



**COMITETUL  
OLIMPIC  
ȘI SPORTIV  
ROMÂN**



## **ROMANIAN OLYMPIC AND SPORTS COMMITTEE**

## **ROMANIAN OLYMPIC ACADEMY**



**OLYMPIC DAY AT ȘIRNEA  
23<sup>RD</sup> OF JUNE 2022**

**40th ANNIVERSARY**

**BRAȘOV COUNTY**

*Defeat yourself!*

**“Citius, Altius, Fortius – Communiter”**

**“Faster, Higher, Stronger – Together”**

The Olympic Spirit – as a way of life means:

- to dream of a better world
- to share the vision
- to inspire the vision
- to give your best
- to believe in friendship
- to celebrate humanity
- to respect everyone
- to promote peace
- to be yourself
- to make the world to go forward!

*Defeat yourself!*

*„...Olympism tends to collect in one bright bundle all the principles that complete for the perfection of man.”*

**Pierre de Coubertin**

## The Olympic Day in Șirnea

Every year, the Olympic family reconfirmed its cohesion while getting rich with new members asserting itself more power and conviction the principles and the values within society.

The Olympic spirit is affirmed and honoured, in an atmosphere that is both solemn and relaxed, radiating friendship and collaboration, grace of movement and respect for the fundamental values of Olympism: excellence, collaboration, peace and keeping a clean natural environment.

Romanian Olympic Academy Brașov County Branch and its director, enthusiast teacher Radu Frunteș – gives Olympism what might be called a festive cumulation: Olympic Day Run, Olympic Colour Relay and the School Olympic Pentathlon for the Third Millennium.



*Defeat yourself!*

## **Șirnea, the first touristic village of Romania**

In Șirnea, the first tourist village in Romania, located on a plateau of Carpathian Mountains, the Olympism resonates on its birthday, every year, in an absolutely original way. The eurythmy of physical movement which becomes art, and the creation which gathers, humanizes and reunites, gives the Romanian Olympic Day not only charm and colour, but also a series of meanings deriving directly from the spirit that ennobles the Olympic values.



## *Defeat yourself!*

The sports arena from Șirnea – the traditional place where the Olympic Day is celebrated uninterruptedly for forty years – awaits its guests coming from various parts of the country.



On 23<sup>rd</sup> of June, the entire cultural-sports event from Șirnea runs under the Olympic ideal, materialized by the formula “Defeat yourself”, which also become the event’s motto.

Most of the Olympic Day Run competitors has been locals, proud of the honour to take part at a unique tradition in Romania which celebrates the Olympic Day on 23<sup>rd</sup> of June. In addition to these, the action in Șirnea enjoys every year the presence of many children and young people from nearby localities such as Fundata, Zărnești, Râșnov, Poiana Mărului and Brașov; and remote localities: Sfântul Gheorghe or Voluntari, attracted to

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Șirnea both by the impulse to honour Olympism and his participatory spirit.

### **The School Olympic Pentathlon for Third Millennium**

The School Olympic Pentathlon for Third Millennium is a very special segment – its inventor being the same kind and creative teacher, Mr Radu Frunteș. The competition that addresses children from primary and secondary school, contains five sports tests (running on 30 meters; long jump; throwing the basketball), an Olympic culture test and artistic test, at competitor's choice (music, dance, drawing). The competitions take place in an enthusiastic atmosphere, the rankings (girls, boys) being the result of a specific algorithm applied to each participant.

- **running 30 meters**



*Defeat yourself!*



- long jump



## Defeat yourself!

- throwing the basketball



- Olympic culture test



- artistic test



*Defeat yourself!*



## *Defeat yourself!*

Located at the foot of the Craiului Stone Mountains, the Şirnea village from Braşov county hides many treasures and many stories. Starting from the principle of Pierre de Coubertin, the father of Olympism, according to which the sport must bring “philosophy, calm, health and movement” professor Radu Frunteş has been perpetuating Olympic values for four decades with the same passion, dynamism and dedication. He imprinted the Olympic spirit on the generations of children with whom he worked.

Since 1982, on June 23, professor Radu Frunteş has been teaching children an Olympics lesson by organizing Olympic education activities: “Olympic Colours Relay”, Olympic Day Run, School Olympic Pentathlon for Third Millennium designed to highlight the importance of physical movement in order to have a healthy life in conjunction with the promotion of the Olympic values which exerts a positive influence on the attitude and the behaviour of those who participate in such actions.

Cultural, sporting, artistic and educational events take place under the motto: “Joy in the spirit of peace”. They enjoy the support of the Romanian Olympic and Sports Committee (ROA) through the Romanian Olympic Academy (ROA) for the support provided by Braşov Sports and Youth County Directorate, Fundata commune mayor’s office, association “Pro Şirnea” and Şirnea elementary school.

The School Olympic Pentathlon for Third Millennium is a very special contest of Mr. Radu Frunteş, being its inventor in 1991. The eurythmy of the original Olympic ceremony and the atmosphere of authentic Olympic

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spirit induces a state of joy that stimulates the harmony between human being and the nature, morality towards that racing partner, but also the love for beauty and good.

The cultural and sports celebration, with Olympic connotations, could not be complete without the Olympic ceremony. The Olympic flame is lit, the Olympic flag is raised and the message of the International Olympic Committee president is read.

- **lighting the Olympic flame**



*Defeat yourself!*



- raising the Olympic flag



*Defeat yourself!*



- reading the message of the IOC president



## *Defeat yourself!*

Șirnea is the only place in Romania where for forty years the Olympic Day is celebrated every year with solemnity, respecting the fundamental values of Olympism: excellence, friendship and fair play.

“Success is not a goal but a way to rise above you.” – Pierre de Coubertin

The event at Șirnea is a success every year and the participants in this action full of originality, energy and good mood celebrate the Olympic spirit in a unique, relaxed and friendly atmosphere.



## *Defeat yourself!*

The Olympic event in Șirnea is an urge to look at the sport not only in terms of performance, but also by putting it at the service of young people's access to sports and Olympic values, able to contribute to the fulfilment of the human being.

The Olympic Day is an international activity of the Olympic Movement. Its purpose is to promote sports to all people regardless of age or sports skills. It is celebrated every year on June 23, the day the International Olympic Committee was founded at the Sorbonne (in 1894).



The idea of celebrating Olympic Day was approved at the forty-second Session of the IOC in St. Moritz, Switzerland, in 1948.

## *Defeat yourself!*

The Olympic Day was first time organized on June 23, 1948. Nine National Olympic Committees hosted ceremonies in their home countries: Austria, Belgium, Canada, Switzerland, Greece, the United Kingdom, Portugal, Uruguay and Venezuela.

In the Olympic Charter 1978 edition, the IOC recommends for first time that the National Olympic Committees regularly organize “Olympic Day” in order to promote the Olympic Movement.

Children, young people, adults and elderly people participate in sports and cultural activities: runs, educational seminars, exhibitions, communication sessions, meetings with Olympic medallists etc.

The Romanian Olympic and Sports Committee organized for the first time, in 1972, sporting and cultural-artistic events within the “Olympic Sports Week” (June 19-25).

Actions included in the calendar of the “Olympic Month” (May 23-June 23) bear the imprint of diversity, scheduled actions marking the Olympic Day in various forms. At Șirnea at Brașov County, the “Olympic Colours Relay” event is held annually since 1982, celebrating “Olympic Day” on June 23, with an Olympic ceremony and sports and cultural-artistic competitions specific to primary and secondary school students. Scientific communication sessions, round tables, “memorial” actions meetings with Olympic champions are also organized.

## Defeat yourself!



The symbolic relay preserves the Olympic tradition:

- Establishing the place where the flame is lit
- Establishing the relay route – on the tops of the hill, running and changing, as visible as possible from the meeting place
- The meeting place will meet the condition of being able to be arranged for lighting the flame, taking the oaths and conducting the contest.

Pierre de Coubertin has paid more attention to the organization of the Olympic ceremony and symbols on the occasion of the Olympic Games, without which they would remain simple sporting competitions, even world level ones.

## *Defeat yourself!*

Olympism is a philosophy of life that combines in a balanced way the qualities of the body and the mind, combining sport with education and culture.

Olympism creates a way of life based on the joy of effort, the educational value of good example and the respect of the fundamental ethical principles.

“What is culture for humanity, it is Olympism for sport. Olympism is the element that tends to bring together in a luminous bundle all the principles that contribute to human perfection.” – Pierre de Coubertin

*Defeat yourself!*

## 23<sup>rd</sup> June 2022 – 40 years of Olympism in Șirnea

For four decades, on June 23, the village of Șirnea is “assaulted” by sports lovers both locals and from Bucharest, eager to participate in the events organized on the occasion of the “Olympic Day”.

For the anniversary edition, 700 sports fans gathered at the Olympic Arena in Șirnea, in the beautiful village at the foot of the Piatra Craiului mountains, for the joy of effort, making new friends and feeling fair play in a story-telling decor.

Year after year, the "Olympic Day" in Șirnea is organized by the Romanian Olympic and Sports Committee through the Romanian Olympic Academy, Brașov County Branch and it is supported by the local authorities, local partners – City Hall of Fundata commune, Pro Șirnea association and “Nicola Frunteș” museum, Șirnea.

At the Olympic celebration in Șirnea an official delegation from Olympia was present for the first time. Olympia represents the place where the ancient Olympic Games took place as well as the locality that hosts the flame lightening ceremonial for the modern Olympic



Games. Moreover, a delegation from Broșteni, the village where Evenghelie Zappa lived, participated at the Olympic Day 2022 in Șirnea.

## *Defeat yourself!*

Evangelie Zappa is one of the Balkan personalities who contributed to the revival of the modern Olympic Games. On this occasion, on 22<sup>nd</sup> June 2022 a round table was organized on the theme “222 years since the birth of Evangelie Zappa”.



Radu Frunteș, the director of the ROA Brașov county branch, spoke about the fascinating life of Evangelie Zappa, the Greek investor with a domain in Bărăgan who contributed to the revival of the Olympic Games.

Radu Frunteș also presented Nicolae Postolache's book “Onoare lui Evangelie Zappa” (“Honouring Evangelie Zappa”), but also the volumes of the renowned journalist and television personality, Horia Alexandrescu, “Zappa's Olympics” and “Centenary of Romanian Olympism”.

## *Defeat yourself!*

During the meeting, Florin Mișcă, Deputy Secretary General of the ROSC stated:

“I have the pleasure and the honour to address you on behalf of the Romanian Olympic and Sports Committee and the president of the ROSC, Mr. Mihai Covaliu.



For me, it is the first time I am participating in this event, which is older than the Romanian Olympic Academy, practically a promoter of the ROA. It is one of the actions that reinforces the values of Romanian Olympism: tradition, passion, respect, excellence and national pride.

We thank all those who have contributed over the past 40 years to the success of this nationally known event.

With the support of the Olympic Education Department within the ROSC, the project is known internationally through the financial support received from the International Olympic Committee through the Olympic Solidarity”.

## *Defeat yourself!*

In his address, Dimitrios Kostarias, the Deputy Mayor of Olympia said:

“Our delegation from Olympia sends warm greetings from the mayor who, due to personal problems, he cannot be with us today.



Unfortunately, we were not able to bring children here, because currently the final exams are taking place in the Greek education system.

We are living in very difficult times, the pandemic is testing the world community and, of course, if we add the big problems of modern man: climate change, large migratory flows, local conflicts, all this creates even more insecurity in the community.

The Olympic institutions can help the community. The Olympic Movement, despite the difficulties, continued to send messages of optimism and victory.

From Olympia, this holy place, where the Olympic Games were born, we share with you our faith and the high ideals of peace truce – Ekecheiria,

## *Defeat yourself!*

democracy and solidarity among peoples.

The sport was undoubtedly the most important symbol of Greek culture and one of the most vibrant legacies of the ancient world for the modern world.

The International Olympic Day is a celebration of the founding of the International Olympic Committee in Paris in 1894 with the first Greek president Demetrios Vikelas and the decision to organize the first edition of the Olympic Games in Athens in 1896.

The revival of the Games was achieved thanks to the love and romance of a French aristocrat Pierre de Coubertin and a writer Demetrios Vikelas, the generosity of Greek benefactors and the effort of participation and enthusiasm shown on by the Greek people.

Among the benefactors, history also recorded the name of one of our own. He was born in Greece, he lived and he died in Romania, Evangelie Zappa whom we honour today on the 222<sup>nd</sup> anniversary of his birth.

Evangelie Zappa, a great fighter for the freedom of the Greek nation in 1821, transforms himself into a national benefactor with the vision to realize the revival of the Olympic Games.

## *Defeat yourself!*

He left Greece and he emigrated, in 1831, to Bucharest, Wallachia (part of the nowadays Romania) which became his second country.

Zappa, who revived the Olympic Games for the first time since Antiquity, laid the foundations for the great Olympic Games of 1896. Zappa also financed the creation of the Zappeion Megaron which hosted the fencing competition in 1896 at the first edition of the Modern Olympic Games and the Center of Press of Journalists at the Athens 2004 Olympic Games.

The roots of the Olympic spirit can be found in ancient Greek culture. In ancient Greece, sports were part of a human education that left us as legacy us the most important values.

These values of the Olympic ideal, ideology and philosophy of the Olympic Games are the most important messages that Pierre de Coubertin left as a legacy to all humanity.

Through the Olympic Day, the International Olympic Committee wants to show us the importance of a healthy lifestyle by promoting human values indisputable.

Let us all be guided by these ideals of Olympism, such as: friendship, peace, democracy, participation in the communion of peoples!"

## *Defeat yourself!*

Mrs. Mirela Preoteșcu, director of the “Ioan Man” Secondary School in Broșteni, stated:

“It gives me a great honor to represent today, here, the Broșteni “Evanghelie Zappa” Secondary School, structure of the “Prof. Ioan Man” from Ion Roată commune.



I mentioned above two particularly important names for our community: Evanghelie Zappa – “the most illustrious personality of our commune”, as the late history teacher Ioan

Man, author of the Monograph of the Ion Roată commune, said.

In the Village’s Monograph, Mr. Prof. Ioan Man talks about Evanghelie Zappa as follows: “The middle of the 19<sup>th</sup> century is dominated, in our commune, by the great personality of Evanghelie Zappa. [...] Although he was a controversial personality, Zappa asserted himself as a progressive man who overcame the mentalities of the time in which he lived. He had an important role in the development of the villages he ruled, contributing fully to the modernization of agriculture and the introduction of the first capitalist elements to the villages. He had cultural concerns, supporting the Romanian government with large sums of

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money, for the editing of a dictionary and a grammar of the Romanian language.

Evangelie Zappa's most important merit, however, was that of promoter of the modern Olympic Games long before Pierre de Coubertin. That's why his name deserves to be inscribed at the top of the list of those who campaigned for the revival of the Olympic Games".

Evangelie Zappa arrived in the village of Broșteni in 1844, when he bought the estate from Ioan Al. Filipescu-Vulpache. The reason why Zappa settled in Romania remains an enigma, but we know that he was a declared Philo-Romanian (love of the Romanian people), the laudatory words spoken by Zappa to the Romanians being proof of this: "These Romanians, when someone will judge them without passion, in good faith and without partiality, he will find them far better than many other nations, and possessing talents for which love and gratitude are due. These Romanians ... receive us with the greatest hospitality".

Zappa was the one who built the church in Broștenii Noi in 1854, in the neo-Byzantine style with Romanian elements. The church was built by craftsmen brought by Zappa, but also by local gypsy<sup>1</sup> craftsmen. He also built a school that collapsed in 1883. The current school in Broșteni named after Evangelie Zappa was built in 1951, when the first general school with 7 classes in the commune was established.

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<sup>1</sup> (term used in the middle of 19<sup>th</sup> century. Currently "Roma")

## *Defeat yourself!*

Zappa's enterprising spirit, his openness to progress and his behavior, unlike other boyars of the time, represent the reasons for all kinds of legends that contain a lot of fantasy and about which teacher Man speaks with admiration in the Monograph of our commune".

In Broșteni, on the white marble funerary tomb of Evanghelie Zappa, his last wish remained carved in stone: "From Zappa, the world should have Olympic competitions!".

30 children from Rădăuți, Broșteni, Râșnov and Bucharest took part in the Olympic Te Deum in the "St. John the Baptist" church, visited the "Nicolae Frunțeș" museum in the picturesque vilalge and they watched the movie "Terra Olimpia" and "The Fire Sacrifice Poem".

They were also the main actors of the School Olympic Pentathlon for the Third Millennium competition, during which they learned the meaning of fair play and overcoming one's own limits.

Students from 22 schools accompanied by their teachers, athletes from the biathlon and cross-country skiing sections of Dinamo Râșnov School Sports Club, children in a camp in Șirnea and juniors from the fencing section of a club from Ukraine coming from Bucharest to Șirnea especially for the Olympic Day Run.



As every year, the start was from the Heroes' Monument, and at the head of the first runners was the Olympic champion Maricica Puica, the former great athlete, who with the Olympic Flag in her hand guided the youngest runners in the race.

*Defeat yourself!*



*Defeat yourself!*



## Defeat yourself!



Arriving in the Olympic Arena, all the Olympic Day participants received medals and diplomas. They played games, they had fun and they enjoyed sweets, while waiting for the 22 cyclists who, in the early hours of the morning, took off in the traditional Velomaraton of 42 km, from the Brașov city to Șirnea.





## *Defeat yourself!*

The arrival of the bicyclists launched the last series of the Șirnea 2022 Olympic Day's event.

To the great joy of the special guests from the Greek village of Olympia (Dimitros Kostarias – deputy mayor for sports, culture and tourism, his wife Chrisoula Barouni-Kostaria, Sotirios Papailiou – the president of the municipal council and municipal councilors: Charalampos Spiliopoulos, Andreas Benesis, Georgios Georgoulis), the whole “Efthymos” ensemble from Brașov offered a show of Greek dances. To the delight of the public, along with the artists, the Greek vice-mayor and three of the municipal councillors joined the traditional Greek dances.



## *Defeat yourself!*

The beloved Romanian popular music performer Veta Biriş gave a recital, and Maricica Puică stood by her side to perform together the song “May God protects the Romanians”, a melody that always evokes a strong feeling to the listeners.



The artistic program continued with the performances offered by the ensembles “Amadeus” from Zărneşti, “Astra Junior” from Săcele and the “Poiana Mărului” secondary school.

*Defeat yourself!*





## *Defeat yourself!*

Șirnea, the first tourist village in Romania, remains a story-telling place where the Olympic spirit revives every year on the occasion of the Olympic Day and it is handed down to the younger generation with love and competence by prof. Radu Frunțeș.

