

LESSON

«PROJECT»

SUBJECT : Paralympic Games
«The power of will is repaid with respect»



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1. INTRODUCTION

1.1 *History of the Olympic*

Olympics games are multi-sport event held every four years. The origin of races is Ancient Greece, and have been revived by the French Baron Pierre de Coubertin in the late 19th century. The Games of the Olympiad, also known as the Summer Olympics, committed every four years from 1896 onwards, with the exception of the years during World War II. In 1924 the Special Olympics began, Winter Olympics, winter sports. Since 1994, the Winter Games are not anymore the same year as the Summer Olympics.

The first recorded celebration of the Olympic Games in antiquity was at Olympia in 776 BC It is almost certain that this was not the first time that the Games were taken place. Then the Games were conducted only local and only one event, the stadiums' race.

From 776 BC Matches became more important throughout ancient Greece, reaching their zenith in the fifth and sixth centuries BC The Olympics also had religious significance since in honor of the god Zeus, whose huge statue stood at Olympia. The number of events was twenty and a celebration was held in the course of a few days. The winners of the competition admired and became immortal through poems and statues. The prize for the winners was a crown of olive branches.

1.1.1 **Revival of the Games**

It is known in the 17th century was a festival which bore the name "Olympics" in England. Similar events followed in subsequent centuries in France and Greece, but they were minor and certainly not international. The interest in the Olympics grew when discovered the ruins of ancient Olympia by German archaeologists in the mid 19th century.

Shortly thereafter, Baron Pierre de Coubertin, General Secretary of the French clubs, he believed that the reason for the defeat in the Franco-Prussian War (1870-1871) was because the French do not have enough physical education and wanted to improve it. He also wanted to bring the youth closer to sports rather than wars. In 1894 he presented his ideas to an international audience. On

the last day of the conference it was decided to conduct the first modern Olympic Games in 1896 in Athens, the city and the country of their birth. Thus was born the International Olympic Committee (IOC) to host the Games, the first president of Demetrios Greek Vikela, Secretary-General Baron Pierre de Coubertin and members personalities from various states. The second Olympic Games were held in 1900 in Paris (France).

1.1.2 Modern Olympic Games

But then the initial success, the Olympics had serious problems. The celebrations in Paris (1900) and St. Louis (1904) overshadowed games of the international exhibitions in which they were included. Subsequent Mesolympiakoi Games were held in 1906 to celebrate the tenth anniversary of the games. Although it had been organized by the ILO, a subsequent decision declared that it was not official Olympic Games. The games of 1906 but again attracted a large number of global entries. In 1904, 80% of participants were American athletes and mark the beginning of the development of racing in publicity and size.

1.1.3 Winter Games

The idea to organize separate Olympic Games for winter sports was proposed but rejected by Scandinavian countries prefer their own organization Norwegian Games. The "International Week Winter Games" held in Chamonix, France was a great success and in 1925 the IOC decided to create a separate organization for the Winter Olympics which is not linked to the Summer Games. The event of 1924 featured later in the meeting of the IOC in 1926 as the first Winter Olympics. All events at the Winter Olympics held on ice or snow as required by statute Olympics. By 1992, the Winter Olympics were held the same year as the Summer Games. In 1986 the IOC decided the Winter Olympics to take place every four years , but two years after the Summer Olympics. So the Winter Olympics of 1994 took place two years only after the previous ones.

1.2 Games next to the Olympics

Paraplegia + Olympics = Paralympics. The term was used in Tokyo in 1964. Adopted by the Olympic Committee officially in 1988. Then applied the "para" = "neighbor, another" + "olympic", giving a new interpretation to neologismo: "Additional Games the Olympic Games," "Olympic Games next." The first games

of the kind they are in Rome in 1960. Since 1988 in Seoul Paralympics are on the same premises as the Olympic Games. In 2001 it became a formally status. In the proclamation of the host of the Games, today requires cities to stand for both the Olympic and Paralympic Games

2. PARALYMPIC GAMES



The word 'Paralympics' comes from the word "para" which means nearby with the adjective "Olympic".

The Paralympic Games began in 1960 in Rome, shortly after the Olympic Games. It included 400 athletes from 23 countries. The Paralympic Games were held in Greece in September 2004, took place 4000 athletes from 160 countries.

The Paralympic Games include 19 sports. Of these, 15 are in common with the Olympics, wheelchair tennis, table tennis, horse riding, sailing, wheelchair basketball, swimming, wheelchair fencing, volleyball, cycling, soccer 7x7, soccer 5x5, shooting, athletics, judo, archery . Four are exclusively Paralympic sports: Powerlifting, Goalball, boccia and wheelchair rugby.

2.1 History of Paralympic Games

On the day of the opening ceremony of the Olympic Games 1948 in London, began the struggles at Mantevill Stoke in England, where the first sporting event for athletes with a wheelchair. Four years later, athletes with disabilities from the Netherlands participated in the Olympic Games and so was born the international movement, which is now known as the Paralympic movement. The first official Olympic Games organized character for athletes with a disability were held in

1960 in Rome, shortly after the Olympics. These are regarded as the first Paralympics. About 400 athletes from 23 countries participated in 8 sports, 6 of which are still included in the competition program of the Paralympic Games (Archery, Swimming, Fencing, Basketball, Table Tennis, Athletics). Since then, the Paralympics are held every four years, always the same year as the Olympic Games. In 1976 in Toronto, added other categories of disability and the idea of merging different types of athletes with disabilities to participate in international sports events. That same year became the first and Paralympic Winter Games in Sweden. The Paralympic Games in Seoul (1988) distinguished by the fact that the Olympic and Paralympic Games were hosted on the same site. Since then, the Paralympics are always on the same premises as the Olympic Games. Since 1960, they have held eleven (11) Summer Paralympics and seven (7) Winter. The Paralympic Games evolved into the second largest sporting event after the Olympics. The Paralympic sports in Greece began to develop during the 70s and the first Greek participation in Paralympic athlete was in 1976.

2.2 Paralympic Games: Where, how, when? Indicative for 40 years...

1960 I. Rome, Italy: 400 athletes from 23 countries

1964 II. Tokyo, Japan: 390 athletes from 22 countries

1968 III. Tel Aviv, Israel: 750 athletes from 29 countries

1972 IV. Heidelberg, Germany: 1000 athletes from 44 countries

1976 V. Toronto, Canada: 1600 athletes from 42 countries

1980 VI. 'Arnhem, Netherlands: 2500 athletes from 42 countries

1984 VII. Stoke Mandeville Place within, I.V.Nea York, USA: 4080 athletes from 42 countries

1988 VIII. Seoul, Korea: 3053 athletes from 61 countries

1992 IX. Barcelona, Spain: 3020 athletes from 82 countries

1996 X. Atlanta, USA: 3195 athletes from 103 countries

2000 XI. Sydney, Australia 3843: athletes from 123 countries

2.3 The participation of Greece

Greek athletes participate in the Paralympic Games since 1976. Since 1988, Greece participates in the Games with official national mission. All these years, the Greek athletes performed well and won many medals.

Greek athletes won their first medals at the Paralympic Games in Seoul in 1988, winning 1 silver and 3 bronze medals. Paralympic Games in Barcelona in 1992 won 2 silver medals and one bronze medal. While at the Atlanta Games in 1996 won 1 gold, 1 silver and 3 bronze medals

In 2000 Paralympic Games in Sydney, the Greek group participated with 71 individuals (42 athletes). Greek athletes competed in track and field, swimming, weightlifting, basketball and judo. The Greek group participated in Sydney won 11 medals (4 gold, 4 silver, 3 bronze).

Paralympic Games in Athens, Greece participated in the largest Paralympic Team so far, with 137 athletes, which showed the rise of the Paralympic movement in our country and was intrigued by the Greek Society. Greek athletes and gymnasts Greeks conquered a total of 20 medals (3 gold, 13 silver and 4 bronze). Nine more than they had won at the

Paralympic Games in Sydney. Also there were a total of 58 finishes in the first eight positions. The Athens Games revealed the sport of disabled and placed him in the position it deserves in the world sporting family and especially in the Greek athletic family.

The first Greek athletes participating in Paralympic Winter Games took place in 2002 in Salt Lake City. The Paralympic Games in Turin in 2006 was the second Winter Paralympics where he attended Greek delegation.

3. PARALYMPIC SPORTS GAMES

3.1 *Wheelchair Tennis*

Participation in this event have athletes with physical disabilities. During the game they use wheelchairs. Aside from the fact that the ball is allowed to bounce twice before the opponent ward, the Paralympic tennis shows no differences other than the Olympic. The program includes single and double events, men and women with physical disabilities. Overall, the Paralympic Games in Athens, will join 112 athletes.

The tennis matches will be held at Olympic Athletic Center of Athens, from 19 to 26 September, the same courts where tennis will take place during the Olympic Games. In Athens, expected one of the top tennis players in the world in a wheelchair, the Dutch Ester Vangkir, while men stand a Paralympic Sydney, David Hall.

3.2 *Powerlifting*

In Powerlifting participating athletes with physical disabilities. Struggling in the supine position in a specially designed bench. The lifter must lower the bar to his chest and then push it upward until the full extent of his hands.

There are 10 categories, according to the body weight of the athlete. The sport of Powerlifting will be held at the Olympic Indoor Hall Weightlifting Nice, from 20 to 27 September, a day set on September 23.

Remarkable is that sometimes the performance achieved in weightlifting bench is larger than those of the weightlifting Olympic Games.

3.3 *Goalball*

Goalball is one of the most important sports in the Paralympic program and specific athletes with disabilities. Athletes participating in it with partial or

complete loss of vision. Participants are required to wear shades visually during the race in order to cover their eyes and ensure equality between them.

The sport is played with two teams of three players each, who play on an indoor court measuring 18 by 9 meters. The ball weighs 1,250 g. and rubber. Inside there are bells that allow players to trace the path of the ball. The aim of the game is for each team to roll the ball to the opposite side and scored a goal, while opponents try to block the ball with any part of their body. The winner is the team that scores the most goals. The event is conducted in absolute silence, in order to allow athletes to detect the ball.

The Sports Hall of Faliro will host the Paralympic Goalball tournament from 20 to 26 September. The same plant from 26 to 28 March 2004 successfully hosted the four ethnics Goalball tournament.

The best teams in the world, this event is Spain in men and women in Finland. These teams won the last World Championships that took place at the World Games for the Blind, in Quebec, Canada.

3.4 Table Tennis

In the sport of table tennis participating athletes with physical disabilities, who compete in individual and team events. The regulations do not differ from the corresponding Olympic event. Adaptations Regulations made only in terms of the athletes who compete in a wheelchair. The facility will host the sport is the Olympic Hall of Galatsi, from 18 to 27 September. As is the case in the Olympic Games, most categories of table tennis, dominating athletes from the Far East.

3.5 Riding

Riding in participating riders with physical disabilities, vision impairment or blindness. Athletes are categorized according to their functional capacity or

under capacity constraints vision. Paralympic Games includes only the discipline of dressage (dressage). The Markopoulo Olympic Equestrian Center will host the event from 21 to 26 September.

In Athens, the British athletes will be looking to defend their titles won in previous Paralympic Games in Sydney, where they won gold medals in both individual events and in team events.

3.6 Sailing

Sailing is a relatively new sport in the Paralympic Games. It was included in the Olympics in Atlanta as a demonstration sport in 2000 and in Sydney in the official program of the Paralympic Games. Athletes with physical disabilities, vision impairment or blindness. There are two classes of vessels, which take part in the Paralympic Games: the sonar, with a three crews and 2.4 mR with keel, which is cars. Overall, nine out races and wins the crew gathers the fewest penalty points. The event will be held at the modern Olympic Sailing Center of St. Kosmas from 18 to 23 September.

3.7 Wheelchair Basketball

Athletes use racing wheelchairs that allow them to have more freedom of movement and develop high speeds. The height of the basket and the dimensions of the field are not different from Basketball Olympic Games.

The event will be held at the Olympic Indoor Hall, at the Olympic Stadium from 18 to 28 September.

The Canadian teams won the gold medal in both men and women in previous Paralympic Games in Sydney. In their attempt to repeat the feat, it will encounter strong resistance of Great Britain, the USA and Holland. Do not be surprised if European Championship Italy win the medal in men's sports, and Japan in women's sports.

3.8 *Swimming*

Spectacular event, which is very popular during the Paralympic Games, is swimming. Indeed, Greece has many chances for distinction, as Fikas Kostas will take part, who won two gold medals in Sydney in 2000, making two world records. Also, Maria Kalpakidou won a bronze medal. We also wait impatiently for Natalie Di Toua, who failed to ensure the threshold qualification to the Olympic Games for a few centimeters. The South African athlete, however, is expected to star in the Paralympic Games.

In terms of the conduct of sports, swimming of Paralympic Games doesn't differ from the swimming of Olympic Games. Athletes compete in different categories, depending on their functional abilities.

Also, they are not allowed to wear any kind of auxiliary equipment or prosthetic devices. The only exception is provided the opportunity afforded to athletes of bootstrapping the pool rather than diving board.

The swim will take place at the Olympic Aquatics Centre, Olympic Athletic Center of Athens from 19 to 28 September.

3.9 *Boccia*

In boccia struggle athletes with brain paralysis who use wheelchairs. Conducted indoors and requires concentration, coordination and teamwork. There are individual sports, in pairs and in groups.

The aim of the players is to promote the leather red or blue balls as closer to a white ball, which is the target or else «jack». The boccia will be held at Olympic Hall over Liosion from 23 to 28 September. The Greeks fans had the opportunity to watch matches boccia and especially the Sydney Paralympic and the first in the world rankings of the sport, British Nigel Murray in the sport event held on February over Liosia.

3.10 Wheelchair Fencing

Participate athletes with a wheelchair, which is stabilized in the ground at an angle of 110 degrees from the center line to allow the freedom of movement in the upper body.

Fencers are not allowed to move the wheelchair, be raised by it or use the legs to gain an advantage over the opponent. The sport of fencing will be held at the Greek Olympic Complex from 18 to 23 September with the participation of 88 athletes.

3.11 Seated Volleyball

In the sport of Seated Volleyball participate athletes with physical disabilities. Except for the dimensions of the pitch and the height of the net, the Seated Volleyball is not significantly different from that of the Olympic Games.

The Paralympic tournament will be held the Greek Olympic Complex from 19 to 26 September. The big favorite in this event is the team of Iran, but should be paid attention to Bosnia / Herzegovina, which team became European champion in August 2003, at the Finnish city Lapenranta.

3.12 Cycling

In cycling are involved athletes with a physical disability and partial or total loss of vision. The last athletes struggle with the help of a fellow athlete called the navigator.

The cycling take place in a velodrome or on a public street. Technological evolution in terms of improving bicycle and using prostheses have made the sport of cycling as one of the most spectacular of the Paralympic Games.

The road cycling will be held in Vouliagmeni Olympic Centre from 25 to 27 September, and will be preceded by the track cycling Olympic

Velodrome at the Olympic Athletic Center of Athens from 18 to 22 September.

Many well known athletes of the event will come to Athens to assert a medal or medals. Stands out one of the Italian Fabrizio Maki, who is the holder of the world record in the 3 km circuit in the category LC3. Maki in July 2003, toured Europe by bicycle. In 24 days traveled 2,093 kilometers, passing through countries with great cycling tradition, such as France, Belgium, Germany, Spain and of course Italy.

3.13 Football 5x5

Included for the first time in the program of the Paralympic Games. It is very popular among athletes who are blind or visually impaired. The teams have only five players and the goalkeeper can see. Each match lasts two 25min games with intermediate 10min break. The ball used contains a system that generates sound and thus allows players to locate.

The sport will take place at the Olympic Hockey Centre (field 2), for 6 consecutive game days : 18, 20, 22, 24, 26 and 28 September. Greece has a particularly well-trained team in the sport, and even excelled particularly at the European Championships in Manchester in July 2003. Big favorite for gold is the European champion Spain.

3.14 Football 7x7

In football 7x7 struggling athletes with brain palsy. O each match lasts 60 minutes (2 halves of 30 minutes) with an interval of 15 minutes.

Three main differences exist between the 7x7 Football and Soccer Olympic Games:

- Does not apply the rule of the off side.
- The goalkeeper has the right to kick or throw the ball back into play,

making a maximum of four steps. The ball should be located outside the goal area before a player returns to the goalkeeper.

- The player taking a throw can roll or throw the ball on the field with one hand.

Football 7x7 will be held at the Olympic Stadium 1 Center Ice, the Olympic Complex of Greek five competition days: 19, 21, 23, 25 and 27 September. Russia, Ukraine, Brazil and Portugal were the groups that occupied the first four places in Sydney in 2000.

3.15 Wheelchair Rugby

Athletes participating with paraplegia or quadriplegia. Each team has four players. The match is played in 4 periods of 8 minutes each. Wheelchair rugby combines the regulations of basketball and rugby able-bodied people. Use ball of volleyball. The aim of each team is to score goal touching or crossing the line of the opponent in possession of the ball. The defenders are trying to block attackers by any means. During the Paralympic Games, the sport will take place at the Indoor Stadium of the Greek with the participation of 8 teams from 19 to 25 September, a day set on September 22. The battle for the gold medal are expected to give countries with tradition in this competition: USA, Australia and New Zealand. indeed this was the trio Paralympic Games in Sydney.

3.16 Sharpshooting

The Olympic and Paralympic Shooting follow the same racing rules, with adjustments only in certain points that are deemed necessary to assist the athletes with disabilities.

Athletes who compete with physical disabilities, are standing or using a cart. The shooters struggle with rifle or pistol, which can be air guns or firearms striata. The event will take place at the Olympic Shooting Centre

Markopoulos from 18 to 23 September, with the participation of 140 athletes.

3.17 Track and field

Athletes who participate from each disability category, have the right to use prosthetic devices or wheelchair. Also, blind athletes compete with a companion guide.

Many Greek athletes assert with claims Paralympic medals. In Sydney, Greece won 2 gold medals in track and field (Thanasis Barakas, in length and Stephen Anargyrou, in the shot put), 4 silver (two medals from Helen Samaritaki, one from Evangelos Bakolas and another one from Paraschos Stogiannidis) and also 2 bronzes, one from Simos Paltsanitidis and one from Paraschos Stogiannidis.

The Olympic Stadium will host the athletics events, from 19 to 27 September and the termination of the Marathon will be held in the Panathenaic Stadium, in Sunday, 26 of September.

3.18 Judo

Athletes participate with reduced or complete loss of vision. The aim of the game is to defeat your opponent by taking a degree ("horse"), overthrowing him. Also, grades which can someone conquer by immobilizing his opponent for 25 seconds or applying techniques that will require him to resign. Athletes are divided into categories according to their body weight.

The sport of Judo will be held at the Olympic Center and Liosion, from 18 to 20 September with the participation of 84 male athletes and 36 female athletes.

Greece has a good chance to win a medal in this sport. Klimis Papachristos had come fourth in Sydney in 2000, and was particularly distinguished in the World Blind Championship, which held in August 2003 in Quebec, Canada.

3.19 Archery

Athletes struggle with physical disabilities. The rules are the same as those of the Olympic Games, as defined by the relevant International Archery Federation (FITA).

Purpose of the athletes is to throw arrows accurately in the smaller circle inside the target at a distance of 70 m.

Archery is one of the sports that is an integral part of the Paralympic program since 1960.

The Paralympic Games are the equivalent Olympics for athletes with physical, visual or cognitive disabilities.



4. HISTORY

The first races for athletes with a disability were held in 1948 in Stoke Mandevill in England. On the day of the opening ceremony for the Olympic Games 1948 in London, the games of Stoke Mandevill started and institutionalized and held its first sporting event for athletes with a wheelchair.

Four years later, competitors from the Netherlands took part in these races and so was born the international movement that is now known as the Paralympic movement.

The first Olympic Games character for athletes with a disability were organized in 1960 in Rome, after the Olympic Games in the same city. Considered as the first Paralympics. About 400 athletes from 23 countries participated in 8 sports, 6 of which are still included in the competition program of the Paralympic Games (Archery, Swimming, Fencing, Basketball, Table Tennis, Athletics).

Since then, the Paralympics are held every four years, always the same year as the Olympic Games. In 1976 in Toronto, added other categories of disability and the idea of merging different types of athletes with disabilities to participate in international sports events. The same year became the first Winter Paralympics in Sweden.

The Paralympic Games in Seoul (1988) stood out by the fact that the Olympic and Paralympic Games were hosted in the same country, the same city and used the same facilities as the Olympic Games. Since then, the Paralympics are always in the same city with the Olympic Games.

Since 1960, they have organized twelve (12) Summer Paralympics and nine (9) Winter. The Paralympic Games have now become the second largest sporting event after the Olympics.

5. PARTICIPATION OF GREECE



Greek athletes participate in the Paralympic Games since 1976. Since 1988, Greece participates in the Games with official national mission. All these years, the Greek athletes performed well and won many medals.

Greek athletes won their first medals at the Paralympic Games in Seoul in 1988, winning 1 silver and 3 bronze medals. Paralympic Games in Barcelona in 1992 won 2 silver medals and one bronze medal. While at the Atlanta Games in 1996 won 1 gold, 1 silver and 3 bronze medals.

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Paralympic Games in Athens, Greece participated in the largest Paralympic Team so far, with 137 athletes, which showed the rise of the Paralympic movement in Greece and motivated the Greek Society. Greek athletes and gymnasts Greeks conquered a total of 20 medals (3 gold, 13 silver and 4 bronze). Nine more than they had won at the Paralympic Games in Sydney. Also there were a total of 58 finishes in the first eight positions. The Athens Games revealed the sport of disabled and placed him in the position it

deserves in the world sporting family and especially in the Greek athletic family.

The Paralympic Games in Beijing were the most successful games for the Greek team so far. Participating in 10 sports the 69 athletes of the Greek Team managed to win 24 medals (5 gold, 9 silver and 10 bronze) surpassing all previous records and were able to be classified 20th in the world rankings. 4 years after their very successful Games in Athens, the Greek athletes showed their great class emphasizing the development of the Paralympic Movement in Greece.

The first participation of Greek athlete in Paralympic Winter Games became in 2002 in Salt Lake City. The Paralympic Games in Turin in 2006 was the second Winter Paralympics where he attended Greek delegation. The Winter Paralympic Games in Vancouver are the third Winter Games will involve the participation of Greece and even the first gymnast.

In 1996, Atlanta was the first time that the best athletes with mental retardation participated in the Paralympic Games. In this category, to attend one Paralympic athlete was required to have mental quotient less than 70 units.

The sweeping victory in basketball (basketball) team of Spain in 2000 in Sydney, was replaced by removing the title when the Spanish Olympic Committee discovered that only ten of the twelve athletes who participated had mental retardation.

The scandal, which was created, cost much in the area of Sport for People with Disabilities. The International Olympic Committee (IOC) forbid the participation of people with intellectual disabilities in the Paralympic Games, with the reasoning that it is difficult to assess the degree of disability.

The scientific community and factors of sport are still in negotiations with the IOC on this decision.

6. SPECIAL OLYMPICS

The Paralympic Games are a different organization of the Special Olympics, involving athletes with intellectual disabilities with exclusive purpose of contributing to the acquisition of experience. In the Paralympic Games also participate world champions, athletes with high racing and judiciously main concern passion for distinction. The athletes of the Paralympic Games as the Olympic Games is necessary to "catch" the limits of participation to have the right to participate in the Games.

The Paralympics term comes from the Greek words *despite* (beside, alongside, alongside) and not as many people think of the words "paraplegic" and "Olympic".

The Summer and Winter Paralympic Games are the largest sporting events for people with physical disabilities. They highlight the achievements of people who can overcome the difficulties of disability with the desire for success and life. The Paralympics were held for the first time officially in Rome in 1960. Instigator of the Games was Sir Ludwig Gutman, who in 1948 organized at Stoke Mandeville games with disabled veterans of the Second World War.

The Paralympics are always held the same year as the Olympic Games and since 1988 in Seoul, South Korea, on the premises of the Olympic Games, two weeks after their ending.

Tae-wook is the emblem of the Paralympic Games. The emblem of the International Paralympic Committee consists of three drops of rain : (the Tae-wooks) , one green, one red and one blue.

The three Tae-wook symbolize the major components of human existence: the Soul, Body, Spirit (Mind - Body - Spirit), corresponding with the motto of the Olympic Games is *Citius, Altius, Fortius* (faster, higher , louder). So the slogan adopted by the International Paralympic Committee (I.F.O.) is the body-soul-spirit and with the 3TAE-GOUKS are considered official symbols.

The Tae-Wook were first used as an emblem of the Games for athletes with disabilities at the Summer Paralympics in Seoul (South Korea) in 1988. The emblem was consisted of five Tae-wook, in combination which referred to the Olympic circles. When created in 1989 by the International Olympic Committee, the five Tae-wook embedded in symbols.

However, in 1991, the International Olympic Committee, for commercial reasons, recommended the change of the emblem, which henceforth will be comprised of three Tae-wook. Since then, the National Paralympic Committees began to use the logos of sports federations.

The Emblem of the Paralympic Games in 2004. It is round shaped with color and warmth of the sun, upon which a white line draws the profile of each person. The figure brought forward symbolizing optimism for the future. The orange color warm and happy, heralds the feast to come. The sun acts as a direct reference to Greece, the venue for the Paralympic Games in 2004.

The emblem is supplemented by a list of Athens PARALYMPIC GAMES 2004-and of course the three Tae-wook (three drops), which emblem is of th National Paralympic Committee.

The Inspiration of the mascot of the Paralympic Games in Athens 2004. The author sought an image that reflects the values of the four Paralympic Games ATHENS 2004 pursuit, strength, inspiration and celebration. At the same time, he wanted the mascot to represent the unique character of our country, which for the first time to host the Paralympic Games in September 2004.

The leader found this inspiration in the sea, that has always played a dominant role in the life of the Greeks and inspired by Greek art and dynamic liquidity. The sea has provided endless material to create myths and heroes who have overcome human nature and their weaknesses, offering emotion and great moments.

So, inspired by the Greek sea and the vision of the Paralympic Games in mankind concluded:

The name is first. It is a seahorse, which has taken its name from an ancient goddess of the sea. The name embodies the concept of first, which is the ultimate goal of Paralympic athletes.



7. CATEGORIES OF ATHLETES OF PARALYMPIC GAMES – AMPUTATED ATHLETES

This category includes athletes with partial or total loss of at least one basic articulation or at least one member (namely, loss of member elbow / wrist and bottom or knee / ankle and below).

7.1 Athletes with brain paralysis

This category refers to athletes with damage located to part of the brain that affects muscle control and causes disturbances in movement and body posture.

Athletes with spinal cord injury.

This category includes athletes with at least 10% reduced ability of function in the lower extremities due to injury or spinal cord injury.

7.2 Les Autres

This category includes athletes who have a disability (e.g. muscular dystrophy, dwarfism, multiple sclerosis) that causes motor dysfunction, and those who do not belong to these categories. Athletes with partial or complete loss of vision.

This category also includes athletes who have a partial to complete loss of vision.

7.3 Athletes with intellectual disabilities

This category includes athletes with intellectual functioning below average (namely, IQ below 70, with 100 representing the average) combined with

limited cognitive and social skills. In addition, athletes must have fallen into this situation before 18 ° birthday.



8. CHARACTERISTICS OF PARALYMPIC GAMES

The main characteristics of the 18 Paralympic sports are as follows:

8.1 *Powerlifting*

- * Men and women compete into categories based on body weight.
- * Winner declared the athlete who will carry most weight in its class.

8.2 *Volley (sitting athletes)*

- * Men and women struggle in 2 groups of 6 players.
- * The race lasts up to 5 sets. The set is won at 25 points with a minimum advantage to 2 points.
- * The first team which win 3 sets is declared as the winner.

8.3 *Goalball*

- * Men and women struggle with low vision or blind, in 2 groups of 3 players.
- * The match lasts 2 halves of 10 minutes.
- * The team which scores the most goals is declared as the winner.

8.4 *Horse Riding*

- * Riders participate from all categories of disability.
- * Riders compete in the sport of Dressage
- * The rating is judged by the good cooperation of horse and rider, and performance specific movements.

8.5 Sailing

- * Men and women with physical disabilities, and blind or visually impaired, struggle in 2 types of vessels, and the Sonar car 2.4 mR.
- * The match consists of 9 races.
- * The boat with the fewest penalty points wins.

8.6 Swimming

- * Men and women participate in individual and team events.
- * They compete in freestyle, backstroke, breaststroke, butterfly, mixed and relay races.
- * The winner is the player or team that finishes with the best time.

8.7 Basket (for wheelchair athletes / with mental histerisy)

- * Men and women compete in 2 groups of 5 players.
- * The match lasts 4 halves of 10 minutes.
- * The team that scores the most points is declared as the winner.

8.8 Boccia

- * Men and women compete with cerebral palsy or other physical disabilities in individual, doubles and team events.
- * The game consists of 4 rounds on the individual and doubles and 6 rounds in team sports.
- * The athlete, the pair or team with the highest score is the winner.

8.9 Fencing

- * Men and women struggle in atomic (2 swordsmen) and team sports (3 swordsmen / group).
- * The game consists of 3 rounds of 3 '.
- * The winner is the player who hits the most valid contacts with his sword.

8.10 Ping-Pong

- * Men and women, except the blind struggle in individual (2 players) and double sports (2 pairs).
- * The game consists of 5, 7 or 9 sets of 11 points.
- * The winner is the player or the pair who wins 3.4 or 5 sets.

8.11 Cycling

- * Men and women with physical disabilities and blind or visually impaired compete in individual and team events track, and events on public roads.

8.12 Football

- * a) 7X7

- Only men compete with cerebral palsy, in 2 groups of 7 players
- The match lasts 2 halves of 30 minutes
- The winner is the team that scores the most goals

- * b) 5X5

- Only blind men fight, in 2 groups of 5 players, including the goalkeeper who isn't blind or have low vision.

- The match lasts 2 halves of 25 minutes.
- The winner is the team that scores the most goals.

8.13 Rugby with wheelchair

- * Men and women with physical disabilities participate in 2 groups of 4 players.
- * The match lasts 4 periods of 8 '.
- * The winner is the team that scores the most goals.

8.14 Shooting

- * Men and women can fight.
- * The athletes compete with various types of weapons, in 10.25 and 50m distances.
- * Winner is the athlete with the highest score.

8.15 Track and field

- * Men and women from all types of disabilities can participate.
- * Roads: speed, imiantochis, endurance races and the relay race.
- * Jump: jump height, long and triple jump.
- * Throwing: shot, discus, javelin and pin.
- * The pentathlon includes different disciplines - road, jumps, throws, depending on the category of athletes.

8.16 Tennis

- * Men and women struggle with loss of function in one or both limbs, at the simple (2 players) and at the double (pairs).
- * The race consists of 3 sets of 6 games.
- * The winner is the athlete or pair who will get 2 winning sets.

8.17 Judo

- * Men and women, blind or sighted in different weight classes compete in a match that lasts 5 minutes.
- * The winner is the player who will score 1 point (ippon) or greater value point.

8.18 Archery

- * Men and women compete in individual and team events.
- * Athletes mark a target which consists of 1 concentric circle.
- * Winner is the athlete with the most points.

9. EPILOGUE

9.1 *When the power of soul overcomes nature*

The Paralympic Games are held with great success over the last 64 years and show the incredible power of the soul and the will that is able to overcome natural obstacles, showing us that 'disability' can stop the man if he believes in the abilities and himself.

9.2 *Interviews*

9.2.1 **Interview with the President of the Greek Olympic Mission**

The president of the Greek Olympic Mission emphasized in detail in his statement: "All those children with physical weakness, prove that soul is too big, this is the dominant and give a great battle in the stages that the Greek flag the National anthem to be heard. They deserve congratulations for their success, not only kids who got medals, but also of the children involved and managed to be foisted and success, and wish the best and I believe that all this effort gives power to all of us, and especially to the Greeks and those who give their own battle. "

Interview of Anthi Karagianni Paralympics

How difficult is the training of an athlete participating in the Paralympic Games? There are limits that are very difficult for someone to catch.

"The workout is so difficult, as difficult as the workout for an athlete who participates in the Olympic Games .He needs a lot of patience, hard work, he needs to be in good mental and physical condition, and of course physical support that we don't have. But never mind. We have learned to work on our own. "

Have you ever thought yourself at the Olympics?

"I say thank God that I'm here. If I was not happy, I would be ungrateful. That's all I can do , that's all I do . I could not compete with the athletes of the Olympic Games, and for this I thank God! "

Something many people don't know is that in 2004 for the first time in the history of the Paralympic Games, athletes stopped paying for their participation.

"It was really unthinkable. But for the first time, Greece, concerning this, at least did something good! "

Do you feel now that the world has embraced you little more than in the past?

"I've seen a huge difference on how the world faces us from Athens in 2004. Fortunately the way people think, face us, as well as the mentality has changed. Everything is a matter of education. In Greece we are far behind. I think the Paralympic Games in Athens were very helpful. The world is now very informed. But I think we still have much room for improvement as Greeks. "

9.2.2 Text of Mrs Koytroy Nikis

The athletes of the Paralympics, were undoubtedly difficult start in their sporting career. The physical obstacles that may seem insurmountable for many can not be compared with spiritual. To manage to take place in a global sporting event conceals countless moments of pain, tears, emotion, mental instability and tendencies to stay away from the target. Those athletes are not fighting for glory, medals or sponsorship. They are fighting to prove themselves first and then to all of us, that the power of will overcomes all natural obstacles. There is nothing you can't do with your body as long as you manage to capture the power that comes from your mind. The Paralympics athletes carry through their efforts messages that exceed the

'importance has the participation, not victory". Their efforts teach us that it is so easy to give up with the 1st difficulty you face . It seems, however, very difficult to be reborn from your ashes and continue to struggle, overcoming obstacles. If there are examples to follow or social standards, indisputably the Paralympic athletes are the most suitable. As a member of the organizing committee of London 2012 I had the opportunity to share the effort and emotions that our athletes gave us. But our society is in need of such standards beyond the Paralympics. Let us therefore continue to support the effort of the Greek athletes and when the curtain of competitions will fall . So let's learn from the difference and messages it passes because diversity is the basis of creative action and inspiration.

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