

Aurora Waldorf School

525 West Falls Road - West Falls, NY 14170 – 716-655-2029

www.aurorawaldorfschool.org

5th Grade Olympics Packet - Contents & Distribution Instructions

| Page | Contents | Distribute to |
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| 2 | Introduction | Teachers ONLY |
| 3, 4 | Day Schedules | Parents and Teachers |
| 5 | Camping & clothes list | Parents |
| <hr/> | | |
| Please note that REGISTRATIONS MUST BE MAILED (not emailed) to AWS by the deadline | | |
| 6 | Student Registration | Parents |
| 7 | Chaperone registration | 2 parents who are chaperones, plus class and gym teacher |
| <hr/> | | |
| 8 | Class list instructions | Class and/or gym teacher |
| 9 | Class teacher checklist | Teachers ONLY |
| 10–11 | City-state histories | Class and/or gym teacher - recommended to read to class during main lesson, or a few days prior to event |
| 12–13 | Directions to AWS | Any who will be driving to AWS |
| 14–18 | Rules and judging | Please follow distribution instructions on each page |
| 19–20 | Judging and Awards | Teachers ONLY |
| 21 | About competition | For Teachers to read; the background may be used in discussions with parents who inquire |
| 22 | Odes & verses | Teachers Only - printed nice and big so you can memorize (or tuck in your tunic pocket!) |
| 23 | Host school notes | AWS class teacher to distribute to all other AWS classes |



February 13, 2015

Dear Fifth Grade Teachers,

Greetings! Thank you for responding to our invitation to participate in the Olympiad at Aurora Waldorf School. The event will be held on Thursday and Friday, May 21 and 22, 2015.

Enclosed please find a schedule of the event, registration forms, and other pertinent information for your fifth grade students and chaperones. The registration fee is \$75.00 (US funds), which includes a full meal plan: Thursday night banquet and Friday breakfast, lunch, and snacks.

We are requesting that all student and chaperone forms, and one check in US funds be sent to us by April 15, in order for us to prepare in a timely manner for your arrival.

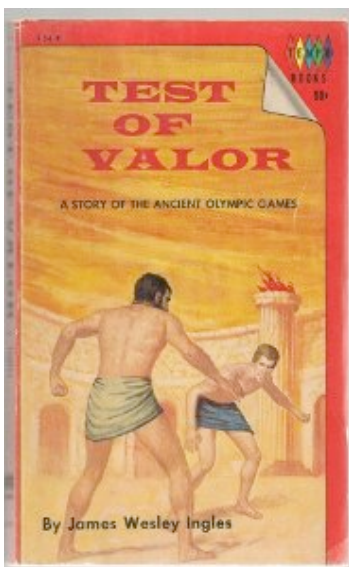
All students and chaperones are invited to camp on the grounds of Aurora Waldorf School on Thursday night. In case of extremely unfavorable weather, the rain date for the event is Thursday and Friday, May 29 and 30.

Thank you for your help with the registration process. We will forward additional information along the way. We are very pleased you will be joining us in the spring for this wonderful event.

Sincerely,

Jeff Tunkey, for the Aurora Waldorf School Olympic Committee

p.s. The book shown below is suggested for reading to the class in the month ahead of the event.





FIFTH GRADE OLYMPIC – DAY SCHEDULE OUTLINE

THURSDAY, MAY 21, 2015

- 3:00 PM Arrival and camping setup
- 4:00 PM Gathering activity; tour of field and review of athletic expectations.
- 5:00 PM Banquet
- 6:00 PM Banquet cleanup and free time
- 6:30 PM Evening assembly, with performances by each school. Free time until dusk.
- 7:30 PM (At dusk) Bonfire for odes; then off to begin bedtime process

FRIDAY, MAY 22, 2015

- 7:30 AM Breakfast
- 8:40 AM Torch run; Opening ceremony
- 9:15 AM Begin rotation of first round, approx. 30 minutes each of 6 events
- 12:15 PM Lunch break (Begin lunch after your sixth event is complete).
City state Meetings – choices for finalists
- 1:15 PM Final demonstrations
- 3:00 PM Judges & City State Leaders meet; students have free time
- 3:45 PM Closing Ceremony



DAY SCHEDULE FOR CHAPERONES AND VISITING ADULTS

THURSDAY, MAY 21, 2015

| TIME | ACTIVITY | CHAPERONE/PARENT HELP |
|-------------|---|--|
| 3:00 PM | Arrival and camping setup. | The more help the better. |
| 4:00 PM | Gathering activity; tour of field and review of athletic expectations | None needed, please stay in the background. |
| 5:00 PM | Banquet. All judges and city state leaders (i.e. all teachers) sit separately from students so we can have a planning meeting together. | Your school is to provide one Chaperone to sit at a City State table. All other parent helpers will have their own (separate) table. |
| 6:00 PM | Banquet cleanup and free time | All adults stay in the background but on the lookout for any help needed. |
| 6:30 PM | Evening assembly, with performances by each school. (Students are with their teachers.) | Parents and Chaperones as audience only. After assembly all parents who are not overnighing depart. |
| 7:30 PM | (At dusk) Bonfire for odes; then off to begin bedtime process | Teachers and Chaperones only |

FRIDAY, MAY 22, 2015

| | | |
|----------|--|--|
| 7:30 AM | Breakfast | All hands on deck |
| 8:40 AM | Torch run; Opening ceremony | Each city state needs one Chaperone, to be assigned to a city state in which he or she has a child |
| 9:15 AM | Begin rotation of first round, approx. 30 minutes each of 6 events | |
| 12:15 PM | Lunch break (Begin lunch after your sixth event is complete). City state Meetings – choices for finalists | Chaperones and other parents watch students – teachers (Judges & CS Leaders) are in meeting |
| 1:15 PM | Final demonstrations | Teachers only. All others in audience |
| 3:00 PM | Judges & City State Leaders meet; students have free time | Chaperones and other parents watch students. |
| 3:45 PM | Closing Ceremony | Teachers only. All others in audience |

Camping List - Fifth Grade Olympiad

Greetings Fifth Grade Parents!

Here is a packing list for your child for the Olympia Camp Out. **Please be sure to let us know if your child takes any medicine or remedy before bedtime, or if your child has any other special needs.**

Clothes- Waldorf dress code please - at all times during your visit to our school!
No graphics, loose fitting, large lettering, etc.

Please label all clothes (and anything else actually) with your child's name and school name.

1 pair of sweat pants/shorts to wear under tunic
1 extra pair of play pants
1 pair of shorts
1 short sleeve tee shirt and 1 long sleeve tee shirt
3 pair of socks and 1 pair of underwear
1 sweatshirt or fleece (it may be cold at night)
1 pair of **modest** pajamas
1 sun hat
1 flashlight

Rain Gear! Coat, pants, and boots. Keep separate in plastic bag.

Sleeping bag, one pillow, and one small stuffed animal

Air mattress (self inflating only) or a foam pad

Water Bottle clearly marked with your child's name and school

1 towel, 1 wash cloth and a plastic bag to put them in when wet

Toiletries: sunscreen, soap, bug-spray (bagged) plus toothbrush and toothpaste

Sneakers (2 pair if possible- 1 for mud and 1 for competition)

You MUST leave ALL electronic devices at home.

Please call with any questions.

Thanks!

Aurora Waldorf School

525 West Falls Road - West Falls, NY 14170 – 716-655-2029

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5th Grade Olympic STUDENT Registration Form

Greetings!

We are pleased to be hosting the Olympiad this year at Aurora Waldorf School on Thursday and Friday, May 21 and 22 of 2015.

Aurora Waldorf families: please complete this Olympiad Registration form and return it to Carey Wittenrich in the AWS office with your Registration fee of \$75.00 by April 15. These fees include a full meal plan: Thursday night banquet, and Friday breakfast, lunch, and snacks. The fifth grade students are camping on the grounds of Aurora Waldorf School on Thursday night!

All other families/visiting schools - please be sure to complete and return in order for your school to register on time. These fees include a full meal plan: Thursday night banquet, and Friday breakfast, lunch, and snacks. Your school will send all forms and one check for all registration fees to us by April 15, so we can prepare for your arrival in a timely manner. All students and chaperones are invited to camp on the grounds of Aurora Waldorf School on Thursday night. Thanks for your help with the registration process! We are very pleased you will be joining us.

School _____

Student Name _____

Address _____

Telephone/E-Mail _____

My son/daughter has the following special needs (medical and/or athletic) _____

Dietary - my student will need the following meal options: ___ Vegetarian ___ Gluten-free
If your child has a food allergy that could cause any medical complications, you must send along all meals.

My son/daughter _____ has my permission to participate in all events of the Olympiad held at Aurora Waldorf School on May 21 and 22, 2015. The registration fee for the Olympiad is \$75.00 - Canadian schools please convert to equivalent so you can send us one cheque in US Funds.

Print: _____

Sign: _____

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**5th Grade Olympic CHAPERONE Registration Form
(Fifth Grade Teacher, Gym Teacher, and 2 Chaperones)**

Greetings!

We are pleased you will be joining us at The Olympiad at Aurora Waldorf School on Thursday and Friday, May 21 and 22, 2015. Please complete this Olympiad Chaperone Registration form and submit it to your school. Your school will send all registration forms (and one check for all fees from participating students) to us by April 15, so we can prepare for your arrival in a timely manner. The student registration fee includes a full meal plan, but we invite the Fifth grade teacher, the Gym teacher, and two (2) additional Chaperones to join us at all meals and snacks on Thursday and Friday, and to camp on the grounds of Aurora Waldorf School on Thursday night. Thanks for your help with the registration process!

School

Name (last, first)

Home Address

Home Telephone/E-Mail

Dietary - this adult will need the following meal options: ___ Vegetarian ___ Gluten-free
If you have a food allergy that could cause any medical complications, you must bring along all meals

Aurora Waldorf School
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Student CITY STATE PLACEMENT information
to be provided electronically by Class or Gym Teacher
You only need the info on this page if you haven't used the attachment emailed to you

**NOTE: This form is NOT the same as the individual registration form...
we need this to set up the City States**

If you haven't already done this, make it a goal for TODAY!

In order for your students to be placed in a City State (and participate) your school must email me one of the following - in order of preference:

1. Microsoft Word file - either as a table, or with tabs between columns of information. Please do not save as "docx".
2. Microsoft Excel file
3. Tab delimited text file

An individual student registration packet is also being sent to your Fifth grade teacher. But I need you to do this separately ASAP!!!

Email it to - **jeffptunkey@roadrunner.com**

COLUMNS OF INFORMATION:

School name

Student name last

Student name first

Male or female (M or F)

Age as of May 1, 2015

Athletic Ability: Please designate High, Medium, or Low (with H-M-L)

Adaptation Y/N = whether an adaptation is needed for physical or emotional reasons.

Describe adaptation = could include whether it is absolutely necessary (or preferred) to have the student in a city state which is chaperoned by his or her own class teacher. Also if there are students who would be best separated or kept together (can't promise this).

**CHECKLIST OF 2015 AWS OLYMPIC TASKS AND
RESPONSIBILITIES FOR VISITING SCHOOLS**

CLASS TEACHER -

- Chart of students via email to Jeff Tunkey _____
- Student and Chaperone Registration forms _____
- Songs and verses

- Chitons _____
- Individual odes

- "Test of Valor" or other reading

- Class performance

- Camping chaperones

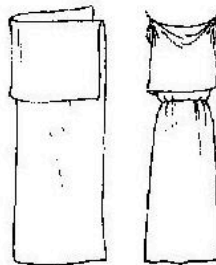
- Pen pals/class letter



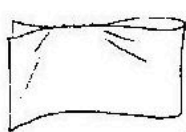
Ionic Chiton



Doric Chiton



Himation



ATHLETICS - be prepared to supply one of each

- Judge (a gym teacher)

- City State Leader (you, the class teacher, or an alternate teacher)

- City State assistant (can be a parent)

ΑΡΓΟΣ

Argos (indigo)

Artists and able warriors

"The home of Hera"..."of deeds and valor"

Pindar

Six miles distance from the city of Mykenae (Mycenae), lay the ancient city of Argos. Founded by Phoroneus and named after his son, Argos is the second oldest city of Greece. In the old times, it was of such significance that Homer called all the Peloponnesians and often the rest of Greeks, Argians. During the 7th century BC, at the time of the tyrant Pheidon, who introduced weights and measures in Peloponnese and according to Aristotle also invented coinage, Argos reached its highest power. Unlike Sparta, the culture of Argos survived after the coming of the Dorians. Though Argives were able warriors, defeating Sparta at Hysiae and in the battle of Champions, at the same time they cultivated the arts, producing masterpieces, reaching their highest point culturally, at the times of Ageladas and Polykleitos.



Athens (blue)

No other city has contributed more to the civilization of mankind than Athens. It is the place where Socrates was born, Plato, Aeschylus, Sophocles, Euripides and many others. It is the place that humanism and democracy were born. The intellectual light that Athens created will always be alive.

ΚΟΡΙΝΘΟΣ

Corinth (yellow)

Corinth, at the north-eastern tip of Peloponnese, the home of Sisyphos and the great hero Bellerophon, was one of the oldest Greek city-states and among the most important ones. Strategically positioned on the Isthmos, it controlled the communication of Peloponnese with the mainland Greece. It was this position that made her the richest commercial city of ancient Greece. Equated with the Homeric city Ephyra, Corinth was the innovator and master builder of

commercial and war ships and developed great wealth from the ancient times, establishing a series of colonies, among them Syracuse.

Under Periander, who constructed the Diolkos, Corinth reached its greatest wealth and power.

ΜΥΚΗΝΑΙ

Mycenae (gold)

Six miles north-east of Argos, on a hill, lay the "rich in gold" ancient city of Mykenae (Mycenae). Founded by the hero Perseus and becoming favorite residence of Pelops and his descendants, it became the most important city of Greece at the times of the king Agamemnon.

Master seafarers, they traded in the whole eastern Mediterranean sea, until the 12th century.

In 1375 BC, they invaded Crete and conquered the Minoans, who had influenced them in the art, from as early as the 16th century BC. The Mykenaeen people built cyclopean structures, but at the same time they created the finest works of art. These were the heroic and adventurous people of the Iliad, the romantic poet warriors, the purest and best of Hellenes.

ΣΠΑΡΤΗ

War and valor

Sparta (red)

Sparta, the city state occupying the central finger of Peloponnese, was the greatest military power of Greece and played a catalytic role in her history. The later Sparta did not produce art or philosophy, neither left us any written work, but its people were admired for their valor and for keeping alive the Greek values.

ΘΗΒΑΙ

Thebes (green)


City of legends

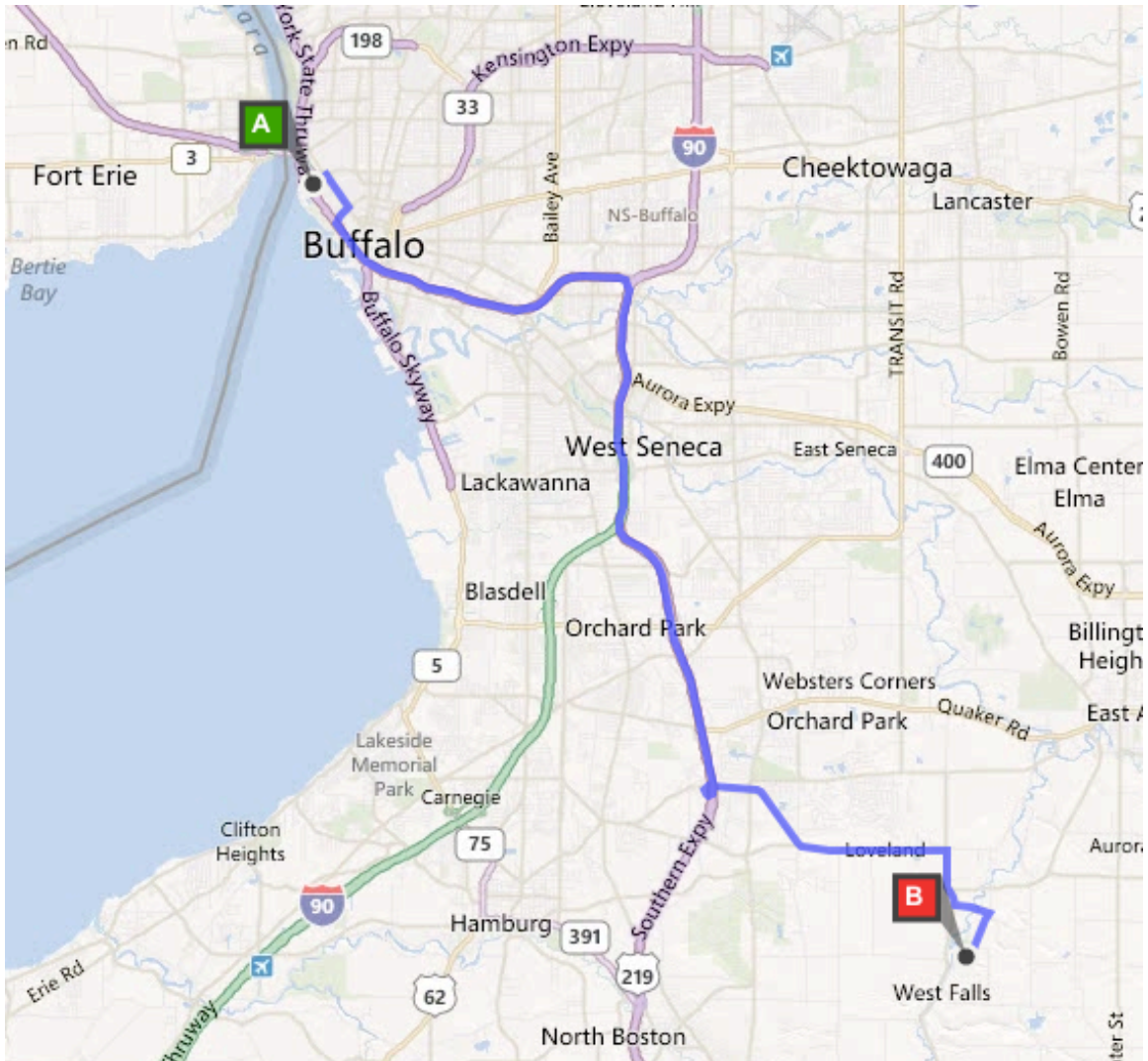
The defeater of Sparta

Thebes, the birthplace of the legendary hero Herakles and men of importance like Pindar and Epameinondas, played a major role in the affairs of Greece, from its early history as the many legends of the city testify. Though not a great power, for a short time, thanks to the genius of Epameinondas and its superbly trained army, led by the Sacred Band, took the hegemony of Greece by defeating the invincible Sparta. Among other achievements was the formation of a league under its leadership, which united almost all the Boeotian cities.

How to get to AWS from Ontario.

Cross at the Peace Bridge in Fort Erie

1. 0.1 mi Take ramp for I-190 South / New York State Thruway
2.  5.8 mi At exit 54-61, take ramp right for I-90 West toward Erie
3. 2.7 mi At exit 55, take ramp right for US-219 toward Springville / Orchard Park
4. 6.7 mi Take ramp right for Armor Duells Rd toward Chestnut Ridge Park
5. 0.4 mi Turn right onto New Armor Duells Rd (you'll be heading east)
6. 0.7 mi Keep straight onto RT-240 / New Armor Duells Rd
7. 3.9 mi Turn right to stay on RT-240 / Davis Rd
8. 1.0 mi Turn left onto Tannery Rd
9. 0.6 mi Turn right onto W Falls Rd / CR-144
10. 0.8 mi Arrive at 525 W Falls Rd, West Falls, NY If you reach Falls Rd / CR-374, you've gone too far!



11.



PROGRAM RULES AND NOTES

2015 Ancient Olympic Games at Aurora Waldorf School

Please do not share any of the following pages or information with class parents or students except as indicated at the top of that page!

Please contact Jeff Tunkey if you have any questions or concerns 716-655-2029
jeffptunkey@roadrunner.com

This section comprises ten pages including this cover page – pages numbered 14 through 20

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

Please contact Jeff Tunkey if you have any questions or concerns 716-655-2029
jeffptunkey@roadrunner.com

GENERAL NOTES - PLEASE SHARE WITH ALL ADULTS WHO WILL ATTEND

A. Who is welcome, and when; meals. Those present will fit into one (or more) of six categories. (Some may fit into more than one category, e.g. a Judge's Assistant who is also a Camping Chaperone.)

1. Participants - the 5th graders. Welcome from 3:00 Thursday through closing at 5:00 on Friday. Meals and snack tables are provided as part of the event.

2. Class Teachers - who shall serve as **City State Leaders** during the Banquet and the athletic activities, and as supervisors of students at all other times including overnight. Welcome from 3:00 Thursday through closing at 5:00 on Friday. Meals and snack tables are provided as part of the event.

3. Camping Chaperones - Welcome from 3:00 Thursday through closing at 5:00 on Friday. AWS suggests that Camping Chaperones sleep in their own tents, very near the tents of their student Participants; however, visiting schools are welcome to make their own choices in this area. Meals and snack tables are provided as part of the event.

4. Judges - who will remain with one City State each, throughout the athletics. Welcome from 3:00 Thursday through closing at 5:00 on Friday. Meals and snack tables are provided as part of the event; Judges will have a separate table during the Banquet.

5. Judges' Assistants - who will remain with one City State each, throughout the athletics. Welcome from 7:30 on Friday through closing at 5:00 Friday. Friday lunch and snack tables are provided as part of the event.

6. Parents and siblings, and other honored guests. Welcome to arrive at 3:00 on Thursday, to help with camping setup, kitchen work, or other event tasks. Requested to leave by 4:15 Thursday, and then welcome to return for any or all of the program that begins at 8:00 on Friday. Meals and snack tables are NOT provided as part of the event.

B. Entering the school. Participants, parents, siblings and other honored guests are to enter the school building only as part of an organized activity (e.g. the banquet, helping in the kitchen, etc.).

C. When observing the athletics. Please feel welcome to clap or cheer appropriately for an entire group of participants at the end of an event; please refrain from any disproportionate clapping or cheering for individual performances. (In other words, gentle applause or words of encouragement equally distributed would be nice.) There must be no calling out of any sort during a Wrestling match.

D. Viewing areas for the athletics. For safety reasons, please note and respect markings for viewing areas.

E. Need assistance? If you need help of any kind, please seek out the Event Coordinator, Jeff Tunkey.

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

Please contact Jeff Tunkey if you have any questions or concerns 716-655-2029
jeffptunkey@roadrunner.com

NOTES FOR PARENTS WHO WILL ATTEND PLEASE SHARE WITH ALL ADULTS WHO WILL ATTEND

A. Arrival and camping setup. All parents are invited to help out. Once tents are set up, please feel welcome to see if your help is needed in the kitchen or elsewhere, and to remove yourself from the forming social setting of the student event. There will be an opening gathering for the participants at 4:15; please depart by this time.

B. Bringing other children? If you are bringing other children for any part of the event, please be sure to keep them within one meter for each two years of age at all times (i.e., please don't let a 6 year old stray more than 7 feet). There will be many activities with an element of danger to bystanders.

C. Dress code for students. Please be sure your student participant has appropriate clothing packed. An AWS Dress Code has been provided to your Class Teacher.

D. Participant code of conduct. The Judges judge not only the athletic performance, but the entire event starting at arrival on Thursday. A student whose behavior is out of bounds may be asked to sit out the event or return home; this decision shall be made by the event coordinator in consultation with the student's Class Teacher.

E. Meals/food and water. The banquet dinner, the breakfast and lunch, and the snack/water tables are provided only for the Participants, the Judges, the Judges' Assistants, the Camping Chaperones and the Class Teachers. There may be snack vending tables set up by other AWS classes from time to time, but please don't count on this as your only food source! The nearest stores and restaurants are about 12 minutes away.

F. Opening and Closing Ceremonies. We suggest that parents and family remain at a little distance, i.e. not mingle with the participants in this setting. We also suggest that group photos of your student's City State could take place immediately following the Ceremony.

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

Please contact Jeff Tunkey if you have any questions or concerns 716-655-2029
jeffptunkey@roadrunner.com

NOTES FOR STUDENTS - TEACHERS PLEASE COMMUNICATE TO YOUR STUDENTS IN A MANNER YOU DEEM APPROPRIATE

- A. Gathering activity. This will consist of a group run beginning at 4:15 Thursday (all students from each school in a group). We will then go into the Gym for a welcome and a presentation of the rules and expectations, including a demonstration of the form of each event. and a description of how each event will be judged.
- B. Buddy system. Every student should have a buddy within his/her City State and also within school (i.e. my buddy from AHWS, and my buddy from Sparta; these could be one and the same). We will set this up at our opening meeting. "Buddy check" will be tested from time to time. During free periods, students shall not wander off alone. In cases of odd numbers, 3 can be a buddy group.
- C. School use. Students may only enter specified areas of the school, and only at specified times.
- D. Stay within eyesight of the tenting area and the athletic fields. Do not go into the woods or around to the front of the school.
- E. Dress code. Any Judge or Chaperone may request an addition or change of a participant garment for the purpose of dress code compliance at any time. Students may not argue with this.
- F. Bonfire. This event will close out the first evening. Students will throw into the fire their written odes which they will recite the next day before their first discus throw.
- G. General behavior. The Judges judge not only the athletic performance, but the entire event starting at 3:00 Thursday. A student whose behavior is out of bounds may be asked to sit out the event or return home; this decision shall be made by the event coordinator in consultation with the student's Class Teacher.
- H. Be Ready! When you're waiting for your turn during an event, please be quiet. The Judges and Assistant Judges need to be able to give their attention to the athletes who are competing. Also, you might miss your turn if you're not paying attention. If you leave your City State group to get water or use a lavatory, keep your ears open and get back as quickly as possible. We will not be able to wait to start an event if you are late after the sound of the conch shell.
- I. Have fun, do your personal best, and ask questions if you need to! If there is a rule you don't understand, or you have any question about how something is to be done, please speak up, because the Judges and the other adults present are there to help you do your best.
- J. There will be two closing circles. The first, at 3:45, to close the Olympics; the second, by 5:00, to thank our host school by returning the building and grounds to tiptop condition.
- K. What you'll need to know. Besides the five athletic skills, you'll need to know the song "Glorious Apollo", the participants' Ode to Zeus (below), your own Ode for the discus throw, and whatever your class is going to present on Thursday night.
- L. Finally, have fun! (It bears repeating.)

Ode to Zeus

To you all honour oh Olympia

Guided by the wisdom of Zeus, Grant that my skill reap triumph. For my limbs I ask grace and beauty

For my heart, Courage and honesty

Know, my all powerful Zeus

That my efforts Will never falter.

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

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jeffptunkey@roadrunner.com

Judges' Oath: We the judges, do solemnly swear by all-Father Zeus, to judge honestly and fairly, showing no favoritism, judging the participants' strength, grace and skill to the best of our ability, so help us Zeus.

CONFIDENTIAL - FOR CLASS TEACHERS, JUDGES & ASSISTANTS ONLY PLEASE!!

City states - there will be 6 to allow for less than 20 competitors per state. Each City State will be assigned a team that rotates with them through the events. This team will include one Judge, one Judge's Assistant, and one City State Leader (a Class Teacher). The two equally demanding roles of the Judges are as follows. (1) To prepare for selection of three representatives for each final demonstration - the best boy, the best girl, and one more (either). However, no student may participate in more than one final. (2) The closing ceremony will be highlighted by time for each Judge/Assistant/Leader team to say a positive and objective sentence or three about each student, thanking for sportsmanship, noting personal bests, etc.

GENERAL NOTES FOR ATHLETICS, FOR JUDGES AND VISITING CLASS TEACHERS

A. We will attempt to judge all events for both form and accomplishment, and also keep an eye on general comportment. Our highest goal is to have the students experience the possibility of nobility in athletics.

B. The opening meeting at 4:15 Thursday will include a presentation of all rules, expectations and a description of how each event will be judged.

C. Your objectives as a Judge are (1) to try to identify which event seems to be to be the student's best, or to be prepared to choose one finals to place each student in, and (2) to be prepared, during the closing ceremony, to address each participant about his or her achievements.

D. There will be 6 event stations and 6 finals (running is counted as one "event" with two parts, dash and distance). No student may be in more than one finals. Generally you will be picking one boy and two girls or two boys and one girl for each finals. There will be approximately 17 or 18 students in your City State. This means you will have to make some difficult choices in most cases, because there will be students who excel in more than one event, and there will also be students who excel in few or none. The flexible nature of the laurel wreath awards described below allows for redeeming problems that might be created by picking the wrong finals for a student, or a finals performance that is unfortunate in some way and doesn't truly reflect the student's talent.

E. 15 laurel wreaths will be awarded at the end of the final demonstration. The reasons for these selections - including the names of the events - will never be given to the students (or parents). However, what we will do is strive to find 3 recipients from each event, e.g. the longest qualifying boys' discus throw, the longest qualifying girls' discus throw, and then one more discus thrower for other reasons. This leaves us free in an unusual circumstance to pick 4 from one event and 2 from another, or to award a laurel wreath to someone who was outstanding throughout the day but maybe wasn't in the most fitting finals after all. We also need to be sure that each school goes home with at least one laurel wreath, and ideally more balance than that.

F. Role of the Judges' Assistants - the Judges have been trained to look for certain movement qualities and criteria; the Assistants can help look for these, but can also serve as another pair of eyes (and ears). Assistants may also have the important role of recording, logistics, etc.

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

EVENT PROCEDURE AND JUDGING STANDARDS FOR GYM & CLASS TEACHERS ONLY

JUDGING AND AWARDS

The following is a blend of many good things we have observed and participated in during the past. One (or more) judges will rotate with each city state (rather than judge one event station all day). This judge will select finalists from his or her city state for each event. Perhaps more importantly, this judge will be responsible for being prepared to say, during the closing ceremony, a sentence or two about each student, highlighting some personal best or contribution. No participant shall be selected for more than one final, and you might want to indirectly suggest to students that the judges often make some surprising decisions about who is selected for what final. In other words - don't think you can just prepare in one event, because you never know.

Final demonstrations and laurel wreathes will be as follows - total 15. We will not announce these awards by category, but simply call the participant to the judges stand. This leaves open the possibility that meritorious behavior may be given priority over winning performance lacking in sportsmanship or grace.

Javelin, boys - 1 for distance, 1 for grace

Discus, boys - 1 for distance, 1 for grace

Long jump, boys - 1

Wrestling, light - 1

100 yard dash - 1

1/3 mile run - 1

Javelin, girls - 1 for distance, 1 for grace

Discus, girls - 1 for distance, 1 for grace

Long jump, girls - 1

Wrestling, medium - 1

Wrestling, heavy - 1

We will attempt to uphold the forms taught during our Spacial Dynamics training. This is especially important in teaching the javelin throw, which should not look like a baseball throw. If your school doesn't have a Spacial graduate teaching the 5th graders, we encourage you to ask one at another school.

JAVELIN - Competitor is expected to behave in a very safe and respectful way at all times when in the javelin area, to wait for commands to throw, to retrieve javelin by walking out and placing one hand over the back tip, to always carry javelin upright, and to never plant it in the ground and leave it. The throw that is expected is with a step on the same side as the throwing hand, and the follow through "pointing to the heavens". This is very different from a baseball style throw (opposite foot step, follow through across the body). If any student who is waiting distracts, acts up, climbs the backstop fence, etc. I would think long and hard before allowing him or her to have a turn in this event. I recommend you organize this event as follows. Give a reminder demonstration of the form expected. Divide your group into three subgroups (usually 6). Begin to form your impressions by having the first 6 throw at the same time and retrieve, the second 6, and the rest. (You can say these are warm up throws.) You might repeat this group throw. Then, call up the 6 who you think are the best, have them stand in a side by side line and throw one at a time when asked, and try to form a clear picture of each. (Remember - you can't just pick 3 for the finals at this time because one of your top 3 in one event may go on to shine even more at the next station.) Repeat the one at a time throw with your middle 6 and your bottom 6.

LONG JUMP – Have students line up in alphabetical order to the side of the starting line. Each student is to call out his or her name before starting each run up (a pedagogical speech exercise). On the takeoff, toes or feet may touch the board but may not touch the sand. Mark the farthest back spot of landing (i.e. if the jumper falls backward to hands, the hands would be the spot). Hopefully there will be time for three tries; count the longest jump. Positive attributes to look for include grace of run up, step movement while in the air, landing on two feet, landing and falling forward.

DASH - Announce that you are going to offer three heats, allow students to choose which heat ("red - green - blue" - resist all requests to explain). Allow each participant to run (at least) two

heats, so that a fast runner who picks the medium heat the first time can be moved up, etc. Positive attributes to look for include staying in lane, stance at start, grace of run. However, it is my experience that there are many running styles and that assertion of personality plays a very large and positive role in running; therefore a runner who "gets it done" but is less graceful should not be discounted. Please try to keep this event brief so that students can use this station as a rest/snack period when they come to it.

DISTANCE RUN - This will be a 1/4 mile run; all run at the same time. Just note who is able to complete it well. Have participants line up in order as they finish, so that you can keep an accurate record. See notes above for criteria. This station should also take less time than others.

DISCUS - Students will throw one at a time, two tries each; each will be given two discuses (for two consecutive tries) when he or she walks up. Competitor is expected to have a memorized oath to recite before the first throw, and is allowed three swings back, throwing after the third. One full step forward is allowed during the release (i.e., front foot pivots; not a run-up step!). Positive attributes to look for include speech quality, swinging from low at the back to high toward the release, follow through, demeanor after the throw. I don't think we should mark students down if they falter during the beginning swings and restart, but we should at least put a question mark on a throw that results from four or more swings back in an unaware way. If time permits, you might want to select some students to have a third try (this is for the sake of helping you gain clarity as a judge, not to satisfy a student request). If any student who is waiting distracts, acts up, climbs the backstop fence, etc. I would think long and hard before allowing him or her to have a turn in this event.

WRESTLING - No sudden moves or turns are allowed. Students are expected, without reminder, to shake hands at beginning; then commands will be "Ready" (join hands), "Set" (lean in to each other), and "Wrestle". Match is won if student is pushed out of ring, or if he/she comes to the ground twice - this includes knee touch. Divide your group into small, medium and large sizes. Pick pairs and allow them to have one match apiece, for about 30 seconds (only go over if calling time would interrupt something important that appears about to happen). You will probably need to select some students to have a second match against a new opponent in order to form your list of possibles for the finals.

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

Please contact Jeff Tunkey if you have any questions or concerns 716-655-2029
jeffptunkey@roadrunner.com

FOR CLASS AND GYM TEACHERS ONLY

A Brief Understanding of the Purpose of the Olympic Pentathlon

The Fifth Grade child lives in the Greek experience, while preparing his/her physical skills with grace. Thus is the goal of the Greek athlete.

In line with the ideals of Greece, the runner strives for speed,
balance between levity and gravity, and musicality in movement.

The jumper seeks height, distance, grace, balance,
and recites poetry demonstrating human breath and pulse.
The discus thrower pleases the gods with distance and form
while enlivening within the sun image.

The wrestler experiences another human being
while standing firm while holding his/her ground.

The javelin thrower spans the heavenly arch
through prowess and grace, likening his/her own movement into the world.

Athletic awards are given not only for distance and strength,
but also for beauty: beautiful jump, discus flight, and javelin throw.

A PERSONAL NOTE ABOUT COMPETITION

from Jeff Tunkey

The model we will follow is meant to be a gentle and guided introduction to athletic objectivity and competition, for students whose parents have until this point followed our recommendations about team sports. That is, 15 laurel wreaths will be given out but the students will be left to speculate how the 'all high' Judges came to their decisions. This model, by the way, is the one that was taught during the five year span when I attended Spacial Dynamics.

In the years since then, Spacial Dynamics has begun organizing an astounding and inspiring series of peace Olympiads, for instance between Israeli and Palestinian children, or between Protestant and Catholic children in Northern Ireland... as a way to give the world at least a homeopathic dose of future citizens who have been able to come together from strife to nobility. Jaimen McMillan, the founder of Spacial Dynamics, spoke about this when he visited AWS one time. I fully support his thought that in the context of these cultures in tragic conflict, selecting one child as the winner over another would not be the thing to do.

However, I do believe that 5th Graders in our setting, who experience their levels of personal aptitudes all day long -- from math to music to handwork, etc. -- are also ready for and need a certain amount of feedback in movement skills. What's more, it can often be the case that these Olympics provide a student who is struggling in some other areas, to have a chance to shine. I believe, why should we not create the opportunity for this moment of recognized grace?

Invocation (Judges)

Come together at Olympia On sea-girt Peloponnesus
All ye strong-limbed youths Who are free-born citizens, Who speak the Hellenic
tongue And are of Hellenic blood.

Come in honour of Zeus All ye well-trained athletes, Come in peace and
friendship, Banish all quarrel and strife And invoke the blessing of Zeus, Of
Thunderbolt-hurling Zeus. Whoever excels in skill and grace Let them wear in
honour the laurel wreath.

Warning (Judges)

If you have practiced hard for Olympia, and if you have not been lazy, or done
anything dishonorable, then go forward with confidence. But if you have not
trained yourself in this way, then leave us and go where you choose.

Judges' Oath:

We the judges, do solemnly swear by all-Father Zeus, to judge honestly and fairly,
showing no favoritism, judging the participants' strength, grace and skill to the
best of our ability, so help us Zeus.

Ode to Zeus (students)

To you all honour oh Olympia.
Guided by the wisdom of Zeus, Grant that my skill reap triumph.
For my limbs I ask grace and beauty
For my heart, Courage and honesty
Know, my all powerful Zeus, That my efforts Will never falter.

RULES & NOTES - Ancient Olympic Games at Aurora Waldorf School

INFORMATION FOR AURORA WALDORF SCHOOL TEACHERS AND STAFF

A. Your class is welcome and invited to watch any part of the day, but please be sure your students stay within defined areas for watchers. Also, your students are welcome to clap or cheer appropriately for an entire group of participants at the end of an event; they are to please refrain from any disproportionate clapping or cheering for individual performances. (In other words, gentle applause or words of encouragement equally distributed would be nice.) There must be no calling out of any sort during a Wrestling match.

B. Visiting students have been instructed not to enter the building except as part of an organized activity, or except with an adult, e.g. with a medical problem, etc. The only parts of the school we envision using except in emergencies are the kitchen, the kitchen-door entry to the Gym, and the Gym. The Aftercare room and possibly the Extra Lesson room will be used for participants who need a resting space.

C. Visiting teachers and overnight chaperones will be welcome to use the Faculty room, the washrooms, and the Gym shower.

D. Recess supervision on Friday - please keep your students away from the camping area and the athletic area.

E. Our 5th grade students are supposed to go home as usual at 12: 15 on Thursday and then come back at 3:00. Please send any stragglers to Aftercare.

F. If there is sudden and dangerous weather Thursday evening, we ask your permission to move into classrooms for sleeping. However, please be sure to lock your classroom Thursday after school.