



## JOC UNVEILS PIONEERING PLANS

The Jordan Olympic Committee (JOC) has announced ambitious plans which could re-shape the Kingdom's sporting future, including the way Jordan's elite athletes prepare for big sporting events.

The pioneering move was revealed by HRH Prince Feisal Al Hussein, President of the JOC (above, second left), in order to provide better training facilities as Jordan strives to improve its performances on the world's biggest stages like the Asian Games and the Olympics. One of the proposals is a specialist Olympic Sports Academy.

"These plans mark a major turning point for sport in the Kingdom," said HRH Prince Feisal, who has been JOC President since 2003. "Our vision for sport is to make it accessible for all; from children at grass roots right up to preparing our elite athletes, and this announcement is a serious indication of our plans for the future."

The Academy is part of the 'Developing Sport Project' which has received an initial injection of JD3 million from the JOC and will be developed in conjunction with the Prime Ministry, the Ministry of Planning and Greater Amman Municipality.

JOC Secretary General Dr Sari Hamdan added: "A 25000sqm site in Ghamadan Park has been earmarked for this project along with another cash boost of JD15 million promised by the government."

### Financial scrutiny

As well as practical sporting initiatives, the JOC has formed a financial watchdog which will monitor the spending of all its Federations to ensure greater accountability.

During his six-year tenure as President, HRH Prince Feisal has managed to raise the budget for the JOC from JD2m up to JD12m this year, raising the need for closer scrutiny on how the National Sporting Federations spend their allocations.

The committee will be chaired by Dr. Sari and consist of Walid Abu Obaid, Consultant to HRH Prince Feisal; Samar Nassar, Board Member; Ibraheem Al Halleq, JOC accountant; Rana Al Sa'eed, Lama Hattab and Refad Heyasat (all JOC employees).

The new committee will work closely with the Federations to develop their annual budgets and to ensure their funds are being channeled into the right areas in order to develop and to grow their sports.

### Federations' JD6.5m windfall

Dr. Hamdan underlined that the JOC has allocated a total of JD6.5 million to support national federations in 2009, of which JD5.5m will be direct support and JD950,000 used for youth projects. Dr. Hamdan pointed out that evaluations will be held by the new financial committee to help federations achieve their goals.

### Focus on London 2012

Abu Obaid highlighted that Jordan's National Federations had requested more than JD23m for this year, well above the JD6.5m available, and that special attention had been paid to federations with serious planning in place for the next Olympic Games in London.

### The Paralympic Federation receives biggest percentage increase

Abu Obaid presented the budgets allocated to federations where the Paralympic Federation was on the top of the list with a budget of 90,337 JD, a rise of 30% on last year, in recognition of their performance at the Beijing Paralympic Games.

NO	Name of Federation	2009	2008	2007	%
1	Jordan Sport Federation for Handicapped	90,337	69,490	36,250	30.00 %
2	Jordan Gymnastics Federation	243,174	194,539	190,250	25.00 %
3	Taekwondo Federation	289,749	231,799	229,800	25.00 %
4	Royal Jordanian Equestrian Federation	187,500	150,000	150,000	25.00 %
5	Jordan Basketball federation	961,710	769,368	726,000	25.00 %
6	Jordan Fencing Federation	169,618	135,694	109,200	25.00 %
7	Jordan Amateur Boxing Association	100,452	83,710	83,710	20.00 %
8	Jordan Handball Federation	375,281	312,734	242,000	20.00 %
9	Jordan Badminton Federation	73,128	60,940	46,375	20.00 %
10	Jordanian Volleyball Federation	156,485	136,074	121,000	15.00 %
11	Jordan Table Tennis Federation	107,156	93,179	88,145	15.00 %
12	Jordan Football Federation	1,089,000	1,089,000	1,089,000	0.00 %
13	Jordan Swimming Federation	116,030	116,030	85,158	0.00 %
14	Jordan Judo Federation	93,599	93,599	56,985	0.00 %
15	Jordan Cycling Federation	109,102	109,102	43,090	0.00 %
16	Marine Sports Federation	63,108	63,108	39,918	0.00 %
17	Jordan Shooting Federation	38,792	38,792	19,360	0.00 %
18	Jordan Weightlifting Federation	82,819	82,819	77,718	0.00 %
19	Jordan Tennis Federation	70,292	70,292	70,293	0.00 %
20	Jordan Wrestling Federation	109,050	109,050	78,250	0.00 %
21	Jordan Athletics Federation	249,684	249,684	152,200	0.00 %
22	Jordan Kick Boxing Federation	104,314	83,451	40,777	25.00 %
23	Brazilian Jiu-Jitsu Federation of Jordan	49,082	40,902	5,000	20.00 %
24	Jordan Karate Federation	86,031	78,210	78,210	10.00 %
25	Jordan Bowling Federation	22,255	20,232	19,844	10.00 %
26	Jordan Bodybuilding Federation	47,357	45,102	33,456	5.00 %
27	Jordan Squash Federation	78,670	78,670	78,670	0.00 %
28	Royal Jordanian Chess Federation	65,963	65,963	62,795	0.00 %

29	Camel Racing Federation	20,896	20,896	7,000	0.00 %
30	Jordan Rugby Federation	24,445	24,445	7,000	0.00 %
31	Jordan Federation For Billiards and Snooker	35,695	35,695	32,983	Pot. No Fund N Y
32	Jordan Bridge Federation	26,875	26,875	20,449	Pot. No Fund N Y
33	Jordan Anti-doping Organisation	69,624	58,020	50,000	20.00%
34	Jordan Sport Medicine Federation	24,684	20,570	20,570	20.00 %
35	Jordan Sport Media Federation	24,079	21,890	12,100	10.00 %
36	Jordan Triathlon Association	20,890	20,890	16,500	Form comm.
37	Sport for all federation	15,890	15,890	12,100	Form Comm
38	Jordan Establishment and Companies Sports Federation	18,390	18,390	11,000	Pot. No Fund N Y
39	Pioneers Board	10,000	10,000	7,700	0.00%
40	Soft Ball Association	5,000	5,000	0	Form Comm
41	Jordan Golf Federation	19,194	19,194	15,000	Pot. No Fund N Y
42	School Sports Federation	0	N	11,850	No Fund
43	Iado Judo	0	N	9,000	To Fed
44	Tae Kwon Jitsu	0	N	5,000	To Fed
45	Thai Boxing	0	N	0	To Fed
46	Wushu kung fu	0	N	12,100	To Fed
<b>Total</b>		<b>5,545,399</b>	<b>4,969,288</b>	<b>4,303,806</b>	

## HRH PRINCE FEISAL WELCOMES ASIAN GAMES 2010 DELEGATION

HRH Prince Feisal, has been briefed on the latest preparations for the 2010 Asian Games by members of the organising committee from host city Guangzhou, China.

During a visit to Amman, Joe Yuming, Vice President of Guangzhou 2010, explained that the city was on time to deliver the continent's biggest quadrennial event which follows on from the magnificent games hosted by Doha in 2006.

"The time table of the games has been set in co-ordination with our friends from the Asian and International Sports Federations," said Yuming. "We have also completed all the main logistical preparations including the TV coverage, hotels and transportation with the venues close to being completed."

The meeting was also attended by Dr. Sari Hamdan.

## SPORTING TIES ENCOURAGED WITH CHINA

HRH Prince Feisal has called for stronger sporting ties with China following a visit to Jordan by Lu Peng, President of the National Olympic Committee of China.

HRH Prince Feisal highlighted the strong relationships between the two countries especially when it comes to sport, and the pair discussed ways of cooperation and improving sporting ties in general.

During a meeting, HRH Prince Feisal confirmed Jordan's participation in the Asian Games that will be held in Guangzhou, China in 2010 and in return Peng praised Jordan's role as an emerging regional centre of sporting excellence.

At the 2008 Beijing Olympic Games, Jordan sent seven athletes in swimming, track, equestrian, table tennis and taekwondo.



Picture from amjad al tawel

## BASKETBALL SHINES IN SPORTS OSCARS

After three years of football domination of the annual Black Iris Sports Media Awards, basketball has come out on top in the most prestigious accolades issued to Jordan's sports stars.

Zain Basketball Club and National team superstar Zeid Abbas won the two big awards, relegating football to support roles in what the local sporting community calls the 'Sport Oscars'.

Zain's domination of the local scene and notable performances regionally and internationally saw them pip top football clubs Faisali and Wihdat for the team prize, while Abbas was voted top sportsman ahead of a number of stars including local football legend Rafat Ali of Wihdat.

"It is always an honour to recognise outstanding performers and particularly when they are voted by the sports media who report on Jordan's sports stars throughout the year," said Prince Feisal Patron for the annual awards.

The winners were recognised at a ceremony conducted at the organisers, JOC, with awards presented by HRH Prince Feisal. Normally the awards are presented in January at a media dinner but the ongoing Gaza conflict at that time made it inappropriate to host a celebratory dinner.

### A total of eight categories are voted on by the local sports media

- **Best Team: Zain Basketball Club.**

Also on the shortlist were: the National Basketball Team, Jordan Rally Challenge Team, Al Faisali Football Club, and Al Wihdat Football Club.

- **Best Sportsman for Individual Sport: Husam Sulaiman (Taekwondo).**

Shortlist: Ibraheem Bisharat (Equestrian), Yazan Alsadeq (Taekwondo), Khaleel Hanahneh (Athletics), Yahya Abu Tabeikh (Wrestling).

- **Best Sportswoman for Individual Sport: Bara'a Marwan (athletics).**

Shortlist: Radah Besharah (Karate), Maryaim Hatamleh (Swimming), Nadeen Dowan (Taekwondo), Zeina Sha'ban (Table Tennis).

- **Best Sportsman for Team Sport: Zeid Abbas (basketball).**

Shortlist: Baha' Abdul Rahman (Football), Hasan Abdel Fattah (Football), Anfer Shwabsoukah (Basketball), Ra'fat Ali (Football).

- **Best Sportswoman for Team Sport: Stephani Al Naber (football).**

Shortlist: Mai Nsour (Handball), Yasmeen Kheir (Football), Farah Al Azab (Football), Ala' Alqraini (Football).

- **Young Achiever: Malek Shalabeyeh (Football).**

Shortlist: Rawan Al Tall (Football), Farah Al Shayeb, Amer Abu Howaity (Football), Othman Abu Samrah (Carting).

- **Best Paralympic Athlete: Khetam Abu Awad (Table Tennis).**

Shortlist: Fatema Abu Lawi (Table Tennis), Jameel Al Shebli (Weightlifting), Omar Qaradah (Weightlifting), Mo'taz Al Junaidi (Weightlifting), Maha Al Bargouthi (Table Tennis).

- **Overseas Personality: Lionel Messi (football).**



## JOC HONOURS MARATHON MEN

Salameh Al Aqra proved to be one of the world's greatest endurance runners when he finished third in the grueling six-day Des Sables Ultra Marathon in Morocco, and now has been honoured on his return by the JOC.

The 27 year-old, who has previously finished second in one of the world's most challenging events, was leading a world-class field after four days but he eventually dropped back for a credible third place.

"Under the direction of HRH Prince Feisal, it is important for us to recognise and honour those who excel when they compete abroad under the Jordanian flag," said Dr. Sari Hamdan (above, third left).

Al Aqra was joined in the race by Mohammad Al Swati, who finished 57<sup>th</sup>. He was also recognised for his participation.

Dr. Hamdan added that it was important for all of Jordan to get behind their athletes and called upon the private sector to show more support in the future.

## JORDAN HOSTS IOC MASTERS COURSE

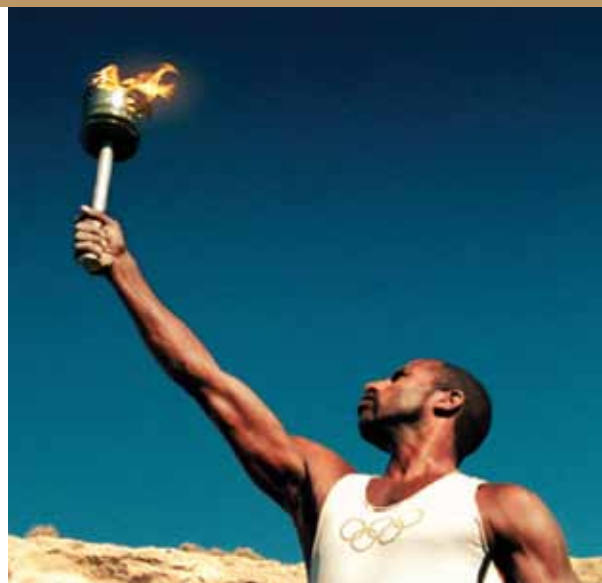
Students from across the world attended an International Olympic Committee (IOC) masters course held in Jordan as part of the IOC MEMOS Programme under the banner 'Managing Human Resources in Sport', supported by the Olympic Solidarity.

A total of 38 participants and 12 professors from across the world attended the course that was held from April 20<sup>th</sup> – 25<sup>th</sup>.

Several Jordanians have previously received the Masters Degree organised by the IOC including the first Arab woman, Mrs. Lana Al Jaghbeer, Director of the International Affairs at the JOC; Mr. Abdul Ghani Tabbalat, a former Secretary General, and Dr. Khaled Atteyat, President of the Jordan Fencing Federation. Currently, two more Jordanians are taking part including Mrs. Rana Al Sa'eed, Director of the Federations Department at the JOC, and Mrs. Nareen Al Hajj Tass, From Jordan University.

Choosing Jordan to host the course was part of the IOC recognition to the JOC in developing sport in the region.





## THE ORIGIN OF OLYMPIC GAMES

The ancient Olympic Games were primarily a part of a religious festival in honour of Zeus, the father of the Greek gods and goddesses. The festival and the games were held in Olympia, a rural sanctuary site in the western Peloponnese.

The Greeks that came to the Sanctuary of Zeus at Olympia shared the same religious beliefs and spoke the same language. The athletes were all male citizens of the city-states from every corner of the Greek world, coming from as far away as Iberia (Spain) in the west and the Black Sea (Turkey) in the east.

The sanctuary was named in antiquity after Mt. Olympus, the highest mountain in mainland Greece. In Greek mythology, Mt. Olympus was the home of the greatest of the Greek gods and goddesses.

The ancient Olympic Games began in the year 776 BC, when Koroibos, a cook from the nearby city of Elis, won the stadion race, a foot race 600 feet long. According to some literary traditions, this was the only athletic event of the games for the first 13 Olympic festivals or until 724 BC. A series of bronze tripods have been found at Olympia, and it has been suggested that these tripods may in fact be prizes for some of the early events.

From 776 BC, the Games were held in Olympia every four years for almost 12 centuries. Additional athletic events were gradually added until, by the 5th century BC, the religious festival consisted of a five-day programme.

The athletic events included: three foot races (stadion, diaulos, and dolichos) as well as the pentathlon (five contests: discus, javelin, long jump, wrestling, and foot race), pugme (boxing), pale (wrestling), pankration, and the hoplitodromos.

Equestrian events, held in the hippodromos, were an important part of the athletic programme of the ancient Olympic Games and by the 5th century BC included the tethrippon and the keles.

### The 'modern' Olympics

Although the ancient Games were staged in Olympia from 776 BC through to 393 AD, it took 1503 years for the Olympics to return. The first modern Olympics were held in Athens, Greece, in 1896.

The man responsible for its rebirth was a Frenchman named Baron Pierre de Coubertin, who presented the idea in 1894. His original thought was to unveil the modern Games in 1900 in his native Paris, but delegates from 34 countries were so enthralled with the concept that they convinced him to move the Games up to 1896 and have Athens serve as the first host.

The first Modern Winter Olympic games were held in 1924 in Chamonix, France. There was no winter Olympic festival in ancient times.

### The flag and torch

The Modern Olympic flag of five linked rings, each with a primary colour used in the flags of the nations competing in the games, was introduced in 1908. There is no ancient basis for this modern symbol.

The idea of the Olympic torch or Olympic Flame was first inaugurated in the 1932 Olympic Games in Los Angeles.

The design of the Los Angeles coliseum included a facility for a large flame. There was no torch relay in the ancient Olympic Games. There were known, however, torch relays in other ancient Greek athletic festivals including those held at Athens. The modern Olympic torch relay was first instituted at the 1936 Olympic Games in Berlin. The Olympic Oath was introduced in 1920.



**IMPORTANT TIPS FOR ATHLETES**

As part of a new regular series of features, **Black Iris** offers advice on how participants in physical activity should prepare themselves.

Anyone can participate in sport no matter what their physical shape or sporting experiences may be. But while enjoyment should be a priority, individuals should also take care in focussing on his/her food and liquid intake.

To offer some easy guidelines to follow, these tips have been created by our health professionals to ensure you get the most out of sporting activity without endangering your health.

And don't forget, always consult your doctor if you have any concerns or injuries.

**FIRST MISTAKE: THE LACK OF FLUIDS**

Most athletes drink only when they feel thirsty which is a time-old mistake. When we participate in physical activity, the body is dependent on fluids to ensure energy levels remain consistent.

This can effect the way the mind operates and also the strength of the muscles.

As a guide, a 70kg man loses up to 1.4 litres of fluid every hour during exercise. Therefore, before sport, he should drink sufficient quantities of water, avoiding carbonated drinks, to be a reserve in his body with a glass of water (not cold) every half hour to replenish lost fluids.

**SECOND MISTAKE: THE LACK OF VITAMINS AND MINERALS ITEMS**

Increased physical activity makes the body more dependent on vitamins but a common error is for participants to eat more meat.

However it is much more beneficial for the body to absorb the goodness from five portions of fruit and vegetables to be eaten daily. In the absence of this, vitamin supplements for Vitamin C will help the intake of the recommended daily dose of 500mg. This is in addition to Vitamin D.

Those that practice sports three times weekly should intake foods rich in calcium and magnesium. Women athletes are advised to take iron pills.

**THIRD MISTAKE: ALBUMIN INCREASE**

Many athletes, particularly those that don't partake in sport regularly, believe that eating lots of eggs will help. However, the bones contain large amounts of a substance called albumin which is replenished comfortably by a wide range of other foods in general so there is not a particular need to bulk up on eggs.

**FOURTH MISTAKE: CARBOHYDRATE INTAKE**

While it is important to eat carbohydrates as part of the diet, it is equally important not to eat too many just prior to exercise. Many athletes eat substances like sugar plant in the belief that it gives strength but it actually has the adverse effect of slowing down the body's metabolism and leads to a dip in focus.

The recommendation is to eat rice, potatoes or bread but at least three hours prior to a sporting activity.

**FIFTH MISTAKE: POST-EXERCISE FOOD AND DRINK**

Many amateur sportsmen and women make the mistake of eating a lot of fatty food and alcohol after practicing sport. This can in fact reduce the capacity of the body to replenish itself and affects the muscle recovery.

The best advice is to drink liquids - especially mineral water - and if possible not to eat for two hours after the activity has finished. During these recovery hours, the body needs sugar and small amounts of carbohydrates so it is best to drink milk and to eat boiled or grilled vegetables such as potatoes.





## ROYAL PRAISE FOR WORLD CHAMPIONSHIPS

HRH Prince Feisal, has praised 'all sectors of Jordanian society' after hosting what has been hailed as the most successful IAAF World Cross Country Championship ever.

Nearly 700 athletes from 61 countries flocked to Jordan on March 28 for the 37th edition of the biggest event on the athletics winter calendar as Jordan pulled off a spectacular organisational operation at the Bisharat Golf Club.

Following on from previous world championships in rallying, snooker, triathlon and fencing, Jordan welcomed the athletics world for the first time and left its mark with the hope of staging bigger events in the future.

"It was a wonderful national effort which included all sectors of Jordanian society," said HRH Prince Feisal. "More than 400 volunteers worked tirelessly alongside the many officials and I would like to thank each and every one of them for their efforts and support. Without them it could not have happened."

The Bisharat Golf Club was converted from the Kingdom's only golf course into a world-class running venue which pushed the world's best to the limit. The event was dominated by the African runners and teams, but the overall winner was Jordan whose reputation as a serious sporting and leisure destination was enhanced once again.

More information on the Championship can be found at [www.amman2009.com](http://www.amman2009.com).