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FLORISTICS IN OLYMPIC HISTORY

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Rezumat. *Articolul este dedicat floristicii în istoria Jocurilor Olimpice. Istoria problemei datează din cele mai vechi timpuri, când în Grecia antică câștigătorii concursurilor atletice erau încoronați cu coroane de plante, care aveau nu numai semnificație estetică, ci și simbolică. Pe lângă coroanele de premiere, pentru a onora câștigătorii, s-au realizat ghirlande din ramuri de laur - simbolizând gloria, dreptatea, recunoașterea, victoria și înțelepciunea, din ramuri de mirt - personifică frumusețea, dragostea, pacea și protecția, ramurile de palmier de curmal - simbol al victorie și mere - un simbol al frumuseții, cunoașterii și înțelepciunii. Garoafe sălbatice, irisi, trandafiri, vitex sacru (cast), rodie au fost folosite pentru a decora templele și statuile zeilor și eroilor.*

Tradiția de a oferi flori câștigătorilor Jocurilor Olimpice - acest eveniment unic din patru ani - a fost reînviată la sfârșitul secolului al XIX-lea. Comitetul Olimpic Internațional impune anumite cerințe stricte. Buchetul olimpic este o parte semnificativă a ceremoniei de premiere, reflectând cultura țării și orașul gazdă a Jocurilor Olimpice și este o parte integrantă a moștenirii olimpice.

Cuvinte-cheie: *floristica, buchet olimpic, Jocurile Olimpice, ceremonia de premiere.*

Introduction. The ancient Greek tradition of using branches in various plants to reward the winners of competitions is reflected in the modern Olympic Games. In accordance with the Olympic Charter [5], the ceremony of awarding the winners and prizewinners of the Olympic Games is official. It has its own history and traditions, rooted in antiquity.

In ancient Greece, for a long time there was a tradition to crown the winners with the wreaths of sacred trees branches, which had not only aesthetic and symbolic meaning, but were also considered an expensive and valuable award. However, the wreath of the winners of the ancient Greek Olympic Games had a special mission. The Olympic winner received the most honorable award – a olive wreath (Kallistefanos), cut with a golden knife in the sacred grove of Altis [1]. For the ancient Greeks, the olive served as a symbol of the noble Olympic ideals, victory, wisdom, fortitude [4].

The winners of other Pan-Hellenic games were also given wreaths of symbolic plants: at the Nemean Games there were wreaths of celery; at the Isthmian Games - wreaths of pine branches; at the Pythian Games - laurel wreaths. All winners were awarded a palm branch - as a symbol of triumph, peace and eternal life [1, 3].

The tradition of presenting bouquets to the winners of the Olympic Games is the cultural and ceremonial heritage of the modern Olympic movement.

Methods. Analysis of scientific literature and documentary materials.

Results and discussions. The tradition of handing flowers or tree branches to the winners revived at the end of the 19th century at the Games of the First Olympiad in 1896 in

Athens, when "...the King himself presented: a diploma, a silver medal and an olive branch from the once sacred Olympic grove" [2, p. 43].

The Olympic Games are not only a world-scale sporting event, but also an important image project for the host country and host city of the Games. So, at the Games of the IV and XI Olympiads (1908 and 1936), the winners were awarded a wreath of pedunculate oak leaves as a symbol of the power of the British and German empires respectively.

The organizers of the Games of the XXVIII Olympiad 2004 in Athens resorted to crowning the winners with wreaths of olive leaves, a symbol of noble Olympic ideals and victory, which was associated with the awards ceremony at the ancient Olympic Games.

In most of the modern Olympic Games, the Olympic wreaths have been replaced by bouquets of flowers - true works of floristry, the epitome of elegance and sophistication, the flowers of each of which have a special meaning based on the "language of flowers". So, the Organizing Committee of the Games of the XV Olympiad in 1952 in Helsinki chose divine carnation flowers (*Dianthus* - the flower of Zeus) to mark the Olympic champions; flowers for the Olympic bouquets of the Games of the XXII Olympiad in Moscow were *Gladiolus*; the Olympic bouquet at the XIV Winter Olympic Games in 1984 in Sarajevo was distinguished by its splendor and abundance of wildflowers; the bouquet intended for the flower ceremony at the Games of the XXIII Olympiad in 1984 in Los Angeles was created from flowers of *Strelitzia* and red *Gerbera*; the composition of the Olympic bouquet of the XVI Winter Olympic Games in 1988 in Calgary was a real work of floristry, the personification of elegance and grace and consisted of red rose buds (*Rosa*) and snow-white feces (*Calla*); for the winners and prize-winners of the Games of the XXIV Olympiad in 1988 in Seoul, florists proposed a composition created from pink *Gladiolus* flowers, small white daisies (*Bellis*) and palm branches (*Arecaceae*); red *Gerberas* and snow-white daisies (*Bellis*) have already become components of the Olympic bouquet of the 1992 Winter Olympic Games in Albertville; for the Olympic bouquet of the Games of the XXV Olympiad in 1992 in Barcelona, a flower was chosen with a dense and bright cap of the most delicate inflorescences, similar to a cloud - kermek (*Limonium*) and small carnations (*Dianthus*); the Olympic bouquet for the winners of the XVII Winter Olympic Games in 1994 in Lillehammer was presented with white and yellow tulips; an exquisite work of art in floristry was the Olympic bouquet of the Games of the XXVI Olympiad 1996 in Atlanta, which was represented by sunflower, lilies and delphinium; the flower arrangement for awarding the winners and prize-winners of the 1998 Winter Olympic Games in Nagano consisted of traditional Japanese flowers - chrysanthemums and tulips; the unique flower arrangement of the Olympic bouquet of the Games of the XXVII Olympiad 2000 in Sydney was created using endemic flowers and plants from all over Australia, which included: *Telopea*, *Anigozanthos* and *Craspedia*, *Grevillea* (*Grevillea*), ever green chamelacium (*Chamelaucium*), branches of Australia's main tree - eucalyptus (*Eucalyptus*) and leaves of white oak (*Quercus alba*); at the 2002 Winter Olympics in Salt Lake City, Utah's wild flowers were presented during a flower ceremony, and each evening at the official awards ceremony

held at the Olympic Medal Plaza, athletes were presented with bouquets of 25 yellow roses in the form of an Olympic torch; to create the Olympic bouquet of the Games of the XXVIII Olympiad 2004 in Athens, the designers chose amaranth, orange gerberas, red roses, yellow chrysanthemums, solidaster and olive branches; an extravagant bouquet prepared for the winners and prize-winners of the XX Winter Olympic Games 2006 in Turin, was formed from the flowers of azalea, camellia, rhododendron, complemented by green leaves of the mentioned flowers; a bouquet intended for the winners and prize-winners of the Games of the XXIX Olympiad in 2008 in Beijing was called "Hong Hong Khio", which means "Red Flame" in Chinese, which included nine Chinese roses, six branches of hypericum flowers, six leaves of the Hósta and six leaves of Ophiopogon; The bouquets of the XXII Olympic Winter Games 2010 in Vancouver are unique in their monochrome color scheme, which included dark green leaves of Aspidistra and Monkey grass, which were surrounded by bright chrysanthemums - Chrysanthemum Anastasia Dark Green and green berries of St. John's wort (Hypericum); the floral composition of the Games of the XXX Olympiad 2012 in London under the name "Victory Bouquet" included: four varieties of roses - three pink Rosa Aqua, three orange "Marie Claire", three yellow 'Ilios', three green Wimbledon, supplemented with 12 stems of English lavender, six stems of rosemary, six stems of apple mint (Mentharotundifolia) and six ears of wheat (Triticum) - a symbol of prosperity and wealth. An interesting curious situation arose with this bouquet: in order to take it home, the winner had to obtain permission from the plant quarantine inspector of the FERA Agency to export (!) wheat; out of 20 proposed design compositions for the winners XXII Olympic Winter Games 2014 in Sochi, a patchwork style bouquet was chosen, embodying the official visual image of the Games - a "patchwork quilt", which had its own slogan "Bright, contrasting, not boring." The flower composition consisted of two types - white (White Chrysanthemum) and green (Chrysanthemum Anastasia Dark Green), blue statice (Limonium sinuatum), complemented by branches of laurel and yellow goldenrod (Solidago virgaurea).

The Games of the XXXI Olympiad 2016 in Rio de Janeiro were the first in Olympic history where the winners and prizewinners of the competitions did not receive Olympic bouquets. In the interests of sustainable development and environmental conservation, the Organizing Committee decided to present the three-dimensional logo of the Games with medals instead of bouquets. Continuing the tradition started at the Games of the XXXI Olympiad 2016 in Rio de Janeiro, at the 23rd Winter Olympic Games 2018 in Pyeongchang, during a simplified awards ceremony, the winners and prizewinners were presented with the mascot of the Games - the white tiger cub Suhoran, which has a special significance associated with traditional Korean culture.

The tradition of presenting bouquets to the winners was returned at the Games of the XXXII Olympiad 2020 in Tokyo. The Olympic bouquets of these Games were called "Victory Bouquets". Made from flowers grown in three prefectures of the Northeast coast of Japan, the bouquets became the embodiment of the tragic events that befell these territories in 2011: an earthquake of 9.0 points, a tsunami that led to the accident at the Fukushima-1

nuclear power plant. The Organizing Committee of the 2020 Games put a lot of effort into creating a flower arrangement that would reflect the memory and strength of the people affected by the natural disaster and symbolize the unwavering hope for recovery. Victory bouquets included eustoma, sunflower, gentian and aspidistra.

For the first time in Olympic history, at the XXIV Olympic Winter Games in Beijing 2022, bouquets of flowers made by hand using the traditional Shanghai knitting technique from wool, which originated in China during the Han and Tang dynasties, were used to reward the winners and prize-winners. It took 1,251 bouquets of 16,731 flowers to award all the winners. It took about 20 minutes to create one petal, five hours for one flower, and 40 hours to knit a whole bouquet! This work was done by Chinese pensioners and knitters with disabilities. The refusal of the organizers of the Games from bouquets of fresh flowers made it possible to reflect the sustainable environmental concept of the Games and provide employment for the weakly protected segments of the country's population.

The International Olympic Committee imposes strict requirements on the organizers of the Olympic Games in compiling Olympic bouquets:

- flowers must be grown directly on the land of the host country of the Games;
- the bouquet should not be heavy; the height of the flowers should not exceed 25-30 cm;
- flowers should not have a strong smell and should not contain pollen (do not cause allergies);
- flowers must not have sharp thorns that could harm the athlete or anyone else;
- flowers should have the ability to do without moisture for a long time;
- flowers for the Winter Games must be frost-resistant;
- bouquets should not make strong sounds (like rustling), they should not shine in the light, thereby creating glare [5].

An important condition is that the creation of bouquets, their formation should provide employment for certain socially unprotected groups of the population in order to improve their socialization.

Usually, Olympic bouquets are tied with a ribbon with the inscription of the city and year of the Olympic Games, which is provided to the organizers by the International Olympic Committee.

In 2006, the International Olympic Committee introduced a special ceremony, which was called the "flower ceremony", which involves the delivery of bouquets to the prizewinners of the completed competitions.

Conclusions. The Olympic bouquet is a significant part of the official Olympic protocol and a visiting card that reflects the culture of the country and the host city of the Olympic Games - one of the most amazing events in the history of mankind, can serve as a source of cultural and educational programs for the younger generation and is the cultural and ceremonial heritage of the Olympic movement.

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STUDY ON PHYSICAL EXERCISE CAPACITY IN SWIMMERS ENGAGED IN NORMAL SWIMMING REGIMES

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***Rezumat.** La etapa actuală, când rezultatele sportive în probele de înot deja depășesc capacitatea umană ca specie, este foarte actuală monitorizarea, corijarea și rectificarea stării funcționale a sportivilor înotători. Evoluția realizărilor naționale, dar și internaționale în înot, inevitabil, crează necesitatea dezvoltării metodelor existente, precum și crearea unor tehnici informative noi pentru dirijarea procesului de antrenament sportive.*

***Cuvinte-cheie:** înotători, exerciții fizice, regimuri, antrenamente.*

The organization of swimming competitions at the national level, by age groups, led to a greater involvement of the youth in intensive training during their period of maximum growth.

Swimmers tend to be taller and have greater functional capacity than their peers of the same generation.

Montiye and Gayle emphasized the need to eliminate age and side effects before drawing conclusions about the causal effects of various training regimens on individual performance or physiological capacity.

Most researchers compared the results obtained from swimmers who achieved the norms established for the respective age groups. This study was carried out in order to compare the physical parameters of young girls engaged in a swimming activity with an average intensity of effort, at the Seven Sports Club in Bucharest, with those of a group of girls of the same age, but having a normal activity.