

SPORTZ FOR LIFE

LEARNING OUTCOMES

Having completed this badge members will:

- investigate the values of the Olympic movement and how they are demonstrated;
- explain the positive impact of sport on the human body;
- demonstrate how to prevent and treat sports injuries;
- demonstrate the meaning of good sportsmanship by playing sport;
- compare good and bad sportsmanship in sport today and the effect it has on young people.

BADGE REQUIREMENTS

1. Investigate the values of the Olympic movement and how they are demonstrated by some Olympians.
2. Explain the positive impact of sport on human well-being.
3. Demonstrate the procedure for warm-up and cool-down to help prevent sports injuries.
4. Know how to treat some sports injuries.
5. Participate in at least two sports.
6. Compare the influences of sporting personalities on young people today.





Teaching ideas



1. Investigate the values of the Olympic movement and how they are demonstrated by some Olympians.

Cut up **Leader's Resource 1** and display the sections separately around the room. Copy and distribute **Handout 1** to each member and provide coloured markers or pencils.

Members move around the room gathering information to complete the **Handout 1**.

When all members have completed the handout discuss the following questions:

- What do you think is the significance represented by the flag and rings? *(The rings and flag represent world unity and the potential for world peace through sport.)*
- How would you summarise the meaning of the Olympic motto *(It is about doing and giving your best regardless of winning or losing.)*

The leader will need to provide profiles of Olympians who demonstrated the values of the Olympic movement. Leaders may use some of the following Olympians.

Craig Stevens – Australia (Athens, 2004)
 Stephanie Rice – Australia (Beijing, 2008)
 Muhammad Ali (Cassius Clay) – United States of America (Rome, 1960)
 Eric Moussambani – Equatorial Guinea (Sydney, 2000)
 Peter Norman – Australia (Mexico, 1968)
 Bob Sled Team – Jamaica (Calgary, 1988)
 Derek Redmond – United Kingdom (Barcelona, 1992)
 Apolo Ohno – United States of America (Salt Lake City, 2002)
 Cecil Healy – Australia (Stockholm, 1912, Hall of fame, 1981)
 Lucien Duquesne – France (Amsterdam, 1928)
 Ralph Hill – United States (Los Angeles, 1932)

Discuss the following questions:

- Think of Olympians you know of. How have they displayed the values of the Olympics?
- How can these values be demonstrated in non-Olympic sport today?
- How can these values be demonstrated in life outside sport?



2. Explain the positive impact of sport on human well-being.

Invite a physiotherapist, gym instructor or personal trainer to assist with this badge requirement. Learn which exercises impact on muscle groups and how various muscles are used in specific sports.

Discuss the points listed in the warm-up section as well as those in **Leader's Resource 2**.



3. Demonstrate the procedure for warm-up and cool-down to help prevent sports injuries.

Use the following notes to talk briefly with members about the value of warm-up and cool-down. Perform some of the warm-up exercises, followed by the cool-down exercise on **Leader's Resource 3**.

Teaching ideas

Warm-up and cool-down activities should be incorporated into training and competition routines. The warm-up prepares the body for activity, as well as helping to prevent harm to muscles, which can be more susceptible to injury when cold. The cool-down helps the body clear lactic acid that builds up during any activity. Less lactic acid means less soreness and stiffness the next day!

Why Warm-up?

A pre-exercise warm-up:

- warms your muscles by increasing the movement of blood through your tissues, making the muscles more supple;
- increases delivery of oxygen and nutrients to your muscles by increasing the blood flow to them;
- prepares your muscles for stretching;
- prepares your heart for an increase in activity;
- prepares you mentally for the upcoming exercise; and
- primes your nerve-to-muscle pathways to be ready for exercise.

The warm-up is widely viewed as a simple measure to help prevent injury during exercise. While scientific studies are ongoing to define the best warm-up techniques to gain this injury-prevention advantage, the warm-up in general is firmly established as a key to exercising safely and effectively.

Ensuring an effective Warm-up

To make your warm-up effective, you need to do movements that increase your heart rate and breathing, and slightly increase the temperature of your muscle tissue. A good indication is warming up to the point where you have raised a light sweat.

If you're exercising for general fitness, allow five to 10 minutes for your pre-exercise warm-up (or slightly longer in cold weather).

If you are exercising at a higher level than for general fitness, or have a particular sporting goal in mind, you may need a longer warm-up and one that is designed specifically for your sport.

Warm-up options

Follow these options in the order listed.

1. **General warm-up.** To begin your warm-up do five minutes of light (low intensity) physical activity such as walking, jogging on the spot or on a trampoline. Pump your arms or make large but controlled circular movements with your arms to help warm the muscles of your upper body.
2. **Sport-specific warm-up.** One of the best ways to warm-up is to perform the upcoming exercise at a slow pace. This will allow you to simulate at low intensity the movements you are about to perform at higher intensity during your chosen activity. Examples include a few minutes of easy catching practice for cricketers or baseball players, shoulder rolls, side-stepping and slow-paced practice hits for tennis players, or jogging for runners. Sport-specific warm-ups are often designed by a qualified trainer in that sport.





Teaching ideas

3. **Stretching.** Any stretching is best performed after your muscles are warm, so only stretch after your general warm-up. Stretching muscles when they are cold may lead to a tear. Static stretching (stretching a muscle and holding it in this position without discomfort for 10-30 seconds) is considered the safest method of stretching.

Perform a light static stretching routine at the end of your warm-up by stretching each of the muscle groups you will be using in your chosen activity. A static stretch should be held at the point where you can feel the stretch but do not experience any discomfort. If you feel discomfort, ease back on the stretch. Remember not to bounce when holding the stretch. Don't spend so long doing your stretches that your muscles cool-down and your heart rate returns to normal.

Recent studies comparing a warm-up that includes static stretching with a warm-up that does not include static stretching have shown that, although pre-exercise static stretching does improve flexibility, it does not appear to prevent injury during exercise.

THE COOL-DOWN

Why cool-down?

The practice of cooling down after exercise means slowing down your level of activity gradually. Cooling down:

- helps your heart rate and breathing to return towards normal gradually;
- helps avoid fainting or dizziness, which can result from blood pooling in the large muscles of the legs when vigorous activity is stopped suddenly;
- helps prepare your muscles for the next exercise session, whether it's the next day or in a few days' time; and
- helps to remove waste products from your muscles, such as lactic acid, which can build up during vigorous activity.

You may see conflicting advice as to whether cooling down prevents post-exercise muscle soreness, also known as delayed-onset muscle soreness (DOMS). However, even if cooling down doesn't prevent DOMS, the other benefits of cooling down mean that you should always make it a part of your exercise session.

Ensuring an effective cool-down

For an effective cool-down:

- perform low intensity exercise for a minimum of five to 10 minutes; and
- follow this with a stretching routine.

Cool-down options:

1. **Continuing your chosen exercise while gradually slowing its intensity.** Gradually slowing down the pace and exertion of your activity over several minutes can seem a natural progression, as well as fulfilling the need to include a cool-down period at the end of your exercise.
2. **Slow jogging or brisk walking.** Another option is to jog or walk briskly for a few minutes after your exercise, making sure that this activity is lower in intensity than the exercise you have just performed.

Teaching ideas



stretching after your cool-down

It is crucial to stretch at this time as your muscles are still warm and most likely to respond favourably and there is a low risk of injury. Stretching helps to relax your muscles and restore them to their resting length, and improve flexibility (the range of movement about your joints).

As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise. Make these post-exercise stretches more thorough than your pre-exercise stretches. Ensure that you stretch all the major muscle groups that you have used during your exercise. Stretch each muscle group for 20 to 30 seconds, two to three times.

Source: <http://www.mydr.com.au/default.asp?article=2339>

Use **Leader's Resource 3** to organise warm-up and cool-down activities before playing sport.



4. Know how to treat some sports injuries.

As with all first aid skill and knowledge having current and correct practices is crucial. To this end it is advised that you invite a qualified trainer to meet this badge requirement. A certified first-aider, sports medical professional may be available.

Ask your guest to instruct members in the correct procedures for treating common sporting injuries. These may include:

- sprain;
- winding;
- chest cramp (stitch);
- achilles injuries;
- cuts and abrasions;
- muscle cramps;
- bruises;
- dehydration;
- dental damage;
- groin strain;
- hamstring strain;
- knee joint injuries;
- nose injuries;
- stress fractures.



5. Participate in at least two sports.

Play a variety of sports during the weekly Parade. Play sports that your members find interesting and enjoyable. Ask members what they would like to do. Be sure to have the correct equipment and if necessary book sporting fixtures, e.g. tennis court, soccer field. You may also need to remind members of the sport's rules. Above all, ensure members have fun.

Sports could include:

- athletics;
- cricket;
- football – rugby, soccer, Australian rules, touch football;
- ten pin bowling;
- tennis;
- golf;
- squash;
- bBaseball;



Teaching ideas

- softball;
- netball;
- basketball.

Sports played outside of SAGALA are **not** credited for this badge; members must earn the badge during SAGALA time. You may choose, then, to complete this badge requirement as part of a fun day during school holidays, weekend or public holiday or camp.



6. Compare the influences of sporting personalities on young people today.

Collect newspaper and magazine articles about a variety of sports personalities for members to read and discuss. You may choose to assign members to work in pairs, individually or small groups to research one personality each and share their findings. Research needs to include how young people are impacted by sporting personalities.

Leaders need to find contemporary examples contrasting both the positive and negative influences. Issues to consider include:

- upholding moral values;
- bringing the game into disrepute;
- drugs/alcohol/substance abuse;
- using income/winning for charity;
- using public profile for the benefit of the community;
- domestic violence.

Sporting people to consider may include:

Jason Stevens – Australian Rugby League (author of a book ‘Worth the wait’ 2002);

Libby Lenton – Australian Olympic swimmer;

Ian Thorpe – Australian Olympic swimmer;

Grant Hackett – Australian Olympic swimmer;

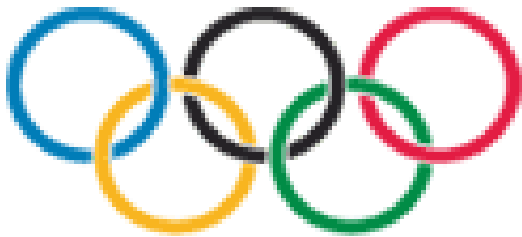
Ben Cousins – Australian Rules player;

David Beckham – English Soccer player.

Leaders Resource 1

Cut up the various sections and display each section separately. (Source - http://multimedia.olympic.org/pdf/en_report_1303.pdf)

The rings



The five rings represent the five continents. They are interlaced to show the universality of Olympism and the meeting of the athletes of the world during the Olympic Games.

On the Olympic flag, the rings appear on a white background. Combined in this way, the six colours of the flag (blue, yellow, black, green, red and white) represent all nations. It is a misconception to believe that the colours correspond to a certain continent.

Pierre de Coubertin, the father of the modern Olympic Games, explains the meaning of the flag: 'The Olympic flag has a white background, with five interlaced rings in the centre: blue, yellow, black, green and red. This design is symbolic; it represents the five continents of the world, united by Olympism, while the six colours are those that appear on all the national flags of the world at the present time.' (1931)

The Flame

The Olympic flame is one of the best-known features of the Games.

The ritual of the flame includes:

The Lighting

The flame is lit in **Olympia** (Greece) some months before the opening of the Games. The Olympic flame can only be lit by the sun's rays.

The torch

A new torch is created for each edition of the Games. Each relay runner carries his or her own torch. It is the flame which is passed from runner to runner and which cannot be extinguished.

The relay route

Carried by relay from Olympia to the host city of the Games, the flame crosses different regions, countries and continents.



Leader's Resource 1 (contd)

The motto and creed

A motto is a phrase which sums up a **life philosophy** or a **code of conduct** to follow. The Olympic motto is made up of three Latin words:



These three words encourage the athlete to give his or her best during competition. To better understand the motto, we can compare it with the Olympic creed: The most important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well.

Together, the Olympic motto and the creed represent an ideal that Coubertin believed in and promoted as an important life lesson that could be gained from participation in sport and the Olympic Games: that giving one's best and striving for personal excellence was a worthwhile goal. It is a lesson that can still be applied equally today, not just to athletes but to each one of us.

The Olympic Values

The values of **excellence (motto)**, **friendship (flame)** and **respect (rings)** are the foundation upon which the Olympic Movement brings together sport, culture and education for the betterment of human beings.

The three core values of the Olympic Movement, which are an inspiration both at individual and organisational levels, can be defined as follows:

Excellence

To give one's best, on the field of play or in life. It is not only about winning, but also about participating, making progress against personal goals, striving to be and to do our best in our daily lives.

Friendship

To build a peaceful and better world thanks to sport, through solidarity, team spirit, joy and optimism. To consider sport as a tool for mutual understanding among individuals and people from all over the world, despite the differences.

Respect

To respect oneself, one's body, to respect others, as well as rules and regulations, to respect the environment. In relation to sport, respect stands for fair play and for the fight against doping or any other unethical behaviour.

These three core values are conveyed through the Olympic symbols.

Leader's Resource 2

Cardiovascular diseases

Cardiovascular diseases include coronary heart disease and stroke and are the leading causes of death globally. Causes of cardiovascular disease are unhealthy diets, physical inactivity and tobacco use. **Physical activity reduces the risk of cardiovascular disease** by improving glucose metabolism, reducing body fat and lowering blood pressure.

Diabetes

Diabetes is a disease which occurs when the body does not produce or properly use insulin and this may result in Type I or Type II diabetes. **Type II Diabetes may be prevented, or at least delayed, by weight loss, a healthy lifestyle, in particular, regular physical activity.** Diet, drug therapy and physical activity are also major components of the treatment of diabetes.

Obesity

Obesity is an abnormal accumulation of fat that may impair health and unlike other diseases, social and environmental factors play a significant role in defining obesity. The incidence of obesity is a growing concern internationally with an estimated 400 million obese people in 2005. **The global rise in the incidence of obesity is related to a shift in diet and decreased physical activity levels.**

Cancer

Cancer is not a single disease with a single type of treatment and in fact, there are over 200 types of cancer involving abnormal growth of cells in different parts of the body. **It has been estimated that 40% of all cancers may be prevented by a healthy diet, physical activity and no tobacco use.**

Mental health

One in four patients visiting a health service has at least one mental, neurological or behavioural disorder (such as depression, anxiety or mood disorders) that may not be diagnosed or treated. **There is evidence to suggest that physical activity can reduce the symptoms of depression and can also be helpful to mental well-being through improved mood and self-perception.**

Insufficient Physical Activity

Global trends in physical inactivity claim that more than **60% of adults do not participate in sufficient levels of physical activity** and physical inactivity is more prevalent among women, older adults, people from low socio-economic groups and people with disabilities.

Osteoporosis

Multiple studies have shown that aerobics, weight bearing, and resistance exercises can all maintain or increase Bone mass density (BMD). Treadmill walking, gymnastic training, stepping, jumping, endurance, and strength exercises all resulted in significant increases of BMD.

Cholesterol

Cholesterol is essential to life. HDL Cholesterol is the so called good cholesterol and acts as a transporter within the blood stream. Excess amounts and larger amounts of the 'bad cholesterol', known as LDL, on the other hand can cause various health problems. **Exercise increases the amount of HDL in the blood, thereby increasing the amount of cholesterol being transported back for removal from one's body.**

Leader's Resource 2 (contd)

High Blood Pressure

There is a demonstrable connection between high blood pressure and the health a person experiences. In fact, high blood pressure is a factor in several of the most common conditions people develop as they grow older. Studies on high blood pressure and health have shown that preventing hypertension can reduce the chances of developing life-threatening conditions, such as heart attacks, strokes, and chronic kidney failure. **Being physically active is one of the most important steps you can take to prevent or control high blood pressure (hypertension).**

Immune System

There is both anecdotal and epidemiological evidence that regular moderate exercise reduces the risk of infections by having a positive effect on the immune system.

Healthy Weight

Being active and playing sport maintains a healthy weight and this in turn will prevent and/or ease other health problems. Being active can provide a huge range of fun experiences, make you feel good, improve your health, and is a great way to relax and enjoy the company of your friends.

(International Platform on Sport and Development, BUPA, Med TV, The Sports Digest).

Leader's Resource 3



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



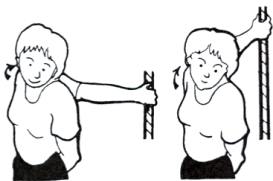
4. Triceps Stretch
(pull elbow across and down)



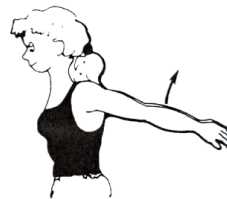
5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



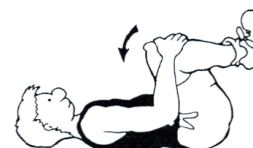
11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)

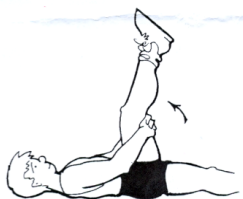


14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



13. Lumbar Flexion Stretch
(be gentle if sore)

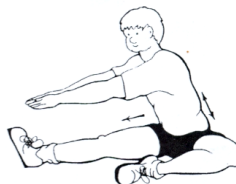
Leader's Resource 3 (contd.)



15. Hamstring Stretch

(straighten leg)

- i. with foot pointed
- ii. with foot pulled back towards the knee



16. Hamstring Stretch

(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch

(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch

(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch

(keep pelvis on floor)



21. Quadriceps Stretch



22. Adductor Stretch

(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



23. Hip Flexor Stretch

(keep back straight, tuck bottom under, lunge forward on front leg)



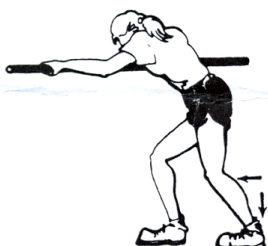
24. Tensor Fascia Stretch

(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch

(keep knee straight and heel down, feet facing forward)



26. Soleus Stretch

(knee bent over rear foot, feet facing forward)

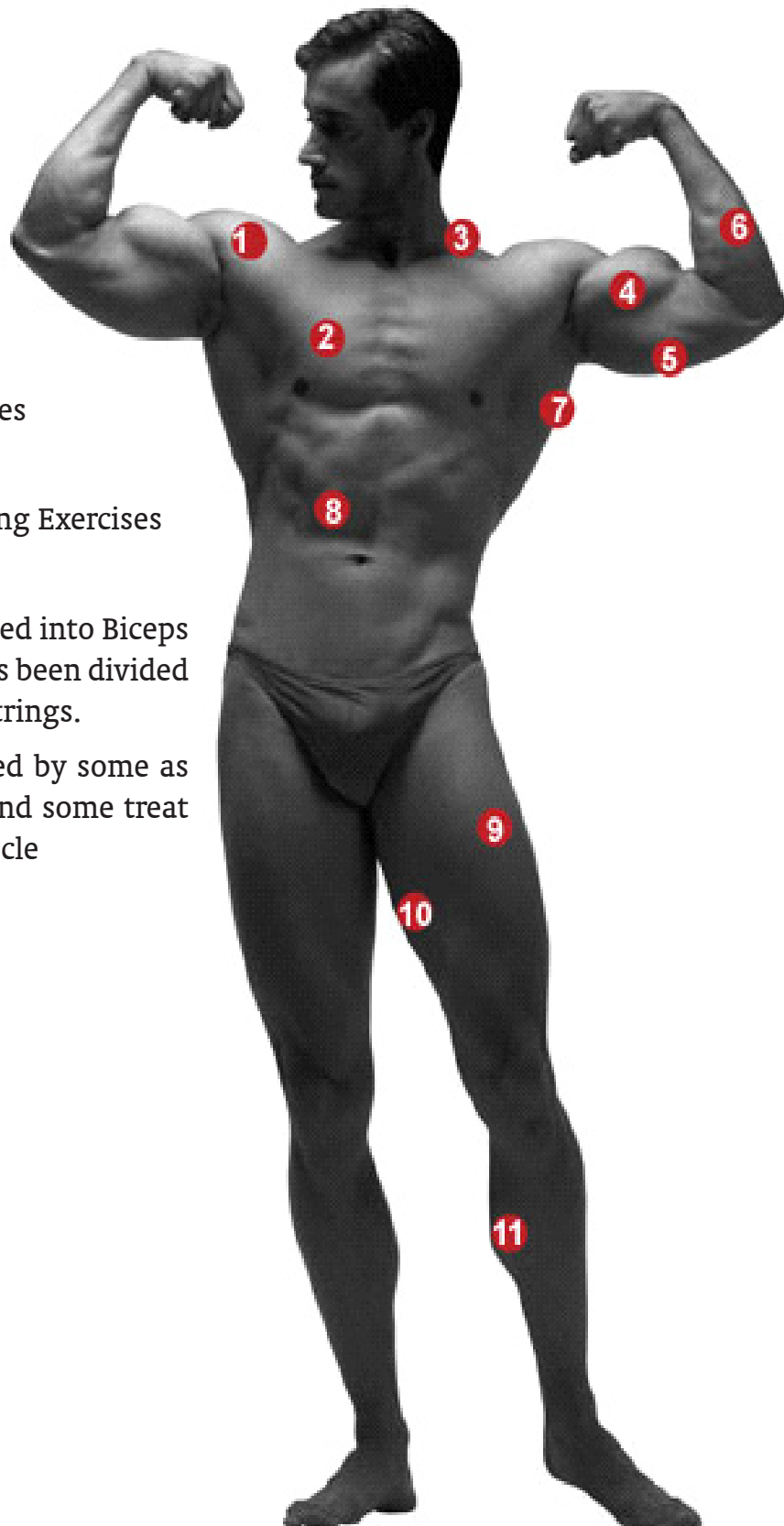
Leader's Resource 3 (contd.)

Body parts and Exercises

- 1 – Shoulder Exercise
- 2 – Chest Exercises
- 3 – Trapezius Exercises
- 4 – Biceps Exercises
- 5 – Triceps Exercises
- 6 – Forearms Exercises
- 7 – Back Exercises
- 8 – Abdominals Exercises
- 9 – Thighs Exercises
- 10 – Adductor/Hamstring Exercises
- 11 – Calves Exercises

Arms have been classified into Biceps and Triceps. Also leg has been divided in to Thighs and Hamstrings.

Trapezius are considered by some as part of Shoulder area and some treat it as a part of Back Muscle



Handout 1

Guards/Rangers

1. Draw and colour the rings using the correct colours. What do the Rings represent?

2. What do the six colours of the flag represent?

3. What is the meaning of these Latin words?



Citius _____

Altius _____

Fortius _____

4. What are the three values of the Olympics and which symbols represent each one?

Value

Symbol

Devotional ideas



1. **Title:** Two times a hero
Bible: 1 John 3:16 - 18
Thought: Winning at any cost is no win at all
Supplies: Bible, story – Two times a hero

Read the following story (or copy and distribute it for members to read) and then ask members to discuss the nature of sportsmanship evidenced here. How was sportsmanship demonstrated? How did Eugenio Monti's action uphold the Olympic spirit?

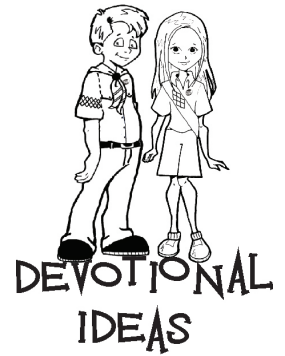
Two times a hero

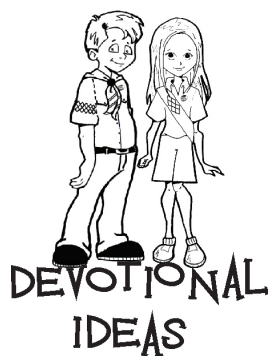
In 1964 the Winter Olympics were held in Innsbruck, Austria. In two different events, Eugenio Monti, leader of Italy's bobsled team, watched as his rivals faced disqualification due to mechanical failure. In each case, the rivals' misfortune increased the Italian team's chances of taking gold. But Monti and his team-mates didn't want to win unless they defeated the best.

In the two-man competition, Monti heard that the British team had broken a bolt on their bobsled and would have to withdraw. Monti, who had finished his own race, removed a bolt from his own bobsled and sent it to the British at the starting gate. The British went on to win gold, while Monti and his team-mate finished third.

Then, in the first heat of the four-man bobsled event, the Canadian team set a new Olympic record but damaged an axle on their bob. The event leaders faced disqualification. Again, Monti and his team came to the rescue, sending Italian mechanics to help repair the Canadian bobsled in time for the next heat. The Canadians eventually took the gold, and once again Monti and his team settled for bronze.

Read 1 John 3: 16 - 18. Ask members how these verses were demonstrated by Eugenio Monti and what message do the verses have for them.





Devotional ideas



2. Title: A friend in need

Bible: Luke 14:10,11

Thought: True sportsmanship is being prepared to help those in trouble even at the cost of a personally winning.

Supplies: Bible, stories.

Copy the following stories and distribute to small groups of members. Then read Luke 14:10,11 and ask members how these verses might apply to their story. (The Olympians were 'exalted' by others because they humbled themselves to help others, rather than ignore them and go for the medal).

Challenge members to think if they would have acted in a similar way.

To the rescue

Larry Lemieux (Seoul, 1988)

During a race in the one-man Finn Class sailing competition, Larry Lemieux of Canada was running in second place and was well on his way to a medal ceremony. Suddenly, the sailor spotted Joseph Chan of Singapore, who was competing in a different race, flailing in turbulent water well away from his capsized boat. Chan had been thrown from his small craft and was in danger of drowning in the rough seas.

Lemieux immediately veered off course, sacrificing his chance of winning a medal, and ferried Chan back to his overturned boat. Chan and his team-mate were then picked up by a rescue boat. Officially, Lemieux finished in 11th place in the event, but International Olympic Committee President Juan Antonio Samaranch later recognised his act by awarding him the Pierre de Coubertin medal for sportsmanship.

A helping hand

Lucien Duquesne (Amsterdam, 1928)

Paavo Nurmi, the legendary Finnish long-distance runner, carried a stopwatch while racing to pace himself. During a qualifying race in the 3000 metre steeplechase, Nurmi fell at a water jump and dropped his watch.

Lucien Duquesne of France stopped, lifted his rival to his feet and helped him retrieve his watch from the water. Rather than forge ahead, Nurmi ran the rest of the race alongside Duquesne and at the finish line offered the Frenchman first place. Duquesne declined.

An unlikely hero

Bjoernar Haakensmoen (Turin, 2006)

At the Winter Olympiad in Turin, Italy, Canadian Sara Renner was leading her team in the gruelling cross-country team sprint ski race when her left ski pole snapped. She pushed on, but it seemed hopeless. On an uphill slope, several skiers passed her.

Devotional ideas

Then something truly extraordinary happened. An unknown man stepped forward from the side of the course and handed Renner another ski pole. She immediately got back in the race and, with a mighty effort, managed to make up some of the lost time. In the end, it was enough to capture the silver medal for Canada.

It was not until after the race that Renner learnt the identity of her benefactor. He turned out to be Bjoernar Haakensmoen, the coach of the Norwegian team, which had finished in fourth place.

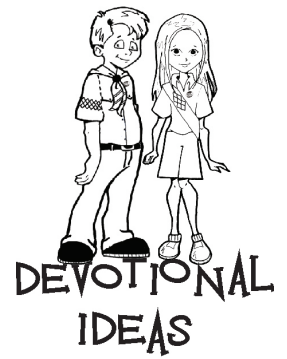
Haakensmoen immediately became a hero in Canada. One Montreal newspaper ran a one-word banner headline simply proclaiming TAKK, the Norwegian word for thank you.

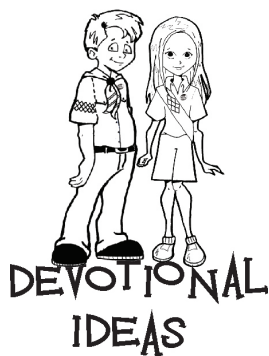
Haakensmoen didn't understand all the attention. "The Olympic spirit is the way we try to follow," he told a newspaper. "If you win but don't help somebody when you should have, what win is that?"

Caring mate

John Landy (Melbourne, 1956)

In Australia John Landy is perhaps most famously remembered for his performance in the 1500 metres final at the 1956 Australian National Championships prior to the Melbourne 1956 Olympic Games. In the race, Landy stopped and doubled backed to check on fellow runner Ron Clarke after another runner clipped Clarke's heel, causing him to fall early in the third lap of the race. Clarke, the then-junior 1500 metres world champion, who had been leading the race, got back to his feet and started running again; Landy followed. Incredibly, in the final two laps Landy made up a large deficit to win the race, something considered one of the greatest moments in Australian sporting history. The Australian National Centre for History and Education said, 'It was a spontaneous gesture of sportsmanship and it has never been forgotten.'





Devotional ideas



- 3. Title:** A good sport
Bible: Proverbs 3:3,4
Thought: Good sportsmanship demonstrates love and good will
Supplies: Bible, story – The good loser

Tell the following story and discuss it with the group. Ask them what the story says to them about being a good sport. Then read Proverbs 3:3,4 and ask how these verses apply to being a good sport.

'The good loser.'

Los Angeles 1932

In one of the most controversial track events in Olympic history, Ralph Hill of the United States came from last place in the 5000 metres race to challenge the leader, Lauri Lehtinen of Finland, who held the world record in the event. With 50,000 spectators cheering him on, Hill tried to pass Lehtinen twice, and both times the Finn blocked his path. Lehtinen won the race by centimetres.

Hill was clearly fouled, but he declined to pursue a formal protest. He said he could not believe that Lehtinen would purposely cheat to win. 'Besides, what's wrong with a silver medal?' he was quoted as saying in The New York Times.

Word of Hill's gesture spread around the world, and the Swedish newspaper Dagens Nyheter called him 'the hero of boys and girls who turn out for track and sports in every school'.