



# European Fencing Confederation Confédération Européenne d'Esgrime

February 9, 2022

## Webinars dedicated to Athletes

### Information Letter no. 03-2022

Dear Member Federation,

It is my pleasure to inform you that Executive Committee decided to launch new webinars dedicated to athletes who are associated in Member Federations.

### LIST OF TOPICS

#### Webinar 1: The role of Athletes' Commission and Athlete365.

#### About ATHLETE365

Nowadays, the role of Athletes' Commissions has become very important. The mission of the Athletes' Commission is to ensure that athletes' viewpoints remain at the heart of the Olympic Movement decisions. Athletes from around the world can find support and special projects created for them by different sports organizations. One of such projects is the online platform Athlete365 created by the IOC Athletes' Commission. This platform provides different opportunities, offers, useful information and educational courses free of charge for athletes. Unfortunately, not all athletes are aware of these helpful resources created for them. The idea of our webinar is to introduce athletes to different opportunities and projects which exist today to support athletes on and off the field of play.

#### Moderators:

1. **Anna Limbach** – President of the EFC Athletes' Commission
2. **Ekaterina Gorokhova** – EFC Athletes' Commission Consultant

#### Agenda for the first webinar:

- Welcoming from Anna Limbach
- General information about our webinars
- Athletes' Rights and Responsibilities
- Athlete365
- Q&A session

Date: February 23, 18:00 – 19:00 CET



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## Webinar 2: Educational opportunities for athletes.

### Description:

Today there are a lot of online educational courses targeting various topics which could be interesting for athletes. Moreover, athletes and, especially, Olympians have the opportunity to apply for different scholarships and internships around the world. There are few International Masters programs on Olympic Studies and Sports management. However, it is important to know where athletes can find information about programs and courses and how to apply for scholarships. We would like to introduce athletes to different educational opportunities around the world.

### Moderators:

1. **Ekaterina Gorokhova** – EFC Athletes' Commission Consultant
2. **Ana Popovic** – former fencer, fencing coach, PhD, Head of Olympic Education Programs at Croatian Olympic Academy

### Agenda:

- Educational online courses
- International Master's Program
- Scholarships for athletes
- Additional opportunities for Olympians
- Athlete's experience

Date: March 10, 18:00 – 19:00 CET

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## Webinar 3: Prevention of Competition manipulation

### Description:

In recent years, the manipulation of sports competitions has become an area of great concern within the sports world. The aim of this webinar to raise athlete awareness about any occurrences of competition manipulation in fencing. What is competition manipulation and match fixing? Why is sports betting a risk to fair competition? How does the IOC protect clean athletes and the sports movement? Which three simple rules should each athlete follow to protect himself and the integrity of sport? IOC expert will answer on all these questions.

### Moderator:

1. **Rida Ahmed** – IOC expert, Olympic Movement Unit on the Prevention of Manipulation of Competitions, Ethics & Compliance Department
2. **Aron Szilagyi** – three-time Olympic Champion in sabre
3. **Ekaterina Gorokhova** – EFC Athletes' Commission Consultant

Date: March 24, 18:00 – 19:00 CET



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## Webinar 4: Career transition – athlete's journey

### Description:

Balancing sport and education, dual career and career transition are very important and challenging issues in an athlete's life. In this webinar we introduce athletes to different opportunities, projects and workshops which help athletes understand and further build their unique skillset and hidden attributes and support athletes' career development. Our special guest (Maria Ntanou) will share with webinar's participants her unique personal experience.

### Moderators:

1. **Maria Ntanou** – three-time Olympian (cross-country skiing), Digital Communication manager at FIE (TBC)
2. **Ekaterina Gorokhova** – EFC Athletes Commission's Consultant

Date: April 13, 18:00 – 19:00 CET

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## Webinar 5: Mental health

### Description:

The International Olympic Committee has developed tools and initiatives to support athletes' mental health and well-being, including: the IOC Mental Health in Elite Athletes Toolkit, the Mentally Fit Helpline, and the educational, expert-led content available on Athlete365. Our webinar will be dedicated to this sensitive topic. Our guest experts will advise athletes how to deal with mental difficulties during their sports career.

### Moderators:

1. **Guest speaker** (TBC)
2. **Ekaterina Gorokhova** – EFC Athletes Commission's Consultant

Date: May 25, 18:00 – 19:00 CET

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## Webinar 6: Composition of EFC Athletes' Commission.

### Description:

Personal brand and social media for athletes. This webinar will target two important and actual topics. First of all, athletes would be introduced to approaching Athletes' Commission elections which would be held at the European Fencing Championships 2022 in June. In the second part of our webinar we are going to advise athletes how to build and enhance a strong personal brand on social media.

### Moderators:

1. **Ana Valero – Collantes** – President of the Promotion and Marketing Commission
2. **Guest speaker** (TBC)
3. **Ekaterina Gorokhova** – EFC Athletes Commission's Consultant

Date: June 7, 18:00 – 19:00 CET

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If your athletes wish to attend on our webinars, please send us duly completed attached form.

Best regards,

**Jacek SLUPSKI**  
**Secretary General**