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Cover 1

Couverture 1

2nd Taekwondo Championship

2ème Championnat de Taekwondo
Chers Amis,

La réalisation, grâce à nos activités sportives militaires, de nos idéaux exprimés dans la devise du CISM « Amitié par le Sport », se poursuit de façon très satisfaisante.

La preuve tangible en est fournie par la description dans le présent numéro des nombreuses activités menées à bonne fin au cours de l’année passée. 1987 fut une année recroque avec pas moins de 18 championnats mondiaux !

Mais il ne suffit pas de réaliser beaucoup de choses, il est tout aussi important de le faire connaître. Notre magazine constitue très certainement un excellent moyen de communication, encore faut-il qu’il connaisse une plus large diffusion.

Comment atteindre cet objectif ?

Vous aurez, en effet, remarqué les efforts consentis par le Secrétariat Général pour donner à notre revue l’image de marque que mérite notre prestigieuse organisation.

L’intérêt croissant que Sport International suscite dans les milieux les plus divers tant pour son contenu que pour sa présentation agréable nous incite à prendre une nouvelle initiative : à l’image du CISM, notre revue devient quadrilingue.

Pour certains articles et dans la mesure de nos moyens, nous introduisons dorénavant des textes en arabe et en espagnol.

Aussi, je propose à tous les Chefs de délégation et en particulier des pays arabes et hispaniques d’approuver et d’encourager ce nouvel élan de deux façons :
- par l’envoi d’articles intéressants avec photos en noir et blanc et en couleurs, avec légendes et si possible, avec traduction en français ou en anglais ;
- par la souscription d’un nombre significativement plus important d’abonnements à notre revue.

Je compte sur vous chers Amis !

Colonel (BEM) Roland KESTELOOT
Secrétaire Général Permanent

Dear Friends,

The furtherance of our aims expressed in the CISM motto « Friendship through Sport » thanks to our military sports activities is continuing very satisfactorily.

This issue of our magazine amply demonstrates the large number of activities carried out during the past year. 1987 was a record year with no fewer than 18 world championships taking place !

But it is not sufficient to have these activities staged; it is just as important to publicise what we are doing. Our magazine is undoubtedly an excellent means of communication, provided its circulation can be stepped up.

How can we make this happen ?

You will have noticed the General Secretariat’s efforts to produce an appropriately up-market review for our prestigious organisation.

The accrued interest in Sport International voiced from various circles, both for its contents and for its pleasant presentation, has sparked off a new initiative, namely the concept that our review should become quadrilingual to match CISM’s image.

In the future, to the best of our ability, we shall endeavour to have some articles featured in Arabic and in Spanish. Therefore I would urge all Chiefs of delegation and in particular those from Arab and Hispanic zones to approve and encourage this new step forward in two ways :
- by contributing interesting articles accompanied by black and white and colour photographs with captions as well as a translation in English or French ;
- by subscribing to a substantially higher number of copies of our review.

I am counting on the good cooperation of you all !

Colonel Roland KESTELOOT, psc
Permanent Secretary General
THE IMPORTANCE OF THE FORMATION AND RECYCLING OF MILITARY SPORTS MANAGERS

A CASE STUDY

The organisation and staging of physical activities and sports events nowadays presents a full range of new problems hitherto unknown.

To be effective, a manager today, as a sports executive, needs to have acquired not only the necessary cultural know-how but also a technical and organisational expertise matching the development of the sports phenomenon over recent years which, it is expected, will continue in the future.

Technically speaking, the sports world has progressed considerably, either by the creation of a technical culture which is practically universally recognised, or by the formation of instructors and coaches according to new theories and methods.

However, the regular comparison of the athletic performances hatched up for different teams and countries is driving technical schools worldwide to compete against each other. This in itself guarantees an overall improvement.

In these national and international confrontations, comparison is conducted almost exclusively in terms of technical values; the managerial parameters very rarely come into the picture.

It can thus be stated that the lack of direct rivalry in the past has restrained the development of sports management.

Thanks to the individual initiative of some national federations, the formation of the real sports executive culture is being undertaken in some countries. This has meant the setting up of ambitious advanced programmes for the formation and recycling of sports managers based on state-of-the-art objectives using methods and modern didactical materials.

In each country, military physical sports activities have different salient features to civilian events. However, there are many similarities in the technical sphere alone and the need to tackle this matter is so urgent that it is now vital that a programme be launched for the formation and recycling of military sports managers. In 1981, the Italian General Defence Staff conducted its 1st Course for Military Sports Executives within the framework of an agreement with the Research Centre of the Italian Athletics Federation and the Italian Olympic Committee.

We would like to explain here what we mean by sports management «culture» and «formation» of sports executives.

Culture encompasses the overall theories, concepts and first steps for the executive (in the business world in commercial, administrative or social sectors, etc.) as applied to the sports world.

Formation represents the preparational process through which a sports executive must pass to be able to work, geared with the organisational theories and methods to resolve his professional problems as and when they crop up.

Even in this case, it is easy to compare with the technical side of the sports world where culture is represented by concepts of anatomy, physiology, biology and biomechanics applied to each sport speciality; the formation enables us to prepare coaches capable of developing an individualised training methodology to cater for each of their athletes needs.

On the practical side, if CISM is to commit itself in this field (and therefore to urge each country to do likewise on an individual basis also), it must achieve the following two objectives through the Academy:

- Create a research department in sports management which can take care of the printing of texts and of original documents or of synopses on different sports. This would include for instance articles on the main management principles on organisational theory and techniques, the leader's role, the delegating system, the conducting of meetings, funding and budget drafting,... These are only a few - not necessarily the most important - of the topics to be included in the curriculum of the basic sports management course.

- Create a management training centre, headed by an exceptionally qualified and competent director capable not only of giving instruction - in this he is helped by «outside» teachers - but of steering a far-sighted project using suitable methods geared towards imparting information and training sports executives with a view to their gaining the know-how and acumen to manage a sports organisation.

In the international sports environments, the idea is developing that the biggest commitment for the 1990s, and beyond, will be that of forming and recycling thousands of sports executives - in most cases elected officials, volunteers and amateurs who as a body represent the brains of the great international sports movement in which each plays an active part.

It is also thought that if this matter is not resolved, it will be impossible to resolve the many other problems which at first sight do not appear to be inherent such as those of the lack of sports infrastructure, of doping, of partnerships and of contacts between organising executives and sponsors.

By Lt-Colonel G. Gola
Scientific Director of an Italian pilot course
CISM PTC Chairman for Track & Field
and Section Chief of the CISM Academy
JEUX OLYMPIQUES – OLYMPIC GAMES

THE 24th SEOUL OLYMPICS AND R.O.K. MILITARY

Colonel Park Min Sik,
Armed Forces Olympic Support Unit

The host country's military has always been a substantial source of support for the organisation of the Olympic Games and its contribution has proved itself to be an important factor in the successful staging of the Games. It is a great privilege for me to contribute this article on R.O.K. (*) military support for the 24th Seoul Olympic Games and I should particularly like to extend my sincere gratitude to CISM for making this contribution possible.

The following topics will be covered in this article:
- R.O.K. military preparations for the 24th Seoul Olympic Games and its support in the Asian Games.
- Supporting Programs for the 24th Seoul Olympic Games.
- The Results and Accomplishments of the Olympic Support.

R.O.K. MILITARY PREPARATIONS FOR THE OLYMPIC AND ASIAN GAMES

As the main duty of the military is to be faithful to its country and people and to ensure their security and property, the ROK military correspondingly devotes itself to its own duty and responsibility. It is well known that all the young men of ROK are called up for national military service; the ROK military, as a group of young men, has made a great contribution to Korean sports development.

Furthermore, ROK being a developing country which needs to maintain a strong force to defend itself, it is only natural for the ROK military to support international events like the Olympics. Consequently, it devolves upon the ROK military to play various roles in training athletes and in supporting the Olympics with highly skilled human resources, in addition to carrying out its own duty and responsibility.

HOSTING THE 10th ASIAN GAMES

At the same time, the investigating members of the Asian Games Affiliation visited three cities (Seoul, Pyongyang and Bagdad) to decide which city was the best to host the 10th Asian Games. They made a final assessment in favour of Seoul; whereupon Iraq withdrew its application and North Korea gave up its bid to host the Games in Pyongyang just before the voting was due to take place. As a result, without any voting being conducted and with the general applause of the representatives of the participating nations, Seoul was selected to host the 10th Asian Games in the special session of the Asian Games Affiliation in New Delhi on November 28, 1981. Therefore, Seoul was appointed the 7th hosting country of the Asian Games in 1986 in preparation for its hosting of the 1988 Seoul Olympic Games.

HOSTING THE 24th SEOUL OLYMPICS

After the installation of the 5th Republic of Korea in 1980, the Korean Olympic Committee (KOC) applied for the hosting of the 24th Olympic Games on February 26, 1981 backed by its people's desire for Olympic hosting and its will to actively work towards fulfilling its commitment. Out of four cities (Seoul in Korea, Nakoya in Japan, Melbourne in Australia, and Athens in Greece), Seoul and Nakoya were the final competitors to bid for the hosting the Games. Finally, Seoul defeated Nakoya with a ballot of 52 to 27 on September 30, 1981 in Baden-Baden, West Germany. Thus ROK is now scheduled to host the 24th Summer Olympic Games in Seoul in 1988.

(*) R.O.K.: Republic of Korea
PREPARATIONS FOR THE OLYMPIC GAMES

In November 1981, the Seoul Olympic Organising Committee was inaugurated, and supporting committees from each department of the Korean government were formed to support the '88 Seoul Olympics. Along with the Seoul Olympic Organising Committee (SLOOC), the government, private organisations and public institutions joined forces to make preparations for the Games on a national scale. (Table no 1)

The facilities made available for the '88 Seoul Olympic Games are as follows: Sports Facilities: 118 (Venues: 34 and Exercise Facilities: 84), Press Center: 1, Broadcast Services: 2, Olympic Center: 1, and Youth Camp: 1, making an overall total of some 125 facilities. Only 15 of these facilities were built especially for the Games as nearly all of them already existed, including the Olympic Stadium.

Under the master plan, there are some 289 operational plans, 10,548 detailed procedures that are fully computerised, and 213 functional divisions consisting of some 72,000 workers including volunteers. The military is dedicated, utilising its qualified manpower, to the smooth running of the Games in a variety of functional areas.

THE NECESSITY FOR MILITARY SUPPORT

Ever since the 1st Olympic Games, the military of each host country has provided support for the Games. During the 1st Olympiad, the military gave its support in the area of protocol, which was extended later to englobe security, personnel and facility management; for this reason, special task forces were set up during the Tokyo, Munich, and Montreal Olympics. Military support has thus now become an essential part of the Olympics and has proved itself to be a contributing factor for its success. (Table no 2)
THE LEGAL ASPECTS OF MILITARY SUPPORT

The Ministry of Defense will support the Seoul Olympic Games in accordance with the regulations of the Seoul Olympic Games Support Committee and the articles of the Seoul Olympic Organising Committee (SLOOC).

After the founding of the SLOOC on November 25, 1981, the Minister of Defense was appointed an executive member of the newly-formed committee and, with the scope of its military support being enhanced after the '86 Seoul Asian Games, the Minister's involvement with the committee's operational and support programs has consequently become greater. The Director of Personnel Management at the Ministry of Defense has been put in charge of military support for the '88 Seoul Olympics.

THE ORGANISATION OF SUPPORT UNITS

Military volunteers are present in all areas of Olympic preparations by the Armed Forces. They not only perform duties involving security and military diplomacy but also play an important role in the areas of human resources, equipment, logistics and facilities. The diagram below describes the support functions by different sectors of the military. (Table no.3)

PARTICIPATION IN THE SEOUL ASIAN GAMES

During the '86 Seoul Asian Games, the military provided voluntary service on 112 days from July 1 to October 20, 1986 with assistance for computer personnel at the Accreditation Center and other assistance in administrative and supply-related tasks. (Table no.4)

The members of the Joint Chief of Staff were largely responsible for the area of security, while certain areas where professional skills are needed were carried out by regimental units to make good use of their own skills.

The Ministry of Defense's Military Support Committee was responsible for coordinating and delegating such tasks to different units. Much of the volunteer tasks that required no special skills were carried out directly by supporting units themselves.

This made the sophisticated network of voluntary tasks relatively simple and effective.

ACCOMPLISHMENTS

The ROK Military has successfully supported the Games by collecting important data from the past Olympic hosting countries, analysing the information and implementing its support programs in the areas of manpower, equipment, and logistics. In addition, athletes from the military won 37 medals to help place Korea in second rank of the Seoul Asian Games standings. (Table no.5)

Many of the highlights at the opening and closing ceremonies - including air shows, parachute landings, and a Taekwondo demonstration, as well as administration, transportation, accreditation, and Games operations - can be chalked up to the supporting work contributed by the military. The Army's main support was in the areas of security and general administration of the Games, while the Navy supported the Yachting event to ensure its efficient staging. The Air Force also contributed immensely to the Games by giving support to areas similar to those of the Army.

Finally, with the experience of the successful support afforded to the organisation of the Asian Games, the military will do its utmost to successfully support the 24th Seoul Olympic Games.
PARCITIPATION AUX JEUX ASIATIQUES DE SEOUL

Au cours de ces jeux, les militaires ont effectué un travail volontaire de 112 jours, en fournissant du personnel spécialisé en informatique au Centre Informatique et d'autres assurances pour des missions administratives et d'appui. (Tableau n°4)

Les membres du Comité des Chef d'EM étaient responsables de la sécurité, néanmoins dans certains endroits où du personnel spécialisé était nécessaire, la sécurité était assurée par des unités spécifiques.

Le Comité de Soutien à l'échelon ministriel était responsable de la coordination et de la désignation des missions aux différentes unités. La plupart des fonctions qui ne requéraient aucune spécificité étaient exécutées par les unités elles-mêmes.

L'organisation mise en place rendit le réseau sophistiqué des multiples missions des militaires, relativement simple et efficace.

BILAN

Les militaires de la République de Corée appuyèrent les Jeux avec succès en rassemblant en en analysant des données intéressantes des pays les ayant déjà organisés et en les exploitant pour réaliser son programme de soutien dans les domaines de la main-d'œuvre, de l'équipement et de la logistique. Au total, les athlètes militaires gagnèrent 37 médailles aux Jeux Asiatiques, ce qui permit à la Corée de se classer seconde. (Tableau n°5)

Un grand nombre d'activités, telles que cérémonies d'ouverture et de clôture, démonstrations aéronautiques et de Taekwondo, sauts en parachute en plus de tâches administratives, le transport, la représentation et les activités des Jeux peuvent être inscrites au bilan de travail de soutien réalisé par les militaires.

L'appui le plus important de l'Armée de Terre et de l'Armée de l'Air fut effectué au profit de la Sécurité et de l'Administration Générale des Jeux, tandis que la Marine s'occupait plus particulièrement des Régates pour leur assurer un déroulement efficace.

ATHLETES FROM THE MILITARY FORCES
ATHLETES DES FORCES ARMÉES

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<th>Participating military athletes</th>
<th>Number of medals won</th>
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</thead>
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<tr>
<td>Athlètes des Forces Armées</td>
<td>Nombre de médailles gagnées</td>
</tr>
<tr>
<td>Total</td>
<td>gold</td>
</tr>
<tr>
<td>Total</td>
<td>Athlétisme</td>
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Table - Tableau n°5

The Olympic Stadium dedicated on Sept. 29, 1964
Le Stade Olympique inauguré le 29 sept. 1964

Seoul Olympic Organizing Committee
Comité d'Organisation Olympique de Séoul

Avec l'expérience acquise et le succès remporté dans l'organisation des Jeux Asiatiques, les militaires veulent que l'appui aux 24èmes Jeux Olympiques soit aussi fructueux.
THE TRIPARTITE MEETS IN BRUSSELS

LO – ACADEMY – PTC

The tripartite meeting, grouping together Liaison Office Chiefs, the Academy Board of Directors and Permanent Technical Committee Chairmen, took place from 25th to 29th January, 1988 in Overlisse, a suburb 15 km from the Belgian capital.

The meeting, convened in the Panorama Hotel, produced a wide range of findings full of promise. As has been the case in the past, the programme for this tripartite meeting gave each group the opportunity of discussing its specific problems and coming up with appropriate solutions. The level of the discussions was very high reflecting the qualities of the participants.

In his opening speech, Brigadier General J. Duguet, President of CISM, expressed his appreciation at the high attendance and welcomed the newcomers appointed to head the Liaison Offices, the Academy and the various Permanent Technical Committees.

Speaking in particular to the PTC Chairmen, he stressed the prominent role that as technical experts they play in our championships. He also recalled the positive action displayed by the Academy in introducing the drug-testing system for countries hosting championships, and for the PTCs, through its drafting of the anti-doping regulation.

Colonel R. Kesteloot, the Permanent Secretary General, for his part reported on the activities of 1987 which he qualified as being a year of important decisions and far reaching transformation, englobing the purchase of a new CISM House, the provision of a telex facility, several computers and the installation of a functional secretariat. The Permanent Secretary General also informed delegates of the partnership contract which, after having been approved by the Executive Committee in Bahrain, will now be submitted to the General Assembly in Surinam.

The report on the activities of the Academy in 1987 was presented by its Director, Colonel J. Moliné M.D. The results were considered to be insufficient, except for a few redeeming factors such as the increase in the number of study days scheduled the introduction of the anti-doping regulation and the staging of several clinics.

The Academy hopes that study days will continue to be scheduled throughout 1988 and that the reports on these activities will be published. The 5-year plans are cautiously being revived also.

The structures of the Academy are still inadequate in spite of the arrival of two newcomers; candidates are still being sought.

Colonel Conde Filho, President of the Permanent Commission for Sports Regulations who as such is the PTCs’ representative on the Executive Committee, pledged to do his utmost to urge the Executive Committee to remain consistent with the provisions of CISM regulations in matters such as drawing up calendars, drafting regulations, collaboration with the Academy and attendance at championships.

Lt-Colonel Fleischer, assistant to Colonel Scharenberg, although considering the overall situation to be more or less satisfactory, highlighted the fact that one third of CISM’s members do not participate in world championships. No championships took place in Africa in 1987 – even though sports like Track & Field and Shooting were very popular.

The report by the CISM Treasurer General reflected the healthy financial results of 1987 due to the strict management control by the Permanent Secretary General. He then presented the revised budget for 1988 and pointed out the financial implications the group of 22 inactive countries could have on the level of receipts.

To conclude, the tripartite – LO, ACADEMY, PTC – meeting was a success in the main. It enlightened certain countries as to the plight of some third world members which undermines their scope of sports development and inspired some solutions which, if put into practice, could help these countries to become active in CISM in the near future.
2nd Taekwondo Championship
Seoul (Korea R.)
25/10 – 01/11/87

PARTICIPATING COUNTRIES
13 – Korea R., Bahrain, Canada, France, Iran, Jordan, Kowait, Libya, Qatar, United States – Lesotho, Malaysia, Philippines (Non-member countries).

OFFICIAL
1 – Austria.

OBSERVER COUNTRY
1 – Belgium.

OFFICIAL C.I.S.M. REPRESENTATIVE
Colonel J. Herzog (Austria).

P.T.C. CHAIRMAN
Captain Kim Hae Ryang (Korea R.).

NUMBER OF PARTICIPANTS
athletes: 87
officials: 46
total: 133

2ème Championnat
de Taekwondo
Séoul (R. Corée)
25/10 – 01/11/87

PAYS PARTICIPANTS
13 – R. Corée, Bahrein, Canada, Etats-Unis, France, Iran, Jordanie, Kowelt, Libye, Qatar – Lesotho, Malasyie, Philippines (Pays non membres).

OFFICIEL
1 – Autriche.

PAYS OBSERVATEUR
1 – Belgique.

REPRESENTANT OFFICIEL DU C.I.S.M.
Colonel J. Herzog (Autriche).

PRESIDENT DU C.T.P.
Capitaine Kim Hae Ryang (R. Corée).

NOMBRE DE PARTICIPANTS
athlètes: 87
accompagnateurs: 46
total: 133
The 2nd CISM Taekwondo Championship took place in the Olympic City of Seoul from 25th October to 1st November, 1987. Since its official introduction in the CISM calendar in 1980 it has become increasingly popular and widespread around the world. This sport was successfully included in the programme of both the Asian Games and the Pan-American Games. A Taekwondo exhibition of some consequence will be given at the opening ceremony of the Olympic Games in Seoul in September 1988.

This is the second time that the Korean Armed Forces have organised this world event. It staged the first CISM Taekwondo championship, attended by 10 countries, in 1980 in which it became CISM champion in front of the United States and Bahrain.

Now in 1987, Korea has succeeded in confirming its championship title in front of an audience of some 3000 spectators and in the presence of Brigadier General J. Duguet, President of CISM. As such it can easily claim to be the CISM member country most actively engaged in the promotion of Taekwondo and having the highest number of adepts.

Taekwondo is now well integrated into some Armed Forces and is practised on a wide scale by servicemen. This fact is reflected in the welcome message of Brigadier General UM SAM-TAK, Commanding Officer of the Korean Armed Forces Athletic Corps:

"I consider Taekwondo to be the best military sport for soldiers, whose ultimate goal must be the fighting spirit of victory; it serves to promote the martial arts through mental and physical training."

Lt Col E. Genot
Translation: F. Baker

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AN ADDRESS BY HIS HIGHNESS
THE CROWN PRINCE,
THE COMMANDER-IN-CHIEF

IN THE NAME OF GOD, THE BENEFICENT,
THE MERCIFUL

"It gives me great pleasure to welcome you all in Bahrain on the occasion of the convening of the meeting of the Executive Committee of the International Military Sports Council. It is a matter of great joy to us that the Defence Force is hosting this sports meet which is being attended by distinguished personalities of military sports from various parts of the world. This reflects the confidence of the International Military Sports Council in the role of the Defence Force.

We in Bahrain, believe in the need for the spirit of sportsmanship to prevail among the peoples of the world so as to promote peace, harmony and understanding between them. We follow the activities of the International Military Sports Council with great interest since we believe in the noble values for whose cultivation the development of military sports are designed.

Sports contribute to the development of physical and mental capacities and go to mould a good human specimen reflecting the best cultural norms and hence, we in Bahrain attach a special importance to them, inspired as we are by the guidance of the pioneer of our renaissance. His Highness Sheikh Isa bin Salman Al Khalifa, our dedicated Emir. Sports occupy the pride of place in the Defence Force and we are keen that sports activity in its scientific connotation should be allotted a big share in our training programmes.

Once again we welcome you all and thank you while wishing you a comfortable stay in this country. We wish all success to your deliberations and may they lead to fruitful decisions promoting the cause of military sports.

We pray to God that He may crown your efforts and proceedings with success.

May God Shower Peace & Blessings On You All."

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Executive Committee members are received by H.H. Sheikh Isa Bin Salman Al Khalifa, Emir of Bahrain.

Brigadier General J. Duguet presents the Grand Cordon of the CISM Order of Merit to H.H. Sheikh Hamad Bin Isa Al Khalifa, Crown Prince of Bahrain.
WELCOME TO THE LAND OF LIFE

Welcome to the land of life. This is the first name by which Bahrain was known more than 5,000 years ago. Meanwhile, we welcome you with all the ancient names given to this beloved island such as Dilmun, Tilmun, Land of Eternity and Land of God. These names have been confirmed by Assyrian and Babylonian inscriptions and have been immortalised by historians on plates of stone and clay.

In spite of its small land area, this island is rich in its significant and unique archaeological sites. Indeed, it is a land of rich history and deep-rooted traditions. Therefore, it is not surprising for it to always attract historians, scholars and archaeological missions from various countries and universities.

Perhaps one of the principal reasons for the flourishing of this part of the world is the presence of the natural fresh water springs found in different parts of its territories. Such springs can be found beneath the salty sea water and are always used by fishermen and divers to fill their tanks and gibbas instead of returning to the sea shore to get their fresh water supplies.

These water springs, commonly called Al Kwakib, still exist until the present time although their significance has greatly diminished due to the overall development of the country’s social and economic life. The availability of water has contributed to the growth of farming activities on the island, giving it a thriving economy and allowing its inhabitants to enjoy prosperous living conditions.

Legends indicate that Gilgamesh, Ruler of the first Sumerian dynasty, visited the island in search of the flower of eternity, as understood from the recent archaeological excavations. Nevertheless, the implication of this legend is that he was searching for pearls for which Bahrain was renowned since ancient times. It is not unlikely that some of the dead people who were buried in the Bahrain island were brought from different areas of Dilmun which was flourishing along the eastern coast of the Arabian Peninsula.

Archaeologists carrying out excavations on the island have established that the Bahrain island comprises 170,000 burial mounds, where the people of the ancient Dilmun civilisation were buried. These burial mounds are regarded as the biggest prehistoric graveyard in the world.

The changes in the island’s social and economic conditions and the development of its infrastructure in contemporary Bahrain, have not abolished the fact that it is the Land of Life. Nowadays it is enjoying a prosperous present and a golden era inspired by a glorious history. The people’s renowned hospitality and warm welcome to visitors are an expression of an old tradition of greeting everyone who comes to their island to live in peace.
- Termination of CISM membership is proposed for those countries having previously asked to leave CISM or having remained inactive for more than two years.
- A survey on the subject of cooperation between CISM and SKDA – Sports Committee of Friendly Socialist Armed Forces – will be submitted to the General Assembly.
- Contacts with Japanese and Australian authorities will be maintained with a view to persuading these countries to join our organisation.
- Two candidatures have been received for Liaison Office seats: Surinam for Central America and the Caribbean, Kuwait for the Middle East.

INFORMATION

CALENDAR OF WORLD CHAMPIONSHIPS

1987: the Basketball championship in Syria and the Swimming championship in Italy (both with 7 participating countries) were officially recognised.
1988: 16 World championships and the Preliminary Football Round are scheduled. The official calendar was published in no 73 of SPORT INTERNATIONAL.
1989: the World Military Games have been postponed to a later date. These games will not be staged in 1989 and the normal championship calendar will be conducted.

STATUTES

Amendments and modifications to the CISM Statutes will be submitted to the 43rd General Assembly taking into account the remarks formulated by different delegations.

The Executive Committee approved the Accreditation Statutes which should be instrumental in obtaining the official recognition of CISM in Belgium as an international organisation.

It was also proposed that countries invited to join CISM participate in championships out of competition. This will also be the case for countries having no official relationship with CISM, provided the unanimous approval is given by the CISM countries participating in the event.

ACADEMY

The report presented by the Director of the Academy was approved.

FINANCE

The Treasurer General's financial management report for the 1987 budget year, which closed with a small surplus, as well as the revised budget for 1988 received the approbation of the Executive Committee.

33rd FOOTBALL CHAMPIONSHIP

The Executive Committee approved the enrolment of 22 countries having sent in their preliminary agreement forms and the bid by Italy to host the Final Round in 1989.

It established the qualification breakdown per continent:
Americas: 1, Africa: 3, Asia: 1, Europe: 2 plus Italy automatically qualified.
Group composition:
Europe:
Group A: Germany F.R., Belgium, France
Group B: Luxembourg, Netherlands
Africa:
Group A: Algeria, Egypt, Morocco, Sudan
Group B: Botswana, Tanzania, Zambia
Group C: Cameroon, Côte d'Ivoire, Guinea R., Senegal
Asia:
United States: only one entrant, automatically qualified
United Arab Emirates, Iraq, Iran, Qatar: match schedule to be decided at the General Assembly in Surinam.

Executive Committee members watch the horse-racing in the company of H.E. Sheikh Isa Bin Mahamed Al Khalifa, Minister of Youth and Sport.

Les membres du Comité Exécutif ont assisté en compagnie de Son Excellence Sheikh Isa Bin Mahamed Al Khalifa, Ministre de la Jeunesse et du Sport, à des courses de chevaux.

CISM PARTNERSHIP

The Executive Committee approved:
- the contract between commercial firms and CISM;
- the creation of a Permanent Commission for Partnership;
- a donation set at 100,000 BF for the period from 1/10/1987 to 30/09/1988. Only those firms having remitted this donation will be entitled to attend the 43rd General Assembly;
- an annual partnership fee of 200,000 BF effective 1/10/1988.
The Executive Committee also examined and made the necessary arrangements concerning the Permanent Technical Committees and the amendments to several sports regulations.

It thanked the Swedish delegation for its organisation in 1987 of three championships.
21ème Pentathlon Moderne
Brugg (Suisse)
du 14 au 21 Octobre 1987

PAYS PARTICIPANTS :
9 - Suisse, Allemagne R.F., Autriche, Etats-Unis,
Finlande, France, Italie, Pays-Bas, Suède

REPRESENTANT OFFICIEL DU C.I.S.M. :
Général G. Gärddin (Suède)

PRESIDENT DU C.T.P.
Général de Brigade R. Ziegler (Suisse)

NOMBRE DE PARTICIPANTS :
athlètes : 28
accompagnateurs : 36
total : 64

PARTICIPATING COUNTRIES :
9 - Switzerland, Germany F.R., Austria, United
States, Finland, France, Italy, The Netherlands, Sweden

OFFICIAL C.I.S.M. REPRESENTATIVE :
General G. Gärddin (Sweden)

P.T.C. CHAIRMAN
Brigadier General R. Ziegler (Switzerland)

NUMBER OF PARTICIPANTS :
athlètes : 28
officials : 36
total : 64

21st Modern Pentathlon
Brugg (Switzerland)
from 14 to 21 October 1987

Tableau des résultats après les trois premières épreuves : esgrime, natation, tir.
The score-board at the close of the first three competitions : Fencing, Swimming, Shooting
1. Overall results – Résultats d’ensemble

<table>
<thead>
<tr>
<th>Individual classification</th>
<th>pts</th>
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</thead>
<tbody>
<tr>
<td>1. Sdt. STEINMANN P. (SUI)</td>
<td>5357</td>
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<table>
<thead>
<tr>
<th>Team classification</th>
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<tbody>
<tr>
<td>1. SWITZERLAND (Steinmann P./Jung A./Burger P.)</td>
<td>15.589</td>
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<td>3. ITALY (Tiberti G./Santoro E./Filipponi L.)</td>
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Team classification:
- SWITZERLAND: Steinmann P./Jung A./Burger P.
- GERMANY F.R.: Zimmer U./Czernak U./Heilmann M.
- ITALY: Tiberti G./Santoro E./Filipponi L.

L’épreuve d’escrime

The Fencing competition:
- à gauche: S. Rasmusson (Suède)
- à droite: D. Knapheide (Allemagne R.F.)

P. Steinmann (Suisse), médaille d’or au classement individuel.

P. Steinmann (Switzerland) gold medallist in the individual classification.

2. Results per discipline/Individual classification

<table>
<thead>
<tr>
<th>A/Horsemanship – Equitation</th>
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</thead>
<tbody>
<tr>
<td>1. CC. TIBERTI G. (ITA)</td>
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<tr>
<td>2. Capt. BUNING T. (USA)</td>
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<td>3. Sdt. JUNG A. (SUI)</td>
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<table>
<thead>
<tr>
<th>C/Swimming – Natation</th>
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<tbody>
<tr>
<td>1. CC. TIBERTI G. (ITA)</td>
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<td>2. Sdt. MORATO J.P. (FRA)</td>
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<td>3. Ober. KNAPEHEIDE D. (RFA)</td>
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<tr>
<td>1. Sqt. GUILLUY P. (FRA)</td>
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<td>2. Whm. PANNAHL P. (AUT)</td>
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<td>3. Capt. MORLEY D. (USA)</td>
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<thead>
<tr>
<th>E/Cross-country</th>
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<tbody>
<tr>
<td>1. Sqt-Chf. CHIOSEL P. (FRA)</td>
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3. Results per discipline/Team classification

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<td>1. SWITZERLAND (Burger P./Steinmann P./Jung A.)</td>
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<tr>
<td>3. UNITED STATES (Buning T./Beres L./Morley D.)</td>
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<table>
<thead>
<tr>
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</thead>
<tbody>
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<td>1. SWITZERLAND (Steinmann P./Jung A./Schilt Th.)</td>
<td>2.868</td>
</tr>
<tr>
<td>2. FRANCE (Four P./Guilluy Ch./Morato J.-P.)</td>
<td>2.693</td>
</tr>
<tr>
<td>3. SWEDEN (Rasmusson S./Martin R./Ekenberg M.)</td>
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<table>
<thead>
<tr>
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<tr>
<td>1. FRANCE (Morato J.-P./Four P./Guilluy Ch.)</td>
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<tr>
<td>2. ITALY (Tiberti G./Santoro E./Possaninni R.)</td>
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</table>

<table>
<thead>
<tr>
<th>D/Shooting – Tir</th>
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</thead>
<tbody>
<tr>
<td>1. UNITED STATES (Morley D./Buning T./Beres L.)</td>
<td>2.868</td>
</tr>
<tr>
<td>2. FINLAND (Aaltola M./Korpela J./Voutilainen)</td>
<td>2.846</td>
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<td>3. GERMANY F.R. (Czernak U./Zimmer U./Heilmann M.)</td>
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<table>
<thead>
<tr>
<th>E/Cross-country</th>
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<tbody>
<tr>
<td>1. UNITED STATES (Beres L./Glennesk N./Buning T.)</td>
<td>3.465</td>
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<td>2. GERMANY F.R. (Zimmer U./Czernak U./Heilmann M.)</td>
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<td>3. ITALY (Possanzini R./Filipponi L./Tiberti G.)</td>
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La mission de la Suisse – première du classement inter-équipes.

The Swiss mission ranked 1st in the team classification.
1987 : ANNEE DES RECORDS
BILAN DES ACTIVITES

Dr. H. Vervaecke
Lt-Col E. Genot

L’année 1987 a été une année de grandes décisions, d’importantes réalisations et de profondes transformations. Lors de la
42ème Assemblée Générale, le CISM a courageusement pris les mesures nécessaires pour sauvegarder son avenir, à savoir :
- le relèvement du montant de la cotisation annuelle et le choix d’une politique financière cohérente qui permettra au CISM de
  reflabir son équilibre budgétaire ;
- l’adoption d’un plan de carrière financier pour le personnel employé civil du Secrétariat Général ;
- l’autorisation pour le Secrétariat Général Permanent de recruter un sixième employé civil, Chef du Secrétariat ;
- l’adoption d’une forme nouvelle de partenariat avec des firmes commerciales ;
- l’approbation d’une structure pour le Secrétariat Général basée sur la distribution des tâches générales sur 8 fonctions (neuf à
  partir de l’introduction du partenariat), regroupées en quatre départements ;
- l’adoption d’un règlement destiné à prévenir et à sanctions le dopage ;
- le dépôt d’un projet d’accréditation du CISM en Belgique, qui sera soumis à l’approbation de la 43ème Assemblée Générale ;
- l’achat et la modernisation d’un immeuble comme siège fonctionnel et représentatif du CISM ;
- la vente de l’appartement du CISM.

L’année 1987 a vu la réalisation de nombreuses activités sportives : stages, journées d’études, réunions de travail et champion-
nats mondiaux au cours desquels pas moins de DOUZE records ont été battus.

STAGES

(1) Stage de Parachutisme – Suisse – Lenk –
9-19/02/87
(2) Stage de Volleyball – Zimbabwe – Harare –
1-15/11/1987

JOURNEES D’ETUDES

(1) Pendant le championnat de ski – France
(Autrans – 2-7/3)
Thème : le « sport testeur » au service de l’athlète
de haut niveau.
Orateur : Médecin principal Bigard et le Chef de
Bataillon Grandclément (France).
Présence : 60 personnes.
(2) Pendant le championnat d’esgrime – Pays-Bac
(Arrhem – 18-25/5)
Thème : l’utilisation du sabre électrique.
Orateur : Maître Thirioux (France).
Présence : 80 personnes.
(3) Pendant le championnat de judo – Etats-Unis
(San Diego – 7-16/6)
Thème : judo et nutrition.
Orateur : Dr. J. Hegenaer (Etats-Unis).
(4) Pendant le tour final de football – Italie
(Arezzo – 12-24/6)
Thème : l’entraînement en haute altitude : problèmes
posés par les différences importantes des conditions climatiques et des
fuseaux horaires.
Présence : 30 entraîneurs, médecins, soigneurs et
autres personnes.
(5) Pendant le championnat de natation – Italie
(Chianciano – 21-29/6)
Thème 1 : l’entraînement du water-polo.
Thème 2 : préparation du nageur.
Thème 3 : accompagnement médico-sportif.
Présence : ces journées d’études ont été bien sui-
vies.
(6) Pendant le championnat d’athlétisme – Allemagne R.F.
(Warendorf – 22-28/6)
Thème 1 : nouveaux résultats en ce qui concerne
l’entraînement de la force.
Orateur : Prof. Dr. Brunie (Université de Fribourg –
RFA).
Présence : 100 personnes.
Thème 2 : le syndrome du surentraînement.
Orateur : Dr. G. Simon (Allemagne R.F.).
Présence : 80 personnes.
(7) Pendant le championnat régional de Cross-Country
(Office de Liaison de l’Afrique du Nord) Tunisie
(Tunis 18 au 20/12).
Thème 1 : Physiologie du Cross-Country : Médecin
Colonel Fayala (Tunisie).
Thème 2 : Contrôle médico-physiologique de
l’athlète : Médecin Capitaine Radaoui
(Algérie).
Thème 3 : Détection, contrôle et alimentation du
jeune sportif : Médecin Capitaine Zahi
Boujema (Maroc).
Présence : 40 personnes.
(8) Pendant le championnat de Boxe – Etats-Unis –
‘Camp Lejeune – 30/11-13/12’
Thèmes : Documentation et prévention des blessu-
res, utilisation de la vidéo, normes médi-
ciales.
Présence : 20 personnes.

ACTIVITES DES ORGANES DIRECTEURS

En 1987, les réunions suivantes ont été organisées :
- Une Assemblée Générale (Portugal).
- 2 Sessions du Comité Exécutif (Portugal et Bah-
  rein).
- 2 réunions de la Commission Permanente des Finan-
  ces (Portugal et Belgique).
- 1 réunion conjointe des Chefs des Offices de Liaison,
  du Comité Directeur de l’Académie et des Présidents
  des Comités Techniques Permanents (Belgique).
- 11 réunions des Offices de Liaison.
- 23 réunions des Comités Techniques Permanents.
- 3 réunions du groupe de travail pour le partenariat.
Soit au total 41 réunions de travail : un nouveau record.
1987 was a year of far-reaching decisions, important accomplishments and considerable transformation. At its 42nd General Assembly, CISM zealously took the necessary steps to safeguard its future, namely by:
- increasing its annual membership fee and by opting for a coherent financial policy to enable CISM to balance its budget;
- adopting a financial career plan for the civilian personnel employed by the General Secretariat;
- authorising the Permanent Secretary General to recruit a sixth civilian employee as Chief of the Secretariat;
- adopting a new form of partnership with commercial companies;
- approving a General Secretariat structure based on the distribution of general duties divided into eight functions (to be increased to nine with the partnership), regrouped into four departments;
- adopting a regulation to stop and punish doping;
- depositing a draft of the Accreditation Statutes of CISM in Belgium to be submitted to the 43rd General Assembly for approval;
- the purchase and refurbishment of a building to serve as the functional and representative seat of CISM, and
- selling the CISM apartment.
1987 was a good year for sports activities: clinics, study days, meetings and world championships, during which no fewer than TWELVE records were broken.

CLINICS

(1) Parachuting clinic – Switzerland – Lenk – 9-19/02/87
Over 20 participants from 10 countries at this well organised clinic.

Clinic organised in collaboration with INSA (International Sports Academy). 25 participants followed the marvellous clinic organised by Mr. Blialik and Mr. Knappe of INSA (FRG).

STUDY DAYS

(1) During the Skating championship – France
(Autrans – 2-7/3)
Theme: “The sport tester” at the service of the top-level athlete.
Speaker: Chief Physician Bigard and Major Grandclement (France).
Attendance: 60 participants.

(2) During the Fencing championship – Netherlands
(Arnhem – 18-25/5)
Theme: utilisation of the electric sabre.
Speaker: Maître Thierry (France).
Attendance: 80 participants.

(3) During the Judo championship – United States
(San Diego – 7-16/6)
Theme: judo and nutrition.
Speaker: Dr. J. Hegenauer (United States).

(4) During the Football Final Round – Italy
(Arezzo – 12-24/6)
Theme: training at high altitude; problems posed by large variations in climatic conditions and time-zone changes.
Attendance: 90 instructors, physicians, masseurs, and others.

(5) During the Swimming championship – Italy
(Chianciano – 21-29/6)
Theme 1: water-polo training.
Theme 2: swimmers’ preparations.
Theme 3: sports medicine aspects.
Attendance: these study days were well-attended.

(6) During the Track & Field championship – Germany F.R.
(Warendorf – 22-29/6)
Theme 1: new results in power-training.
Speaker: Prof. Dr. Buhrlé (University of Fribourg – Germany F.R.).
Attendance: 100 participants.
Theme 2: overtraining syndrome.
Speaker: Dr. G. Simon (Germany F.R.).
Attendance: 80 participants.

(7) During the regional Cross Country championship
(North African Liaison Office) Tunisia (Tunis 18 to 20/12).
Theme 1: Physiology of Cross Country: Colonel Fayala M.D. (Tunisia)
Theme 2: Médico-physiological testing of athlete: Dr. Redaoui (Algeria)
Theme 3: Detection, testing, nutrition of young ath-
letes: Captain Zahi Boujermama M.D. (Morocco).
Attendance: 40 participants.

(8) During the Boxing championship – United States
(Camp Lejeune 30/11-13/12)
Themes: Documentation of injuries, prevention of injuries, ringside alertness, use/review of video, medical standards for equip-
ment and research.
Attendance: 20 participants.

ACTIVITIES OF THE GOVERNING BODIES

The following meetings were organised in 1987:
- A General Assembly (Portugal).
- 2 Executive Committee Sessions (Portugal and Bah-
rain).
- 2 meetings of the Permanent Commission for Finance
(Portugal and Belgium).
- 1 joint meeting of Liaison Office Chiefs, Academy
Board of Directors and Permanent Technical Commit-
tee Chairman (Belgium).
- 11 regional Liaison Office meetings.
- 23 Permanent Technical Committee meetings.
- 3 meetings of the Partnership working group.
Making a total of 41 meetings: a new record.
RECORDS
L'année 1987 peut être considérée comme une année de records. En effet, nous notons :
(1) L'organisation de 18 championnats du monde du CISM (ancien record : 17).
(2) Record absolu de participation à un championnat du CISM.
   Athlétisme : 28 pays participants et 1 pays observateur (ancien record : 26 pays).
(3) Record du nombre de pays participants à 4 championnats :
   Athlétisme : 28 (ancien record : 24).
   Pentathlon Militaire : 16 (ancien record : 15).
   Semaine de la Mer : 12 (ancien record : 11).
   Taekwondo : 13 (ancien record : 10).
(4) Record de participation d'équipes féminines aux championnats : participation à 7 championnats
   (ancien record : 6).
(5) Records du CISM : 12 records ont été battus.
   - Natation : 3.
   - Semaine de la Mer : 1.
   - Tir : 1.
(6) Record du nombre de journées d'études lors des championnats : 11 (ancien record : 5 journées).
(7) Record du nombre de championnats régionaux : 42 (ancien record : 36).
(8) Record du nombre de réunions de CTP : 23 (ancien record : 13).

1987 is considered as a year of records. Indeed, we can list the following achievements:
(1) The organisation of 18 CISM championships (previous record : 17).
(2) Overall record participation in a CISM championship.
   Track & Field : 28 participating countries + 1 observer country (previous record : 26 nations).
(3) Record number of participating countries in 4 championships.
   Track & Field : 28 (previous record : 24).
   Military Pentathlon : 16 (previous record : 15).
   Sea-Week : 12 (previous record : 11).
   Taekwondo : 13 (previous record : 10).
(4) Record number of women's teams at championships : participation in 7 championships (previous record was 6).
(5) CISM records : 12 records were broken.
   - Track & Field :
   - Swimming :
   - Sea-Week :
   - Shooting :
   - P.A.I.M. :
(6) Record number of study days at championships : 11 (previous record was 5 study days).
(7) Record number of regional championships : 42 (previous record : 36).
(8) Record number of PTC meetings : 23 (previous record : 13).

PARTICIPANTS AUX CHAMPIONNATS
PARTICIPATION CHART

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* Record

POPULARITE DES CHAMPIONNATS
CHAMPIONSHIP POPULARITY CHART

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### STATISTICS ON CISM ACTIVITIES IN 1987 – STATISTIQUES DES ACTIVITÉS DU CISM EN 1987

**OVERALL STATISTICS – STATISTIQUES GLOBALES**

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<td>42**</td>
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* = Record  
** = Provisional record  
† = The P.S.G. has not yet received all the statistical forms for regional championships. The number will be adjusted later on.  
* = S.G.P. n'a pas encore reçu tous les formulaires statistiques des championnats régionaux. Ce chiffre sera adapté ultérieurement.  
** = Nouveau record provisoire.

### ORGANISERS OF CISM CHAMPIONSHIPS – ORGANISATEURS DES CHAMPIONNATS DU CISM

**ORGANISATION BY CONTINENT, 1978 – 1987 – ORGANISATION PAR CONTINENT**

<table>
<thead>
<tr>
<th>YEAR / ANNEE</th>
<th>EUROPE</th>
<th>AFRICA</th>
<th>AMERICAS</th>
<th>ASIA</th>
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<td>85</td>
<td>20</td>
<td>30</td>
<td>21</td>
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</tbody>
</table>

(*) + Tour préliminaire de football.  
(*) + Football preliminary round.

### 36th CROSS COUNTRY CHAMPIONSHIP – RIO DE JANEIRO (BRAZIL) – FROM 26/01 TO 02/02/1987

- 18 participating countries: BRA, RFA, BEL, CMR, CAN, CHI, COL, ESP, USA, FRA, ITA, QAT, LUX, MAR, POR, SWE, TUN, VEN.  
- 1 observer country: ARG.  
- 7 countries with female participation: BRA, BEL, CAN, CHI, USA, MAR, SWE.  
- Number of athletes: 176  
  - Officials: 72  
  - Total: 248  
- Results: – CISM-NEWS: 1987/4  
  – SPORT INTERNATIONAL no: 71

Le Brésil a utilisé une informatisation parfaite lors du championnat. Les résultats étaient disponibles très peu de temps après le championnat.

_Brazil used a perfect computer system at the championship. The results were made available very fast._
29th SKI-WEEK – AUTRANS (FRANCE) –
FROM 02/03 TO 07/03/1987
- 12 participating countries: FRA, RFA, AUT, BEL, CAN, USA, FIN, ITA, NOR, HOL, SWE, SUI.
- 1 observer country: CHI.
- 3 countries with female participation: FRA, USA, NOR.
- Number of athletes: 164
  officials: 68
  total: 232
- Results: – CISM-NEWS: 1987/4
  – SPORT INTERNATIONAL n°: 71

21th ORIENTEERING CHAMPIONSHIP –
KILDARE (IRELAND) –
FROM 18/05 TO 24/05/1987
- 13 participating countries: IRL, RFA, AUT, BEL, DEN, ESP, FIN, FRA, HOL, ITA, NOR, SUI, SWE.
- 1 observer country: LUX.
- Female participation was not foreseen.
- Number of athletes: 91
  officials: 42
  total: 133
- Results: – CISM-NEWS: 1987/6
  – SPORT INTERNATIONAL n°: 72

Pour la première fois un athlète qui n’est ni Suédois, ni Norvégien, ni Finlandais, ni Suisse a gagné le championnat. Ceci promet pour l’avenir, car le niveau technique des compétiteurs est en hausse constante.
For the first time the championship was not won by either a Swede, Norwegian, Finn or Swiss. This is auspicious for the future as the technical standard of the competitors is constantly progressing.

26th FENCING CHAMPIONSHIP –
ARNHEM (THE NETHERLANDS) –
FROM 18/05 TO 25/05/1987
- 13 participating countries: HOL, RFA, BEL, DEN, FIN, FRA, ITA, LUX, NOR, POR, SWE, SUI, ROM (invited nation).
- 5 countries with female participation: HOL, BEL, FRA, ROM, SUI.
- Number of athletes: 165
  officials: 87
  total: 253
- Results: – CISM-NEWS: 1987/7
  – SPORT INTERNATIONAL n°: 73

29th SEA-WEEK – KARLSKRONA (SWEDEN) –
FROM 31/05 TO 07/06/1987
- 12 participating countries: SWE, RFA, ARG, BRA, DEN, USA, FIN, FRA, ITA, NOR, PAK, HOL.
- 1 observer country: POR.
- Female participation was not foreseen.
- Number of athletes: 92
  officials: 63
  total: 155
- Results: – CISM-NEWS: 1987/6
  – SPORT INTERNATIONAL n°: 72

Le championnat a eu lieu pour la 9ème fois à Karlskrona (Suède).
Les espeuvres de la Semaine de la Mer sont très attrayantes. Pour la première fois, 12 missions étaient présentes. Ceci est un record de participation. Neuf équipes ont participé au championnat de voile, ce qui constitue également un record.
Un record du CISM a été battu: le record du cross-amphibie a été amélioré par Cardoso (Brésil).
Deux athlètes féminines ont participé aux compétitions. Il est à espérer que la participation féminine devienne une réalité dans quelques années.
The championship was held for the 9th time in Karlskrona (Sweden).
The heats of the Sea-Week are very attractive. For the first time, 12 missions were present, which is also a record.
One CISM record was broken: the amphibious race record was improved by Cardoso (Brazil).
Two women athletes participated (out of competition). It is hoped that women’s events will become a regular feature in a few years. The Sea-Week Regulations will need some amendments to cater for this.

15th VOLLEYBALL CHAMPIONSHIP –
ANKARA (TURKEY) –
FROM 08/06 TO 20/06/1987
- 13 participating countries: TUR, RFA, BEL, BOT, CAN, FRA, HOL, ITA, LBA, MAR, SAU, SYR, USA.
- 4 countries with female participation: TUR, HOL, MAR, USA.
- Number of athletes: 246
  officials: 42
  total: 288
- Results: – CISM-NEWS: 1987/7
  – SPORT INTERNATIONAL n°: 73

Pour la deuxième fois, le championnat a été organisé pour des équipes féminines. L’Etat-Major de la Turquie a offert un challenge pour les équipes féminines.
For the second time, a championship was staged for women’s teams. The Turkish General Staff offered a challenge cup for the women’s teams.
16ème CHAMPIONNAT DE JUDO – SAN DIEGO (ETATS-UNIS) – DU 07/06 AU 16/06/1987

- 12 pays participants : USA, RFA, AUT, BEL, KOR, ESP, FIN, FRA, GUI, ITA, HOL, SEN.
- 1 pays observateur : BRA.
- 5 pays ayant envoyé des athlètes féminins : USA, BEL, KOR, FRA, HOL.
- Nombre d’athlètes : 155
  d’accompagnateurs : 69
  total : 224
- Résultats : CISM-NEWS : 1987/7


In order to promote a balanced competition, the PTC proposes that the 1988 women’s championship should comprise four weight categories : – 55 kg, – 61 kg, – 66 kg and open. Awards for official championship titles will only be possible if there are four women judokas per weight category.

29th SWIMMING CHAMPIONSHIP – CHIANCiano (ITALY) – FROM 21/06 TO 29/06/1987

- 7 participating countries : ITA, RFA, BEL, FRA, GRE, HOL, SYR.
- Number of athletes : 128
  officials : 70
  total : 198
- Results : CISM-NEWS : 1987/10

Trois nouveaux records du CISM ont été établis. Imposante cérémonie d’ouverture avec de multiples démonstrations et exhibitions.

Excellent organisation et vif succès rencontré auprès du public et des médias. Three new CISM records were broken.

Impressive opening ceremony with numerous demonstrations and exhibitions.

Excellent organisation of this event which proved popular with the public and the media.

33rd TRACK AND FIELD CHAMPIONSHIP – WARENDORF (GERMANY F.R.) – FROM 22/06 TO 28/06/1987

- 28 participating countries : RFA, AUT, BRN, BEL, BOT, BRA, CIV, UAE, USA, FIN, FRA, GUI, HAI, IRL, ITA, KUW, NIG, PAK, HOL, QAT, SUR, TAN, SUD, SWE, THA, TOG, TUN and ROM (invited nation).
- 1 observer country : CMR.
- Female participation was not foreseen.
- Number of athletes : 360
  officials : 120
  total : 480
- Results : CISM-NEWS : 1987/8
  SPORT INTERNATIONAL n° : 73
- Spectators : about 15,000 in total

Six records du CISM ont été battus. Six CISM records were broken.

34th BASKETBALL CHAMPIONSHIP – ALEPPO (SYRIA) – FROM 12/08 TO 18/08/1987

- 7 participating countries : SYR, CHN, UAE, GRE, IRN, ITA, PAK.
- 1 observer country : JOR.
- Female participation was not foreseen, (no teams).
- Number of athletes : 86
  officials : 36
  total : 122
- Results : CISM-NEWS : 1987/8
  SPORT INTERNATIONAL n° : 73
- Spectators : over 30,000

--- 30 ---
35th MILITARY PENTATHLON CHAMPIONSHIP – STOCKHOLM (SWEDEN) – FROM 17/08 TO 24/08/1987
- 16 participating countries: SWE, RFA, ARG, AUT, BEL, BRA, CHN, DEN, ESP, IRN, IRL, ITA, NOR, HOL, SUI, TUR.
- 2 observers countries: ALG, ZIM.
- Female participation was not foreseen.
- Number of athletes: 90
  officials: 64
  total: 154
- Results: – CISM-NEWS: 1988/2

Le Général de Brigade J. Borthen (Norvège) vient de prendre sa retraite et quitte son poste de Président de C.T.P., qu’il aura occupé de 1980 à 1988. Brigadier General J. Borthen (Norway) has just retired, relinquishing his function as P.T.C.-Chairman which he held from 1980 to 1988.

4th HANDBALL CHAMPIONSHIP – RIYAD (SAUDI ARABIA) – FROM 18/08 TO 01/09/1987
- 11 participating countries: SAU, RFA, ALG, BEL, CMR, EGY, FRA, HOL, ITA, SUD, UAE.
- 3 observers countries: GUI, TAN, SEN
- Female participation was not foreseen.
- Number of athletes: 172
  officials: 72
  total: 244

27th SHOOTING CHAMPIONSHIP – SKOVDE (SWEDEN) – FROM 29/08 TO 07/09/1987
- 22 participating countries: SWE, ALG, RFA, AUT, BEL, DEN, UAE, EGY, ESP, USA, FIN, FRA, IRL, ITA, LUX, NOR, PAK, HOL, POR, SUI, THA, TUN.
- 1 observer country: BRA.
- 4 countries with female participation: BEL, FRA, HOL, USA.
- Number of athletes: 202
  officials: 105
  total: 307

Un record du CISM a été battu.
Les cibles électroniques (SUIS ASCOR) fonctionnaient parfaitement. Les résultats pouvaient être suivis sur différents écrans.
A CISM record was broken.
The electronic targets (SIUS ASCOR) worked perfectly. The results were displayed on several different screens.

32nd P.A.I.M. CHAMPIONSHIP – MALAGA (SPAIN) – FROM 25/09 TO 03/10/1987
- 9 participating countries: ESP, ARG, BRA, USA, FIN, FRA, NOR, HOL, SWE.
- 2 observers countries: ALG, CHI.
- Female participation was not foreseen.
- Number of athletes: 45
  officials: 43
  total: 88
- Results: – CISM-NEWS: 1987/10 – SPORT INTERNATIONAL n°: 74

Quatre pays ont participé à l’air contest: ESP, FIN, FRA, SWE. Un record du CISM a été battu.
Les Pays-Bas sont de retour dans la famille du P.A.I.M., ce qui enchante beaucoup de pays.
Four countries competed in the “air contest”: ESP, FIN, FRA and SWE. A CISM record was broken.
The fact that the Netherlands has returned to the P.A.I.M. family is appreciated by many countries.

21st MODERN PENTATHLON CHAMPIONSHIP – BRUGG (SWITZERLAND) – FROM 14/10 TO 21/10/1987
- 9 participating countries: SUI, AUT, RFA, FRA, FIN, HOL, ITA, SWE, USA.
- Female participation was not foreseen.
- Number of athletes: 28
  officials: 36
  total: 64
- Results: – CISM-NEWS: 1988/2 – SPORT INTERNATIONAL n°: 74

2nd TAEKWONDO CHAMPIONSHIP – SEOUL (KOREA) – FROM 25/10 TO 01/11/1987
- 13 participating countries: KOR, BRN, CAN, FRA, IRN, JOR, KUW, LBA, MAL, PHI, QAT, LES, USA.
- 2 observer countries: AUT, BEL.
- Female participation was not foreseen.
- Number of athletes: 87
  officials: 46
  total: 133
- Results: – CISM-NEWS: 1988/2 – SPORT INTERNATIONAL n°: 74

38th BOXING CHAMPIONSHIP – CAMP LEJEUNE (UNITED STATES) – FROM 30/11 TO 13/12/1987
- 15 participating countries: USA, RFA, AUT, KOR, CIV, DEN, EGY, FRA, GUA, ITA, JAM, PAK, PAN, SUD, THA.
- Female participation was not foreseen.
- Number of athletes: 115
  officials: 73
  total: 188
- Results: – CISM-NEWS: 1988/2 – SPORT INTERNATIONAL n°: 74
32nd P.A.I.M. Championship
Malaga (Spain)
from 25/09 to 03/10/1987

PARTICIPATING COUNTRIES
9 – Spain, Argentina, Brazil, United States, Finland, France, Norway, the Netherlands, Sweden.

OBSERVER COUNTRIES
2 – Algeria, Chile.

OFFICIAL C.I.S.M. REPRESENTATIVE
Colonel Walmiky Conde Filho (Brazil).

P.T.C. CHAIRMAN
Colonel Pekka Kanninen (Finland).

NUMBER OF PARTICIPANTS
athletes : 45
officials : 43
total : 88

PAYS PARTICIPANTS
9 – Espagne, Argentine, Brésil, Etats-Unis, Finlande, France, Norvège, Pays-Bas, Suède.

PAYS OBSERVATEURS
2 – Algérie, Chili.

REPRESENTANT OFFICIEL DU C.I.S.M.
Colonel Walmiky Conde Filho (Brésil).

PRESIDENT DU C.T.P.
Colonel Pekka Kanninen (Finlande).

NOMBRE DE PARTICIPANTS
athlètes : 45
accompagnateurs : 43
total : 88

Cérémonie d'ouverture.
Opening ceremony.
1. Flying event – Epreuve de Voi aérien:
   Individual classification
   1. MAU. LUENGO/CAPT. CORTES (SPAIN) 3,000 pts
   2. LT. LAGRANGE/2nd LT. WISER (FRANCE) 2,314 pts
   3. CAPT. MORA/CAPT. ESPRESATI (SPAIN) 2,250 pts

2. Sports Events – Epreuves sportives
   Individual General Classification
   1. CAPT. ESPRESATI (ESP) 5,085 pts
   2. LT. ROSEN (SWE) 5,028 pts
   3. LT. OTON (ESP) 4,982 pts

   Team General Classification
   1. SPAIN 14,627 pts
   2. SWEDEN 14,578 pts
   3. FINLAND 13,722 pts

3. Sports Events:
   Results by discipline
   1. SHOOTING – TIR
      Individual classification
      1. LT. COL. SILVA F. (BRA) 1,060 pts
      2. CAPT. HEINONEN S. (FIN) 960 pts
      3. 1LT. JAUZIS L. (NOR) 960 pts

      Team classification
      1. BRAZIL 2,880 pts
      2. FINLAND 2,580 pts
      3. SWEDEN 2,580 pts

2. FENCING – ESCRIME
   Individual classification
   1. LT. OTON J. (ESP) 1,068 pts
   2. CAPT. MORA J. (ESP) 1,068 pts
   3. CAPT. SPACY W. (USA) 1,068 pts

   Team classification
   1. SPAIN 3,068 pts
   2. SWEDEN 2,796 pts
   3. NORWAY 2,218 pts

3. BASKETBALL
   Individual classification
   1. CAPT. VANAZZI P. (BRA) 1,198 pts (*)
   2. LT. OTON J. (ESP) 1,186 pts
   3. LT. OLSSON C. (SWE) 1,184 pts

   Team classification
   1. SWEDEN 3,322 pts
   2. BRAZIL 3,238 pts
   3. SPAIN 3,138 pts

4. SWIMMING – NATATION
   Individual classification
   1. LT. ROSEN H. (SWE) 1,196 pts (*)
   2. LT. VIITALA M. (FIN) 1,124 pts
   3. MAU. HOGUE J. (USA) 1,118 pts

   Team classification
   1. SWEDEN 3,224 pts
   2. BRAZIL 3,134 pts
   3. FINLAND 3,120 pts

(*) new CISM records

5. OBSTACLE RACE – PISTE D’OBSTACLES
   Individual classification
   1. LT. LEHTOLA P. (FIN) 1,040 pts
   2. LT. VIITALA M. (FIN) 1,020 pts
   3. CAPT. HAVOLD H. (NOR) 1,010 pts

   Team classification
   1. FINLAND 3,056 pts
   2. SPAIN 2,900 pts
   3. SWEDEN 2,724 pts

6. ORIENTEERING – ORIENTATION
   Individual classification
   1. CAPT. MORA J. (ESP) 1,071 pts
   2. CAPT. ESPRESATI F. (ESP) 1,045 pts
   3. LT. OTON J. (ESP) 996 pts

   Team classification
   1. SPAIN 3,112 pts
   2. SWEDEN 2,613 pts
   3. FRANCE 2,584 pts
LA VIE AU CISM - LIFE IN CISM

VOLLEYBALL COACHING CLINIC
HELD IN HARARE, ZIMBABWE FROM 1ST TO 15TH NOVEMBER, 1987

A maiden CISM/INSA (*) joint venture

Harald Dubberke,
President of the International
Sports Academy (FRG)

Following the agreement of the CISM General Assembly in Portugal earlier this year to initiate a cooperation plan between CISM and the International Sports Academy (INSA), a final decision was taken on 26th August, 1987 to stage a volleyball coaching course in Zimbabwe.

This course must be regarded as a trial experiment of cooperation between CISM and INSA which will only be continued if it gives mutual satisfaction. The International Sports Academy, which is very experienced in the organisation of training camps and coaching courses, has done its utmost to ensure the optimum realisation of this programme. It assigned Michael Knappe, a highly experienced, qualified volleyball coach, who was joined in Harare by Wilfried Blaik in his capacity as INSA coordinator. In addition, INSA contributed the necessary items of equipment, including 35 volleyballs, 4 ball nets, 1 volleyball net and 8 ball pumps as well as extensive volleyball hand-cuts.

Harald Dubberke
President of INSA

When it was announced that the coaching course would be held, I personally took the time to fly out to Harare on 28th September, 1987 in order to select training areas with the competent local organisers and to discuss course details. This was just four weeks before the commencement of the course.

Wilfried Blaik, the INSA coordinator, travelled to Harare three days before the action started, thus ensuring the punctual start of the coaching course.

Only two of the seven countries invited to this event took part in the course, i.e. Zimbabwe, the organising country, and Botswana. The organisers in Zimbabwe seized this opportunity to increase the size of its own group of students to the final number of 25 participants.

However, due to this late selection of students, the technical qualifications of participants varied considerably. For this reason, it was necessary to conduct a differentiated and specified instruction, both in practice and in theory, which was not a problem for the INSA coaches thanks to their experience at international level.

2. Invitations to participants in the different countries must be sent out in good time to enable them to apply for their exemption from duty as well as for their travel expenses.

3. Since the CISM headquarters in Brussels, the Liaison Office in Lusaka and INSA in Germany jointly assumed most of the organisation (especially with regard to its preparation and as such the course) was only made possible by financing the coaches and the equipment, in future it would be preferable that the local organiser refrain from charging for board and lodging as well as transport. This is especially appropriate when countries are invited which may find it difficult to raise the requested fees which must then be transferred into hard currency.

Assessment

Although only two countries participated in this coaching course, it was possible to furnish evidence of good and constructive cooperation between the different organisations involved.

The victory of the CISM team in a self-organised volleyball tournament with local teams reflects the quality of the training they received.

It will of course be necessary to discuss this event in more detail. Nevertheless, it can already be said that the cooperation between CISM and INSA turned out to be a great success and should be an encouragement for the continuation and intensification of such Coaching Clinics.

(*) INSA : International Sports Academy
PRESENTATION OF THE
INTERNATIONAL SPORTS ACADEMY

The "International Sports Academy" (INSA) is a non-governmental and independent institution with its managing headquarters being in West Germany. Owing to our official recognition by all major German sports organisations and universities, INSA is in an excellent position to perform all its programmes and operations with the assistance of top coaches, the best sports managers and highly skilled sports scientists.

INSA services consist of an educational coaching programme in all sports disciplines and courses for sports management and sports medicine as well as sports medical treatment for injured players. Apart from offering these regular courses, INSA is always prepared to organise "special arrangements" in the above-mentioned and other areas of sports promotion, as for example the 1st CISM-INSA Volleyball Coaching Clinic in Harare/Zimbabwe.

Besides the official cooperation with the National Olympic Committee of Germany and the German Sports Federations, INSA is also recognised by the United Nations/UNESCO, doing the training of sports organisers and some research work in sports on behalf of UNESCO. Moreover, the "permanent committee" of the German Ministry of State for Sports supports the activities and ideas of INSA and we are proud to announce our first action realised in collaboration with CISM. Close contacts with international sports bodies like FIFA, IAAF and so forth guarantee the best possible service and represent, on the other hand, an honourable obligation to assist and help everyone, if so requested.

We hereby present our programme for 1988 for your kind attention. You are most welcome and invited to join the exclusive "INSA-family" for the benefit of sports promotion.

**INSA OFFER 1988**

**BASIC COACHING COURSE**
13th June – 12th Sept., 1988

- 88/01 ATHLETICS
- 88/02 BASKETBALL
- 88/03 BOXING
- 88/04 FENCING
- 88/05 FOOTBALL
- 88/06 GYMNASTICS
- 88/07 HANDBALL
- 88/08 HOCKEY
- 88/09 JUDO
- 88/10 SWIMMING
- 88/11 TENNIS
- 88/12 VOLLEYBALL
- 88/13 WRESTLING

**ADVANCED COACHING COURSE**
20th June – 30th July, 1988

- 88/14 ATHLETICS
- 88/15 BASKETBALL
- 88/16 BOXING
- 88/17 FENCING
- 88/18 FOOTBALL
- 88/19 GYMNASTICS
- 88/20 HANDBALL
- 88/21 HOCKEY
- 88/22 JUDO
- 88/23 SWIMMING
- 88/24 TENNIS
- 88/25 VOLLEYBALL
- 88/26 WRESTLING

**INTERNATIONAL FOOTBALL COACHING COURSE**
10th June – 25th June, 1988

This course goes along with the EUROPEAN FOOTBALL CUP

**ADVANCED SPORTS MANAGEMENT COURSE**
6th June – 10th July, 1988

**SPORTS MEDICINE COURSE**
10th Oct. – 18th Nov., 1988

**STADIUM MANAGEMENT/MAINTENANCE COURSE**
18th July – 27th Aug., 1988

**REHABILITATION COURSE**

This course is for instructors in sports therapy for handicapped and other special groups.

**SPORTS MEDICAL TREATMENT**

at any time

After some good experiences and success INSA is offering sports medical treatment in addition to the educational programme. INSA will select the right specialist and hospital depending on the injuries. From the airport of Frankfurt we take over all responsibilities of accommodation, full board, recreation and rehabilitation, for fitness and build-up training to get the player back to the field in good shape as soon as possible.

**TRAINING CAMPS**

at any time but especially from April – September

ATHLETICS in Rheda, Hannover, Seehem, Warendorf, Mainz, Cologne etc.

FOOTBALL in Hannover, Hohebroda, Seehem, Warendorf, Cologne, Kieve etc.

OTHER SPORTS – places depend on the location of German top teams for friendly matches.

INSA-Coordinator Mr. Bialik handing over a trophy to the best local volleyball team at the final Harare tournament on 14.11.87
INVERSION SPRAINS OF THE ANKLE

Dr John Aronen
Member of the CISM Academy
Traduction : Lt-Col Genot

Of all the injuries which occur to the ankle in athletics, undoubtedly the most common are initial and recurrent sprains of the lateral aspect of the ankle, i.e., inversion sprains. Ironically, the majority of inversion sprains are recurrent sprains. The high incidence of recurrence following an initial sprain is not due to "stretched or weak ligaments" in the majority of cases, but rather to the lack of adequate and appropriate treatment of the initial sprain.

ANKLE SPRAIN TREATMENT PROTOCOL

United States Naval Academy
Sports Medicine Division

STAGE I – TREATMENT OF INJURY DURING THE FIRST 48 HOURS FOLLOWING THE INJURY

Acute Rx → → 1.
 Compression wrap with horseshoes, elevate and ice for 20 minutes (Fig. 1-6)
 After n°1 → → 2.
 Maintain constant pressure with compression wrap with horseshoes → → 3.
 Start isometric quad exercises (†), done daily until protocol completed (Fig. 7) → → 4.
 Crutches if necessary with partial weight bearing heel to toe gait (Fig. 8 et 9) (discontinue crutches when patient can walk with painfree heel to toe gait) → → 5.
 Elevate ankle whenever possible and apply ice for 20 minutes

Following the guidelines for determining the severity of an injury, one can readily determine the severity of an ankle sprain. The extent of disability experienced by the athlete at the time of the injury or shortly after is the most reliable indicator in determining the severity of the sprain. If the athlete was able to walk on the injured ankle at the time of the injury and shortly after (even though he may have been forced to alter his gait somewhat due to the pain, i.e., walk with his foot turned out) the chance of the injury being a serious injury, i.e., a fracture or significant ligamentous injury, is less than 1%. If the athlete was not able to/ refused to bear weight on the injured ankle at the time of the injury and shortly after, then the injury should be considered as having a higher probability of being a serious injury. In evaluating an inversion injury to the ankle, one should always consider the possibility of an avulsion fracture of the base of the fifth metatarsal and subluxation or dislocation of the peroneal tendons.

Adequate and appropriate treatment for inversion sprains of the ankle should follow a well-defined protocol. The following protocol was developed and is utilized at the United States Naval Academy for initial and recurrent inversion sprains of the ankle.
Le traitement des entorses externes de la cheville.

Le traitement doit débuter 48 heures après l’accident, le protocole de traitement impose l’alternance de bains de boue et chauds : en bain chaud accompagné de mouvements actifs et d’isométrie en éversion du pied dans le d. La compression doit reprendre dès la fin des bains alternés et la cheville doit rester en élévation le plus longtemps possible, les mouvements actifs sans résistance étant alors pursuivis.

Le traitement doit débuter une rééducation proprioceptive et isométrique qui commence dès la disparition des douleurs.

La rééducation consiste en une reprise de la marche, puis de la course lente dès que les mouvements de la cheville blessée seront d’amplitude égale à ceux de l’autre cheville et que la douleur en station unipodale est passée.

Exercices isotoniques actifs contre la résistance élastique du tube en caoutchouc doivent être, pendant cette phase, constamment pursuivis.

Médecin Colonel J. Molinié
Directeur de l’Académie du CISM

TRAITEMENT DES ENTORSES EXTERNES À LA CHEVILLE

Académie navale des Etats-Unis
Département médecine sportive

I - TRAITEMENT DE LA Blessure AU TIT LES PREMIÈRES 48 HEURES

1. Placer une compresse en forme de fer à cheval, élever la cheville pendant 20 minutes (Fig. 1-6)

2. Retirer la compresse (fer à cheval) avec une conséquence

3. Exercer les exercices isométriques (*) à répéter jusqu’à la fin du traitement (Fig. 7)

4. Utiliser les béquilles, si nécessaire, en portant légèrement le poids du corps sur le talon ensuite vers les fig. 8 et 9

5. Emploi des béquilles lorsque le patient promener, sans avoir mal au talon

6. Protéger la cheville lorsque cela sera possible et appliquer ce pendant 20 minutes
STAGE II – TREATMENT OF INJURY
48 HOURS FOLLOWING THE INJURY

1. Contrast baths – Alternate hot (104°F) and cold (crushed ice in cold water) (Fig. 10)

   Hot → Start → 5 m → 4 m → 3 m → 2 m → 1 m
   Cold → 1 m → 1 m → 1 m → 1 m → 1 m → End
   (m = minutes)

   A. Remove compression wrap and horseshoes to do contrast baths.
   B. In hot perform active range of motion exercises (**).
   C. In cold perform isometric eversion against side of container (Fig. 11).
   D. Do contrast baths 2-3 times a day; discontinue when no swelling evident.
   E. Reapply horseshoes and compression wrap immediately after contrast baths; discontinue horseshoes and wrap when no swelling evident.

2. Elevate ankle whenever possible and do active range of motion exercises (**).

3. Active rehabilitation → start when able to do painfree:

   A. Active range of motion exercises (**).
   B. Tilt board → to stretch calf muscles and Achilles tendon (Fig. 12-14).
   C. Surgical tubing → to strengthen the muscles which evert and invert the ankle and stabilize the ankle with activity (Fig. 15-19).

GOALS – ACTIVE REHABILITATION COMPLETE WHEN:

A. Active range of motion (**) equal to that of noninjured ankle.
B. Tilt board → able to stand on with heels against the wall.
C. Surgical tubing for muscle restrengthening → able to balance on ball of foot for 20 seconds (Fig. 20).

STAGE III – ACTIVITIES WHICH ARE STARTED ONLY AFTER STAGE II IS COMPLETED IN ENTIRETY

1. Walk fast straight → jog → run.
2. Run figure of 8 patterns → start with large 8’s and go to small 8’s.
   A. 1/4 speed → 1/2 speed → full speed → full activities

(*) Isometric quad exercises
   → tighten thigh for 8 seconds, relax for 2 seconds = 1 set
   → do 20 sets 10 times a day for a total of 200 sets daily

(**) Active range of motion exercises → while keeping your heel still, write the alphabet in capital letters with your forefoot.
PHASE II – TRAITEMENT DE LA BLESSURE APRES 48 HEURES

1. Bains contrastés – alternativement chaud (104°F) et froid (glace pliée dans de l’eau froide) (Fig. 10)
   Chaud → Début → 5 m → 4 m → 3 m → 2 m → 1 m
   Froid → 1 m → 1 m → 1 m → 1 m → Fin
   (m = minutes)
   A. Enlever la compresse en fer à cheval pour effec-
      tuer les bains contrastés.
   B. Dans le bain chaud, effectuer une série de mou-
      vements (**).
   C. Dans le bain froid, effectuer des mouvements
d’isométrie en éversion contre le bord du réci-
   pient (Fig. 11)
   D. Prendre des bains contrastés 2-3 fois par jour ;
suspendre lorsque le gonflement a disparu.
   E. Reappliquer la compresse en fer à cheval immé-
      diatement après les bains contrastés ; supprimer
   le fer à cheval et la compresse lorsque le gonfle-
   ment a disparu.

2. Élever la cheville autant que possible et effectuer
   une série de mouvements (**).

3. Rééducation active → peut être commencée lorsqu’il
   est possible de le faire sans douleur.
   A. Série de mouvements (**).
   B. Estrade inclinée → étirement des muscles du
      mollet et du tendon d’Achille (Fig. 12-14).
   C. Gaine élastique pour fortifier les muscles qui
      contrôlent les mouvements en inversion et en
      éversion de la cheville et pour soutenir la cheville
      en activité (Fig. 15-19).

   BUTS – LA REEDUCATION ACTIVE EST
   ACQUISE LORSQUE

   A. Série de mouvements actifs (**) effectués aussi bien
      qu’avec la cheville non blessée.
   B. Estrade inclinée → être capable de tenir debout
      avec les talons contre le mur.
   C. Gaine élastique pour fortifier la musculature → être
      capable de rester en équilibre en station unipodale
      20 secondes (Fig. 20).

PHASE III – ACTIVITES QUI COMMENCENT
LORSQUE LA PHASE II EST ENTIEREMMENT
TERMINEE

1. Marcher rapidement en ligne droite → petit trot →
course.
2. Effectuer des mouvements de course en forme de 8 →
   commençant avec des 8 larges vers de plus
   étroits.
   A. Vitesse 1/4 → vitesse 1/2 →
      vitesse normale → activités complètes
   (*) Exercices isométriques
      → cuisse tendue 8 secondes, repos 2 secondes = 1 mou-
      vement
      → faire 20 mouvements 10 fois par jour = 200 mouve-
      ments par jour
   (**) Série de mouvements → en gardant le talon immobile,
      écrire l’alphabet en lettres capitales avec les orteils.
Adequate and appropriate treatment of an inversion sprain of the ankle requires recognition of two factors: (1) Soft tissue swelling is the primary factor in prolonging the time before the athlete can effectively start active rehabilitation (Stage II-3). Effective control of the soft tissue swelling can be achieved with the immediate application of adequate compression (compression wrap with horseshoes), elevation and ice (if available). (2) Lack of completing adequate and appropriate active rehabilitation, i.e., accomplishing the goals of Stage II, is the primary cause of persistent ankle problems (pain, recurrent sprains, etc.) following an inversion sprain. Treatment of inversion sprains of the ankle must include active participation by the injured athlete in an adequate and appropriate rehabilitation program.

If an athlete experiences episodes of ankle pain with activity following completion of an adequate and appropriate rehabilitation program, the possibility of a talar dome fracture should be considered.

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