CISM magazine
The world of military sport
Le monde du sport militaire

SHOOTING
SWEDEN

INTERNATIONAL SYMPOSIUM
BULGARIA

SPORT PSYCHOLOGY
MAJOR HARALD DOBMEIER

ORIENTEERING
41ST WORLD CHAMPIONSHIP IN LITHUANIA
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Shooting
43rd World Military Championship

World Championship on the Arctic Circle
The World Military Shooting Championships held at the newly built ranges in Boden, Sweden, resulted in four new world records in a competition bringing together 44 participating countries. The military shooters again demonstrated that the level of military sport is as good – or even better – than in the Olympics or at civilian world championships.

The competitions were opened by General Håkan Syden, Supreme Commander of the Swedish Armed Forces. In his opening speech, he stressed the important role of CISM and also "...the widened significance that goes far beyond building friendship through sport. Today the real significance relates to the increasing importance of multinational military cooperation in building peace and security around the world. One of the major missions of our Armed Forces today is to work together in multinational missions. To be able to carry out these missions efficiently and safely, we have to know each other; we have to develop a solid base of common values from which to work. It is in this broad context that I find the continued relevance of military sports cooperation." He also remarked that out of 42 World Military Shooting Championships Sweden had organised six, with roughly 600 participants.

The results were excellent and again demonstrated that the rather cold temperatures – negative at night – does not prevent high-level performances. In the same way as China dominated the pistol events with 11 medals, Norway dominated the rifle competitions. The standard was high. The best pistol shooter, women was Zhanna Shapovalchik (BLR), the best rifle shooter, women was Gyda Olsen (NOR), the best pistol shooter, men was Zheng Gao (CHI) and the best rifle shooter, men was Raymond Debunc (SLO). A true picture of an international competition! Major General Doug Langton, Official CISM Representative, summarised the event by announcing that the best all-round nation was the USA, who girl to keep the priceless Greek Silver Pistols – a gift from the King of Greece in 1957 – until the next Military World Championship in 2009.
43ème championnat mondial militaire de Tir

Un Championnat du monde au-delà du cercle Arctique

Le Championnat du monde militaire de tir, qui s'est déroulé dans les toutes nouvelles installations de Boden en Suède, a accueilli de quatre nouveaux records du monde lors de compétitions réussissant 44 nations participantes.

Les tireurs d'élite militaire ont une nouvelle fois démontré que le niveau atteint dans la version militaire de ce sport est aussi élevé, voire meilleur, qu'aux Jeux olympiques lors des championnats du monde civils.

C'est le Général Håkan Syrén, Commandant en chef des Forces armées suédoises, qui a donné le coup d'envoi des compétitions. Dans son discours d'ouverture, il a insisté sur l'importance de la mission du CISM ainsi que sur « sa pointe éclatée, bien au-delà de l'édification de l'amitié par le sport. Aujourd'hui, la véritable portée remonte à l'importance grandissante de la collaboration militaire internationale dans la consolidation de la paix et de la sécurité partout dans le monde, l'une des principales missions actuelles des Forces armées consiste à intervenir ensemble dans le cadre de missions multinationales. Pour les moins à bien et sans incident, nous devons nous connaître ; nous devons éduquer une solide assise de valeurs communes à partir desquelles travail. C'est dans ce contexte général que je fonde la performance renouvelée de la collaboration sportive militaire. » Il a également relevé que, sur 42 Champions du monde militaire de tir, la Suède en a organisé six, avec environ 600 participants.

Les conditions étaient excellentes au champ de tir tout neuf de la garnison de Boden. Depuis sa position à 300 m de la cible, le tireur n'a qu'à lever les yeux pour regarder droit dans le fût des pièces d'artillerie lourde de la fortresse de Rödönsberg édifiée il y a plus d'un siècle dans les montagnes. Aujourd'hui, la fortresse est un musée qui branche résolument sur les chemins de tir électroniques qu'utilisent les tireurs en contrebas.

Les excellents résultats ont une nouvelle fois démontré en rehaussements relativement frais, négatives au suivi, mais qui ne s'empêchent pas de réaliser des performances de haut niveau. De la même manière que la Chine a dominé les épreuves au pistolet, remportant onze médailles, la Norvège a dominé les compétitions au fusil. Le niveau a été élevé. Les meilleurs ont été : la Belarouse Zhanna Shapiaievich au pistolet féminin, la Norvégienne Gyda Giessen au fusil féminin, le Chinois Zheng Gao au pistolet masculin et le Suisse Raymond Debevec au fusil masculin. L'ensemble parfait d'une compétition internationale. Le Major Général Doug Langben, Représentant officiel du CISM, a résumé la manifestation en soulignant que les États-Unis avaient remporté le classement général inter équipes et conservaient donc, jusqu'au prochain Championnat du monde militaire de 2009, les inestimables Pistolets grecs.

**Observer nation :** Russie.

**RESULTS men**

**Rifle 300 m - Standard 3 Positions**

**Individuel**

1. Russian Army (642.568)
2. Russian Navy (642.568)
3. Russian Air Force (642.568)

**Team**

1. United States of America 1717.768
2. Germany 1717.768
3. Norway 1569.738

**Rifle 300 m - Military Rifle-Pair**

**Individuel**

1. Swiss Armed Forces (634.678)
2. Belgian Armed Forces (634.678)
3. Dutch Armed Forces (634.678)

**Team**

1. United States of America 1717.768
2. Germany 1717.768
3. Norway 1569.738

**Rifle 50 m - Prone**

**Individuel**

1. Russian Army (1045.808)
2. German Army (1045.808)
3. Russian Navy (1045.808)

**Team**

1. United States of America 1717.768
2. Germany 1717.768
3. Norway 1569.738

**Results women**

**Rifle 300 m - Standard 3 Positions**

**Individuel**

1. Russian Armed Forces (642.568)
2. Swiss Armed Forces (642.568)
3. Swedish Armed Forces (642.568)

**Team**

1. United States of America 1717.768
2. Germany 1717.768
3. Norway 1569.738

**Rifle 300 m - Military Rifle-Pair**

**Individuel**

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Symposium in Bulgaria
Sofia • Bulgaria
24-25 Sept 2008

The Bulgarian Delegation to CISM hosted in Sofia the 2008 International CISM Symposium on the theme "How to emphasize the importance of sports within the Armed Forces at national and international level."

Innovation
The Bulgarian Delegation hosted a brand new kind of CISM Symposium. Indeed, for the first time, the event was meant for officers specializing in communication within the Armed Forces of the CISM member nations rather than for CISM Chiefs of Delegations themselves. This is how every Delegation could send to the Symposium national public relations specialists from the Ministry of Defence or experts in marketing applied to the sphere of sport. The response to the offer was up to the opportunity; no fewer than 23 CISM member nations attended the Symposium. An informed audience actively contributed to the discussions and working group sessions held as part of the event.

Exceptional Speakers for an Exceptional Audience
Such an experience participants needed to hear speakers with a track record on the main theme of the Symposium. Therefore, the Symposium coordination team called upon speakers from both civilian and military international sport circles. A skillful mixture of specialist speakers for each of the five different sessions of the Symposium.

A Minister to Pave the Way
Mr. Nikola Tsevov, Bulgarian Minister of Defence, known CISM since he was a member of the Bulgarian Delegation some years back. In addition, he has a solid background in communication and marketing and honoured us by delivering the keynote speech, in which he shed light on the specifics of communication in the sporting and military fields. He set the pace from the very start.

Military Sport as an Instrument of Communication
As we all know, military sport is a genuine tool of communication and rapprochement. It unites athletes on sports fields and enables CISM to help build world peace. This was also the first session enabled CISM President Gen Ben Gola and CISM Vice-President for Europe Colonel Nylander to put in perspective the various objectives, achievements, challenges and issues faced by CISM over the last 60 years. Mr. Andre Gougenheim, consultant of the ICC and International Boxing Federation then discussed the different ways in which the markets of sports equipment manufacturers, large cities and major sport clubs influence today’s sports world. This backdrop being provided, the participants could tackle the issue of sports marketing itself.

Sports Marketing: A Genuine Science
The second session set aside considerable time for academics: Prof. Tislov and Sandanski from the University of Sofia and Doctor Siglun from the University of Ottawa introduced the latest marketing theories applied to sport. They complemented their densely packed presentations with a whole range of practical proposals for CISM. These were all carefully reviewed and will all be included provide the basis for a new CISM sports marketing policy.

How to Improve the Image of CISM?
In the third session, Colonel Boskovic (SER) introduced the findings of a survey conducted for the purpose of this Symposium with 15 CISM Member Nations on the image and perception of sport within the Armed Forces. The outcomes of this study clearly showed all participants that there is much left to be done to fully leverage CISM’s communication potential. And the key question remains how? Several answers were readily provided by Mr. Holger Haas, Director of Business Development of Plazamedia, a German TV programme producer specializing in sport, who demonstrated – with pictures and video footage – how substantially profitable television coverage can be. Taking Formula 1 and the German table tennis league as examples, Mr. Haas offered several avenues for development within CISM, including a reorganisation of our website and the development of a Web TV meeting sponsors’ latest requirements. CISM is currently working on an updated presentation video and is working with Plazamedia on preparations for coverage of a number of events in 2009 and 2010 – including the CISM pentathlon.

Some Delegations Act Like Pioneers in This Field
The picture of military sport is not quite so dark, however. Lieutenant Pasi Leskinen presented the communication and marketing policy implemented successfully for the preparation of the 2007 Naval Pentathlon in Finland. Based on a few carefully selected examples, he made a masterful demonstration of sports marketing which made a strong impression on more than one delegate. His presentation entitled “The Six Steps to Success” earned him the applause of the whole Symposium. At the end of his presentation, he relinquished the floor to a well-known figure among military skiers and pentathletes: Mr. Kjell Erik Kristiansen, TV producer and a star of sports commentary in the Nordic Countries, who complemented Lieutenant Leskinen’s presentation by focusing more closely on on-site TV production and the profession of sports commentator: some examples – while simple to the point of self-evidence – can turn a world championship into a communication failure if forgotten.

An Approach to Selling the CISM Image
The last two speakers of the 2008 Symposium presented the outline of a strategy to sell CISM’s image. Mr. Bernard Belf, a Belgian sports reporter who works for the Ministry of Defence, explained the popularity policy applied to elite military athletes and their use as recruiting and promotional tools for the Armed Forces. Mr. Tom Schuster, Director of East Europe TV – a TV production company – and New Media Director, presented a rather exhaustive list of the different factors to be considered upon developing a televised sports marketing policy. He then applied this theory to CISM, CISM’s presentation and demonstrated that providing him with changes it makes in some of its old habits. CISM has real potential too when it comes to entering the world of modern sports communication.

Pages and Pages of Notes
Who had doubts about the success of this event can be reassured. Yes, it was a success, and yes CISM must continue to organise symposiums like this one, i.e. different and more narrowly focused! Just the sight of the impressive number of pages of notes taken by the participants was enough to remove any doubts as to this success. Now, the onus is on CISM to proceed with an analysis of all the possibilities offered, goals and avenues of research to develop a sports communication and marketing policy which will enable us to compete with other sporting organisations.

Congratulations to Bulgaria
CISM sincerely thanks the Bulgarian Delegation, its Chief Vice-Admiral Petrov, and Colonel Plamen Dotchevski, who needs no further introduction. The conditions were all met to make this Symposium an event that will long live in the collective memory of CISM as the event that paved the way for a new communication.

Page by page of notes, allow me to quote the following sentence, which supported most of the presentations made during this Symposium. "Yes, CISM is unique, and its message is flourishing! Now it is time to use CISM to find the means of advertising itself to build its notoriety and increase its impact on the world of international sport."

Olivier Verhaeve

PHD. BoriS SIGLUN (CAN)
Professor of the University of Ottawa in Sports Marketing and Brand Management
The CISM brand

PH. D. Ivan Pavlov SANDANSKI (BUL)

PHD. D. Marinov IZSAOV (BUL)

PHD. D. Borisov FIGL (BUL)

PHD. Boris SIGLUN (CAN)
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PH. D. Ivan Pavlov SANDANSKI (BUL)

PHD. D. Marinov IZSAOV (BUL)

Mr. TeoS SCHUSTER (GER)
Director East Europe TV and New Media for TV in Deutschland
What are the key factors to be considered to make the CISM successful in creating awareness and increasing its impact? A strategy to reach more and Spaniards.

Mr. Uwe HOLS SUM (GER)
General director of the German Olympic Committee
The attractiveness of TV sports productions

Mr. Colind BROUNBUS (BEL)
Representative of the Serbian Delegation to CISM and international sports coordinator public relations in the field of sport in the armed forces

Mr. Senior BOULT (FRA)
Freelance Sports journalist and Member of the General Management of the French Olympic Committee
Public relations of the Defence Forces
An approach to sell the CISM image
Symposium en Bulgarie
Sofia - Bulgarie
24-25 Sept 2008

La délégation bulgare au CISM a accueilli le Symposium international CISM 2008 autour du thème "Comment accroître l'importance du sport au sein des Forces Armées aux niveaux national et international".

Une première
La délégation bulgare fut le pays hôte d'un symposium d'un tout nouveau genre au CISM. En effet, pour la première fois, il s'adressait non pas aux chefs de délégations CISM, mais bien à des officiers spécialisés dans la thématique de la communication des Forces armées des pays membres du CISM. Ainsi, chaque délégation avait la possibilité de déléguer lors de ce symposium les spécialistes nationaux des relations publiques des Ministères de la Défense, ainsi que des experts en marketing appliqué aux domaines sportifs. La rencontre aurait également pu s'adresser aux membres des délégations des 23 pays membres du CISM participant à ce symposium.

A public exceptionnel, orateurs exceptionnels !
Ainsi donc, il conviendrait de remercier à des participants aguerris de ces orateurs ayant fait leurs preuves au niveau de la thématique principale du symposium. C'est la raison pour laquelle l'objectif de coordination du symposium avait tout au long des délégations provenant de nombreux sports internationaux tant côtes que militaires. Les orateurs mènent l'atmosphère dans les thématiques des cinq différentes sessions du symposium.

Un ministre nous ouvre la voie
M. Nikola Temre, Ministre bulgare de la Défense, a ouvert la session privée par une très enthousiaste invitation à la participation de l'armée bulgare dans le domaine du sport militaire. En effet, la participation de la Robot en force de l'armée bulgare dans des compétitions sportives internationales a été soulignée. L'armée bulgare a été particulièrement enthousiaste en ce qui concerne le développement du sport militaire et a exprimé son intention de participer activement à l'organisation de futurs événements du genre.

Le Marketing sportif : une science à part entière
La deuxième session a été consacrée au marketing sportif et au rôle du sport dans la promotion de la défense. Les orateurs ont souligné l'importance du marketing sportif dans la promotion de la défense et ont discuté des stratégies de marketing utilisées par les armées dans le monde entier.

Le Sport militaire en tant que vecteur de communication
Le sport militaire, comme le sport civil, est un vecteur efficace de communication et d'expression. Il est utilisé pour transmettre des messages et des valeurs, ainsi que pour promouvoir et renforcer les objectifs de l'armée. Les orateurs ont souligné l'importance du sport militaire dans la promotion de la défense et ont discuté des stratégies de marketing utilisées par les armées dans le monde entier.

La communication dans l'image du CISM
Les deux dernières sessions ont été consacrées au CISM, permettant aux participants de débattre des perspectives de développement du CISM et de discuter des opportunités d'avenir. Les orateurs ont souligné l'importance du CISM dans le développement du sport militaire et dans la promotion de la défense. Ils ont également discuté des opportunités d'avenir et des défis auxquels le CISM peut être confronté.

Des pages et des pages de notes
Ce qui a été noté au cours de ce symposium est que les participants ont été particulièrement enthousiastes et ont exprimé leur intention de participer activement à l'organisation de futurs événements du genre. Le symposium a été un succès et a permis d'élargir le réseau d'associations et de partenaires à travers le monde.

Bravo la Bulgarie
Le CISM adresse ses sincères remerciements à la délégation bulgare pour son accueil chaleureux et pour le formidable travail qui a été réalisé au cours de ce symposium. Le CISM est fier de voir que les participants ont été particulièrement enthousiastes et ont exprimé leur intention de participer activement à l'organisation de futurs événements du genre.

Olivier Verhaele
Cycling

21st World Military Championship

01-06 October 2008
Novo mesto • Slovenia

Jani Brajkovic and Kristjan Koren, 2008 World Military Cycling Champions

The Slovenian Armed Forces and the city of Novo Mesto welcomed the best military cyclists for the World Military Championship in which they competed for the Time Trial and Road Race Titles between 1 and 6 October. Entries included 88 cyclists from 12 different countries: Austria, Bahrain, Belgium, France, Germany, Ireland, Italy, Netherlands, Poland, Slovenia, Slovakia and the USA.

The Championship started with an opening ceremony at the Novo Mesto velodrome. The opening speeches were delivered by Lieutenant General Albin Gutrain, Chief of the General Staff of the Slovenian Armed Forces; Colonel CISM representative General Ali M. Sabour; Mr Aljaz Muhic, Mayor of Novo Mesto, and Brigadier Aljaz Zavarnik, President of the Organizing Committee of the Championship.

On 3 October, the first event of the championship was the 25 km Time Trial held in the town of Sentjerne, 20 km from Novo Mesto. Jani Brajkovic (SLO), defending time trial champion (2005 & 2006) did not allow anyone to take away his favourite title and beat two very fast German competitors to win again, averaging an awesome 49.1 km/h. Robert Bariko finished second, 28 seconds behind Brajkovic and Robert Bengsch was third. Young Kristjan Koren, another Slovenian, was fourth, just four seconds behind Bengsch.

Eighty-seven competitors started the road race (7 laps of a 19.5 km circuit, i.e., 133 km overall) in the old city centre of Novo Mesto at 1 pm on Sunday 5 October. As on Friday, the weather was sunny, friendly and almost windless. The first two laps were completed as a pack – only a few weak riders were unable to hold pace from the beginning. The first attack by Matric Stgrar (SLO) led to a small group of four riders breaking away in the third lap. But they were already caught by the pack in the fourth lap, at the end of which another group of seven riders broke away: Matric Stgrar, Kristjan Koren, Gregor Boles, all from Slovenia and Robert Bariko from Germany, Julien Gannet from France and two Australian riders: Stefan Dentil and Daniel Schorn.

This attack ultimately decided the race. The group maintained a 25 to 40-second lead until the last climb, some 5 km before the finish line. At the bottom of the climb, Slovenian riders Kristjan Koren and Gregor Bole launched another vigorous attack, which nobody from the group could follow. A few minutes later, the world military road race championship title was decided in a final sprint between team mates Koren and Bole. At the finish line, in front of Novo Mesto City Hall, younger Kristjan Koren was stronger and prevailed by a length. The pack caught the five other riders right before the finish, but Robert Bariko was still strong enough to retain the third place, 21 seconds behind the winner.

Slovenia won the team classification; Austria and Germany finished second and third respectively.

The championship ended with a closing ceremony held in the barracks of Novo Mesto. The speakers included Brigadier General Milan Obreza, Chief of the Slovenian CISM delegation; Brigadier General Aljaz Zavarnik, President of the Organizing Committee; and General Ali Sabour, Colonel CISM representative, who officially declared the championship closed. At the end of the ceremony, the CISM flag was handed over to the Irish hosts of the 22nd World military cycling championship.

10 MARCH 2009
Orienteering
41st World Military Championship

Photos by Dori De Sha
Report on the World Military Orienteering Championship in Lithuania

Lithuania put together the best possible weather conditions on any given week. The normal weather should be cold, windy and rainy. Instead, the temperature reached 12 to 14 degrees and the sun shined. And the weather was not the only perfect thing. The rest was too.

The teams arrived on Monday 6 October. The next day was reserved for training. The training area was part of the competition map for the middle and long distance races and was close to what could be expected the next days. Most runners discovered that to have a good result, carefully watching one’s compass was key as any failure to do so quickly led to lost bearings.

The middle distance race was held on Wednesday 8 October. This event focuses on technically difficult orienteering. The race should last about 25 minutes for men and women alike. Valentin Novikov (RUS) won the men’s race in 26 minutes. No other race having been held previously in the same area by elite orienteering specialists, this can be called a bull’s eye performance. The course offered both short and long legs, scene with challenging route choices, Tatiana Raskina (RUS) won the women’s race in 27 minutes. This course too, was set in a very challenging way. It included one long leg that had a real influence on the final results. Choosing the right route saved a lot of time. Both then men’s and the women’s team rankings were based on the individual results.

Russia won both.

The long distance race took place on Thursday 9 October. Long distance has a focus on physical endurance. The regulations specify a reference winning time 75 minutes for the men. Thierry Guergiou (FRA) won in 72 minutes. The race had a dispersion system that was based on the butterfly system, meaning that short loops are run in the middle of the race in different orders. This worked very well. Tatiana Raskina (RUS) prevailed again. She spent 62 minutes in the forest, i.e. 12 minutes more than the regulation 50.

Friday 10 October was dedicated to sightseeing. The Lithuanian organisers had picked an aqua park as the centre of the day. It was a great success. All competitors fought against each other in the different tubes and there were not too many casualties.

Saturday 11 October was a beautiful day. It was dedicated to the relay race, the last – and most exciting - event. The courses had been tested a number of times by the organisers, the event advisor and the President of the Orienteering Committee. They were really good and brought together the different features expected from a relay competition. Russia 2 won the men’s race and Russia the women’s.

Overall, Lithuania organised an outstanding championship. The hosts’ hospitality and friendliness was something we will never forget.

Harald Bettske
Marathon
41st World Military Championship
La Tunisie sourit au CISM

La capitale tunisienne nous a une fois de plus ouvert les bras pour accueillir la troisième réunion annuelle de notre Comité Directeur et, bien que nous soyons tous convaincus de la chaleur de l'accueil tunisien, à chaque nouveau séjour à Tunis, on ne peut que tomber sous le charme de la gentillesse, de l'humilité et du respect, dont font preuve les bras militaires tunisiens.

Le tout nouveau Chef de Délegation, le Capitaine de Vaisseau Major Hocine Benmouna, recevait son baptême du feu en organisant cette réunion et le moins que l'on puisse dire c'est que la Tunisie a une fois de plus à sa tête un officier de grand talent et qui perpetuera la longue tradition d'excellence tunisienne.

Le Comité Directeur aura apprécié à sa juste valeur la présence de hauts dignitaires des mondes civil, sportif et militaire lors des cérémonies d'ouverture et de clôture. M. Kamel Mrigane, Ministre de la défense nationale, M. Samir Labidi, Ministre de la jeunesse, des sports et de l'éducation physique et M. Bachir Elouiti, Secrétaire d'État auprès du ministère de la jeunesse, des sports et de l'éducation physique chargé des sports nous ont fait l'honneur de prononcer les discours d'ouverture, dans lesquels fut mis à l'honneur le rôle fédérateur du sport militaire et du CISM en Afrique du Nord.

Notons la présence très appréciée de Mohamed Gamoudi, l'indétrônable multiple médaillé olympique et maintes fois champion du monde CISM de course qui motte, aujourd'hui encore, l'un des héros sportifs nationaux.

Les séances de travail du Comité Directeur ont fait la part belle à la révision des projets entamés en 2008 et des divers objectifs fixés pour 2009. Le Général Dr Megueded (ALG), Président de la Commission de solidarité du CISM, a présenté le projet de solidarité du CISM dressé par sa commission pour les années à venir. Ce projet ambitieux, ainsi que le plan d'action en découlant, seront présentés lors de l'Assemblée générale 2009 au Suriname. Le bilan de tous les championnats mondiaux de 2008 a permis au Comité Directeur de se faire une opinion sur les forces et les points à améliorer au sein de notre organisation.

En cette fin d'année 2008, le Comité directeur a pu passer en revue tous les événements liés aux célébrations du soixantième anniversaire de la fondation du CISM. Cette année a été véritablement riche en émotions lors de cette grande fête du sport militaire international.

Aussi loin que jamais fêmement notre devise : « Amitié par le Sport ».

Olivier Verheele

Tunisia Smiles on CISM

Once again, the Tunisian capital city opened its arms wide to accommodate the third annual meeting of the CISM Board of Directors. While we are all used to warm Tunisian receptions, there is no choice but to fall every time for the kindness, modesty and respect shown by the brave Tunisian military.

For brand new Chief of Delegation Capitaine de Vaisseau Major Hocine Benmouna, organising this meeting was tantamount to a baptism of fire and the least we can say is that the Tunisian Delegation is once again led by a highly talented officer who will maintain the long-standing Tunisian tradition of excellence.

The Board ascribed true value to the presence of high authorities from the civilian, sporting and military spheres at the Opening and Closing ceremonies.

Mr. Kamel Mrigane, Minister of Defence; Mr. Samir Labidi, Minister of Youth, Sport and Physical Education; and Mr. Bachir Elouiti, Secretary of State for Sport with the Ministry of Youth, Sport and Physical Education honoured us with the opening speeches, in which they emphasized the untiring role of military sport and CISM in North Africa.

Also worth noting was the highly appreciated presence of runner Mohamed Gamoudi, the irresistible multiple Olympic medallist and many times CISM world champion who still today is one of the national sport icons.

Much of time spent in working sessions by the Board was dedicated to a review of projects initiated in 2008 and of the different objectives for 2009. General Dr Megueded (ALG), President of the CISM Commission for Solidarity, introduced the CISM Solidarity project developed by his Commission for the next several years. This ambitious project — and the matching action plan — will be submitted to the 2009 General Assembly meeting in Suriname. A review of the different world championships held in 2008 helped the Board identify our organisation's strengths and the areas where improvements are needed.

Since the meeting was taking place toward the end of 2008, the Board could take stock of the different events held in connection with the celebration of the 60th anniversary of the foundation of CISM. This year was indeed full of emotion as we celebrated international military sport.

We can be prouder than ever to wear our motto: "Friendship Through Sport."
Boxing
52\textsuperscript{nd} World Military Championship
Boxing at its best in Azerbaijan

When the 52nd World Military Boxing Championship was officially opened in the presence of the Minister of Defence of the Republic of Azerbaijan in the Heydar Aliyev Sport and Concert Hall with 176 present from 17 countries, the first preparatory meeting to run the competition had already been held with the Central Army Sport Club, the Azerbaijan Box Federation, the Official CISM Representative, the Chiefs of Missions and the Referees, Doctors and Coaches under the aegis of the President of the CISM Sport Committee, Commandant James Hunt.

During the Opening Ceremony held on 23 November, the Minister of Youth and Sport, Azad Rahimov, underlined the importance of hosting this event in his country and wished success to all athletes. The successful organisation of Military World Championships in Judo (2004) and Wrestling (2006) were valuable experiences to run a competition in which CISM Champions had to be found in 11 weight categories within 5 days. During the press conference, all authorities highlighted the fact that it would be pleasing to the eye to see so many famous athletes. Indeed, the attending teams included medalists of the Beijing Olympics as well as World and European Championships. Boxing events are not for late risers. They start every morning with medical check-ups and weighing sessions for athletes and meetings for officials and referees. At last, the tournaments started on the 24 November with the mini flyweights (48 kg). Hundreds of visitors watched the boxers’ world class performances every day. Good sportsmanship, fair competitions, thrilled audiences; such are the impressions that characterised the whole event until the final match late in the night at night when Abdulvahid Sardor (UZB) beat his US counterpart, Shepherd Andrew, in the +91 kg category.

A l’occasion de la cérémonie d’ouverture du 23 novembre, le Ministre de la jeunesse et des sports, Azad Rahimov, a souligné combien il était important d’accueillir cet événement dans son pays et a souhaité bonne chance à tous les boxeurs.

L’expérience de l’organisation réussie de Championnats du monde militaires de judo en 2004 et de lutte en 2006 a été précieuse pour gérer un tournoi qui devait débuter, en cinque jours à peine, des champions CISM dans 11 catégories de poids.

Lors de la conférence de presse, toutes les autorités ont souligné qu’observer autant de sportifs célèbres à l’épreuve serait un véritable règlement pour les yeux. En effet, les équipes en présence réunissaient des médailles des jeux olympiques de Pékin et de championnats mondiaux et européens. Les tournées de boxe ne sont décidément pas faits pour les fainéants. Ils commencent chaque matin par les visites médicinales et la pesée des boxeurs et par des réunions pour les officiels et les arbitres. Enfin, les joutes commencent le 24 novembre avec les combats de la catégorie des poids minuscules (48 kg). Des centaines de spectateurs suivent chaque jour les performances de classe mondiale des pugilistes. Esprit sportif, fair-play des rencontres, spectateurs captivés, voilà pour les impressions qui rendent compte de l’ensemble de la manifestation, jusqu’au dernier match au soir du 29 novembre, lors duquel l’Ouzbékistan Abdulvahid Sardor prend le meilleur sur son homologue américain, Shepherd Andrew, dans la catégorie des +91 kg.

Avec toutes les bonnes choses il y a une fin. Tous les participants ont été aidés à faire une manifestation sportive CISM réussie dans le meilleur esprit d’Amitié par le Sport lors de la Cérémonie de clôture et de remise des médailles organisée au terme du dernier combat dans la Salle des sports et de concerts.
3rd Boxing coaching course, Africa Development Center (CAD), Kenya

A successful 4th CISM CAD course in level 1 boxing coaching at the moi international sports center Kasarani Nairobi, Kenya.

The 4th Edition of the CAD Training session dedicated to level 1 boxing coaching was successfully conducted in Nairobi between 02 & 16 November 2008.

Since its inception, the CAD has conducted four courses, three in boxing and one in athletics.

The Opening Ceremony of the third CAD Coaching Coaching Course was enhanced by the presence of Lt Gen J K. Tuwei, Chief of the Kenya Delegation to CISM, as Guest of Honour. He was flanked namely by the Chairman of the Kenyan Amateur Boxing Association, Maj Gen (Rtd) R Waweru, Kenyatta University Dean, Dr Wanderi and a representative of the Sports Stadia Management Board.

In 2006, the Kenyan delegation to CISM received a mandate to run pilot specialist courses in boxing and athletics. The Kenyan Armed Forces are proud of the honour to run the maiden project and are ready to continue with similar tasks in the future.

The purpose of the CAD is to provide specialist sports training in coaching, officiating and sports management to participants (mainly drawn from African CISM Member nations) while strengthening the structure and role of CISM on the continent.

The CAD pursues its objectives by conducting sport courses and research projects in accordance with programmes approved by CISM.

The CAD Project is in line with the CISM policy of giving affirmative opportunities for sport practice to the less privileged and needy members.

CAD courses are geared towards the achievement of the following broad objectives:

- Acquisition of knowledge and skills in the innovative sports aspects such as management, leadership and coaching which will facilitate the development of high level sports performance;
- Achieve effective leadership and administrative skills that will facilitate better sports and fitness management;
- To facilitate the Identification and nurturing of young and upcoming potential military sportsmen;
- To train and develop elite sportswomen with the ultimate aim of increasing participation in the range of sport activities on the CISM calendar of events;
- The training attracted the following attendance:
  - Uganda - 2
  - South Africa - 2
  - Botswana - 2
  - Morocco - 2
  - Kenya - 7
  - 15

The CAD Boxing Course was honoured by the presence of Brig Gen Yakito, Chairman of the Boxing Association of the South African Defence Forces, who paid a three-day courtesy visit to the course at the training centre between 13 & 15 November 2008. He also paid a courtesy call to the Chief of the Kenyan Delegation to CISM, Lt Gen J K. Tuwei, during which they discussed the CAD's future development programme.

At the end of the training, the course objectives were achieved all 15 participants passed the test.

They were awarded the CISM Certificate of Qualification. Moreover, the ABF has been consulted to recognize the Boxing Course and hence possibly award its own certificates in future courses. The Kenyan Amateur Boxing Association is pursing the matter in collaboration with the Kenyan Delegation to CISM and CISM Headquarters will be duly informed of the decision that is reached eventually.

To learn more about the Kenyan Community and share their traditional customs and typical sights, the participants were treated to cultural displays and traditional foods during their cultural outings.

The course was successfully concluded on 14 November 2008. The Chairman of the Kenya Amateur Boxing Association Maj Gen (Rtd) Waweru, graced the occasion as guest of honour of the Closing Ceremony, flanked notably by the Chief of Personnel of the Kenyan Defence HQs, Brigadier G. Kihalangwa, Brig Gen Yakito, Chairman of the Boxing Association of the South African Defence Forces, PES ECCEO, Li Col Mwangi and representatives of the Sports Stadia Management Board.

The Guest of Honour commended CISM for its dedication to the promotion of peace and physical education through sports. He noted that unlike other joint military activities, CISM sport has managed to bring together the soldiers of the Armed Forces of the world to interact socially and share their many ideas in a relaxed environment.

He also thanked all stakeholders for their continued mutual and technical support in the form of facilities, equipment and resource technical personnel.

The guest of honour noted that the course participants had worked diligently and with much commitment throughout the course and then urged them to ensure that they fully leveraged the knowledge and skills they acquired for the benefit of the military athletes fraternity in their respective countries and Africa more generally.

Following the conclusion of the course, the participants left for their respective destinations on 15/16 November 2008.

In accordance with the projected calendar of events, the CAD is scheduled to conduct an IAF Athletics Level I course in the first quarter of 2009. Consultations to this effect are in progress. In 2009/10 financial year, it is proposed to conduct the Sixth CAD Boxing Course (Level II).
Camfoot
7th Africa Military Football Championship

01-14 December 2008
Kampala, Uganda
African Military Football Cup: Cameloon Double

The 7th African Military Football Cup (CAMFOOT) was held in the Ugandan capital Kampala between 01 & 12 December 2008. The teams competed to conquer the trophy offered by H.E. Blaise Compaore, President of Burkina Faso.

Nelson Mandela Stadium in Namboole and Namivovo were the scene for the tournament. Following the last minute withdrawal of Gabon, only seven of the original eight teams scheduled to enter the competition actually took the trip.

So, the qualifier groups looked like this:
- Group A: Uganda, Guinea and Kenya (the latter having stepped in for failing Rwanda just a week before the tournament)
- Group B: Cameroon, Algeria, Gambia and South Africa.

In the final, the Cameroonian military team – who won the 6th edition in the home stadiums in 2006 – defeated Algeria in the penalty shoot out (4:3) after the match ended without any goal being scored.

The final was a hard-fought battle. Both teams had already faced each other in the Group stage - Cameroon prevailed then by a scant 3:0 (penalty).

In the losers’ final, Kenya prevailed over Uganda, again in the penalty shoot out (3:2), following a 5:5 draw.

Mrs Ruth Nankabirwa, Ugandan Secretary of Defence, was the guest of honour at the Closing Ceremony. At the end, General Yoweri Museveni invited all delegations to Hotel Munyonyo, the most prestigious hotel of the capital, for the closing dinner.

On this occasion, Colonel H. Kekela Malboum, Vice-President of CISM and President of AMSO (the African Military Sport Organisation) awarded the Grand Cordon of the Order of Merit of CISM to the Ugandan President.

President Museveni very much appreciated the honour bestowed upon him by CISM. He recalled the positive contribution of sport in the Armed Forces and among the population, namely mentioning its positive impact on health and its values of fair-play, friendship and fellowship which unite the peoples of many different countries on the occasion of many different sport events. He also wished to thank the President of Burkina Faso for offering the CAMFOOT Trophy, which has become the symbol of the strong intermingling of Armed Forces in Africa. He personally undertook to make a similar contribution in the near future.

It was on this good-hearted note that the 7th African Military Football Cup came to an end. All teams were rewarded by the donor of the Trophy, President Blaise Compaore of Burkina Faso. Having won the Cup, Cameroon received € 10,000 in prize money, Algeria received € 5,000, Kenya € 2,500 and each of the other four participating teams received € 1,000 too.

The 8th edition is scheduled in 2010 in Algiers, Algeria.

In the margins of the tournament, CISM organised, within the framework of its solidarity programme, a seminar on sport medicine, umpiring and training in football.

Moderated by three distinguished instructors coming from the Republic of Ireland, this two-week seminar was a major success. It was attended by some twenty trainees from the seven countries that entered the football tournament.

Commandant Dorah Mambya Kota
the 8th CISM PCSC-Secretary General Meeting was held at the CISM Headquarters on 22-23 January and attended by 21 DGO Presidents under the leadership of the CISM President, BrigGen Gianni Gola. This meeting was a good opportunity for the CISM Secretary General to receive these active sport experts at the General Secretariat and especially to do so for the last time during his term.

The large number of participants sent a very good signal and demonstrated the close collaboration that exists between the Secretariat and the sport authorities. It also demonstrated that such meetings are important for the development of the CISM sport activities and to share experiences from previous CISM events.

The Secretary General, Colonel Michel Van Meurs, introduced a new member of the Secretariat: LtCol Suzana Tkac from Slovenia, the new Sports Director and thanked LtCol Jefferson Hernandez for his outstanding contribution to CISM. The reelected PCSCs met for the first time with two newly appointed PCSCs: Major Petre Duce (ROM) representing Romania and LtCol Vioril Ceacali (ROM) for Judo; and two elected PCSCs: LtCol Mohammed Abdul Al Obaidi (QAT) for basketball and Major James Gregory (USA) for modern pentathlon.

Following the usual review of the previous year, the reports by the PCSCs (statistics, positive and negative developments, etc.) and the presentation of the 2009 and 2010 calendar of activities, the President of the Sports Medicine Commission, Col Peter Jenoure, was invited to introduce and moderate a discussion of anti-doping policy in CISM and the sensitive issue of sample handling. A progress report on preparations for the 5th Military World Games was then presented, including a presentation of the sport venues. Approval of the funding for the Games and the green light for the CISM Athletes Village put the meeting in good spirits and provided extra motivation 2½ years before the Games. The follow-up report on the CISM symposium held in Sofia last summer confirmed the extended remit of PCSCs and provided a clear outlook in the fields of communication and sport marketing requirements. All participants were looking forward to the next meeting, to be held during the General Assembly in Surinam.
Sport Psychology in Competitive Sports

Major Harald Dobmeler

The notion of self-efficacy denotes a balance between the challenge to be met and one's own abilities and skills. This must include all planning and preparation for the competition beyond the sport-related performance itself, such as logistic factors (equipment, venue, nutrition). This ensures that the athlete will not have to deal with any other problems and can fully focus on developing optimum performance. Playing through various scenarios during competition-related training aids the development and identification of solutions, which in turn gives the athlete the feeling that he or she is in control of events.

One important aspect of building up and maintaining self-confidence is how self-talk is regulated. Through "Self-talk thoughts," which for the most part are automatic, the individual formulates plans, guidance, and comments related to their own action. If these thoughts are negative, they often impair self-confidence. For when giving up, one does so first in one's head. We often speak of "the power of thoughts." Therefore it is important to recognize and identify negative thoughts and self-talk. In connection with this, positive counter-arguments must be formulated and then applied in the form of a "thought stop." So when undesirable thoughts arise, the individual must initiate a sudden step to their thoughts and replace them with a positive line of thought. For this, the following strategies can be helpful:

Self motivation: Call upon yourself (this can be an energetic appeal) to overcome the crisis, the moment of giving up in your head, or to realize your full potential (e.g., "On men we're keep movin'!") or "Pull yourself together; you can do this!)."

Rationalization: Put the significance of an event into perspective and adequately rank it (e.g., "My performance wasn't bad, but everyone else is simply in great shape today. So I can be happy with that performance.")

Change in focus: Shift your focus and concentration away from tough experiences to more pleasant thoughts, such as your opponent's problems or your own strengths in other areas.

Problem solving: Do not waste any thoughts on the potential consequences of your actions, but rather focus on how to get the best out of the present situation, the ultimate aim being victory.

Concentration: Especially this last strategy makes clear how the ability to concentrate is key to every success. It keeps attention focused on what is relevant, even under difficult circumstances or great pressure, and thus helps the athlete efficiently steer his action.

The ideal state that is to be achieved is called "flow." It describes the state or experience of totally automated and precise action as well as harmonious interaction of body and soul that is seemingly without effort.

What is very helpful here is applying a mental training technique modeled on a kind of modul script. This "script" describes the action and contains specific instructions for the athlete based on significant, symbolic and dynamic inertial points that guarantee the rhythm of the overall performance.
Psychologie du sport de compétition

Major Harald Dobmeier

Plan 2006 – Pour les athlètes légers, plusieurs années d’entraînement, d’efforts intenses et de sacrifices. Le moment est venu de céder au désir de gagner l’or. Malheureusement, tout ne se passe bien souvent pas exactement comme prévu. L’adversaire est déterminé, le chef sportif est aussi concis, le temps, la discipline, la structure de formation sont en place. C’est peut-être le moment de se débarrasser des anciens barrières concernant les tentatives et les abus à déchiffrer les psychologies du sport du voleur ou à une mauvaise compréhension de cette discipline. Afin de mieux la décoder, nous proposons des études qui nous ont permis de travailler en profondeur et d’identifier les domaines d’intervention.

Du point de vue de la psychologie du sport – et en particulier dans le sport de compétition – les prémices suivants sont essentiels pour qu’un athlète puisse exploiter au mieux ses potentialités. Il est pourtant nécessaire de se tenir à l’aube de l’entraînement et de se concentrer sur ce que l’on a appris. Fixation des objectifs

Confiance en soi

Concentration

Mémoire

Vigilance

Motivation

Ralentissement de l’action

Sens de la direction

Sens de l’efficacité

Sens de la performance

Sens de la prise de décision

Sens de l’organisation

Sens de la préparation

Sens du temps

Sens de la technique

Sens de la tactique

Sens de la variation

Sens de la vitesse

Sens de la volonté

Fixation des objectifs réalistes

Les objectifs doivent non seulement être ambitieux mais aussi réalisables. Ils doivent permettre de se donner de la satisfaction. Le fait de les atteindre donne un sentiment de compétences et de loisirs. Il est essentiel de mesurer l’effort au reflet de l’effort accompli tout en tenant compte des possibilités, aptitudes et circonstances du moment. Il y a lieu de définir et d’élaborer plusieurs objectifs dans un éventail de moyens et de conséquences éventuelles, en posant des questions de qualité de vie, de travail, de loisirs, de loisirs et de loisirs. Il est essentiel de se concentrer sur le but. Non seulement ces objectifs doivent être atteints mais aussi être atteints, pour que l’effort soit effectif. Objectifs axés sur les résultats ou sur l’action

Les objectifs axés sur les résultats sont axés sur le résultat. C’est-à-dire qu’ils exigent du résultat (victoire, médaille, points, etc.). Ces objectifs sont influencés non seulement par les efforts et les capacités physiques, mais aussi par les circonstances de l’adversaire, par exemple. Les objectifs axés sur la production axés sur l’action


Les objectifs axés sur l’action se concentrent sur la production. C’est-à-dire qu’ils exigent une production (entraînement, entraînement, entraînement, entraînement, entraînement, entraînement, entraînement, entraînement)
exemple : « je ne vais pas commettre d'erreur ». De même, il convient d'éviter les affirmations telles que « je veux » ou « je sais ». Une fois les objectifs consignés par écrit et affichés dans un endroit où ils sont visibles, on prendra soin de les vérifier constamment et d'adapter l'activité à son objectif et de l'ajuster si nécessaire.

Analyse des objectifs
Pour examiner le processus d’entraînement et de réalisation des objectifs, il faut recourir à l’analyse systématique afin d’identifier les causes et les circonstances ayant conduit à l’entraînement. Il existe plusieurs étapes intermédiaires ou un objectif. Associés aux analyses subjectives et objectives, ils permettent de déterminer les progrès réalisés et les points à améliorer.

Confiance en soi :

« Si les objectifs sont réalisés, nous ne sommes pas simplement confiants parce qu’il existe une loi inébranlable. Ce n’est pas la loi des absolus, mais la loi de la satisfaction. La satisfaction est un paramètre de confiance. »

Motion et auto-boucle : se forcer (par exemple par un rappel énergique) à surmonter le moment critique ou la tension d’abandon se forme dans sa tête et à réaliser tout son potentiel (par exemple : « allez, continuez ! ») ou rependre le, tu peux y arriver !

Relaxation : pour se concentrer, l’athlète a besoin de se « vider » l’esprit et d’éviter toute pensée parasite.

L’athlète doit avoir une expérience personnelle préalable du mouvement à entraîner.

La perception du mouvement doit être interne, c’est-à-dire communiquer avec les muscles et les muscles par l’apprentissage. La représentation mentale du mouvement doit être arrêtée et faire appel aux cinq sens afin que l’activité puisse reproduire la perception de mouvements le plus précisément possible par la pensée. Entraîner et apprendre à visualiser la séquence en s’appuyant sur les points d’inertie cédoussus permet d’améliorer la qualité des mouvements et d’en stabiliser les aspects techniques. En outre, l’athlète peut passer d’un point d’inertie à un autre comme dans un référentiel ‘‘tunnel’’ du mouvement — c’est-à-dire sans se laisser distraire par un esprit vagabond ou des influences perturbatrices.

Contrôle de l’activation
Dès 1989, VERBS et DODSON ont établi que, comme le montre le Groupe 1 ci-dessous, on peut poser le lien suivant entre la puissance d’activation et la qualité des performances.

| Figure 1. (insérer la Figure 1 ici) |

En d’autres termes, c’est le niveau d’activation intermédiaire qui permet d’obtenir des performances optimales. Les athlètes ont souvent de la difficulté à atteindre ce niveau d’activation, ce qui se traduit par un manque d’énergie ou un stress exacerbé qui entraîne eux-mêmes la partie d’une centre qui satisfait nécessaire pour réaliser une performance de haute qualité et de première qualité. Le contrôle de l’activation joue donc dans les deux sens :

Relaxation (abaissement du niveau d’activation) : gérer la tension mon- tée en termes de comportement vis-à-vis du malaise et de perception et d’environnement en recourant à des techniques de relaxation traditionnelles telles que la respiration, l’auto-relaxation concentrative (ou technique de Schultz) ou la relaxation musculaire progressive. L’entraînement doit ne porter ici exclusivement sur la compétition elle-même. Il s’agit en effet également d’intégrer ces techniques à l’entraînement et à la programmation de la stimulation afin d’éviter une récupération insuffisante ou un déséquilibre entre tension et récupération.

Mobilisation (augmentation du niveau d’activation) : construire une sorte de préparation au combat pour les processus physiques normaux, accompagnée d’une légère exaltation, détente et d’une dé- termination joyeuse — encore que tempérées d’impatience — à se réaliser dans l’action en état de concentration optimale, l’objectif peut intervenir.
## CISM World Military Championships

Championnats Mondiaux Militaire du CISM 2009

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