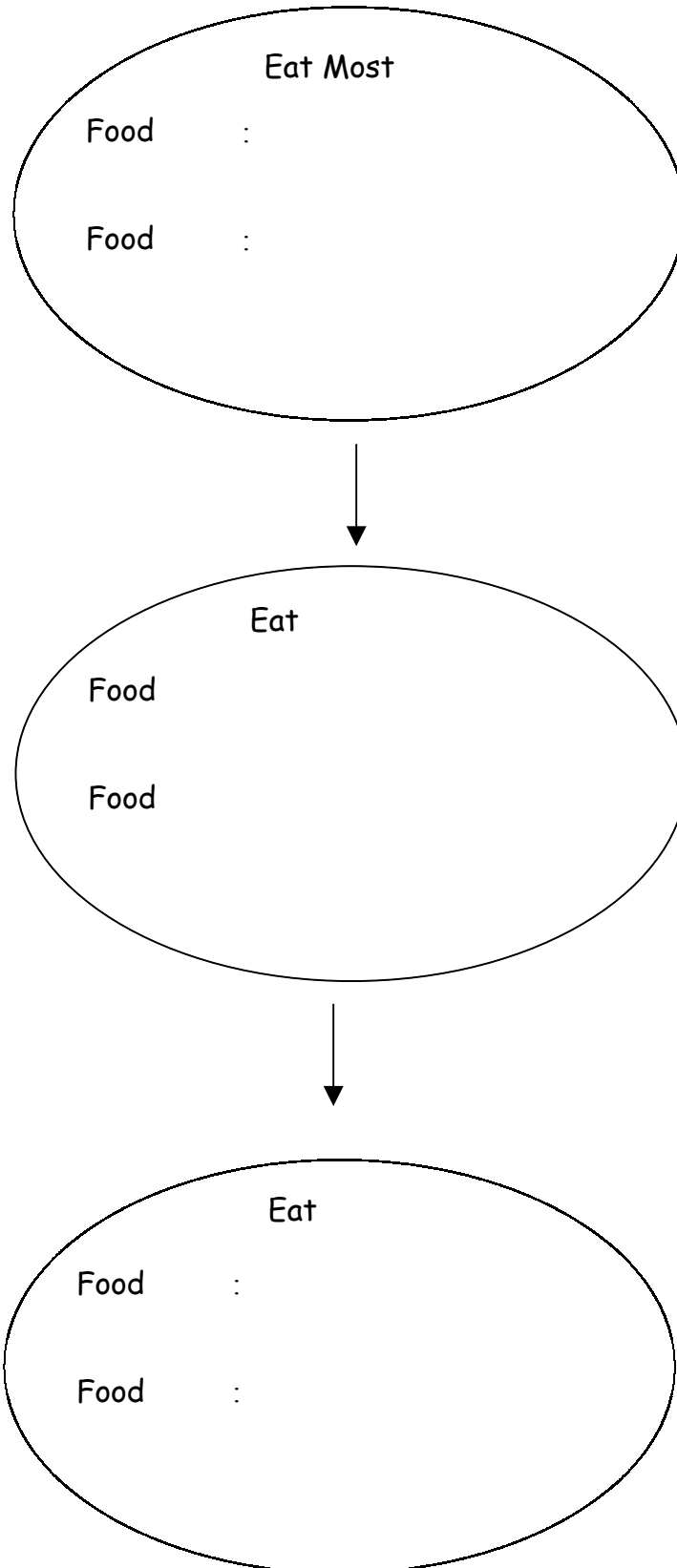
Lamb

Salami

Wine

Home Economics Work sheet 2: Food Groups' Flow Chart

Fill in the flow chart:



Give three examples of each food group.

Food group 1: _____, _____,
_____.

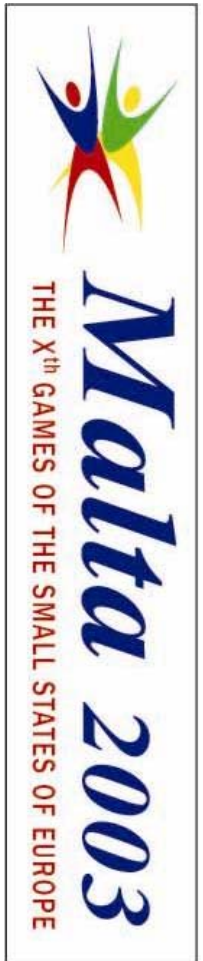
Food group 2: _____, _____,
_____.

Food group 3: _____, _____,
_____.

Food group 4: _____, _____,
_____.

Food group 5: _____, _____,
_____.

Food group 6: _____, _____,
_____.



Worksheet 1 Lettura – San Marino e i Giochi dei Piccoli Stati d'Europa



La prima edizione dei **Giochi dei Piccoli Stati d'Europa** è stata organizzata nel 1985 a San Marino. L'italiano si parla qui perchè si trova nell'Italia. Come il Vaticano, San Marino è un territorio molto piccolo che è rimasto indipendente. Il territorio si trova lungo il confine tra le regioni italiane dell'Emilia Romagna e delle Marche. Ha una superficie di circa 60 chilometri quadrati, prevalentemente collinare. La popolazione è di circa 25,000 abitanti. Il territorio è dominato dal Monte Titano, 749m sul livello del mare. Di fronte si estende la riviera romagnola ed il mare Adriatico.

Il paese deve il suo nome a Marino un umile tagliapietre che fondò sul monte Titano una piccola comunità. La data ufficiale di fondazione della repubblica viene fatta risalire al 3 settembre 301. Il paese riuscì a preservare la sua indipendenza fino ad oggi. Questo è stato possibile grazie all'ostinata

difesa che il popolo sammarinese ha sempre fatto della sua indipendenza' facendo ricorso talvolta ad una prudente diplomazia ma talvolta anche ad una tenace resistenza bellica.

I Giochi dei Piccoli Stati sono una manifestazione a livello olimpico riservato agli Stati Europei con popolazione al di sotto di un milione di abitanti. Questi sono Andorra, Cipro, Islanda, Liechtenstein, Lussemburgo, Malta, Monaco e San Marino.

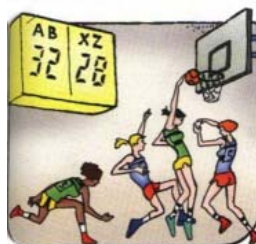
Alcuni degli impianti sportivi a San Marino sono una piscina coperta, uno stadio completamente attrezzato (campo da calcio, pista per l'atletica, campo da calcetto), terreni da gioco per il tennis, bocciodromi, palestre, uno stadio da baseball, uno stand di tiro a volo, un poligono per tiro a segno un campo pratica golf ed in fine una struttura indoor per il tiro con l'arco ed il tennistavolo.



Worksheet 2- Giochi dei Piccoli Stati d'Europa

Le dieci discipline sportive che parteciperanno nei prossimi giochi sono: il tennis da tavolo, la vela, l'atletica, lo squash, il judo, il nuoto, la palacannestro, il tennis, la pallavolo ed il tiro a segno.

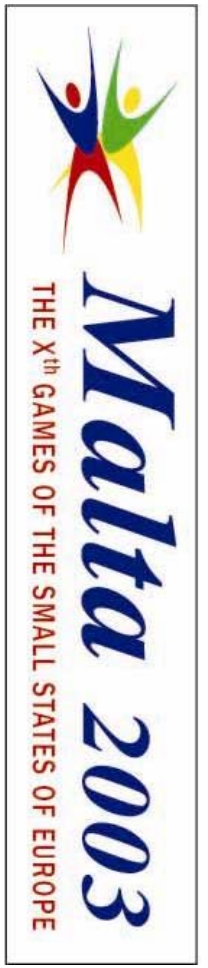
Scrivete il nome dello sport vicino al disegno giusto.



THE Xth GAMES OF THE SMALL STATES OF EUROPE

Malta 2003

MATHEMATICS WORKSHEET - FORM 1



1. The National Swimming Pool at the Sports Complex is 50m long, 25m wide and 2m deep.
- a) If it is filled right to the top, what is the volume of water that it will hold?



- b) The pool is divided into 10 lanes running down the length of the pool. What is the width of each lane (i) in m (ii) in cm?

2. In the summer the pool is open from 6 a.m. to 10 p.m. on weekdays and from 8 a.m. to 8 p.m. on weekends.

- a) How many hours is the pool open for on a Monday?
- b) How long is it open for on a Saturday?
- c) What is the total number of hours it is open for in one whole week?

3. The spectator capacity at the pool is for 200. For a recent water polo match, $\frac{7}{10}$ of the seats were sold.



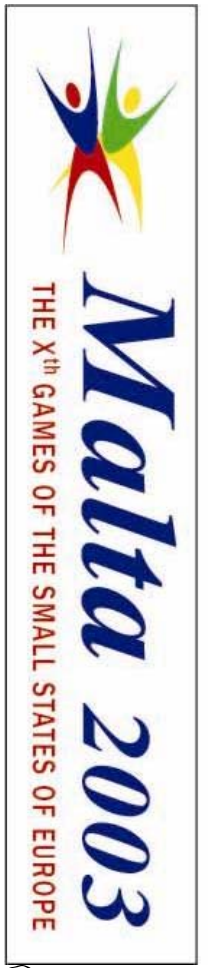
- a) How many seats were sold?

- b) How many seats were left empty?

- c) If tickets cost LM1.75 each, what was the total amount of money taken in at the box office for this game?



MATHEMATICS WORKSHEET - FORM 2



1. The Games of the Small States of Europe are held every two years. Malta hosted these games in 1993 and will again host them in 2003.

a) How many times have the games been held since 1993?

b) In which years were they held?

2. The following table shows the number of medals that have been won by Malta since it has been taking part in the games.

Sport	Gold	Silver	Bronze	TOTAL
Judo	6	11	12	29
Tennis	5	3	8	16
Table Tennis	3	4	2	9
Athletics	1	8	18	27
Sailing	1	3	4	8
Squash	1	0	0	1
Swimming	0	3	9	12
Basketball	0	1	4	5
Shooting	0	0	2	2
TOTAL	17	33	59	109



Use the information given in the table to answer these questions.

a) For which sport did the Maltese participants win most medals?

b) Which type of medal did they win most of? _____

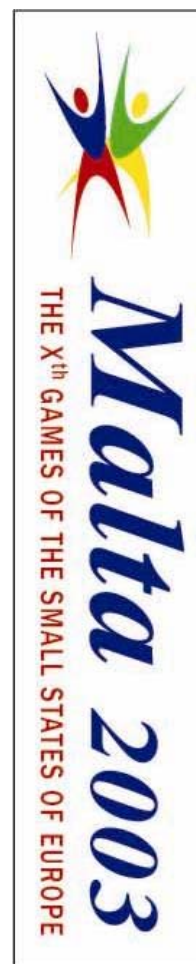
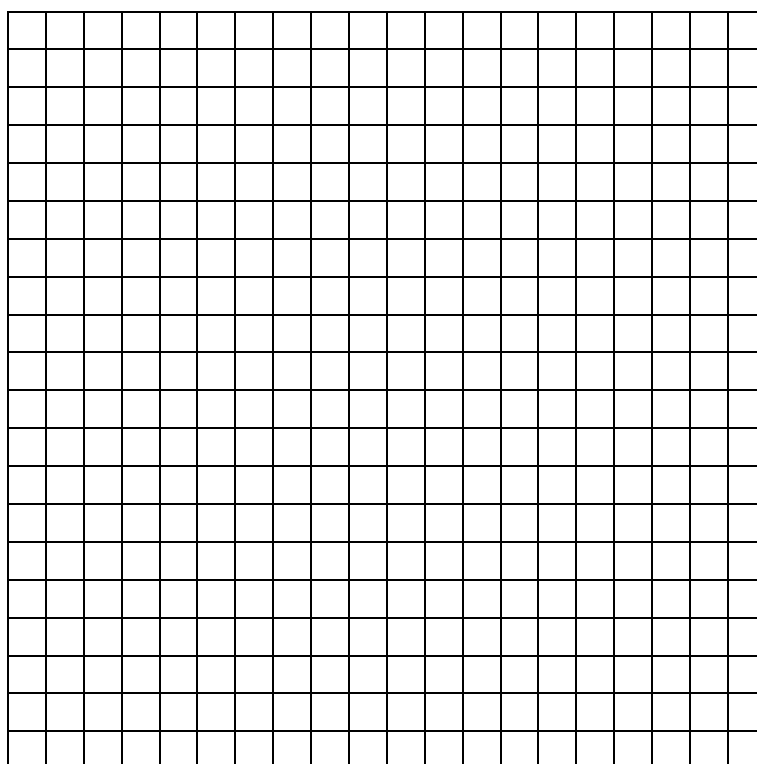
c) Why do you think this is so? _____

d) Express the number of medals won for athletics as

(i) a fraction (ii) a percentage of the total number of medals.



- e) Draw a bar graph to show the total number of medals won in each sport.



3. The table below shows the number of medals won at the games by the Maltese contingent in 1999.

Sport	Gold	Silver	Bronze
Judo	1	3	1
Tennis	0	1	1
Table tennis	2	2	0
Athletics	0	2	5
Sailing	0	0	0
Squash	1	0	0
Swimming	0	0	1
Basketball	0	0	0
Shooting	0	0	0
TOTAL			



- a) Fill in the total for each type of medal.
- b) Show this information in a pie chart. Remember, first you have to calculate the angle for each type of medal.

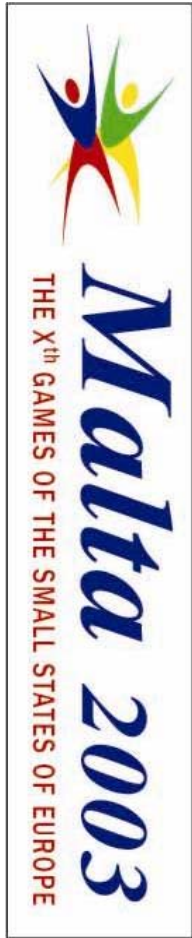
Personal and Social Development- PSD

Work sheet 1 Stress Puzzle

You as students will have to face a number of stressful situations in the near future. You need to look at these situations as a challenge and not give up. Stressful situations will help you mature.

x	f	w	r	v	t	g	m	i	s	t	a	k	e	s
n	r	g	t	e	i	d	p	h	o	h	c	g	n	e
j	i	p	s	o	m	t	t	e	o	j	e	p	w	x
r	e	s	t	h	e	c	e	d	q	b	p	r	e	e
l	n	s	o	a	t	q	x	a	t	h	b	a	c	r
r	d	v	p	f	a	n	l	b	c	a	s	y	b	c
e	s	f	a	a	b	d	t	t	t	h	n	b	e	i
m	h	g	n	m	l	e	f	d	u	q	e	c	p	s
a	c	l	d	i	e	a	c	t	i	o	n	r	o	e
i	v	a	t	l	b	a	e	s	w	a	n	a	s	x
n	t	u	h	y	t	n	c	j	d	t	b	e	i	l
c	w	g	i	l	a	d	v	i	c	e	s	h	t	p
a	s	h	n	q	p	b	u	a	o	d	f	l	i	l
l	f	l	k	p	g	g	o	h	d	p	j	a	v	a
m	b	e	a	t	h	e	a	l	t	h	y	c	e	n

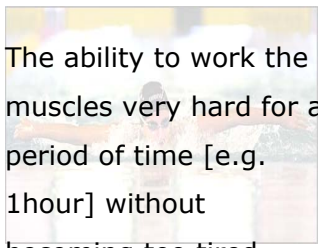
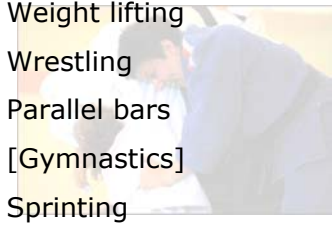
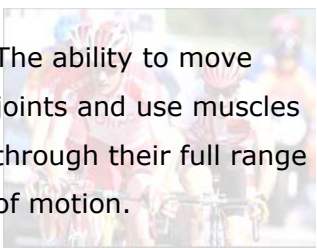
- | | | |
|----------------|-----------------|--------------------|
| 1. Action | 7. Rest | 13. Pray |
| 2. Family | 8. Exercise | 14. Stop and think |
| 3. Teacher | 9. Advice | 15. Hobby |
| 4. Guidance | 10. Plan | 16. Timetable |
| 5. Friends | 11. Laugh | 17. Mistakes |
| 6. Remain calm | 12. Eat healthy | 18. Be positive |



PE Worksheet 1

PHYSICAL FITNESS AND YOUR HEALTH

Physical fitness is the ability of the body to carry out everyday activities without getting too tired and with enough energy left for whatever comes your way during the day. To have enough fitness for good health we need the following components:

MUSCULAR ENDURANCE	MUSCULAR STRENGTH	FLEXIBILITY
 <p>The ability to work the muscles very hard for a period of time [e.g. 1hour] without becoming too tired.</p> <p>Marathon running Swimming Rowing Cycling</p>	<p>Most work your muscles can do for a brief period of time e.g. maximum weight you can lift up only once.</p>  <p>Weight lifting Wrestling Parallel bars [Gymnastics] Sprinting</p>	 <p>The ability to move joints and use muscles through their full range of motion.</p> <p>Gymnastics Figure skating Fencing Swimming</p>

The above-mentioned physical components are all important for athletes. However, there are other sport specific components, which athletes need to include in their training. For instance, a gymnast needs to work on muscular strength, flexibility, and balance while a cyclist needs to focus more on muscular endurance, strength and agility.

Athletes enjoy success because they follow a specific training programme according to the sport they practice as well as eating a healthy balanced diet.

Whether it's playing football, tennis or swimming, athletes need to eat a nutritious, balanced diet to fuel their body. Good nutrition and getting plenty of practice will help athletes feel great and score those winning points!



What diet is best for athletes?

All athletes need a diet that provides enough energy in the form of carbohydrates and fats as well as essential protein, vitamins, minerals, fibre and water. A healthy diet should contain:

<p>55-60 % of calories from carbohydrates [pasta, bread, rice, cereals, potatoes, vegetables]</p> <p><i>Carbohydrates give us the energy necessary for our working muscles.</i></p>	<p>30% of calories from fat [dairy products, meat, butter, cakes, fish, soya beans, nuts, corn]</p> <p><i>Fats give us energy, but slower than carbohydrates. They keep the skin in good condition and protect our vital organs</i></p>	<p>10-15% from protein [fish, meat, poultry, eggs, cheese, milk, cereals, beans, peas and nuts].</p> <p><i>Proteins are needed for the repair, growth and efficient working of our tissues.</i></p>
--	--	--



Adequate training + healthy balanced diet + dedication = SUCCESS

Fill in the blanks to find these secrets to healthy eating and physical activity




Breads, breakfast, meats, 30, activity, stretch, variety, sweat, guide, watch TV, moving, snacks, nutrition.

1. Eat from the five food groups every day. These include a) _____, cereals and grains, b) fruits,
c) Vegetables, d) milk, yoghurt and cheese and e) _____ and proteins.
2. Do moderate physical activities for _____ minutes daily.
3. Eat _____ to get going in the morning.
4. Vigorous activities make you _____ and breathe hard.
5. Eat a _____ of foods every day.
6. Take a 10-minute _____ break every hour while you read, _____ or do homework.
7. Smart _____ are just what you need if you get hungry between meals.
8. Be sure to _____ your muscles before and after workouts.
9. Use the _____ Facts Panel and the Food _____ Pyramid to help you balance food choices.
10. Keep _____ to stay in shape.








PE Worksheet 2

Identify the sport represented by the pictogram, the number of athletes that participate in that sport, the venue where competitions are held and an outstanding local athlete that participates in that sport.

ELMO	SPORT	VENUE IN MALTA	OUTSTANDING ATHLETE
			
			
			
			
			



RELIGION WORK SHEETS

Work sheet 1 - Miracles Build the Kingdom of God.

Jesus spread the Kingdom of God through his miracles.

Read through the account of the healing of the Daughter of Jairus (Mark 5:22-42). On the left side of the column are the instances, which show that Jesus' healing hand was urgently called for. On the right side of the column write out the quotations, which show Jesus' healing action.

The Healing of the Daughter of Jairus

Jesus is urgently needed

Jesus' healing action

` "My little daughter is at the point of death....." ` (Mark 5: 23)

"And there was a woman who had had a flow of blood for twelve years and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse." (Mark 5: 26)

`While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" (Mark 5: 35)

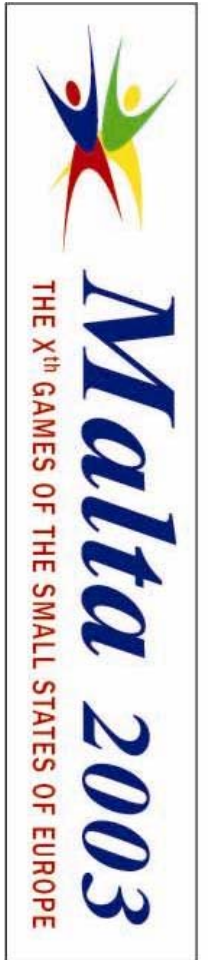
"When they came to the house of the ruler of the synagogue, he saw a tumult, and people weeping and wailing loudly." (Mark 5: 38)

"And they laughed at him." (Mark 5: 40)

"And he strictly charged them that no one should know this"



So Jesus brought peace, order, certainty, direction, happiness, togetherness, this is what the Kingdom of God is like. We live it here, maybe some of us to completion! Much depends on us and our will to realize His Kingdom here on earth by living His Love to the full. Now, following what you have learned from the above, mention the different things that happen in a meeting like the 10th Games for the Small States of Europe all of which realize the Kingdom of God here on Earth. Do this by finding the clues to the following questions, in the following Wordsearch.



- The festive atmosphere that pervades an opening ceremony. _____
(11)
- Opening and closing ceremonies guarantee this. _____
(4/13)
- A rite inaugurating peace. _____ (9/2/3/4)
- A vow taken to exhibit sportsmanship throughout the games _____
(7/4)
- An agreement dating back to the ancient Olympic Games to withhold all animosities for the duration of the games. _____ (7/5)
- Literally meaning "holding of hands" - _____ (10)
- Lit in the unique setting of the megalithic temples of Ggantija in Gozo - Malta 1993 - _____ (5)
- A great emphasis is made upon working on this quality whilst training and participating in the Games _ _____ (8/10)
- Many striking examples of this pervade sportsmanship. _____ (4/4)
- Prior to training and participation a willingness to do this is necessary. _____
_____ (7/7/7/6)
- These embellish the festive atmosphere of the Games. - _____ (5/5)

- This lends a theme to the Games. _____' _____ (5/4)
- Short in comparison to hours spent in earning it. _____ _ _____ (8/2/6)
- Essential to growth, development and success - _____ (10)
- A beautiful quality, which lends itself to the cutting of barriers. _____ _____ (5/8)
- Many arise during such meetings. _____ (11)
- _____ and _____, the spirit behind the Games of the Small States of Europe. (6/3)



C	E	L	E	B	R	A	T	I	O	N	
R	T	O	R	C	H	D	A	N	C	E	
O	E	O	L	Y	M	P	I	C			
T	F	L	O	A	T	H	M	U	S	I	C
D	H	F	E	O	L	Y	M	P	I	C	
P	O	E	A	A	T	R	U	C	E		
I	A	V	P	I	S	M	A	S	S	P	
T	O	W	E	L	R	I			P	A	
T	C	F	A		A		N		E	R	
I	C	R	M	R		Y		G	R	T	
N	F	U	O	E	D				S	I	
G	R	M	L	S	D	I			O	C	
O	I	J	O	T	S	A	N		N	I	
N	E	E	O	T	U		L	G	A	P	
E	N	K	D	Y	I	R		S	L	A	
S	D	E	I	G		O	A		E	T	
E	S	C	S	S	A		N	L	X	I	
L	H	H	C		O	M			C	O	
F	I	E	I			N	E		E	N	
A	P	I	P				G	S'	L		
G	S	R	L						L		
A		I	I						E		
I		A	N						N		
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Work sheet 2 - An Examination of Conscience

Imagine you are an athlete readying yourself for participation in the Games. Write out the positive things you can do in answer to the following questions, either by filling in the blanks from the words found underneath, or putting in your own suggestions.

Relationship with God

Have I developed ways to make God's presence active in my life?

Seeing God's grandeur in the people around me, most especially in their serious _____ to their sport and I being grateful for it.

Do I take time for God by participation in Sunday Eucharist or setting aside moments to pray or read the Scriptures?

Reading through _____ words of wisdom and leaving time for God's voice to guide me in my interior silence.

Do I bring Jesus' perspective to bear on my decisions about my relationships with others, my use of money and other materials, and my view of myself?

Balancing out money in an even way, paying bills promptly, saving a little, enjoying myself and being _____ with others.

Do I speak of God and my faith with reverence?

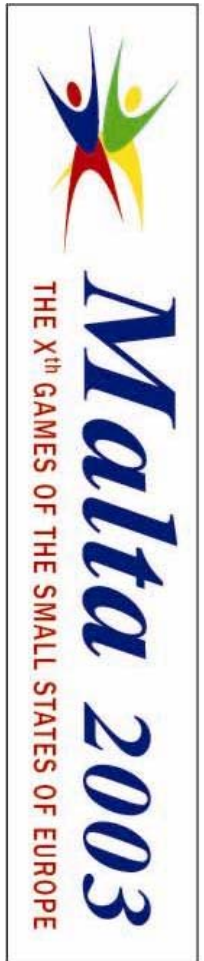
Taking a keen interest in discussing _____ issues in a serious manner.

Relationships with Others

Do I love and respect my parents and other family members and try to resolve my differences with them peacefully?

_____ a peaceful person in every way.

Do I treat other people with respect, not with abuse, prejudice, or manipulation?



Looking to my competitors, being friendly and fair whilst consistently striving to overcome my thresholds of _____.

Do I share what I have with those in need and reach out to suffering persons with support?

Helping a younger person, empowering them through listening, _____.

Do I reverence all human life, do whatever I can to help life thrive, and avoid actions that harm life?

Empathising with people, reaching out to the 'outsiders', appreciating the _____ in people.

Am I truthful, fair, and genuine in my dealings with others?

Though discomfiting, I do my best to ____ _____.

Do I work honestly at my job or studies?

I _____ doing something to perfection.

Have I hurt others' reputation by speaking falsely about them or spreading gossip?

When the _____ discloses some shocking events, like substance abuse I analyse information carefully before discussing it.

Do I try to become informed on issues affecting society and the whole world?

Following the media in an intelligent, critical way and using my _____ willingly for the service of others in need.

Do I treat all of creation with respect and justice?

Using ozone friendly substances, _____.



Have I honored the sacredness of sexuality by not using another person sexually and by reserving full sexual expression for marriage?

Respecting my personal _____ as well as that of others.

Am I a faithful friend?

Being punctual for appointments despite differing _____ to train and study.

Do I deal with conflict in a constructive way?

Every experience can be used to personal advantage, if tackled _____.

Do I waste resources?

Relationship with Self

Do I try to develop myself as a person, making full use of my strengths and talents?

Do I explore my own motivations and attitudes about things to become more honest with myself?

Do I put myself down?



Do I try to put destructive attitudes into perspective so they do not control me?

Reminding myself that I can be _____ without being violent or abusive.

Do I let fear stand in the way of doing what I think is right?

Do I take care of my health – eat well, exercise, and get enough rest and relaxation?

Have I been respectful of my own sexuality and not mistreated who I am as a sexual person?

Do I seek the help of other, wiser persons when emotions of problems are causing me a lot of distress?

Do I abuse alcohol, other drugs, or leisure activities such as watching television?

assertive, dedication, intelligently, Sirach's, pressures, generous, freedom, religious, Being, skill, endurance, media, encouragement, positive, enjoy, be truthful.



DRAMA Lesson Plans

LESSON PLAN 1

(Duration 45 minutes)

AIM: Discover the different games that are going to be played in the Small Nations Games to be held in Malta in 2003.

Introduction: Concentration Exercise – Take the different disciplines and try to imagine the different sounds produced during the games included in this edition of the Small Nations Games.

Step 1: In groups of 2, make a statute of your favorite game that is included in this edition.

Step 2: Students imagine they are participating in the game and act out how they would move.

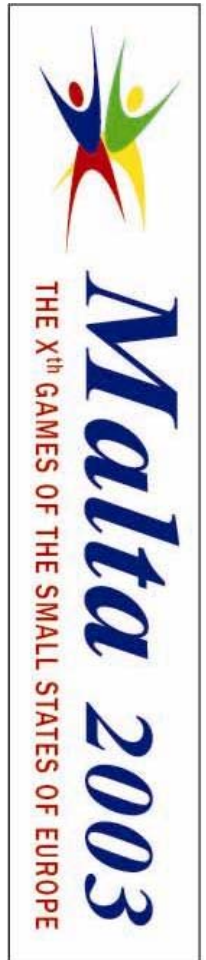
Step 3: The students act as if they are players in a game – How would they act? Do this exercise on all the games. Knowledge of the rules of each game is suggested.

Step 4: Divide the class in two teams and play an imaginary game where we have 2 teams playing against each other.

Step 5: The class still divided into two teams and with the use of some music, students are asked to try and find a rhythm in the game that can match the rhythm of the music.

Step 6: The students in two teams are asked to start playing one game, e.g., basketball. After some time, when the teacher makes a sign, the students have to choose another game, and the teams have to change, e.g., from basketball to volleyball. Go through all the games.

Conclusion: Relaxation Exercise. Both teams have won gold medals in the games, and the games are over. All students have become famous, and they can choose any place they wish to go relax. The students are asked to imagine they are in that place and show how they will relax. The teacher asks each student where this place is and how they are relaxing.



LESSON PLAN 2

(Duration 45 minutes)

AIM: To make students aware of how many people have to work together behind a player or a team to participate in the games.

Introduction: Concentration Exercise – Ask students to imagine they are athletes taking part in this edition of the Small Nations Games. They do not live in Malta, and they have to draw a list of things needed to be taken care of for them to take part and what would their luggage be full of to come to Malta.

Step 1: In groups of two, the students have to draw up a timetable for an athlete who is preparing for the games and to come to Malta. Ask students to analyze how hectic things can be.

Step 2: Through discussions, the students are made aware what is the work done by a TRAINER, P.R.O., SECRETARY, and ATHLETE.

Step 3: In groups of four, the students work together to organize the life of one athlete. In each group, there should be: (1) an athlete; (2) a trainer; (3) a P.R.O., and (4) a secretary. These four together have to organize the two-week stay of the athlete in Malta.

Step 4: Through an improvisation, the groups have to act out why an athlete needs each of the other members of the group.

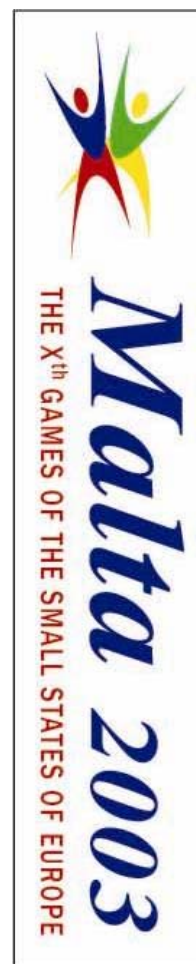
Step 5: The students are told to group together in 4 groups for a meeting. GROUP 1 – Athletes. GROUP 2 – Trainers. GROUP 3 – P.R.O.'s. GROUP 4 – Securities. In these groups, the students have to draw a list of things they would discuss in these groups to help their athletes.

Conclusion: Relaxation Exercise. The students go back into the groups of 4. The games are over. No athlete won a medal. They have two days to enjoy Malta before they go back to their countries. Improvise a small script on the place they are interested to visit before they go back.



Part 6

FACT SHEETS



a) GSSE Malta Medals Fact Sheet

First edition GSSE San Marino 1985

Athletes	Sport Discipline	Medal
Men's Team	Basketball	Bronze

Medal Tables by Nation

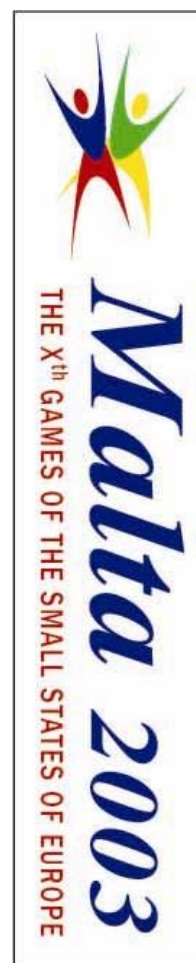
Nation	Gold	Silver	Bronze	TOTAL
Andorra	00	0	04	04
Cyprus	15	08	09	32
Iceland	21	07	04	32
Liechtenstein	00	00	04	04
Luxembourg	11	23	18	52
Malta	00	00	01	01
Monaco	00	00	02	02
San Marino	02	11	11	24

Second Edition GSSE Monaco 1987

Athletes	Sport Discipline	Medal
Helen Asciak and Carol Curmi – Women's Doubles	Tennis	Gold
Chris Grech	Sailing	Silver
Stephen Farrugia – 65kgs	Judo	Bronze
Helen Asciak and Carol Curmi – Bronze (shared) – Women's Singles	Tennis	Bronze
Jean Paul Fleri Soler	Sailing	Bronze
Men's Team	Basketball	Bronze

Medal Tables by Nation

Nation	Gold	Silver	Bronze	TOTAL
Andorra	00	00	01	01
Cyprus	13	17	16	46
Iceland	27	14	07	48
Liechtenstein	03	01	06	10
Luxembourg	15	26	21	61
Malta	01	01	04	06
Monaco	06	03	11	20
San Marino	01	05	05	11



Third Edition GSSE Cyprus 1989

Athletes	Sport Discipline	Medal
Helen Asciak and Carol Curmi – Women’s Doubles	Tennis	Gold
Alex Bezzina – 78kgs	Judo	Silver
Jason Trevisan – 71kgs	Judo	Bronze
Helen Asciak and Carol Curmi – Bronze (shared) – Women’s Singles	Tennis	Bronze
Gerald Degaetano – 10,000m	Athletics	Bronze

Medal Tables by Nation

Nation	Gold	Silver	Bronze	<u>TOTAL</u>
Andorra	03	01	04	08
Cyprus	26	25	28	79
Iceland	21	20	09	50
Liechtenstein	05	02	07	14
Luxembourg	12	16	18	46
Malta	01	01	03	05
Monaco	05	07	09	21
San Marino	02	04	02	08

Fourth Edition GSSE Andorra 1991

Athletes	Sport Discipline	Medal
Helen Asciak and Carol Curmi – Women’s Doubles	Tennis	Gold
Jason Trevisan – 71kgs	Judo	Silver
Gerald Degaetano – 10,000m	Athletics	Silver
Carol Curmi – Women’s Singles	Tennis	Bronze
Daryl Delicata and Chris Gatt – Men’s Doubles	Tennis	Bronze
Deirdre Caruana, Marina Bonello, Filippa Peralta, Elain Zammit – 4 x 100 relay	Athletics	Bronze
Katya Pace 100m breast stroke	Swimming	Bronze

Medal Tables by Nation

Nation	Gold	Silver	Bronze	<u>TOTAL</u>
Andorra	00	05	09	14
Cyprus	22	16	23	61
Iceland	27	19	18	64
Liechtenstein	00	03	03	06
Luxembourg	23	22	15	60
Malta	01	02	04	07



Monaco	08	13	14	35
San Marino	01	02	05	08

Fifth Edition GSSE MALTA 1993

Athletes	Sport Discipline	Medal
Jacqueline Xuereb	Judo – 52 kgs	Gold
J.P. Fleri Soler	Boardsailing	Gold
Carol Curmi and Helen Asciak	Tennis Doubles	Gold
Chris Gatt and Gordon Asciak	Tennis Doubles	Gold
S. Smith, K. Pace. G. Rizzo, R. Stellini	Swimming 4 x 100m medley	Silver
Katya Pace	Swimming 100m breaststroke	Silver
Deirdre Caruana	Athletics 200m	Silver
E. Zammit, S. Meli, M. Montebello, D. Caruana	Athletics 4 x 100m relay	Silver
Carol Curmi	Tennis Singles	Silver
Henry Tabone	Yachting (Laser)	Silver
Laurie Pace	Judo 61kgs	Silver
Susan Smith	Swimming: 50m, 100m, 800m freestyle; 100m butterfly stroke	Bronze
Gail Rizzo	Swimming: 100m backstroke	Bronze
Roberta Stellini	200m butterfly stroke	Bronze
John Zammit	Judo (-60kgs)	Bronze
Jason Trevisan	Judo (-71kgs)	Bronze
C. Attard	Judo (-56 kgs)	Bronze
Manuel Cassar	Judo (-86kgs)	Bronze
Carol Galea	Athletics: 800m, 1500m	Bronze
M. Sullivan, T. Sammut, M. Bonello, X. Grech	Athletics: 4 x 400m relay	Bronze
Jennifer Hickey-Pace	Athletics: Javelin	Bronze
K. Tonna, R. Chircop, M. Bonello, D. Mifsud	Athletics: 4 x 100m relay	Bronze
Emanuel Abela	Shooting: Trap	Bronze
Andrew Wilson	Boardsailing	Bronze
John Tabone	Yachting (Laser)	Bronze
Philip Busuttil	Shooting: Double Trap	Bronze
Women's Team	Basketball	Bronze

Medals Table by Nation

Country	Gold	Silver	Bronze	Total
Iceland	36	17	15	68
Cyprus	26	23	22	71
Luxembourg	8	14	10	32
Monaco	7	11	11	29
Malta	4	7	20	31
Liechtenstein	4	2	7	13
San Marino	2	6	5	13
Andorra	0	6	10	16

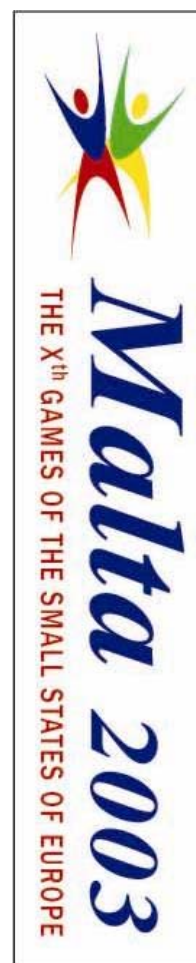


Sixth Edition GSSE Luxembourg 1995

Athletes	Sport Discipline	Medal
Jacqueline Xuereb - 52kgs	Judo	Gold
Laurie Pace - 61kgs	Judo	Silver
Jason Trevisan - 71kgs	Judo	Silver
Gordon Asciak and Mark Schembri - Men's Doubles	Tennis	Silver
Xandru Grech 1,500mtr	Athletics	Silver
Silvano Cristauro - 78kgs	Judo	Bronze
Philip Camilleri - 65kgs	Judo	Bronze
John Zammit - 60kgs	Judo	Bronze
Helen Asciak and Carol Curmi - Women's Doubles	Tennis	Bronze
Xandru Grech 800mtr	Athletics	Bronze
Carol Galea - 5,000mtr	Athletics	Bronze
Ricky Baldacchino 10,000mtr	Athletics	Bronze

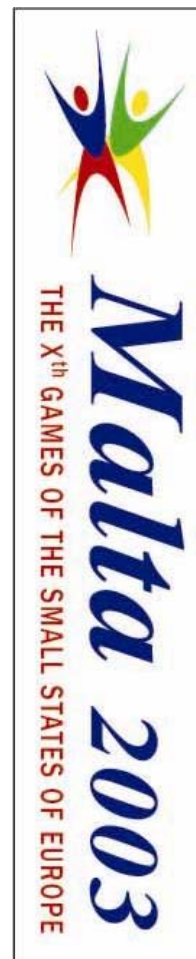
Medal Tables by Nation

Nation	Gold	Silver	Bronze	<u>TOTAL</u>
Andorra	02	05	08	15
Cyprus	22	25	22	69
Iceland	33	17	28	78
Liechtenstein	05	02	01	08
Luxembourg	20	26	12	59
Malta	01	04	07	12
Monaco	03	04	17	24
San Marino	02	05	02	09



Seventh Edition GSSE Iceland 1997

Athletes	Sport Discipline	Medal
John Zammit – 60kgs	Judo	Gold
Peter Kamilla – 66kgs	Judo	Gold
Jackie Xuereb – 52kgs	Judo	Gold
Johanna Grech & Shen Chan - Doubles	Table Tennis	Gold
Carol Galea 5,000m	Athletics	Gold
Jason Trevisan – 71kgs	Judo	Silver
Laurie Pace – 61kgs	Judo	Silver
Philip Camilleri – 65kgs	Judo	Silver
Shen Chan – Singles	Table Tennis	Silver
Johanna Grech, Shen Chan, Christine Cassar Torreggiani - Team	Table Tennis	Silver
Carol Galea 1,500m	Athletics	Silver
Mario Bonello 200m	Athletics	Silver
Henry Tabone (Laser)	Sailing	Silver
Mario Aquilina (Laser)	Sailing	Silver
Rachel Sullivan – 200m Butterfly	Swimming	Silver
Men	Basketball	Silver
Andrew Wilson	Boardsailing	Bronze
Alexia Mallia – 56kgs	Judo	Bronze
Silvano Cristauro – 78kgs	Judo	Bronze
Lisa Camenzuli – Singles	Tennis	Bronze
Lisa Camenzuli & Helen Asciak - Doubles	Tennis	Bronze
Lu Li Ping Singles	Table Tennis	Bronze
Lu Li Ping, Mario Genovese, Edward Baldacchino - Team	Table Tennis	Bronze
Deirdre Caruana 100m	Athletics	Bronze
Mario Bonello, Robert Chircop, Jason Muscat, Frans Hamsworth 4 x 100m relay	Athletics	Bronze
Deirdre Caruana, Ruth Cortis, Rowena Spiteri, Sue Spiteri – 4 x 100m relay	Athletics	Bronze
Andrew Wilson	Sailing	Bronze
Gail Rizzo – 400m individual medley	Swimming	Bronze
Women	Basketball	Bronze



Medal Tables by Nation

Nation	Gold	Silver	Bronze	TOTAL
Andorra	03	05	10	18
Cyprus	30	25	14	68
Iceland	33	32	32	96
Liechtenstein	02	03	03	08
Luxembourg	24	23	19	16
Malta	05	10	12	27
Monaco	07	06	14	27
San Marino	03	05	11	19

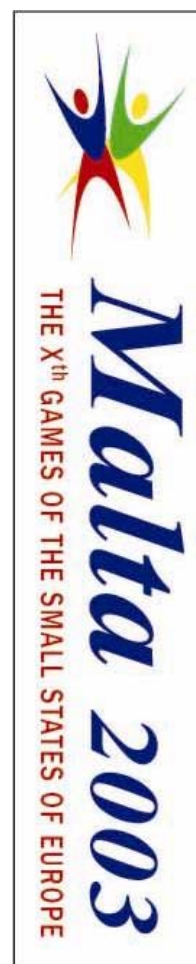


Eighth Edition GSSE Liechtenstein 1999

Athletes	Sport Discipline	Medal
Laurie Pace	Judo	Gold
Shen Chan	Table Tennis Female Singles	Gold
Lui Li Ping	Table Tennis Men's Singles	Gold
Theresa Camilleri, Liz Said, Annabelle Diamantino, Joanna Rizzo	Squash Ladies Team	Gold
Jason Trevison	Judo	Silver
Rebecca Wright	Judo	Silver
Tonio Schembri	Judo	Silver
Carol Cassar Torreggianin & Lisa Camenzuli	Tennis	Silver
Joanna Grech & Shen Chan	Table Tennis Ladies Doubles	Silver
Johanna Grech, Shen Chan, Christine Cassar Torreggiani - Team	Table Tennis Team	Silver
Deirdre Caruana	Athletics - 100m	Silver
Deirdre Caruana	Athletics - 200m	Silver
Caroline Attard	Judo	Bronze
Gordon Asciak & Mark Schembri	Tennis	Bronze
Lawrence Micallef, Raschid Chouhal, Mario Bonello, Fabio Spiteri	Athletics - 4 x 100 Relay	Bronze
Lara Gerada	Athletics - Triple Jump	Bronze
Kevin Zammit	Athletics - 10,000m	Bronze
Mario Bonello	Athletics - 200m	Bronze
Xandru Grech	Athletics - 1,500m	Bronze
Gail Rizzo	Swimming 200 Backstroke	Bronze

Medal Tables by Nation

Nation	Gold	Silver	Bronze	TOTAL
Andorra	05	12	11	28
Cyprus	14	13	15	42
Iceland	29	20	24	73
Liechtenstein	03	03	02	08
Luxembourg	20	16	19	55
Malta	04	08	08	20
Monaco	05	09	06	20
San Marino	06	05	07	18

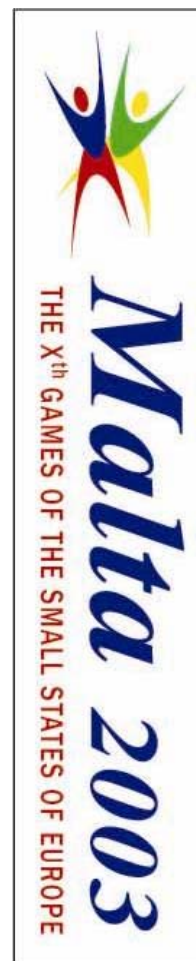


Ninth Edition GSSE San Marino 2001

Athletes	Sport Discipline	Medal
Tanya Blake	800 mtr	Gold
Stefan Farrugia	Bocci	Gold
Philip Busuttil	Double Trap	Gold
David Millar	Cycling	Gold
Laurie Pace	Judo	Gold
Nathalie Galea	Judo	Gold
Women's 4 x 100	Athletics	Gold
Carol Galea	10,000 m	Silver
Carol Galea	5,000 m	Silver
Lara Gerada	Triple Jump	Silver
Raschid Chouhal	100m	Silver
Mario Bonello	200m	Silver
Men's 4 x 100 m	Athletics	Silver
Women's 4 x 400m	Athletics	Silver
William Chetcuti	Double Trap	Silver
Frans Pace	Trap	Silver
Michelle Grech	Judo	Silver
Michael Zahra	Judo	Silver
Simon Gerada	Table Tennis	Silver
John Buhagiar	10,000 m	Bronze
Lara Gerada	Long Jump	Bronze
Raschid Chouhal	200 m	Bronze
Deirde Farrugia	200 m	Bronze
Men's 4 x 400	Athletics	Bronze
Angela Galea	200 m Butterfly	Bronze
Mick Cutajar	Judo	Bronze
Daniela Casha	Judo	Bronze
Reuben Micallef	Judo	Bronze
Jason Trevisan	Judo	Bronze
Women's Team	Volleyball	Bronze
Lisa Camenzuli	Tennis Singles	Bronze
Gordon Asciak / Mark Schembri	Tennis Doubles	Bronze
Lisa Camenzuli / Carol C. Torreggiani	Tennis Doubles	Bronze
Johanna Grech / Christine C. Torreggiani	Table-tennis Doubles	Bronze
Johanna Grech / Christine C. Torreggiani	Table-tennis (Team)	Bronze

Medal Tables by Nation

Nation	Gold	Silver	Bronze	TOTAL
Andorra	5	6	7	18
Cyprus	27	21	17	65
Iceland	31	18	16	65
Liechtenstein	2	2	2	6
Luxembourg	12	24	16	52
Malta	7	12	16	35
Monaco	5	8	14	27
San Marino	12	8	16	36

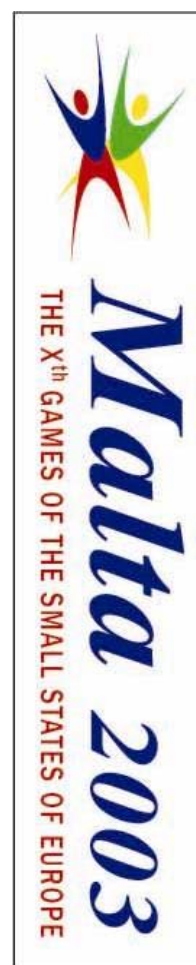


Medals won by Maltese by Sport for the Games to date (2002)

Sport	Gold	Silver	Bronze	Total
Judo	8	13	16	37
Tennis	5	3	11	19
Table Tennis	3	5	4	12
Athletics	3	15	23	41
Sailing	1	3	4	8
Shooting	1	2	2	5
Bowls	1	0	0	1
Squash	1	0	0	1
Cycling	1	0	0	1
Swimming	0	3	10	13
Basketball	0	1	4	5
Volleyball	0	0	1	1
Total	24	45	75	144

Overall Medal Table

Nation	Gold	Silver	Bronze	Totals
Iceland	227	146	137	510
Cyprus	168	152	149	469
Luxembourg	133	166	132	431
Monaco	41	54	84	179
Liechtenstein	22	16	33	71
San Marino	19	43	47	109
Malta	17	33	59	109
Andorra	13	34	57	104



b) The GSSE Disciplines (History)

Athletics Fact Sheet

There are records to show that in 1877, the English province of the Society of Jesus (Jesuit Fathers) opened a College for secondary education at St. Julians. In the teaching curriculum they included some sports disciplines, including athletics, so much so that records show that the first athletic meeting was held on the 14th May 1888. However, even before that date, it appears that by 1888, there was already in existence, The Malta Athletic Club, when the members presented a Silver Cup to the Organising Committee to be given as a prize during the first athletic meeting.

The first initiatives for the formation of the Malta Amateur Athletic Association were taken by Mr. J. Gracey, who according to an article, which appeared in The Daily Malta Chronicle 21 January, 1929, was the founder of the association. He called for a preliminary meeting of a few interested persons, namely, Mr. R. Flores, Mr. P. Giorgio, Mr. H. Scerri, Mr. J. Holland, Mr. H.R. Pitre, Mr. Ransley (RN), Capt. H. Briffa and B.W. Cordwell who acted as Chairman. The members present agreed to form the Malta Amateur Athletic Association and a sub-committee was formed to draw up the Rules of the Association.

The first Track and Field Championships organized by the MAAA were held at the Empire Sports Ground, Gzira. Apart from the normal track and field events, the tug-of-war was also included in the programme. On the 21 April 1936, the Council of the MAAA decided to participate, for the first time, in an international event, the Berlin Olympic Games, which were held in August 1936. They also decided to hold the necessary trials in July on that same year to select the athletes. After the trials, the Association selected A. Cassar Torregiani (100m), A Bencini (100m) and P.E. Pace (400m).

Like most other associations, the MAAA suspended its activities during the war years and it was in fact on the 31 May 1946 that the Council held its first meeting after the war. It was during that meeting that the members agreed to issue an invitation for clubs to apply for affiliations. This meeting was held at the Melita Football Club, St. Ignatius Junction, Sliema. In the meantime athletic meetings were being organised separately by St. Edwards College and Stella Maris College followed years later, by The Lyceum and the University of Malta. Malta was again represented in the Olympic Games that were

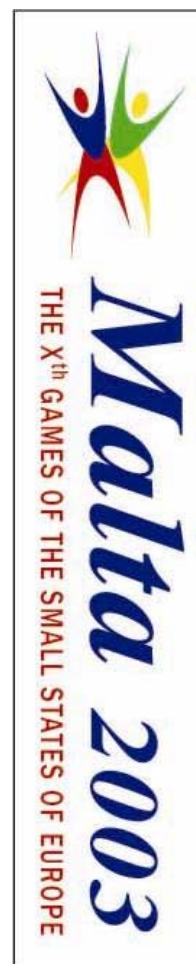


held in London in 1948, by Nestor Jacono. Jacono who was clocking 9.8 seconds (for the 100 yards) placed 5th in the first heat.

At the beginning of 1950 there were only two clubs affiliated to the MAAA, namely the Pegaens AC and the Hermes AC. But it was during that time that the Council was making extraordinary efforts to increase the popularity of athletics in Malta. In fact by the end of that same year, seven other clubs were formed and also joined the MAAA and these were, Combined Secondary Schools, The Malta Catholic Action, St. Edward's College, The Archbishop's Seminary, Government Technical School, Hamrun, St. Albert the Great College and Atlanta Sports Club, The Boy Scouts Association became new members in 1951.

The Association also took part in the first official Mediterranean Games held in Alexandria in September, 1951 with the participation of George Bonello Dupuis in the 100m and the 200m, and Edward Turner and Lino Bugeja in the 400m and the 800m respectively. Six years later, in 1958, the Association sent Mike Cialanzo to take part in the 400m event in the fifth edition of the European Athletic Championships where were held in Stockholm, Sweden. Since then the MAAA continued to participate in various other international events.

Athletics became more and more popular with athletic meetings and road races being organized by clubs, schools and the Association on a regular basis throughout the year. The standards in the performances of the athletes started to improve dramatically and athletes started to train more professionally when the Matthew Micallef St. John Athletic Track, at the Marsa was up-graded with a synthetic surface. This was done in preparation for the Games of the Small States of Europe, which were held in Malta in May 1993. Today there are fourteen clubs affiliated to it and which works hand in hand with the IAAF, the Malta Olympic Committee and the Ministry for Sports in the further planning and development of athletes in these Islands.



Number of Clubs: 14

Number of Members: 820 (circa)

Till 12:

Male: 138 Female: 118

Bet. 12 – 18:

Male: 190 Female: 109

Seniors:

Male: 215 Female: 50

Basketball Fact Sheet

The first meeting of the Malta Basketball Association was held in March 1964 at the Civil Services Sports Club, Valletta, under the chairmanship of Benny Pace. Two years later the first competitions were held at the Polytechnic outdoor court in Msida. 1967 saw the start of the first national basketball league played in the indoor hall of the Msida Primary School with ten teams participating, Mundlos ended up as the first champions.

In September 1968, Malta made its international debut losing to Libya 29-54 in friendly games at the Luqa Gym. 1970 saw an important milestone for the association when co-founder and then secretary Louis Borg was elected President of the association. In 1971, the Malta 'A' team won the Ambassador's Trophy for the first time while in August of the same year MCAST became the first Maltese club side to participate in an international basketball tournament abroad. Later on during the same year the Mini-Basket project was officially launched. Two years later eight teams participated in the first Ladies National League. In May 1973, the first basketball matches on an indoor full-size court were played at the large hangar at Ta' Qali.

In 1975 Malta played its first full international with opponents Libya once again. A few months later Malta's first tour abroad was registered when the local side participated in the September First International Tournament in Benghazi, Libya. In 1977 the first International Friendship Tournament was organized by the MBA. In 1978 the MBA inaugurated its new Headquarters at the Salesians Oratory in Sliema. In 1979, the national side, under the guidance of coach Val Drury won three matches in a tour in Tunisia. Three years later the MBA organized a qualification tournament of the Xth European Junior Men Championships. A month later, Anthony Micallef became the first international basketball referee.

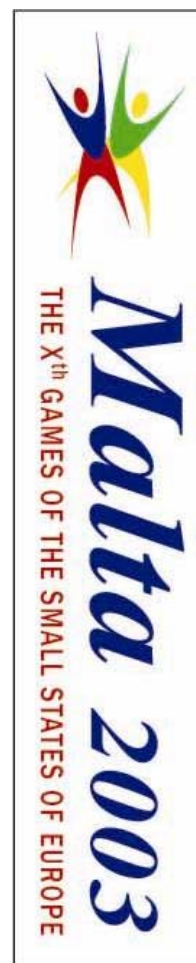
In May 1984 Mr. Louis Borg was appointed Technical Commissioner of FIBA. A year later the XXXth Session of the FIBA Standing Conference was held in Malta. A few days later Malta participated for the first ever time in the Games for Small States of Europe held in San Marino. The Maltese team, under the guidance of coach John Tabone, won the bronze medal indeed the only medal for Malta, which can be registered as the first team medal ever for Malta in an International Competition. In 1987 the MBA was entrusted with the organisation of the Qualification Tournament of the European Youths



Men Championships. During the same year Malta retained the bronze medal during the second edition of the Games of the Small States of Europe held in Monaco.

In December 1988 the MBA organized the first edition of the promotion Cup whilst in 1993 the Ladies national team clinched the bronze medal during the GSSE held in Malta under the guidance of coach Mariella Piscopo. A year later the first FIBA Promotion Cup for Women was held in Malta. From 1996 during the short presidency of Joe Farrugia the Malta Falcons started to play a series of home and away matches against Italian B1 sides. The Falcons, coached by Alfred Mifsud, won seven matches from eleven. In 1997 the Men's national side won the silver medal during the GSSE in Iceland. In 1998 with Dr. A Mizzi as President, Malta made its debut in the Italian League Service C1 under the name of Air Malta La Valletta. In July 2000, the Maltese Cadets won the bronze medal while the year 2001 saw Malta's baptism of fire in the FIBA European Championship for Men. In the first round the Maltese were pitted against Romania, Hungary and Austria.

The MBA, which embraces 23 member clubs within it, organizes a number of different competitions during the season both for men and for women. In fact, the Malta Basketball Association organizes the Super Cup, MBA Shield, Knock Out competition, Louis Borg Cup, National League, Under 20, Under 17, Under 14 and Mini-Basket Under 12, Under 10 and Under 8 league competitions. As regards international participation of the MBA one finds the European Championship, Promotion Cup for seniors, juniors and cadets, Games for the Small States of Europe, FISEC Games and the Kinnie International Tournament.



Number of Clubs: 29

Number of Members: 1,800

Up to 12:

Male: 265 Female: 230

12 – 18:

Male: 396 Female: 334

Seniors:

Male: 330 Female: 255

Local Competitions:

Kinnie National League, Bank of Valletta KO, Mini Basket, Under 16 & Under 19, Air Malta Super Cup

International Competitions:

Italy/Maltese, Promotion Cup, International Tournament

Judo Fact Sheet

Judo was comparatively unknown in Malta until the 1950's and then the little Judo that was practiced was more a discipline than a sport. In fact, it was practiced by the services alongside with Karate and jujitsu. The small group of servicemen that practiced this sport often allowed civilians to join them in training. One such serviceman, Mr. Ernest Gainy, allowed Joe Caruana to join one of these classes in 1970; as Black Belt 1st Dan, Joe Caruana called the first informal Judo Committee at the Zabbar Physical Culture Club. Two students of Joe Caruana, Tony Tanti and Envic Galea opened three other Judo Clubs in 1971: Zebbug Judo Club, Royal University Judo Club and MCAST Polytechnic Judo Club.

In 1973 the first National Championships were organized at the Malta Hilton, which had become and was to remain the official Headquarters of the Association. The winner of the Open Category was declared National Champion. These are organized every year. The progress of Judo in Malta was mainly due to the assistance of the British Forces, especially the 41 Commando Group who were to become very important in the MJA development. They assisted technically, and helped with competition officials and equipment. However, the biggest help, which moulded the character of Maltese Judo, came from the Italian Judo Federation. This started with the intervention of Dott. Maurizio Genolini, who happened to be also Vice President of the E.J.U. and Aw. Cerachini, President of the Italian Federation.

Italian assistance became a reality when two Judokas were accepted for a four-month course at the Italian Judo Academy, which until 1984 has been the only testing body for the MJA for grading to 1st Dan (Black Belt). The assistance from the Italian Judo Federation was openly given every time the MJA requested it. After several friendlies with Italian, English and other foreign teams (national and regional), the MJA started competing internationally in the Mediterranean Games in Split in 1979, here the MJA registered the highest achievement with Godfrey Bezzina finished 4th. This result remained the highest result in these Games until 1995, when Malta won a Bronze Medal in Shooting. In 1983, Laurie Pace placed seventh in the World Championships.

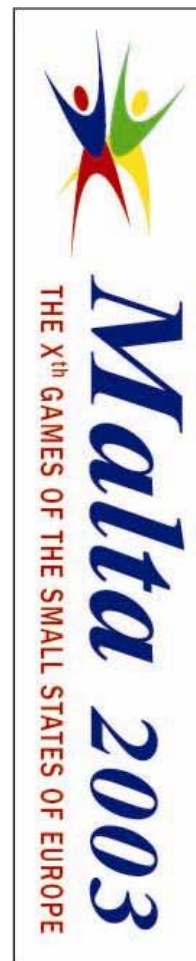
Judo had always attracted children and most Judokas join at a very young age. Judo was also particularly popular in schools and youth centers however Instructors taught the sport in the same manner as adults introducing games to keep the young Judokas interested and improve their skills. After studying the subject in detail, in 1991, the MJA launched the Star Award Scheme, "Playing Judo" later to develop under the passionate



leadership of Chris Busuttil (Youth Development Officer MJA) into the very popular Dragon Espoir.

After the success of Judo in the Malta Games in 1993, where the Judokas won one Gold, one Silver and four bronzes, the Malta Olympic Committee, embarked on a professional training programme in conjunction with some federations. One of these Federations was the MJA. The MJA committed itself completely to this scheme with excellent results. This scheme involved the hiring of a professional Russian Coach and submitting the athletes to periodical tests at the Olympic Sports Clinic.

In 1995 the MOC accepted to send seven Judokas to the sixth edition of the Games of the Small States of Europe and out of the Maltese Contingent of 150 athletes, Judo was the winner of six medals out of the twelve won by the Maltese Contingent, with the only Gold for Malta won by Jackie Xuereb in the 52 Kg Category. Six athletes out of seven won a medal. In Iceland, the MJA made a record for Malta when the National Anthem was played 3 times in a day when John Zammit, Jackie Xuereb and Kamilla Peter won Gold medals while Laurie Pace, Jason Trevisan and Philip Camilleri won Silver and Silvano Cristauro and the young Alexia Mallia won Bronze. This placed Malta first in the Judo events. At the Games of the Small States of Europe hosted in San Marino in 2001, Judokas managed to obtain two Gold, two Silver, and four Bronze Medals.



Number of Clubs: 6

Number of Members: 889 (circa)

Till 12:

Male: 83 Female: 80

Between 12 –18:

Male: 153 Female: 140

Seniors

Male: 288 Female: 145

Local Competitions:

Ranking Competition, Maltacom Intl. Judo Open, National Competitions, Promotion Cups (for children)

International Competitions:

Island Games, EYOD, EJU, World, European, Games of the Small States of Europe, Commonwealth Games

Sailing Fact Sheet

The precise period when the sport of yachting, or sailing as it is currently referred to, started to be practiced competitively in Malta is not known, although there are reports that a yacht club in Malta existed as far back as 1835.

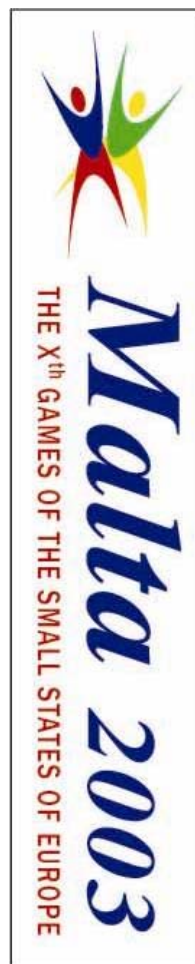
It is a well know fact amongst sailors however that no two sailing boats will ever meet on the water without engaging in attempts to out manoeuvre one another, and therefore it is likely that impromptu racing has taken place in Maltese waters ever since the first two rudimentary rafts were launched. We live in a country surrounded by marvelous sea and blessed by fair winds, and therefore it is not surprising that sailing has always been practiced in Maltese waters.

Organised racing probably commenced with the establishment of the Malta Yacht Club in 1921. Other sailing clubs became established as a result of the presence of the British military forces, and until approximately 30 years ago the Garrison Sailing Club in Marsamxett, the RAF Sailing Club at Marsaxlokk and the Royal Navy Sailing Club at Fort Saint Angelo were very active, making use of boats such as the Swordfish, the Albacore, the Bosun, and the Enterprise. It is to be noted however that whilst sailing at these clubs were mainly carried out by British servicemen, Maltese sailors were concurrently racing separately in the elegant lateen-rigged skiffs, fast boats which required a high degree of skill to manoeuvre, but which unfortunately are no longer seen on our waters. They were also racing successfully in the keelboat regattas organized by the various clubs.

With the departure of the British forces, new sailing clubs appeared on the scene, together with the Royal Malta Yacht Club, which grew out of the Malta Yacht Club. The Vikings Sailing Club, the Birzebbugia Sailing Club, the Malta Young sailors Club, the Malta Laser Class Association, and the Malta Model Boating Association appeared on the scene. These six clubs today form the Malta Sailing Federation, the National Authority for the Sport of Sailing in Malta, which was formed in 1975 in order to coordinate the activities of the various clubs and in order to ensure compliance with international racing rules set by the International Sailing Federation.

Classes of boats which are sailed at clubs forming the Federation vary from the one-metre long radio controlled model boat to ocean racers of 20m in length, and include classes such as the Optimist, the Laser, the Miracle, the Mirror 10 and the Mistral board.





The class of boat sailed by the Maltese representatives at the Tunis Mediterranean Games is the Laser Standard, a 4.23 metre long single-sail boat, constructed out of glass-reinforced plastic and sailed by one person. The Laser weights 57 kg and carries a 7.06 square metres sail. This Laser is an Olympic class boat, and in fact is the Olympic class to be sailed competitively in Malta.

The Malta Sailing Federation has over the years endeavoured to improve the standard of sailing in this class, and to encourage more sailors to sail this class of boat, which is one of the most popular classes worldwide. It requires particular skills to sail properly and a sailor ideally weighing approximately 80 kilograms, however it has the unique advantage that the same hull can be sailed using three different sizes of sail (Standard, Radial and 4.7), allowing younger or lighter sailors to enjoy top level racing.

The two sailors who will be sailing for Malta in Tunis have this year undergone a serious training programme under the direction of the National Coach, including training on the water 4 to 5 days each week, gymnasium training, and participation in Laser Europa Cup regattas in Italy and Holland and at the World Championships in Ireland. This level of dedication by the sailors to their sport has now been going on for a number of years, and is programmed to reach its peak by 2003 in time for the Games of the Small States of Europe, when the Sailing Federation will be participating in the Laser Standard, the Laser Redial, the Optimist and the Mistral classes.

Number of Clubs: 7

Number of Members: 130 (circa)

The Royal Malta Yacht Club,
The Vikings Sailing Club,
The Birzebbugia Sailing Club,
The Malta Young sailors Club,
The Malta Laser Class Association,
The Malta Model Boating Association
The Malta University Sailing Club

Shooting Fact Sheet

During March 1977 the Committee and members of the Malta Shooting Club inaugurated the Bidnija Range in the limits of Mosta. After the closing of the Attard range due to the fact that building had crept close to the vicinity of private residences and also, there was felt the need of a more modern venue of international level.

For the sport of Shooting in Malta there was felt the need for a building that could offer an Olympic Trap complete with fifteen machines, capable to work semi automated and which could be used at the required international level of competence for professional competitions.

Financial support from members and from Mr. Paddy Stubbs, an English residing in Malta, brought about the building of the first proper range thus Malta could confirm its position as a member of the International Shooting Union (UIT). As a result members could participate in competitions overseas while Malta could organize competitions on an international scale.

Maltese Shooters had the honour of participating in the Mediterranean Games of 1958 held at Beirut, and in 1960 in the eternal city of Rome for the Olympic Games. These Games served as a spur to the committee and its members to look forward to being able to organise on an International level Games at the Bidnija Range. The first games to be organized successfully being the Small States Games, at that time consisting of five states namely, Luxembourg, Monaco, Andorra, San Marino and Malta. This competition proved to be the inspiration of the way these games are being organized nowadays even though the states have been complemented by the addition of Cyprus, Liechtenstein and Iceland.

For the 1993 Games of the Small States held in Malta, the Government laid the layout of two Olympic Trap ranges and for Skeet. On the 10th February, only 3 months before the opening of the games the new ranges became operable. The committee had quite a task in preparing the shooters. An elimination system was devised with Emanuel Abela and Philip Busuttill acquiring medals, first for Trap and the second for Double Trap respectively.

Further success was in store when medals were won by Emanuel Abela, Horace Micallef and Frans Pace at the Mediterranean Games held in France. Horace Micallef also held a



record score of 123/125 during the Commonwealth Games held in India. These shooters held the title of "Sports Person of the Year" for three years as well as "Sports Team of the year".

The Bidnija Ranges are patronized by both Maltese and foreign shooters. This includes the Maltese Australian Adam Vella, the Italian Olympic squad, consisting of Peliello, Venturii, Cioni, Benelli and Rossetti, under the direction of the famous coach Elio Matarelli who had won a gold medal at the Mexico Olympics; and Lordos of Cyprus and Think of Luxembourg.

Nowadays shootouts, Trap, Skeet, or Double Trap is occupying every weekend. The club offers a number of amenities to its members, including modern sophisticated and computerized apparatus, monitors outside and inside the clubhouse, which is also equipped with a pool table, restaurant and adequate parking facilities. Another addition to the range is the 'Air Weapons Range' that was inaugurated in October 1996. All this, makes this place one of the most modern in Europe.

Latest successful achievements obtained by shooting athletes were at the GSSE Games in San Marino where Philip Busuttill obtained Gold and William Chetcuti obtain Silver in Double Trap; and France Pace obtained Silver in Trap.

The Malta Shooting Federation is the sole governing body for shooting sport in Malta. Affiliated members are the Qormi Clay Shooters Club in Handaq, Qormi and the Southern Shooting Club in Hal Far I/o Birzebbugia. These have a permanent member each on the MSF Committee. The Federation also has very close relations with the Gozo Shooting Club who has a modern range in Zebbug. Altogether the Federation boasts of around 300 members.

Number of Clubs: 2

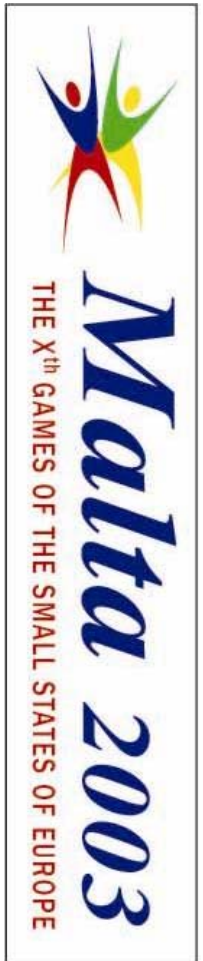
Number of Members: 300 (circa)

Qormi Clay Shooters Club

Southern Shooting Club

And close relations with the

Gozo Shooting Club



Squash Fact Sheet

Sue Bonavia, Anthony Bezzina, Gino Camilleri, Reggie Abela, Bryan Sullivan, John Lejman and John Muscat, founded the Squash Rackets Association in 1986. The first Chairman was Gino Camilleri, and was followed by Tony Bezzina. The current president is Mario Giacchino.

There are six clubs affiliated to the SRA, the chief one being the Marsa Sports and Country Club. The others are Mistrà Holiday Complex, Sunny Coast Complex, Holiday Inn, Malta Hilton and the Gozo Squash Association. There are fifteen squash courts scattered all over the island, with another two due to open by the end of September 2001, at the National Pool Complex. Gozo has only two courts so far.

Various tournaments are held throughout the year, namely the Marsa Open, a Ranking Tournament, a Handicap Tournament and the main event of the year, the Malta Open. From October till May a mixed squash league is played at the Marsa Sports Club. There are eleven divisions in this league, with between six and seven players in each division. This league is highly competitive and in every round, all the players do their utmost to be promoted to a higher division. During July and August there is a summer league, which is one again played at the Marsa Sports Club. The purpose of this league is to give the opportunity to those players who do not want to stop playing in summer, to continue doing so. We also intend holding an annual Juniors Tournament, which will give the youngsters a chance to develop their competitive spirit. The first tournament of its kind was held in May 2001.

A European Small Nations Squash Tournament has been held every year, for the past eleven years and Malta has participated in it almost every year. The ladies' National Squash team has so far won six gold medals and one silver medal in this tournament, whilst the men's National team won gold in 1993, when it was held in Malta for the first time, silver three times and bronze once. These games are due to be held in Malta once again this year, at the end of September 2001. The countries taking part are Liechtenstein, Luxembourg, Monaco, Cyprus, Iceland, Isle of Man and Malta. Squash was included, for the first time, in the Games of the Small States of Europe, in 1999. The Ladies' Squash team won gold on this occasion and that same year, it was voted "Team Nazzjonali Malta tas-sena".

The ladies' National team participated for the first time in the European Club championships, in September 2000. This tournament gave the team, the opportunity to



compete against the top world squash players. It is hoped that this experience can be repeated next July, when some of our players compete in the Commonwealth Games.

Pankaj Pandya was the Malta squash champion for a number of years during the seventies and eighties. He was in the National team until 1998. He still plays regularly and also coaches the juniors. The present men's National team is made up of Bernard Bugeja, Stephen Schranz, Luke Giacchino, Mark Lupi, Jonathan Crockford, Ivan Balzan and Gordon Camilleri.

Theresa Camilleri is, and has been, the top female player for a number of years. Annabelle Diamantino is the only one who might be able to knock her off her number one position. The present ladies' National team is made up of Theresa Camilleri, Annabelle Diamantino, Johanna Rizzo, Liz Said and Roberta Pace Grima.

Number of Clubs: 6

Number of Members: 400 (circa)

The Marsa Sports and Country Club

The Mistra Holiday Complex

The Sunny Coast Complex

The Holiday Inn

The Malta Hilton

The Gozo Squash Association



Swimming Fact Sheet

The Amateur Swimming Association (ASA) was founded in 1926. At the Annual General Meeting of 2000 the name was changed to Aquatic Sports Association, so as to conform with the change in FINA. The objectives of the Association are to promote and encourage the development of Swimming, Diving, Waterpolo, and Synchronised Swimming in Malta and to adopt the necessary rules and regulations, and to stimulate public opinion in favour of providing accommodation and facilities.

The Association is affiliated to the parent body Federation International de Natation (FINA), to Ligue Europeene de Natation (LEN) and to Confederation Mediterranee de Natation (COMEN).

The Council of the Association is the body entrusted with the full powers of management of the general affairs of the Association. The Council is composed of four elected executive members, namely the President, the Vice President, the General Secretary, and the Treasurer, together with council members nominated by each affiliated club.

Ever since its existence the ASA has been organising National Swimming and Waterpolo competitions as well as various International competitions & championships, such as the European Junior Swimming and Diving Championships, the GSSE Games, Age Group Swimming Meets and European Waterpolo Championships Juniors, Youths & Seniors B.

The Swimming activities are run by the Swimming Board under the chairmanship of the Association's Vice President. Besides the monthly age-groups meets and the National swimming championships, this board is responsible for the organisation of an International Age- Group Swimming Meet, which is held every year during the Easter holidays. This Meet has become not only a part of the Association's Calendar but it is also eagerly awaited by the foreign clubs, which participate regularly.

The swimmers of the National Squad are young and promising. They participate in swim meets on a regular basis, however the ultimate objective of these swimmers is to participate in the Games of Small States of Europe. Since 1993 a foreign coach has been engaged to prepare these swimmers mainly for this event and also to help in the promotion of swimming amongst the very young. This has been possible through close collaboration with the Malta Olympic Committee and the Swimming Promotion Unit with



the Department of Education. Swimmers train regularly on a six times per week basis plus gym sessions. So far these swimmers have also managed to win a number of medal in these Games.

Maltese Swimmers have also participated in various editions of the Olympic Games with both male and female swimmers. Unfortunately the standard of these swimmers does not allow the swimmers to aspire for any wins, their goal has always been that of obtaining personal best timings and the honor of representing their country at these prestigious events.

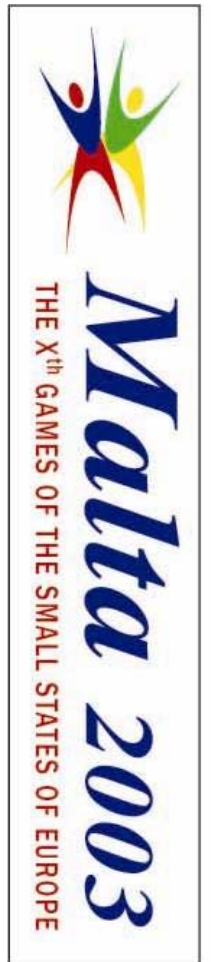


Table Tennis Fact Sheet

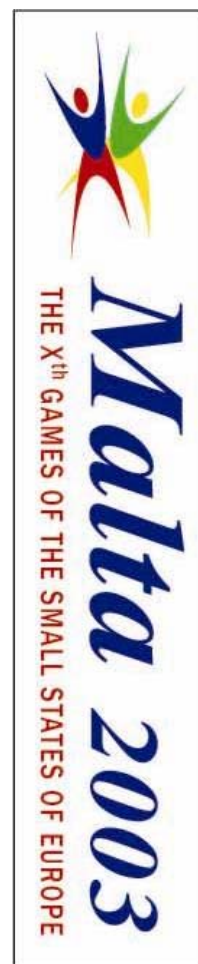
Table Tennis as with the majority of other sports disciplines was already being played in Malta within the Services' quarters in the late twenties but it was the Royal University Sports Club that introduced the games to local enthusiast and soon became a popular indoor sport. With St. Gaetan Band Club in Hamrun being the first to purchase a table tennis table in 1936, this venue soon became the cradle of this sport in the Maltese Islands.

In 1948 a group of enthusiasts formed the Malta Amateur table Tennis Association (MATTA). However, this association's existence was short-lived. In fact the Malta Table Tennis Association was officially formed in January 1953 with Joseph M. Cassar Naudi being elected as its first President. During that season there were a total of thirty clubs enrolled within the MTTA. A. Pellegrini Petit became the first Malta Champion while St. Gaetan Band Club won the team event. Many foreign servicemen gave sterling service to the Game without any remuneration.

In season 1956/7 Malta gained affiliation with the International Table tennis Federation and the European Table tennis Union a year later. In 1959 Malta made its debut at the World Championships in Dortmund Germany. In 1966 Malta sent a representative side to the European Championships, which were held in London a feat, which was repeated in 1968 in Lyon. During the same year and in 1974 Malta organized the Mediterranean Division for the European League. During the following years Malta also figured in the Common wealth Championships as well as in the Third Division European League.

In 1989 Malta organised the Mediterranean top 12 while three years later the MTTA hosted the second edition of the Promotion Cup. In 1994 Malta organized the European Mixed Teams League in Gozo with the Maltese side finishing in second position. Over the years the Chinese national teams visited the islands on three occasions.

Undoubtedly whilst John Bonavia should be remembered as the pioneer of Maltese table tennis, Mario Genovese must be regarded as the most successful player ever. In fact since 1982 he managed to win no less than 15 national championships. In the female field Mora Pullicino managed a creditable ten national championships in the 70s while Joanna Grech followed suit in the followings years as she was acclaimed Malta champion on no less than eleven occasions. As regards the team event St. Gaetan Band Club, Civil



Services Sports Club Banks and Melita FC have always managed to win the title for a number of consecutive years.

Nowadays the MTTA regularly participates in the World and European Table tennis Championships as well as the Games for the Small States of Europe. The association embraces within it around 405 members spread across its fourteen member clubs. In fact the MTTA organizes the First and Second Division Teams Leagues, four ranking tournaments, the National Championships, the International Open Tournament as well as the Olympic Youth Fest.

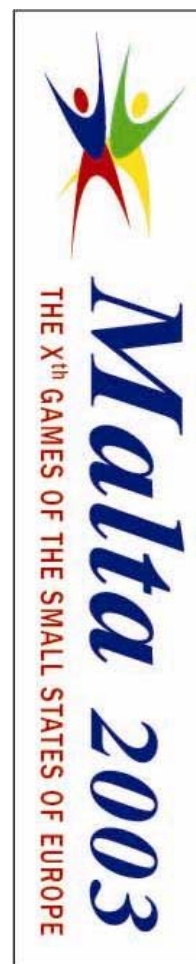


Tennis Fact Sheet

Records show that tennis was being played in Malta late in the last century but it is probable that the sport was introduced by the British services in the early 1800's. We know for a fact that the Marsa Sports Club and the Malta Union Club offered tennis facilities in the 1890's. Early this century many private two to four court sites were developed, with Sliema alone having six such facilities. These were rented to small groups of players by the half-day. Regretfully, with the scarcity of land and the resulting building boom, almost all these tennis facilities were converted into blocks of flats.

Tennis began making its impact in Malta soon after the Second World War with a number of organizations forming tennis clubs. It was however, in 1966 that some enthusiasts determined to form an Association of tennis clubs. The first meeting was held at the Civil Service Sports Club on Monday 5th September 1966 with five sports clubs attending. It was at this meeting that a decision to form the Malta Lawn Tennis Association was taken and the Association was born. It is interesting to note that, at the first Annual General Meeting was held on 10th October 1966, 11 clubs were present. Of these only two, the Malta Union Club and the United Services Sports Club, now the Marsa Sports and Country Club remain as ongoing clubs offering, among many other facilities, a number of tennis courts. The only other club still in existence, but with no premises is the Banks Sports Association who today only takes part in the annual Men's Doubles League.

Notwithstanding the fact, that of the founder clubs, only two remain, the Association grew and prospered and today there are 20 member clubs. It is difficult to assess the number of tennis players on the island mainly because many players are members of more than one club. Also, the main clubs offer many other sporting facilities besides tennis. One can however assess that there must be at least 6,000 active tennis players. Of the four main clubs, the Marsa Sports and Country Club has 19 courts divided into 13 tarmaced courts, 4 greenset courts and 2 clay courts. The remaining three clubs, Tennis Club Kordin, Vittoriosa Lawn Tennis Club and Malta Union Club all have four hard courts. Most of the remaining clubs have two courts and few have one court.



The Malta Tennis Federation

The Malta Tennis Federation forms part of three larger Associations namely: The Malta Olympic Committee where we have been members since 1967; The European Tennis Association where we have been members since 1989; The International Tennis Federation where we have been members since 1985. The Malta Tennis Federation is very active in all three organizations, attending annual general meetings and many other activities organized throughout the year. The culmination of our involvement was highlighted in 1996 when we hosted the ETA's Annual General Meeting in Malta. It is also pertinent to mention that the previous President is also President of the Malta Olympic Committee and has also held the post of Treasurer of the European Tennis Association.

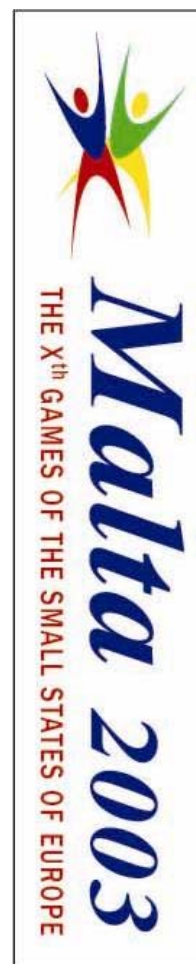
International Tournaments

Malta has taken part in as many international tournaments as possible. Its first participation in the Davis Cup was in 1986 and we participated each year since then. Results are very mixed with heavy losses, very narrow losses and also some good wins resulting in promotion. Our first Fed Cup was also in 1986 and we have played each year since. We have been playing in the European Men's Team Championships since 1990, and in the European Women's Team Championship since 1992, with the exception of 1993.

The Tennis Federation has also competed in every edition of the Games of the Small States of Europe, achieving some very good results; in fact, on occasions, it headed Malta's medal winning list. We have also taken part in the Mediterranean Games. The Federation also organizes the Malta Open Championships and these have taken place each year since 1966 with a full list of open and senior events. The MFT has a register of coaches with 30 people holding a level 1 certificate. The MFT has also held a number of ITF Officials courses in Malta and now has a number of registered ITF officials.

Number of Clubs: 20

Number of Members: 6,000 (circa)



Volleyball Fact Sheet

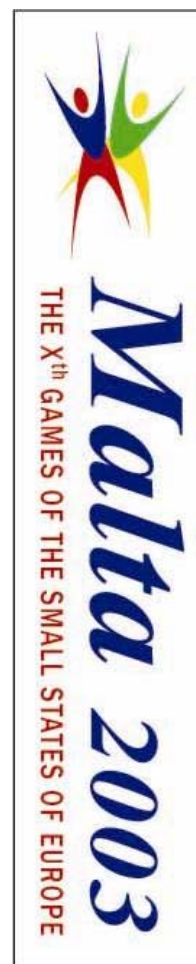
The origins of the game of Volleyball in Malta could probably be traced back to the British servicemen stationed on the island at the time when Malta was still a British colony some time. The Maltese started practicing and organizing the sport discipline in the late sixties under the patronage of the National Sports Board. One of the first important milestones in the local history of the game dates back to the summer of 1968 when the National Sports Board conducted courses with the aid of foreign instructors as part of a Sport for All scheme. In fact, the first competitions in Malta were organized by the volleyball section of the same Sports Board but were then taken over by the Malta Volleyball Association (MVA), which was founded in 1973.

The first President of the MVA was Mr. Mark Vassallo. It was only towards the late seventies that volleyball started being played indoors at the Ta' Qali pavilion. Female volleyball started at a later date with the first venues being open-air courts like their male counterparts but which were then also transferred in the early eighties, to the indoor gymnasiums at St. Andrews and the Libyan Cultural Institute premises at Ta Giorni.

The presence of foreign players residing on the island has always upgraded the technical, tactical and physical level of the game in Malta. The pioneers in this respect can certainly be considered to be the Russian players registered by the clubs in the first competitive seasons of the MVA. During the late seventies there were also two British Service teams namely Royal Air Force and the 41 Commando. The latter's trainer and organizer Dave Kirkby introduced and donated the first 'Player of the Year' trophy to the MVA.

The first international match played by the Maltese national squad was against Algeria. Algeria won 3-0. Precious international experience was gained through several ventures mainly in Libya. In 1988, during the first edition of the Tournament for European Small Nations Malta placed in the ninth and last position. During the 1989 GSSE edition in Cyprus the locals registered their first international victory after beating Andorra 3-2. A year later Malta organised the Tournament of European Small Nations a feat also repeated in the year 2000.

Over the years the MVA organized a number of overseas training camps and international friendlies although these have not yet rendered the desired results. The



first female national side took part in an international tournament in Siena, Italy in 1990. In 2000 on home soil Malta managed the bronze medal at the Tournament for European Small Nations after beating the Faeroe Islands and Iceland. However the greatest success to date is the medal achieved by the Malta (female) during the 2001 editions of the Small Nations Games in San Marino.

The junior national sides participate in the FISEC Games and the Island Games. On a local basis the MVA organises competitions both for seniors and also for juniors. These are two divisions in the senior categories while the junior category comprises three different leagues Under 19, Under 16 and Under 14. To date the MVA embraces a total of ten clubs with some participating in all categories.

Number of Clubs: 8

Number of Members: 700 (circa)

ACE Volleyball Club

Blockers St. Aloysius

CKF Fleur De Lys

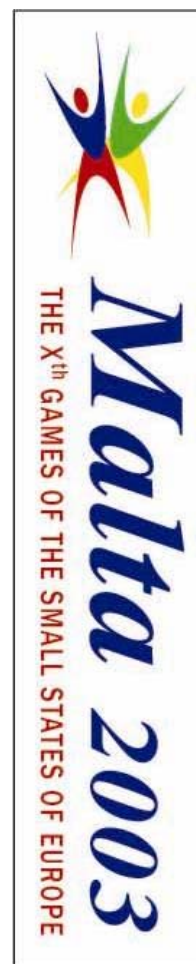
Comets Playvolley

Flyers

Kerygma Volley Casa Modena

Pembroke

San Anton Sports Club



c) GSSE SPORTS (Description)

Basketball



Basketball is a fast ball game played by two teams of five players each. Points are scored by shooting the ball into the baskets, which are at each end of the court, 3m above the ground. Players dribble the ball or pass it on to each other whilst players of the other team try to defend. The team that scores the most points in 4 sets of 10 minutes each is the winner.

Volleyball

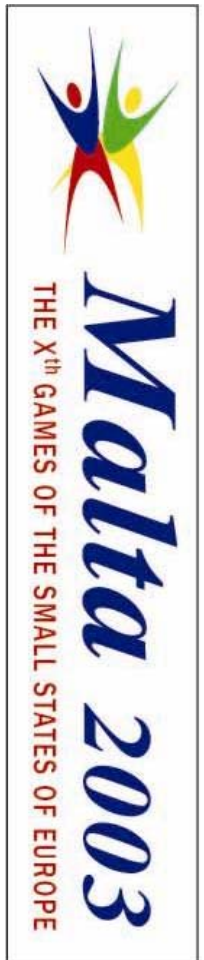


Volleyball is played by two teams of 6 players. The game is generally played on an indoor court. The court is divided by a net, which is 2.4 m high. Players try to hit the ball over the net in such a way that the other team cannot return it. Points are scored when the ball hits the floor on the opponents' side of the net. Only the serving team can score points. A game begins when the right back of the serving team serves the ball over the net. The receiving players try to hit the ball back with their hands. The team can hit the ball up to 3 times. If the serving team fails to return the ball, the other team serves. When this happens all players move around one position so that everyone has a chance to serve. The first team to score 25 points (with at least a 2-point advantage) wins the set in a rally point system game that can be played to the best of three or five sets.

Tennis



Tennis is a racket and ball game played between either two (singles) or four (doubles) people. Tennis is played outdoors on grass or clay. To begin a game, one player serves the ball to their opponent. The ball must go over the net and land in the service area on the other side of the court. The other player has to hit the ball back after the first bounce off the ground. Both players keep hitting the ball back and forth over the net until one of them hits it out of the court or fails to return it. Players try to score points by hitting shots that will force their opponent to make a mistake. Each player serves for one game then the other player serves. A match is divided into 3 or 5 sets. The first player to win 2 or 3 sets wins the match. A set is divided into games and you need to win 6 games with a lead of 2 games, to win a set. To win a game you must score 4 points. You start with a score of 0 which is called love, first point is called 15, 2nd-30, 3rd- 40, 4th- game point.



Squash



Squash is a fast racket sport. Players use a small-headed racket to hit a small rubber ball against 4 walls of an indoor court. To begin a game one player serves the ball. Players can hit the ball against any of the four walls as long as it hits the front wall before it bounces. If you miss the ball, let it bounce twice or hit the ball outside the boundary you either lose a point or your serve. The first player to reach nine points wins the game and the first to reach three games wins the match.

Table Tennis



Table tennis is like a miniature form of tennis. Players use wooden bats to hit a small ball over a net on a table. A game begins with one person serving. Hitting the ball in such a way scores points that your opponent cannot return it. The first player to reach 21 points wins the game.

Track and field athletics



The events in the GSSE include long jump, high jump, triple jump, discus, shot, javelin, pole vault, 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 100m hurdles, 400m hurdles, relay 4x 100m, 4x 400m. These events will take place at the Marsa track. For short running races called sprints, the athletes need to be able to run at top speed. Middle and long distance races test the runners' stamina or strength. Relay races are run by teams of 4 runners. The first runner carries a baton. After a short sprint, the baton is passed on to a teammate.

The discus is a saucer-shaped object. You hold it with one hand, and then swing round a few times before throwing it. The shot is a heavy metal ball. It is tucked under the chin, and then heaved forwards with all your strength.

Long jumpers leap as far as they can into a pit of sand. They sprint down a runway to gather speed, and then jump as far as they can from the take-off board into the sand. For the triple jump, you sprint down the runway, then hop, skip and jump into the sandpit. In the high jump, you run up to a high bar, then leap over and land on a mattress. Pole-vaulters run down a runway, ram the pole into a box below the bar. This launches them upwards on the pole so they can twist over the high bar.



THE Xth GAMES OF THE SMALL STATES OF EUROPE

Malta 2003

Swimming



There are four basic strokes. For the backstroke you lie on your back in the water. In the butterfly you swing both arms over and down and kick your legs together. The freestyle is the fastest stroke. The breaststroke combines a sweeping arm movement with the breaststroke kick. Competitions take place in a 50m pool divided into a number of lanes, one for each swimmer.

Judo



In judo you try to throw or pin your opponent with the help of balance and timing. Judokas use their opponents' weight or movement to unbalance them. A fight or randori is won when one judoka is thrown to the ground using one of the many techniques. A fight can last up to 5 minutes and the competitors are classified into weight categories.

Shooting

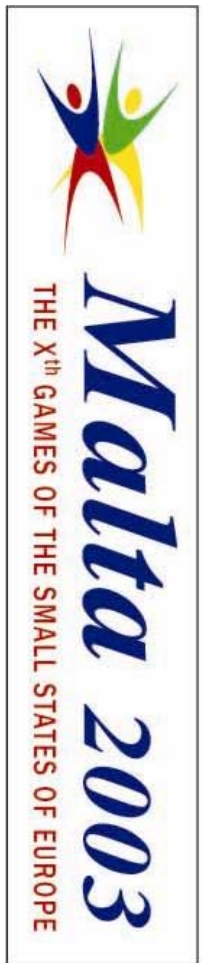


In the GSSE there will be five shooting disciplines- trap, double trap, skeet, air rifle and air pistol 10m. In the first three (clay target shooting) shooters try to hit flying targets. The target is a small clay disk shaped like a saucer designed to break up when hit by just one or two of the pellets. The air rifle event is shot at 10m from the physically demanding standing position. Shooters have to wear special gear to hold themselves steady. Air pistol is also shot at 10m. Air rifle and air-pistol shooters have to shoot 60 shots in 1 hr 45mins. They try to hit the bull for a 10 point score on paper targets.

Sailing



The optimist and the laser radial and laser standard boats are to be used in the GSSE. These boats have a sail, which uses the power of the wind to push it forward. The optimist is sailed by athletes who are under the age of 16. A course is set out at sea using buoys or marks and the sailors have to go around this course to the finish. In sailing one cannot go in a straight line but must tack from side to side to the mark. The sailor who can best read the direction of the wind and who is physically fit, mentally strong and has a good technique will win the race.



d) GSSE Discipline Venues

Bidnija Shooting Range - Shooting

The Malta Shooting Federation runs the Bidnija Shooting Range, which has hosted the 1993 clay-shooting disciplines of the V Games of the Small States of Europe (GSSE). The Olympic National Shooting teams also regularly use it. The now better and improved facilities will host the Xth GSSE Malta Games. Every year in May, the Malta Shooting Federation organises an International Grand Prix.

Facilities

- Fully Automatic clay throwing machines on two Ranges.
- Disciplines shot: Olympic Trap, Olympic Double Trap, Olympic Skeet and Down The Line.
- 14-lane, 10 meter Airweapon range for Air pistol and Air rifle.

Other facilities

Changing rooms, showers, a restaurant and a bar are available for users. A newly refurbished meeting hall is also available for in on site meetings.

Spectator capacity

150

Certified Standards

The shooting range abides by the regulations required by the International Shooting Sport Federation – ISSF.

Courses

The Malta Shooting Federation can arrange tuition by qualified instructors in all the above disciplines.

Training

International sport users may use the shooting range all the year round for training camps. Ideally, the amount of athletes will be split in groups of 6 sportsmen.

Location

The Shooting Range is situated in Bidnija. Transport can be organised by the Federation if this is required.

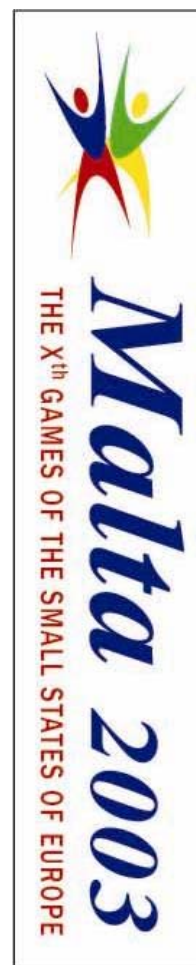
Accessibility

Opening hours:

- *1.30 p.m. - Sunset (winter)
- *2.30 p.m. - Sunset (summer)
- * Daily except Monday

Website

www.maltashooting.com.mt



Corradino Sports Pavilion – Women’s Volleyball

A drill yard in the ex-Military Corradino Prison built by the British in 1866 was converted 120 years later into one of the largest multi-purpose sports halls in Malta.

Facilities

- The Sports Hall has an area of 2,000 square metres (50 x 40 metres) with approximately 1,000 square metres as playing area.
- Its height at the center is 12.5 metres.
- TARAFLEX surface, the same product used in a number of sports halls at the Sydney Olympics.
- Floodlighting is of an international standard.

Training

Used for a variety of disciplines such as Basketball, Volleyball, Gymnastics, Judo, Table Tennis, billiards, Badminton and Futsal for training purposes and hosting various local competitions and tournaments.

Spectator capacity

1,600 (seated)

Cottonera Sports Complex – Men’s Volleyball

Situated in Cospicua, the Cottonera Sports Complex is the main sports complex in the south of Malta. It is being currently being built to host a number of events for the 10th edition of the Games of the Small States of Europe Malta 2003. It will also host a number of local tournaments such as volleyball and handball.

The complex design is innovative and unique to Malta and its roof covers one of the largest spans. This facility will be the largest indoor sports facility in Malta and will have a multi-purpose hall with 3 satellite areas. The Cottonera Sports Complex will also be housing a number of national sports associations.

Facilities

- Multi purpose Hall: 48m x 28m (14 m height)
- 3 satellite areas: 130 sq. m / 65 sq m / 78 sq m
- Bocci Drome
- Fitness Area (separate changing rooms)
- 5 Changing Rooms
- 1 Changing Room for those with special needs
- Physiotherapy room
- Function room
- First Aid room
- Storage Areas
- Press Room
- Parking area

Seating Capacity

Main Hall: 1,600 Bocci Drome: 300



The Gozo Sports Complex – Table Tennis

The Gozo Sports Complex situated in Victoria, is the main sports complex in Gozo. It has hosted a number of international and national events in judo, basketball, volleyball and table tennis, such as the 1st and 5th Edition European Games for Salesian Youths, the 5th Games for the Small States of Europe, the European 3rd Division Table Tennis Championship, and Malta Judo Open. The Complex is used as a venue for activities of the Gozo Volleyball Association, the Gozo Basketball Association, and the Gozo Island Tennis Club, Gozo Squash Association, which are all affiliated members of the parent bodies in Malta.

Facilities

Multi-purpose sports hall fitted with parquet flooring with facilities for volleyball, basketball, netball, handball, badminton, handball & 5-a-side football, karate, spirit combat

- Two Tennis courts fitted with a bitumen surface
- Volleyball Court (Outdoor)
- Basketball Court (Outdoor)
- Squash court fitted with a wooden-floor
- One table tennis table is available
- Fully equipped gymnasium with 13 weight stations. The gym is fitted with parquet flooring.

Main activities

Basketball, volleyball, handball, 5-a-side football, badminton, squash, lawn tennis, table tennis & fitness

Spectator capacity

1800 (seated)

200 (standing)

Training Camps

The complex may be used by international sport users for training camps. Each training camp, which usually lasts 4 days, has an average of 20 sportsmen in each training group.

Other Facilities

A bar, dressing rooms and showers are provided for users. The Sports Complex can also accommodate up to 20 persons in its hostel. A sports library furnished with books and videos related to sports disciplines is also available for users.

Accessibility

The Gozo Sports Complex is situated in Victoria, Gozo and is easily accessible by public transport.

Opening hours:

Mon – Fri 8.30 - 2100

Saturday 800 – 1800

Sunday 800 - 1700



The Marsa Sports & Country Club – Squash & Tennis

The Marsa Sports & Country Club (MSC), founded in 1901, is a private club, which is also open to visitors. As one of the largest sports clubs in Malta, it has a number of facilities including tennis courts, squash courts, an 18-hole golf course, mini-golf, a polo field and a cricket oval, among other amenities. The Club now provides facilities for no less than eight sports disciplines and boasts of a membership nearing 4,000.

Facilities

The Tennis Section

This is the largest section with the highest membership. Facilities consist of 19 courts, two of which are clay surfaced; four are 'Greenset' and the rest hard surface. Five of the hard courts are floodlit courts of international standards and another two are being fitted with new lighting. One of these is the "Centre Court" with seating capacity of 1,200 spectators. This "Centre Court" has hosted various international events such as the Small Nations Games, various satellite circuits sponsored by the I.T.F Grand Slam Trust Fund, and Davis Club ties and other European tournaments. The Malta Open Championships are also held at the MSC under the auspices of the Malta Lawn Tennis Association.

The Squash Section

This section is the second largest. Facilities consist of 5 wooden-floored squash courts, two of which are glass backed. There also includes a 'final court' seating up to 90 spectators. This section hosted the Small Nations Games for squash under the auspices of the Squash Rackets Association. Each year the Malta Open Championships are also held here.

The Miniature Golf on Piste Section

Facilities consist of an 18-hole mini-golf course of international standard. In 1995 the mini-golf section hosted the European Senior Men's Championships.

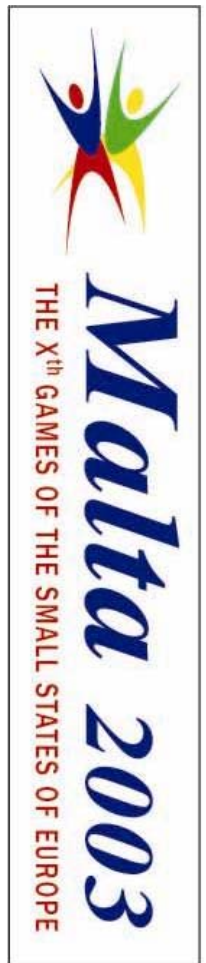
The Cricket Section

The facilities include a well-grassed outfield, net-practise area and a colonial-style pavilion. The oval measures some 125 metres by 90 metres wide.

The pitch is a concrete strip with an artificial mat (Wimbledon Unreal Grass) glued on top. This makes rubber-soled shoes a pre-requisite. Maltese limestone building-bricks demarcate the boundary and make up the large sightcreens.

The pavilion is also built from these bricks and houses a changing-room with showers and a kit-room. Outside the pavilion is a wooden-fenced enclosure. To one side of the pavilion are two practise-nets of similar construction to the central pitch.

The grass outfield is kept green throughout the year by means of a sprinkler system. Surrounding the ground are mature trees and bushes, which have been known to claim the odd cricket-ball.



The Marsa Cricket Club, which is affiliated to the Malta Cricket Association, have played hosts to a number of special tours - Marylebone Cricket Club (MCC) in 1996 & 1999 and the English Professional Cricketers' Association (PCA) in 2000. Numerous clubs have used the club's facilities for pre-season training

The Malta Polo Club

The Malta Polo Club founded in 1868 is reputed to be the first polo club in the western hemisphere. It has at its availability a full-sized polo field. Polo is generally played twice a week in the season from October to May on Wednesdays and Saturdays.

The Royal Malta Golf Club

Facilities include an 18-hole course covering some 5008 metres with a par of 68.

The Indoor Games Section

This section has at its availability 2 full-sized billiard tables. The bowling facilities are some of the best in the country, with two fully computerised lanes.

Main Activities and Charges to Users

Main activities: Tennis, squash, golf, miniature golf, polo, bowling, cricket and billiards

Courses Available

The Marsa Sports Club has resident professional coaches for both tennis and golf.

Tournaments

Visitors are welcome to participate in the Tennis Open Events and other tournaments held throughout the year for other sports such as squash, mini-golf, and cricket. The Marsa Sports Club is particularly well suited for hosting international events. In 1994 it hosted the Small Nation Games for tennis and squash. It also hosted an International Cricket Festival, and in 1995 hosted the XV International Miniature Golf Tournament.

Other Facilities Available

Also available at the club is a 200-seat restaurant, an air-conditioned bar, an outdoor pool, a TV lounge, a small conference room for seminars, and a reading room. Showers and changing rooms are also provided.

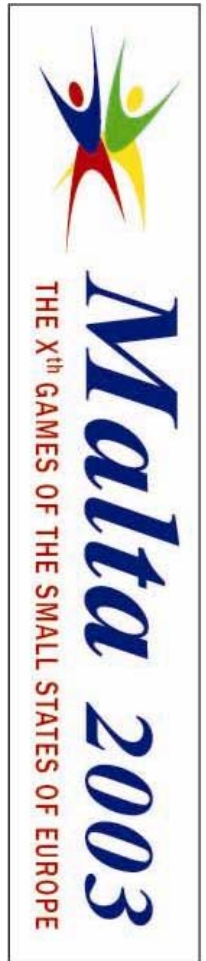
Accessibility

The Marsa Sports Club is situated in the outskirts of the towns of Marsa and Qormi – only a few minutes drive from the airport or Valletta. Hired and/or private transport may use the club's private car parking facilities.

Opening hours of Club: 8.00 a.m. - 10.30 p.m.

Website

Web: www.marsasportsclub.com



The National Athletics Stadium - Athletics

The National Athletics Stadium is situated in Marsa, and was the main venue for field and track events for the V Games of the Small States of Europe. Local athletes use this stadium for their training for all field and track events.

Facilities

- 8 lane x 400m track
- 8 lane x 140m warm-up track
- Long-jump
- Pole jump
- Steeplechase and water jump
- High jump
- Javelin
- Hammer and discus
- Putting the shot

Surface

Sika "Granutan" track made of 3mm polyurethane, which provides a spike-resistant, highly resilient running surface

Flood lighting:

Full track and field facilities

Other Facilities

Changing rooms and showers are provided for users.

Capacity of Stadium

Capacity of sport users: 60

Spectator capacity: 3,000

Standards

The stadium is certified by the International Association Athletic Federation, and follows safety procedures on security and first aid. It also provides medical care on call.

Courses Available

The Malta Amateur Athletics Association organizes and runs courses on track and field events, and also awards diplomas, which are recognized by the International Association Athletic Federation.

Training Camps

The stadium may be used by international sport users for training camps. Each year the stadium hosts a number of training camps with an average of 20 sportsmen in each training group. A training camp generally lasts for an average of 10 days.

Opening hours:

8.00 am – 5.00 pm (January – March / October – December)

8.00 am – 8.00 pm (April – September)



The National Swimming Pool - Swimming

The National Swimming Pool, situated at the University Sports Complex in Tal-Qroqq was constructed in 1993 and was the main venue for the V Games of the Small States of Europe held in that year and also of the first World Paralympics Swimming Championships held in 1994.

Recently the Complex has undergone further development. All the outbuildings have been utilised to include a more varied number of disciplines and to house a number of sports bodies and associations including the Malta Olympic Committee. Sports related services are also available within the complex. All the staff at the complex is highly trained in their respective field to meet and exceed clients' expectations.

Facilities

1. Pools

- 50 metre and 25 metre fresh water pools
- 2x1m spring board
- 2x3m spring board
- 1x5m tower
- 1x7.5m tower
- 1x10m tower

Heating

Heated all year round to maintain temperature at 26.5-27 degree Celsius

Filtration

Latest equipment monitors the quality of water to WHO specifications

Timing Equipment

Start-sensors and touch-time boards, which conform to IOC standards

2. Squash Courts

Two glass-backed, parquet-floored courts, which are to International standards.

3. Fitness Centre

This centre is spread over 300sq. metres and is equipped with modern equipment for cardio-vascular and weight training. Various types of memberships are available. Experienced instructors continuously man the fitness centre.

4. Functional Diagnostic Lab

This extremely modern facility is being developed as a regional centre for Sports Medicine in line with standards set by the American College of sports Medicine Exercise Protocols.

5. Other Facilities

- meeting rooms
- sports shop
- table-tennis centre
- judo and martial art club
- dance studio



- cafeteria
- restaurant
- changing rooms

There are numerous changing rooms, including private ones, which are available at an extra charge. Specially designated changing rooms for the squash courts and the fitness centre are separate from the ones used for aquatic facilities.

The National Pool Complex is a perfect venue for exhibitions and displays particularly those with a swimming theme.

Standards

The National Pool abides by International Olympic Swimming Standards. It also follows safety procedures on security, first aid, fire fighting and provides medical care on call.

Capacity

Capacity of sport users
200

Spectator capacity

1800

Courses

The Swimming Pool Complex and the Swimming Promotions Unit organise and runs swimming courses and awards certificates recognised by the International Amateur Swimming Association.

Competitions

The complex is the main venue for competitive aquatic sports in Malta. Besides the National Water polo leagues, a number of international water polo tournaments and important international swimming meetings are regularly held at the complex.

Training Camps

The complex may be used by international sport users for training camps. In the past years the National Swimming Pool hosted numerous international teams and clubs with an average of 30 swimmers in each training camp. A training camp generally lasts for a period of 5 - 10 days.

Accessibility

The National Pool is situated at the University Sports Complex at Tal-Qroqq, close to Valletta and is easily accessible by public transport.

Opening hours

Mon – Friday 0600 – 2200
Sat – Sunday 0600 - 2000



St Aloysius College Sports Complex - Judo

St Aloysius College Sports Complex forms part of St Aloysius College and is located in central Malta, Birkirkara. Recently constructed, the Complex boasts of high standard sporting facilities available for sports users. In fact in the last few years, the complex hosted international tournaments including Judo, handball basketball, volleyball, gymnastics and table tennis.

Indoor Facilities

Gymnasium:

- 42m x 20m Mondo Rubber flooring 6mm with 4mm shock pad
- 4 Dressing Rooms with showers

Spectator Capacity

300 on terrace, 40 VIP, 160 on balcony

Fitness Centre

- Built on 400sq metres
- Warm up area 28 cardiovascular and 20 weight stations
- Free weight area
- Testing room
- A variety of packages for membership are available.

Indoor Facilities

- 400 m synthetic track up to IAAF regulations
- 100m x 60m synthetic football ground
- 3 tennis courts
- Multi purpose synthetic area with 2 basketball courts, 2 volleyball courts, 1 handball court.

Other Facilities

- Conference Hall (capacity: 100) including power point projection, big screen video projection and overhead projection
- 1 table tennis
- 1 full size snooker
- 2 pool tables
- 2 table football

Opening hours

7am – 11pm (daily)



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Andorra Fact Sheet

Background

Long isolated and impoverished, mountainous Andorra has achieved considerable prosperity since World War II through its tourist industry. Many immigrants are attracted to the thriving economy with its lack of income taxes.

Geography

Location: Southwestern Europe, between France and Spain

Geographic coordinates: 42 30 N, 1 30 E

Map references: Europe

Area

Total: 468 sq km

Land: 468 sq km

Water: 0 sq km

Area comparative: 2.5 times the size of Washington, DC

Border countries: France 56.6 km, Spain 63.7 km

Climate: temperate; snowy, cold winters and warm, dry summers

Terrain: rugged mountains dissected by narrow valleys

Natural resources: hydropower, mineral water, timber, iron ore, lead

Land use

Arable land: 4%

Permanent crops: 0%

Permanent pastures: 45%

Forests and woodland: 35%

Other: 16% (1998 est.)

Irrigated land: NA sq km

People

Population: 66,824 (July 2000 est.)

Age structure: 0-14 years: 15% (male 5,382; female 4,883)

15-64 years: 72% (male 25,463; female 22,837)

65 years and over: 13% (male 4,160; female 4,099) (2000 est.)

Population growth rate: 1.22% (2000 est.)

Birth rate: 10.58 births/1,000 population (2000 est.)

Death rate: 5.27 deaths/1,000 population (2000 est.)

Net migration rate: 6.9 migrant(s)/1,000 population (2000 est.)

Nationality

Noun: Andorran(s)

Adjective: Andorran

Ethnic groups: Spanish 43%, Andorran 33%, Portuguese 11%, French 7%, other 6% (1998)

Religions: Roman Catholic (predominant)

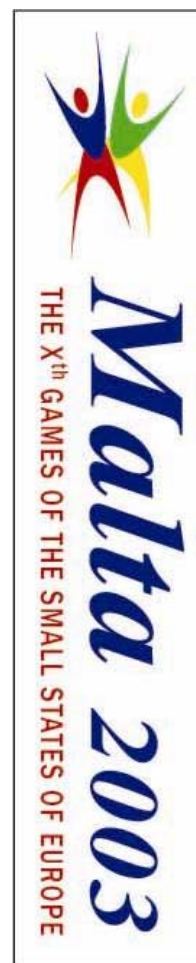
Languages: Catalan (official), French, Castilian

Country name:

Conventional long form: Principality of Andorra

Local long form: Principat d'Andorra

Local short form: Andorra



Data code: AN

Government type: parliamentary democracy (since March 1993) that retains as its heads of state a co principality; the two princes are the president of France and bishop of Seo de Urgel, Spain, who are represented locally by co princes' representatives.

Capital: Andorra la Vella.

Independence: 1278 (was formed under the joint suzerainty of France and Spain).

National holiday: Mare de Deu de Meritxell, 8 September (1278).

Flag description

Three equal vertical bands of blue (hoist side), yellow, and red with the national coat of arms centered in the yellow band; the coat of arms features a quartered shield; similar to the flags of Chad and Romania, which do not have a national coat of arms in the center, and the flag of Moldova, which does bear a national emblem.

Economy

Overview: Tourism, the mainstay of Andorra's tiny, well-to-do economy, accounts for roughly 80% of GDP. An estimated 9 million tourists visit annually, attracted by Andorra's duty-free status and by its summer and winter resorts. Andorra's comparative advantage has recently eroded as the economies of neighboring France and Spain have been opened up, providing broader availability of goods and lower tariffs. The banking sector, with its "tax haven" status, also contributes substantially to the economy. Agricultural production is limited by a scarcity of arable land, and most food has to be imported. The principal livestock activity is sheep raising. Manufacturing consists mainly of cigarettes, cigars, and furniture. Andorra is a member of the EU Customs Union and is treated as a EU member for trade in manufactured goods (no tariffs) and as a non-EU member for agricultural products.

Labor force: 30,787 salaried employees (1998).

By occupation: agriculture 1%, industry 21%, services 72%, other 6% (1998).

Unemployment rate: 0%

Currency: 1 French franc (F) = 100 centimes; 1 peseta (Pta) = 100 centimos; the French and Spanish currencies are used.

Communications

Telephones: 31,980 (1997). *Mobile cellular:* 8,618 (1997).

Telephone system - Domestic: modern system with microwave radio relay connections between exchanges.

International: landline circuits to France and Spain.

Radio broadcast stations: AM 0, FM 15, short-wave 0 (1998).

Radios: 16,000 (1997) *Television broadcast stations:* 0 (1997).

Televisions: 27,000 (1997).

Internet Service Providers (ISPs): NA

Transportation

Railways: 0 km *Highways: Total:* 269 km *Paved:* 198 km *Unpaved:* 71 km (1994 est.)

Ports and harbors: none

Airports: none.





Cyprus Fact Sheet

Background

Independence from the UK was approved in 1960 with constitutional guarantees by the Greek Cypriot majority to the Turkish Cypriot minority. In 1974 a Greek-sponsored attempt to seize the government was met by military intervention from Turkey, which soon controlled almost 40% of the island. In 1983 the Turkish-held area declared itself the Turkish Republic of Northern Cyprus, but it is recognised only by Turkey. Cyprus talks resumed in December 1999 to prepare the ground for a comprehensive settlement.

Geography

Location: Middle East, island in the Mediterranean Sea, south of Turkey

Geographic coordinates: 35 00 N, 33 00 E

Map references: Middle East

Area

Total: 9,250 sq km (of which 3,355 sq km are in the Turkish Cypriot area). *Land:* 9,240 sq km. *Water:* 10 sq km. *Area comparative:* about 0.6 times the size of Connecticut. *Coastline:* 648 km. *Maritime claims:* Continental shelf: 200-m depth or to the depth of exploitation. *Territorial sea:* 12 nm. *Climate:* temperate, Mediterranean with hot, dry summers and cool winters. *Terrain:* central plain with mountains to north and south; scattered but significant plains along southern coast. *Highest point:* Olympus 1,951 m. *Natural resources:* copper, pyrites, asbestos, gypsum, timber, salt, marble, clay earth pigment.

Land use

Arable land: 12%. *Permanent crops:* 5%. *Permanent pastures:* 0%. *Forests and woodland:* 13%. *Other:* 70% (1993 est.). *Irrigated land:* 390 sq km (1993 est.).

People

Population: 758,363 (July 2000 est.)

Age structure: 0-14 years: 23% (male 91,075; female 86,832). 15-64 years: 66% (male 252,252; female 247,464). 65 years and over: 11% (male 35,149; female 45,591) (2000 est.). *Population growth rate:* 0.6% (2000 est.). *Birth rate:* 13.27 births/1,000 population (2000 est.). *Death rate:* 7.68 deaths/1,000 population (2000 est.). *Net migration rate:* 0.44 migrant(s)/1,000 population (2000 est.)

Nationality

Noun: Cypriot(s)

Adjective: Cypriot

Ethnic groups: Greek 78% (99.5% of the Greeks live in the Greek Cypriot area; 0.5% of the Greeks live in the Turkish Cypriot area), Turkish 18% (1.3% of the Turks live in the Greek Cypriot area; 98.7% of the Turks live in the Turkish Cypriot area), other 4% (99.2% of the other ethnic groups live in the Greek Cypriot area; 0.8% of the other ethnic groups live in the Turkish Cypriot area). *Religions:* Greek Orthodox 78%, Muslim 18%, Maronite, Armenian Apostolic, and other 4%. *Languages:* Greek, Turkish, and English.

Country name

Conventional long form: Republic of Cyprus. *Conventional short form:* Cyprus. Note: the Turkish Cypriot area refers to itself as the "Turkish Republic of Northern Cyprus" (TRNC). *Data code:* CY. *Government type:* Republic. *Capital:* Nicosia. Note: the



Turkish Cypriot area's capital is Lefkosa (Nicosia). *Independence*: 16 August 1960 (from UK). Note: Turkish Cypriot area proclaimed self-rule on 13 February 1975 from Republic of Cyprus. *National holiday*: Independence Day, 1 October; Turkish Cypriot celebrates 15 November as Independence Day.

Flag description

White with a copper-colored silhouette of the island (the name Cyprus is derived from the Greek word for copper) above two green crossed olive branches in the center of the flag; the branches symbolize the hope for peace and reconciliation between the Greek and Turkish communities note: the Turkish Cypriot flag has a horizontal red stripe at the top and bottom between which is a red crescent and red star on a white field.

Economy

Overview: Economic affairs are dominated by the division of the country into the southern (Greek) area controlled by the Cyprus Government and the northern Turkish Cypriot-administered area. The Greek Cypriot economy is prosperous but highly susceptible to external shocks. Erratic growth rates in the 1990s reflect the economy's vulnerability to swings in tourist arrivals, caused by political instability on the island and fluctuations in economic conditions in Western Europe. Economic policy in the south is focused on meeting the criteria for admission to the EU. As in the Turkish sector, water shortage is a growing problem, and several desalination plants are planned. The Turkish Cypriot economy has about one-fifth the population and one-third the per capita GDP of the south. Because it is recognised only by Turkey, it has had much difficulty arranging foreign financing, and foreign firms have hesitated to invest there. The economy remains heavily dependent on agriculture and government service, which together employ about half of the work force. Moreover, the small, vulnerable economy has suffered because the Turkish lira is legal tender. To compensate for the economy's weakness, Turkey provides direct and indirect aid to tourism, education, industry, etc.

Labor force: Greek Cypriot area: 289,400; Turkish Cypriot area: 80,200 (1998). *By occupation*: Greek Cypriot area: services 66.6%, industry 23.2%, Agriculture 10.2% (1998); Turkish Cypriot area: services 55.4%, industry 21.6%, Agriculture 23% (1997). *Unemployment rate*: Greek Cypriot area: 3.3% (1998 est.); Turkish Cypriot area: 6.4% (1997). *Currency*: Greek Cypriot area: 1 Cypriot pound = 100 cents; Turkish Cypriot area: 1 Turkish lira (TL) = 100 kuras.

Communications

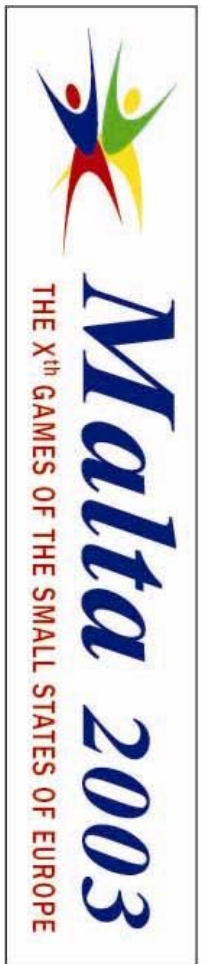
Telephones: Greek Cypriot area: 405,000 (1998); Turkish Cypriot area: 70,845 (1996). *Mobile cellular*: Greek Cypriot area: 68,000 (1998); Turkish Cypriot area: 70,000 (1999). *Telephone system*: excellent in both the Greek Cypriot and Turkish Cypriot areas. *Domestic*: open wire, fiber-optic cable, and microwave radio relay. *International*: tropospheric scatter; 3 coaxial and 5 fiber-optic submarine Cables; *Satellite earth stations*: 3 Intelsat (1 Atlantic Ocean and 2 Indian Ocean), 2 Eutelsat, 2 Intersputnik, and 1 Arabsat. *Radio broadcast stations*: Greek Cypriot area: AM 7, FM 60, short-wave 1 (1998); Turkish Cypriot area: AM 3, FM 11, short-wave 1 (1998). *Radios*: Greek Cypriot area: 310,000 (1997); Turkish Cypriot area: 56,450 (1994). *Television broadcast stations*: Greek Cypriot area: 4 plus 225 low-power repeaters; Turkish Cypriot area: 4 plus 5 repeaters (September 1995). *Televisions*: Greek Cypriot area: 248,000 (1997); Turkish Cypriot area: 52,300 (1994). *Internet Service Providers (ISPs)*: 5 (1999).

Transportation

Railways: 0 km. *Highways*: Total: Greek Cypriot area: 10,663 km (1998 est.); Turkish Cypriot area: 2,350 km (1996 est.). Paved: Greek Cypriot area: 6,249 km (1998 est.); Turkish Cypriot area: 1,370 km (1996 est.). Unpaved: Greek Cypriot area: 4,414 km (1998 est.); Turkish Cypriot area: 980 km (1996 est.). *Ports and harbors*: Famagusta,



Kyrenia, Larnaca, Limassol, Paphos, Vasilikos. *Airports:* 15 (1999 est.) 12 with paved 3 with unpaved runways. *Heliports:* 6 (1999 est.).





Iceland Fact Sheet

Background

Settled by Norwegians and Celtic (Scottish and Irish) immigrants during the late 9th and 10th centuries, Iceland boasts the world's oldest parliament, the Althing, established in 930. Independent for over 300 years, Iceland was subsequently ruled by Norway and Denmark. Limited home rule was granted in 1874 and complete independence attained in 1944. Literacy, longevity, income, and social cohesion are first-rate by world standards.

Geography

Location: Northern Europe, island between the Greenland Sea and the North Atlantic Ocean, northwest of the UK

Geographic coordinates: 65 00 N, 18 00 W

Map references: Arctic Region

Area

Total: 103,000 sq km.

Land: 100,250 sq km.

Water: 2,750 sq km.

Area comparative: slightly smaller than Kentucky.

Land boundaries: 0 km. *Coastline:* 4,988 km.

Maritime claims: *Continental shelf:* 200 nm or to the edge of the continental margin exclusive economic zone: 200 nm. *Territorial sea:* 12 nm. *Climate:* temperate; moderated by North Atlantic Current; mild, windy winters; damp, cool summers. *Terrain:* mostly plateau interspersed with mountain peaks, ice fields; coast deeply indented by bays and fiords. *Elevation extremes:* *Highest point:* Hvannadalshnukur 2,119 m

Natural resources: fish, hydropower, geothermal power, and diatomite.

Land use

Arable land: 0%.

Permanent crops: 0%. *Permanent pastures:* 23%.

Forests and woodland: 1%. *Other:* 76% (1993 est.).

Irrigated land: NA sq km.

People

Population: 276,365 (July 2000 est.)

Age structure: 0-14 years: 23% (male 33,119; female 31,222). 15-64 years: 65% (male 90,599; female 88,982). 65 years and over: 12% (male 14,555; female 17,888) (2000 est.)

Population growth rate: 0.57% (2000 est.)

Birth rate: 14.86 births/1,000 population (2000 est.)

Death rate: 6.87 deaths/1,000 population (2000 est.)

Net migration rate: -2.3 migrant(s)/1,000 population (2000 est.)

Nationality

Noun: Icelander(s).

Adjective: Icelandic. *Ethnic groups:* homogeneous mixture of descendants of Norwegians and Celts.

Religions: Evangelical Lutheran 91%, other Protestant and Roman Catholic, none (1997).

Languages: Icelandic.



Country name

Conventional long form: Republic of Iceland. *Conventional short form:* Iceland. *Local long form:* Lyoveldio Island. *Data code:* IC. *Government type:* constitutional republic. *Capital:* Reykjavik. *Independence:* 17 June 1944 (from Denmark). *National holiday:* Anniversary of the Establishment of the Republic, 17 June (1944).

Flag description

Blue with a red cross outlined in white that extends to the edges of the flag; the vertical part of the cross is shifted to the hoist side in the style of the Dannebrog (Danish flag)

Economy

Overview: Iceland's Scandinavian-type economy is basically capitalistic, yet with an extensive welfare system, low unemployment, and remarkably even distribution of income. The economy depends heavily on the fishing industry, which provides 70% of export earnings and employs 12% of the work force. In the absence of other natural resources (except for abundant hydrothermal and geothermal power), Iceland's economy is vulnerable to changing world fish prices. The economy remains sensitive to declining fish stocks as well as to drops in world prices for its main exports: fish and fish products, aluminum, and ferrosilicon. The center-right government plans to continue its policies of reducing the budget and current account deficits, limiting foreign borrowing, containing inflation, revising agricultural and fishing policies, diversifying the economy, and privatizing state-owned industries. The government remains opposed to EU membership, primarily because of Icelanders' concern about losing control over their fishing resources. Iceland's economy has been diversifying into manufacturing and service industries in the last decade, and new developments in software production, biotechnology, and financial services are taking place. The tourism sector is also expanding, with the recent trends in ecotourism and whale watching. Growth is likely to slow in 2000, to a still respectable 3.5%.

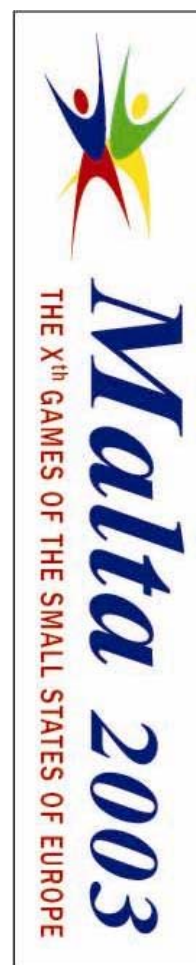
Labor force: 131,000 (1999). *By occupation:* manufacturing 12.9%, fishing and fish processing 11.8%, construction 10.7%, other services 59.5%, agriculture 5.1% (1999). *Unemployment rate:* 2.4% (1999 est.). *Currency:* 1 Icelandic krona (IKr) = 100 aurar.

Communications

Telephones: 162,310 (1997). *Mobile cellular:* 65,746 (1997). *Telephone system:* adequate domestic service - *Domestic:* the trunk network consists of coaxial and fiber-optic cables and microwave radio relay links. *International:* satellite earth stations - 2 Intelsat (Atlantic Ocean), 1 Inmarsat (Atlantic and Indian Ocean regions); note - Iceland shares the Inmarsat earth station with the other Nordic countries (Denmark, Finland, Norway, and Sweden). *Radio broadcast stations:* AM 3, FM about 70 (including repeaters), short-wave 1 (1998). *Radios:* 260,000 (1997). *Television broadcast stations:* 14 (plus 156 low-power repeaters) (1997). *Televisions:* 98,000 (1997). *Internet Service Providers (ISPs):* 14 (1999).

Transportation

Railways: 0 km. *Highways:* Total: 12,689 km. *Paved:* 3,439 km. *Unpaved:* 9,250 km (1998 est.). *Ports and harbors:* Akureyri, Hornafjordur, Isafjordhur, Keflavik, Raufarhofn, Reykjavik, Seydhisfjordhur, Straumsvik, Vestmannaeyjar. *Airports:* 86 (1999 est.) 12 with paved and 74 unpaved runways.





Liechtenstein Fact Sheet

Background

The Principality of Liechtenstein was established within the Holy Roman Empire in 1719; it became a sovereign state in 1806. Until the end of World War I, it was closely tied to Austria, but the economic devastation caused by that conflict forced Liechtenstein to conclude a customs and monetary union with Switzerland. Since World War II (in which Liechtenstein remained neutral) the country's low taxes have spurred outstanding economic growth.

Geography

Location: Central Europe, between Austria and Switzerland

Geographic coordinates: 47 10 N, 9 32 E

Map references: Europe

Area

Total: 160 sq km

Land: 160 sq km

Water: 0 sq km

Area comparative: about 0.9 times the size of Washington, DC. *Land boundaries:* *Total:* 76 km. *Border countries:* Austria 35 km, Switzerland 41 km. *Climate:* continental; cold, cloudy winters with frequent snow or rain; cool to moderately warm, cloudy, humid summers. *Terrain:* mostly mountainous (Alps) with Rhine Valley in western third. *Elevation extremes:* *Lowest point:* Ruggeller Riet 430 m. *Highest point:* Grauspitz 2,599 m. *Natural resources:* hydroelectric potential, arable land.

Land use

Arable land: 24%

Permanent crops: 0%

Permanent pastures: 16%

Forests and woodland: 35%

Other: 25% (1993 est.)

Irrigated land: NA sq km

People

Population: 32,207 (July 2000 est.)

Age structure: *0-14 years:* 18% (male 2,970; female 2,988). *15-64 years:* 71% (male 11,379; female 11,370). *65 years and over:* 11% (male 1,393; female 2,107) (2000 est.).

Population growth rate: 1.02% (2000 est.). *Birth rate:* 11.83 births/1,000 population (2000 est.).

Death rate: 6.64 deaths/1,000 population (2000 est.). *Net migration rate:* 5.03 migrant(s)/1,000 population (2000 est.).

Nationality

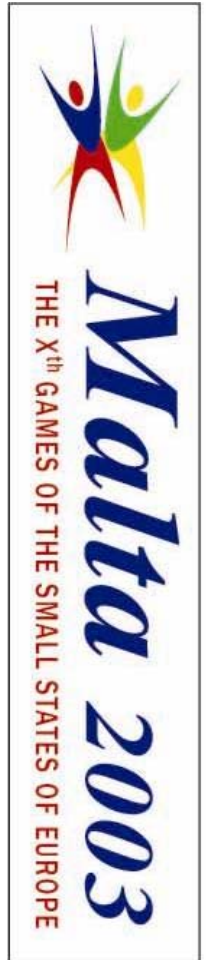
Noun: Liechtensteiner(s)

Adjective: Liechtenstein

Ethnic groups: Alemannic 87.5%, Italian, Turkish, and other 12.5%

Religions: Roman Catholic 80%, Protestant 7.4%, unknown 7.7%, other 4.9% (1996)

Languages: German (official), Alemannic dialect.



Country name

Conventional long form: Principality of Liechtenstein

Conventional short form: Liechtenstein

Local long form: Fuerstentum Liechtenstein

Local short form: Liechtenstein

Data code: LS

Government type: hereditary constitutional monarchy

Capital: Vaduz

Independence: 23 January 1719 Imperial Principality of Liechtenstein established; 12 July 1806 established independence from the Holy Roman Empire. *National holiday:* Assumption Day, 15 August.

Economy

Overview: Despite its small size and limited natural resources, Liechtenstein has developed into a prosperous, highly industrialized, free-enterprise economy with a vital financial service sector and living standards on a par with the urban areas of its large European neighbors. Low business taxes - the maximum tax rate is 18% - and easy incorporation rules have induced about 73,700 holding or so-called letterbox companies to establish nominal offices in Liechtenstein, providing 30% of state revenues. The country participates in a customs union with Switzerland and uses the Swiss franc as its national currency. It imports more than 90% of its energy requirements. Liechtenstein has been a member of the European Economic Area (an organization serving as a bridge between European Free Trade Association (EFTA) and EU) since May 1995. The government is working to harmonize its economic policies with those of an integrated Europe.

Labor force: 22,891 of which 13,847 are foreigners; 8,231 commute from Austria and Switzerland to work each day. *By occupation:* industry, trade, and building 45%, services 53%, agriculture, fishing, forestry, and horticulture 2% (1997 est.). *Unemployment rate:* 1.8% (February 1999)

Currency: 1 Swiss franc, franken, or franco (SFR) = 100 centimes, rappen, or centesimi.

Communications

Telephones: 19,000 (1995)

Mobile cellular: NA

Telephone system: automatic telephone system. *Domestic:* NA

International: linked to Swiss networks by cable and microwave radio relay

Radio broadcast stations: AM 0, FM 4, short-wave 0 (1998)

Radios: 21,000 (1997)

Television broadcast stations: NA (linked to Swiss networks) (1997)

Televisions: 12,000 (1997)

Internet Service Providers (ISPs): 115 (Liechtenstein and Switzerland) (1999)

Transportation

Railways: total: 18.5 km; note - owned, operated, and included in statistics of Austrian Federal Railways standard gauge: 18.5 km 1.435-m gauge (electrified)

Highways: total: 250 km. *Paved:* 250 km. *Unpaved:* 0 km

Ports and harbors: none

Airports: none





Luxembourg Fact Sheet

Background

Founded in 963, Luxembourg became a grand duchy in 1815 and an independent state under the Netherlands. It lost more than half of its territory to Belgium in 1839, but gained a larger measure of autonomy. Full independence was attained in 1867. Overrun by Germany in both World Wars, it ended its neutrality in 1948 when it entered into the Benelux Customs Union and when it joined NATO the following year. In 1957, Luxembourg became one of the six founding countries of the European Economic Community (later the European Union) and in 1999 it joined the euro currency area.

Geography

Location: Western Europe, between France and Germany

Geographic coordinates: 49 45 N, 6 10 E

Map references: Europe

Area

Total: 2,586 sq km

Land: 2,586 sq km

Water: 0 sq km

Area comparative: slightly smaller than Rhode Island.

Land boundaries: total: 359 km.

Border countries: Belgium 148 km, France 73 km, Germany 138 km.

Climate: modified continental with mild winters, cool summers.

Terrain: mostly gently rolling uplands with broad, shallow valleys; uplands to slightly mountainous in the north; steep slope down to Moselle flood plain in the southeast. *Elevation extremes: lowest point:* Moselle River 133 m. *Highest point:* Burgplatz 559 m. *Natural resources:* iron ore (no longer exploited), arable land.

Land use

Arable land: 24%

Permanent crops: 1%

Permanent pastures: 20%

Forests and woodland: 21%

Other: 34%

Irrigated land: 10 sq km (including Belgium) (1993 est.)

People

Population: 437,389 (July 2000 est.). *Age structure: 0-14 years:* 19% (male 42,375; female 40,109). *15-64 years:* 67% (male 148,205; female 145,325). *65 years and over:* 14% (male 24,446; female 36,929) (2000 est.). *Population growth rate:* 1.27% (2000 est.). *Birth rate:* 12.45 births/1,000 population (2000 est.). *Death rate:* 8.91 deaths/1,000 population (2000 est.). *Net migration rate:* 9.21 migrant(s)/1,000 population (2000 est.).

Nationality

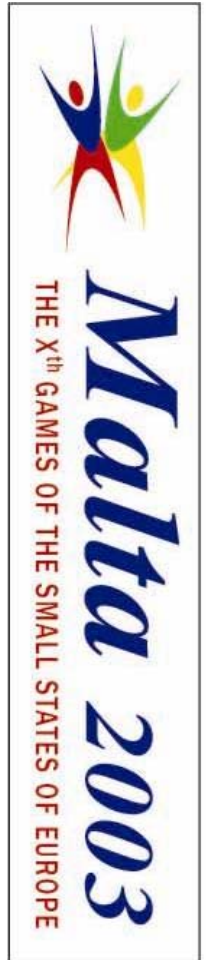
Noun: Luxembourger(s)

Adjective: Luxembourg

Ethnic groups: Celtic base (with French and German blend), Portuguese, Italian, and European (guest and worker residents).

Religions: Roman Catholic 97%, Protestant and Jewish 3%.

Languages: Luxembourgian, German, French, English.



Country name

Conventional long form: Grand Duchy of Luxembourg

Conventional short form: Luxembourg

Local long form: Grand-Duche de Luxembourg

Data code: LU

Government type: constitutional monarchy

Capital: Luxembourg

Independence: 1839 (from the Netherlands)

National holiday: National Day, 23 June (1921) (public celebration of the Grand Duke's birthday).

Flag description

Three equal horizontal bands of red (top), white, and light blue; similar to the flag of the Netherlands, which uses a darker blue and is shorter; design was based on the flag of France.

Economy

Overview: The stable, high-income economy features moderate growth, low inflation, and low unemployment. The industrial sector, until recently dominated by steel, has become increasingly more diversified to include chemicals, rubber, and other products. During the past decades, growth in the financial sector has more than compensated for the decline in steel. Services, especially banking, account for a growing proportion of the economy. Agriculture is based on small family-owned farms. Luxembourg has especially close trade and financial ties to Belgium and the Netherlands, and as a member of the EU, enjoys the advantages of the open European market. It joined with 10 other EU members to launch the euro on 1 January 1999.

Labor force: 236,400 (one-third of labor force is foreign workers, mostly from Portugal, Italy, France, Belgium, and Germany) (1998 est.). *By occupation:* services 83.2%, industry 14.3%, agriculture 2.5% (1998 est.). *Unemployment rate:* 2.7% (1999 est.).

Currency: 1 Luxembourg franc (LuxF) = 100 centimes; note - centimes no longer in use.

Communications

Telephones: 314,700 (1999).

Mobile cellular: 95,400 (1999)

Telephone system: highly developed, completely automated and efficient system, mainly buried cables. *Domestic:* nationwide cellular telephone system; buried cable. *International:* 3 channels leased on TAT-6 coaxial submarine cable (Europe to North America).

Radio broadcast stations: AM 2, FM 9, short-wave 2 (1999). *Radios:* 285,000 (1997).

Television broadcast stations: 8 (1999). *Televisions:* 285,000 (1998 est.).

Internet Service Providers (ISPs): 13 (1999).

Transportation

Railways: total: 274 km. *Standard gauge:* 274 km 1.435-m gauge (242 km electrified; 178 km double track) (1998). *Highways: total:* 5,166 km. *Paved:* 5,166 km (including 118 km of expressways). *Unpaved:* 0 km (1998 est.).

Waterways: 37 km; Moselle

Pipelines: petroleum products 48 km

Ports and harbors: Mertert

Airports: 2 (1999 est.) with 1 paved and 1 unpaved runways.





Monaco Fact Sheet

Background

Economic development was spurred in the late 19th century with a railroad linkup to France and the opening of a casino. Since then, the principality's mild climate, splendid scenery, and gambling facilities have made Monaco world famous as a tourist and recreation center.

Geography

Location: Western Europe, bordering the Mediterranean Sea, on the southern coast of France, near the border with Italy.

Geographic coordinates: 43 44 N, 7 24 E

Map references: Europe

Area

Total: 1.95 sq km

Land: 1.95 sq km

Water: 0 sq km

Area comparative: about three times the size of The Mall in Washington, DC

Land boundaries: Total: 4.4 km. *Border countries:* France 4.4 km

Coastline: 4.1 km

Maritime claims: Territorial sea: 12 nm.

Climate: Mediterranean with mild, wet winters and hot, dry summers

Terrain: hilly, rugged, rocky

Elevation extremes: Lowest point: Mediterranean Sea 0 m. *Highest point:* Mont Agel 140 m

Natural resources: none

Land use

Arable land: 0%

Permanent crops: 0%

Permanent pastures: 0%

Forests and woodland: 0%

Other: 100% (urban area)

People

Population: 31,693 (July 2000 est.).

Age structure: 0-14 years: 15% (male 2,449; female 2,336).

15-64 years: 62% (male 9,723; female 10,074).

65 years and over: 23% (male 2,907; female 4,204) (2000 est.). *Population growth rate:* 0.48% (2000 est.). *Birth rate:* 9.94 births/1,000 population (2000 est.). *Death rate:* 13.06 deaths/1,000 population (2000 est.). *Net migration rate:* 7.89 migrant(s)/1,000 population (2000 est.).

Nationality

Noun: Monegasque(s) or Monacan(s)

Adjective: Monegasque or Monacan

Ethnic groups: French 47%, Monegasque 16%, Italian 16%, other 21%

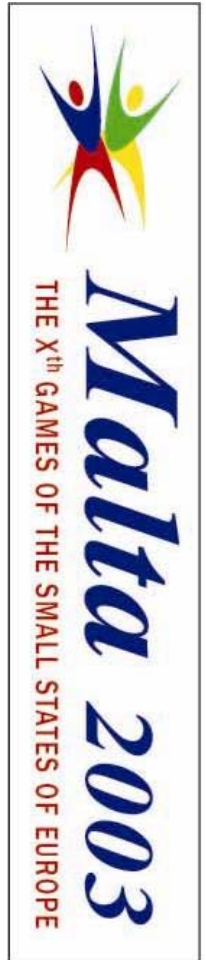
Religions: Roman Catholic 90%

Languages: French (official), English, Italian, Monegasque.

Country name

Conventional long form: Principality of Monaco

Conventional short form: Monaco



Local long form: Principaute de Monaco

Local short form: Monaco

Data code: MN

Government type: constitutional monarchy

Capital: Monaco

Independence: 1419 (beginning of the rule by the House of Grimaldi)

National holiday: National Day, 19 November

Flag description

Two equal horizontal bands of red (top) and white; similar to the flag of Indonesia which is longer and the flag of Poland which is white (top) and red.

Economy

Overview: Monaco, situated on the French Mediterranean coast, is a popular resort, attracting tourists to its casino and pleasant climate. The Principality has successfully sought to diversify into services and small, high-value-added, nonpolluting industries. The state has no income tax and low business taxes and thrives as a tax haven both for individuals who have established residence and for foreign companies that have set up businesses and offices. The state retains monopolies in a number of sectors, including tobacco, the telephone network, and the postal service. Living standards are high, roughly comparable to those in prosperous French metropolitan areas. Monaco does not publish national income figures; the estimates below are extremely rough.

Labor force: 30,540 (January 1994)

Unemployment rate: 3.1% (1998)

Currency: 1 French franc (F) = 100 centimes

Communications

Telephones: 31,027 (1995)

Mobile cellular: 2,560 (1994)

Telephone system: automatic telephone system. *Domestic:* NA. *International:* no satellite earth stations; connected by cable into the French communications system.

Radio broadcast stations: AM 1, FM NA, short-wave 8 (1998)

Radios: 34,000 (1997)

Television broadcast stations: 5 (1997)

Televisions: 25,000 (1997)

Internet Service Providers (ISPs): 4 (1999)

Transportation

Railways: Total: 1.7 km. *Standard gauge:* 1.7 km 1.435-m gauge

Highways: Total: 50 km. *Paved:* 50 km. *Unpaved:* 0 km (1996 est.).

Ports and harbors: Monaco

Airports: linked to airport in Nice, France, by helicopter service

Heliports: 1 (shuttle service between the international airport at Nice, France, and Monaco's heliport at Fontvieille).





San Marino Fact Sheet

Background

The world's third smallest state also claims to be the world's oldest republic, founded by Saint Marinus (for whom the country is named) in 301 A. D. Social and political trends in the republic also track closely with those of its larger neighbor.

Geography

Location: Southern Europe, an enclave in central Italy

Geographic coordinates: 43 46 N, 12 25 E

Map references: Europe

Area:

Total: 60.5 sq km

Land: 60.5 sq km

Water: 0 sq km

Area comparative: about 0.3 times the size of Washington, DC

Land boundaries: Total: 39 km. Border countries: Italy 39 km.

Climate: Mediterranean; mild to cool winters; warm, sunny summers

Terrain: rugged mountains.

Elevation extremes: Lowest point: Torrente Ausa 55 m.

Highest point: Monte Titano 749 m.

Natural resources: building stone.

Land use

Arable land: 17%

Permanent crops: 0%

Permanent pastures: 0%

Forests and woodland: 0%

Other: 83% (1993 est.)

Irrigated land: NA sq km

People

Population: 26,937 (July 2000 est.)

Age structure: 0-14 years: 16% (male 2,181; female 2,038).

15-64 years: 68% (male 8,992; female 9,425).

65 years and over: 16% (male 1,849; female 2,452) (2000 est.)

Population growth rate: 1.49% (2000 est.)

Birth rate: 10.88 births/1,000 population (2000 est.)

Death rate: 7.65 deaths/1,000 population (2000 est.)

Net migration rate: 11.62 migrant(s)/1,000 population (2000 est.)

Nationality:

Noun: Sammarinese (singular and plural)

Adjective: Sammarinese

Ethnic groups: Sammarinese, Italian

Religions: Roman Catholic

Languages: Italian

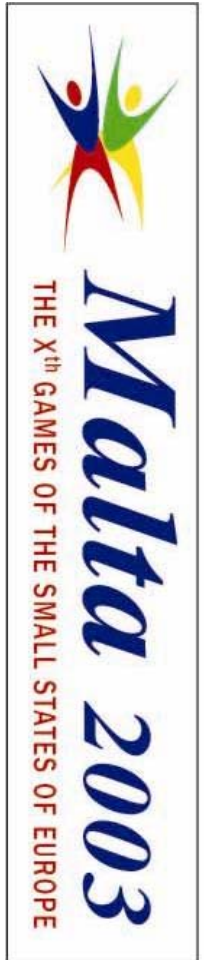
Country name

Conventional long form: Republic of San Marino

Conventional short form: San Marino

Local long form: Repubblica di San Marino

Local short form: San Marino



Data code: SM

Government type: republic

Capital: San Marino

Independence: 301 (by tradition)

National holiday: Anniversary of the Foundation of the Republic, 3 September (301)

Economy

Overview: The tourist sector contributes over 50% of GDP. In 1997 more than 3.3 million tourists visited San Marino. The key industries are banking, wearing apparel, electronics, and ceramics. Main agricultural products are wine and cheeses. The per capita level of output and standard of living are comparable to those of Italy, which supplies much of its food.

Labor force: 15,600 (1995)

By occupation: services 60%, industry 38%, agriculture 2% (1998 est.).

Unemployment rate: 3.6% (April 1996).

Currency: 1 Italian lira (Lit) = 100 centesimi; note - also mints its own coins.

Communications

Telephones: 18,000 (1998)

Mobile cellular: 3,010 (1998)

Telephone system: *Domestic:* automatic telephone system completely integrated into Italian system. *International:* microwave radio relay and cable connections to Italian network; no satellite earth stations.

Radio broadcast stations: AM 0, FM 3, short-wave 0 (1998)

Radios: 16,000 (1997)

Television broadcast stations: 1 (San Marino residents also receive broadcasts from Italy) (1997)

Televisions: 9,000 (1997)

Internet Service Providers (ISPs): 1 (1999)

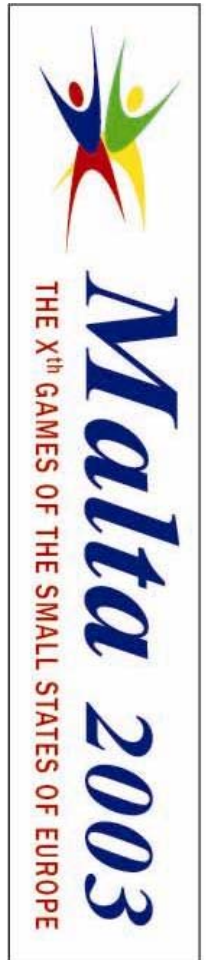
Transportation

Railways: 0 km; note - there is a 1.5 km cable railway connecting the city of San Marino to Borgo Maggiore.

Highways: *Total:* 220 km. *Paved:* NA km. *Unpaved:* NA km

Ports and harbors: none

Airports: none



f) Sports Science Fact Sheet

Support for the Athletes

Sports science is about using a scientific approach to help improve sports performance. Coaching, sports science and sports medicine have been considered as separate disciplines, however they are clearly interrelated as they all aim to contribute to and enhance performance.



Sports science sometimes involves visiting a laboratory but often the scientist works with the coach and athletes in the normal training environment.

Sports science is made up of three main areas, sports physiology, sports biomechanics, and sports psychology. In Malta the sports science/medicine team consists of a sports medicine specialist, doctors, a physiologist, biochemist, psychologist, physiotherapists, and coaching specialist. Because of the many risks that sports presents to the medical and psychological well-being of the athlete, a team approach is necessary.

The Role of the Coach

The role of the coach is to create the right conditions for learning to take place and to find ways of motivating the athletes. Most athletes are highly motivated and therefore the task is to maintain that motivation and to generate excitement and enthusiasm. The roles that a coach undertakes include:

- **Advisor** - Advises athletes on training and suitable equipment.
- **Assessor** - Assessing athlete's performance in training and in competition.
- **Chauffeur** - Transporting them to sporting events.
- **Counsellor** - listens to the athletes and helps them resolve emotional problems.
- **Demonstrator** - Demonstrates to the athletes the skill you require them to perform.



- **Friend** - Over the years of working with an athlete a personal relationship is built up where you also become someone, who they can discuss their problems or share their success with.
- **Facilitator** - Identify suitable competitions for them to compete in.
- **Fact finder** - Gathering data of national and international results and to keep abreast of current training techniques.
- **Fountain of knowledge** - a coach will often be asked questions on sporting events, events that were on the television, diet, injuries and topics unrelated to their sport.
- **Instructor** - Instructing athletes in the skills of their sport.
- **Mentor** - When athletes attend training sessions you are responsible for ensuring that they are safe and secure. You have to monitor their health and safety whilst training and support them should they have any problems or sustain any injuries.
- **Motivator** - Maintain the motivation of all the athletes the whole year round.
- **Organiser and planner** - Preparation of training plans for each athlete and organise attendance at meetings and coaching clinics.
- **Supporter** - Competition can be a very nerve racking experience for some athletes and often they like you to be around to help support them through the pressures.



A coach needs to:

- know how to **communicate** effectively with his/her athletes
- understand the **learning process** and **training principles**
- understand and implement appropriate **teaching methods**
- understand the various **coaching styles**
- understand the capabilities of **growing children**
- advise athletes on **track safety**
- understand the causes and recognise the symptoms of **over-training**
- understand how to reduce the risk of **injury** to the athletes
- prepare **training programmes** to meet the needs of each athlete
- assist athletes to develop new **skills**
- use **evaluation tests** to monitor training progress and predicting performance
- advise athletes on their **nutritional** needs
- understand and know how to develop the athlete's **energy systems**
- advise athletes on **relaxation** and **mental** skills
- advise athletes on the use of legal **supplements**

- evaluate the athlete's **competition performance**
- evaluate **athlete/training and athlete/coach performance**

The role of the sports medicine specialist

Sports Medicine is a field of medicine with a special concern for the needs of athletes and their injuries. The goal of a sports medicine physician is to fully treat the athlete's injury and return him/her to play as soon as it is safe to do so.

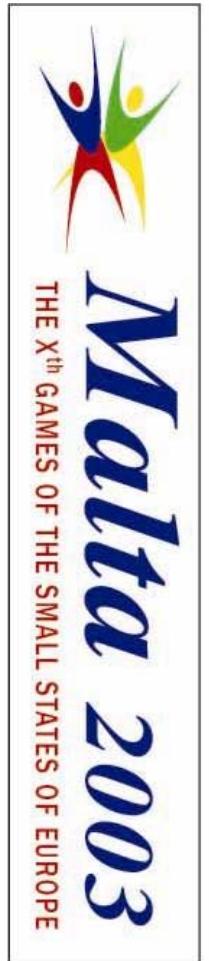
The physician's role in the treatment of athletic injuries consists of diagnosis and development of a treatment plan. Most common athletic injuries involve either acute sprains and or strains of the muscles, tendons and ligaments, or overuse injuries and stress fractures. Another important consideration is when it is safe for the athlete to return to his sport.

The medical care of sport teams and events is one of the most challenging in sports medicine. It requires both specific sports medicine skills, general medical knowledge, knowledge of the specific sport covered, communication and management skills.

The interface of sports medicine and organisation requires knowledge of three areas:

- administration and management, liaison with other persons/bodies involved in the same event or team
- sports medicine
- the specific sport being covered

The team physician needs to have the ability to work within and fit in the organisational structure of the team. It is important to understand that in this situation the doctor's role is one of support: to assist team members to play to the maximum of their ability at all times.



The sports medicine team

The team physician heads the sports medicine team, which may comprise a variety of paramedical professionals, such as physiotherapists, physical trainer, physiologists, biochemist and sports psychologist.

Roles

The role of the team doctor is a wide ranging one. He/she holds the ultimate responsibility for the diagnosis and management of medical and injury problems within the members of the team. This includes preventive aspects such as immunisation, and specific strategies to minimise the risk of injury throughout the season. Areas of responsibility include:

- Pre-season screening of all athletes
- Establishment of preventive measures
- Injury assessment and management
- General medical management
- Nutritional aspects
- Communication with other team members

The Role of the Physiologist and Biochemist

Every sport requires a specific type of fitness and anyone who intends to succeed will spend a considerable amount of time and effort training to improve it. The work of an exercise physiologist/biochemist involves assisting an individual or team in attaining their physical potential by providing them with knowledge, which can optimise the effectiveness of training.

The physiologist and biochemist test athletes in the functional diagnostic laboratory (FDL) at the National Pool Complex. These tests provide practical information that can be utilized to better the athlete's training. The tests include checking out:

- 1) the athlete's **basic level of health** which includes heart rate, blood pressure, haemoglobin content in the blood at rest
- 2) **spirometry**- estimates lungs and breathing system capability
- 3) **anaerobic capacity of alactate system**- this is a power test to estimate leg muscle strength, power of lower limb muscles
- 4) **metabolic cost**- compares consumption of oxygen at rest to that under vigorous exercise



- 5) **aerobic capacity**- maximal uptake of oxygen (VO₂ max) is calculated- this indicates the relative cardio-vascular fitness of an athlete and thus allow a coach and athlete to tailor a training program to increase fitness
- 6) **lactate thresholds**- estimate the realisation of the athlete's fitness and readiness to competition, determine appropriate heart rate and race pace for an athlete, predict distance training performance and can be used to prescribe training intensity. The percentage of oxygenated and glycolytic muscle fibres in working muscles can also be calculated.
- 7) **Arm muscle strength and endurance/bench press**- to estimate maximal and endurance strength of shoulders/arms and upper limbs muscle
- 8) **Optojump** test-estimates neuromuscular response on vertical jump/speed force muscle capacity; speed reaction
- 9) **Body composition**-percentage of body fat, muscle mass, body fat distribution
- 10) **Anaerobic threshold field test** - estimates the level of aerobic fast/slow endurance, realisation of athlete's fitness and readiness for competition, to determine appropriate heart rate, race pace for an athlete's training.

The role of the sports psychologist

In sport today, it is assumed that any athlete competing at a high standard has to be at his best level of physical and technical preparation. However athletes also need to emphasize strongly on preparing themselves mentally.

The aim of sport and exercise psychology is to understand and enhance sport performance by identifying which psychological factors affect an individual's performance and also how participation affects a person's psychological development, health and well-being. If an athlete is anxious before a competition does it affect his performance? If the athlete is not able to regulate his arousal/ anxiety levels then yes it will affect his performance. If I participate in sport does it make me more self-confident, is there a less likely chance that I will suffer from depression? Research has found that regular exercise does improve mental well-being.

Athletes spend a considerable amount of time physically practicing to get an edge on the competition. Yet some sports are 90% mental. When there are two athletes that are physically equal, it is the athlete who is mentally prepared and confident that will come out on top. Sport psychology is not just for elite athletes but also for children and recreational athletes. A psychologist helps athletes enhance their performance by improving on their mental skills, being able to regulate their anxiety and arousal levels,



improving concentration skills, group dynamics, relationships between athletes and coaches/administrators, attitude management/ self-confidence issues, goal-setting, coping with injuries, pre-performance routines and performance enhancing skills such as imagery/visualization. Of course a psychologist also helps athletes deal with life stresses, relationship issues, nutrition habits, time management etc.

A sport psychologist holds regular sessions with athletes in a relaxed environment or else at the training/competition site. It is first important to educate the athlete as to what sport psychology is all about and to assess the athletes needs by observing them during training/competition and by interviewing them. A sports psychologist is also often present for competition so as to give support and feedback to the athlete.

The Role of the Physiotherapist

Physiotherapists help athletes achieve their highest level of physical functioning by providing them with a personalized treatment plan based on their specific needs.

Just some examples of how a physiotherapist can help you include:

- Preventing and treating sports injuries
- Restoring and increasing range of motion in joints
- Increasing coordination
- Counselling and educating
- Educating clients in the use of devices such as canes, crutches and wheelchairs
- Helping injured individuals return to sport successfully
- Alleviating pain.

Physiotherapists can offer you:

- Assessment of movement, strength, endurance and other physical abilities;
- Assessment of the impact of an injury or disability on your physical functioning;
- Assessment of physical preparation for work and sports;
- Program planning and education to restore movement and reduce pain; and,

Individualized treatment of an injury or disability based on scientific knowledge, a thorough assessment of the condition, environmental factors and lifestyle.



Weight management in sports where athletes are classified into weight categories.

Weight management is a necessary part of most athletes' training. Serious athletes self-monitor weight and diet for many reasons including to fit a weight category in judo, wrestling and weightlifting; in certain sports such as gymnastics to appear attractive in front of judges; in other sports such as sailing, there is an ideal weight so as to try and reach the ultimate performance potential.

Unfortunately some athletes engage in poor weight-management practices, thus experiencing compromised competitive ability. Rapid weight loss often results in loss of lean body mass. The weight loss generally comes from water depletion. When an athlete is dehydrated he/she cannot perform well.

Athletes in sports such as judo usually try to lose a number of kilos in just a few days. The techniques they use to do this include dehydration through excessive exercising usually wearing layers of clothing, sauna; consuming few calories; fasting for a number of hours; self-induced vomiting and use of laxatives. A desire to perform and win at high levels influences the athletes to compete at below their natural body weight hoping that by competing against lighter opponents they will be more successful. The athlete typically does not have enough time to fully rehydrate before competition and thus competes in a weakened state.

Doping

For an athlete, the prospect of winning a medal in the media spotlight represents a springboard to fame and fortune. The pressure exerted by the athletes' entourage and sponsors, amplified by personal ambition, can drive some of them to use illegal means to reach their ends. Thus the spectre of doping hovers over the Games.

Banned substances taken in secret can enhance an athlete's physical abilities and improve their performance. At the same time this practice renders the results meaningless, makes a mockery of the concept of the level playing field, betrays the trust of spectators and, most importantly, puts the athlete's health in danger.

In order to combat doping a number of dissuasive measures have been taken, such as drug tests and the expulsion of athletes who test positive.



In the long term it is the growing awareness of the risks of doping and the education of young people in the values of sport and fair play, which will help to change mentalities and to reinforce the true spirit of the Games.

