

# The European Standard

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## A Career of falsehood /deception

*This year, in our European section, we studied Lance Armstrong's life, in the context of sport and doping. We want to talk about his career, because it is, at the same time, one of the most impressive and surprising careers of cyclists. To begin, let us remind you what is the Tour de France.*



Lance Armstrong was born in 1971, in Texas. From the earliest age, cycling was his passion. Having had a difficult childhood, one of his biggest dream, and his greatest revenge, was to win the Tour de France. As we will see later, his rage to win has grown on much more drastic proportions. In 1993, when he was 21 years old, nobody thought that Lance Armstrong could win a Tour de France: he didn't have the body frame required to become a champion. But he won a step of Le Tour de France and became a world champion.

However, in 1996, he was diagnosed with testicular cancer. After his recovery, he raised a foundation of cancer's research. Things got worse afterwards. In 1998, he signed a contract with US Postal, and he founded a team, called the "Blue team". He taught his team-mates how

to take drugs, after learning from doctor Ferrari when he resumed cycling following his chemotherapy treatment. One day, Michele Ferrari was arrested in Italy for financial irregularities. Lance is questioned by the judges, but he only asserts his confidence to the Doctor Ferrari. But, in front of all of these numerous victories, almost touching the impossible, men of the press began to mistrust, and started to investigate.

One day, Michele Ferrari is arrested in Italy for financial irregularities. Lance is questioned by the judges, but he only asserts his confidence to the Doctor Ferrari. David Walsh, a sport journalist, wants to prove that Lance consumes drugs: he said that Armstrong overcame the cancer, and became Superman. In 2002, in period of Tour de France, Lance tested positive to a performance enhancing drugs. He puts pressure to the anti-doping company: if they denounced him, several cyclists of the competition are in danger. Armstrong and his team won a fifth Tour de France.



During the interviews, Lance used to say that he has never been tested positive to the performance enhancing drugs. A young cyclist of his team, Floyd, begins to disagree with Lance's methods. US Postal has difficulties to pay the drugs. But, one day, the wife of an old Lance's team-mate, Betsy, who had visited Lance when he was at the hospital for his cancer and who had heard him telling that he had used some drugs, denounces him in front of David. She even admits that all the US Postal team consumes it. David writes an article, but Lance continues to insure the opposite. He is really cunning: he gives money to the foundation who is fighting against doping, and who tested him positive.

The real stake is the money: Bob Hamman, who insures the company which sponsors Lance, wouldn't need to pay the cyclist for his victories, if the rumors which accuse him of doping are true.

David wrote an article about his suspects in LA Confidential. On July 24<sup>th</sup>, in 2005, Lance won another Tour de France. Floyd, who comes from a Pennsylvanian Amish family, felt more and more guilty of using drugs. One day, after having won a Tour de France, he tested positive to testosterone. Consequently, he confesses during an interview. Lance came back to compete, but he finished third, after a Spanish racer. Floyd said to Lance that he wanted to be again a part of his team, but Lance refused, because he tested positive. Floyd is angry, and he didn't want to contest again the accusations of doping. He accused his team: he finally said the truth. As a result, Lance confessed too: he admits to having consumed EPO, cortisone, testosterone...



*Lance when he was suffering from cancer*

In October 12<sup>th</sup>, in 2012, his seven Tour de France titles were withdrawn. Nevertheless, Lance considers that he always possesses his titles, that he deserved them legitimately, and that the liars are the others (judges, anti-doping company, the press, networks...).

**Shan Kaylan; Thuc Anh Ha Minh; Antoine Mannes; Maéva Agostinho; Moreau Cel**



# Debating together

Hi everyone! In November, all the students in the European section started a debate. The teacher had given a specific topic to each group such as “Global warming, an issue?”, “Are video games good for children?”, “Drug testing” or “European Union”. At the end of the debate’s conception, the groups had to film it and transform it into a real TV show! For this project we were requested to distribute some tasks among ourselves. Everyone in the group would embody a character and use some point during the debate to support his/her position. Next to each point, we would have to supply a quote, a textual fact or an evaluative point that supports our point. This work was going to be long but we were all very delighted and excited to debate on an issue in groups.



Then, during the following weeks, the different groups shot the videos in the new project room or outside by using our smartphones: in the school yard, and even in the Vincennes Woods... to create something original. We could realize overall plans, by asking Mr.Clerouin or Mrs.Amid, and some students also decided to make big plans. Some groups brought accessories to make the acting more realistic. The editing was made at home.





All the class watched the videos with Mr Clerouin and Mrs Amid. The debates were very interesting, and sometimes quite funny. In additions, the videos seemed to be quite realistic, thanks to the editing.

To conclude, the teachers and the class appreciated all the works and this moment very much and it was also a good way to talk with our friends about this project: our problems, our tips ...



FIJEAN Emilie, LARTIGAUT Palmyre,  
TRAN—KOSAKA Ayumi,  
VALOT Juliette

# History of badminton

The modern history of badminton began in India.

It was popular in the British regiment town of Poona. Initially, woolen balls were preferred by the upper classes, but over time shuttlecock took over the role of a "ball." This game was taken by retired officers who went back to England. It was introduced as a game for the guests of the Duke of Beaufort at his stately home 'Badminton' in Gloucestershire, England where it became popular. Hence, the origin of the name "Badminton."



In March 1898, the first Open Tournament was held at Guildford and the first All England Open Badminton Championships, the first badminton competition in the world, were held the following year. The International Badminton Federation was formed in 1934 with nine founder members, England, Wales, Ireland, Scotland, Denmark, Holland, Canada, New Zealand and France. India joined as an affiliate in 1936.



Badminton is a relatively new Olympic sport. It was a demonstration sport at the 1972 Munich Olympics. Since 1992, Badminton has been an Olympic sport. The first event was in the 1992 Summer Olympics in Barcelona, Spain.

The single and doubles games were introduced for the first time in the Olympic Games. Mixed doubles was included in the 1996 Atlanta Olympic Games and badminton is the only sport that has mixed doubles event in the Olympics. Only five countries have won gold medals at the Olympics since badminton was introduced in 1992 - China, Indonesia and Korea, England and Denmark.

## The Adcocks, a couple devoted to badminton



Chris Adcock, 28 years old, already won a silver medal at the 2011 World Championships, also a gold medal at the Glasgow 2014 Commonwealth Games, and the 2013 Hong Kong Super Series title. His wife, Gabrielle Adcock, represents England in badminton and partners him in mixed doubles. They competed at two Commonwealth Games, winning a gold medal (mixed doubles) and silver (team) in Glasgow 2014 and bronze in Delhi 2010. His younger brother, Rob, represented England in badminton in 2012.

The couple confesses to "The Telegraph": «Everybody always asks: what is it like being married to your doubles partner?». "For me it is more a case of: what is it not like? We have played together since we were 10 or 11 years old. And we have been together since we were teenagers. Being married gives us an extra layer of communication." "So many partnerships don't work because of a lack of trust," Gabby. "You hear that one is pulling their weight and the other is partying. I know my husband is doing everything he can, like I am, to take that gold in Rio.



**Julia PREMADAS; Chloé TOME; Ema JONES; Iris TROGE; Priscille TARDY**

# The badminton's magic shot: The net shot

There is only ONE main objective of playing this shot:

Force your opponent to lift so you can play the winning smash. A good quality badminton net shot may force your opponent to give you a half court lift. A perfect net shot can sometimes be a 'killer shot' that instantly wins you a rally!



## How to do it?

1. Lunge forward to the net with your Racket Foot
2. As you're moving forward, raise your racket arm to around shoulder height. Ideally, this is the height here you're going to make contact with the shuttle. Avoid holding your racket too tightly.
3. Tilt your heads lightly towards the shoulder of your racket arm. This enables better control of the racket.
4. Make contact with the shuttle. Slice the shuttle to achieve the tumbling effect.

**For tips:** <https://www.youtube.com/watch?v=yJ5zO0T9jgk>

Malo FOUQUET, Alexandre MOLOHIO, Clément RICHER, Théo DESCHLER



# Should we allow performance enhancing drugs in sport ?

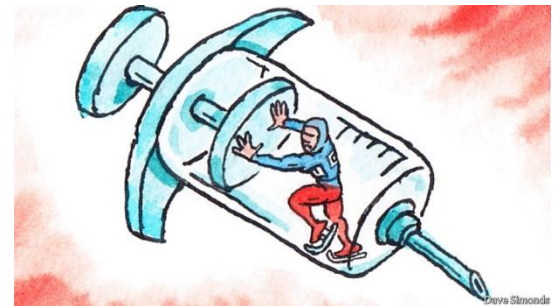
The first use of performance enhancing drugs took place during the modern Olympics record as early as the games of the third Olympiad when Thomas Hicks won the marathon after receiving an injection of strychnine in the middle of the race. In 1928 the first official ban of performance enhancing drugs was introduced by a sporting organization.

Using drugs to cheat in sport is not new, but it is becoming more effective

In 1976, a German swimming team won 11 out of 13 Olympic events, and later sued the government for giving them anabolic steroids. Yet despite the health risks, and despite the regulating bodies' attempts to eliminate drugs from sports.

Vicky Rabinowicz interviewed a few groups of athletes in 1992. In general Olympic athletes told her that they believed that most successful athletes were using banned substance sort.

Nowadays an important question is about to be asked: should performance enhancing drugs be reintroduced in sport?



## CONDEMNED TO CHEAT?

The penalties for cheating are small. A six month or one year ban from competition is a small penalty to pay for further years of multimillion dollar success. Most athletes are also relatively unlikely to ever go under testing. The International Amateur Athletic Federation estimates that only 10–15% of participating athletes are tested in each major competition. Haugen's analysis predicts the obvious: that when the risk of being caught is zero, athletes will all choose to cheat. Drugs are against the rules. But we define the rules of sport. If we made drugs legal and freely available, there would be no cheating.

The goal of "cleaning" up the sport is unattainable. Further down the track the spectre of genetic enhancement looms dark and large.



## SPIRIT OF SPORT

The World Anti-Doping Agency code declares a drug illegal if it is performance enhancing, if it is a health risk, or if it violates the "spirit of sport".





The spirit of sport is characterized by the following values:

- ethics, fair play and honesty health
- character and education
- fun and joy
- teamwork
- dedication and commitment
- respect for rules and laws
- respect for self and other participants
- courage
- community and solidarity

Let us explain our view in more detail. Consider the value of courage, as referred to in the above numeration. Does an athlete contravene this value by using a certain substance? In our view, this question is ill---conceived; ingesting a substance is not normally associated, in common parlance, with this value. *Professor MJ McNamee of Swansea University in the UK argues that the 'spirit of sport' is an important component of the fight against doping in sport.*

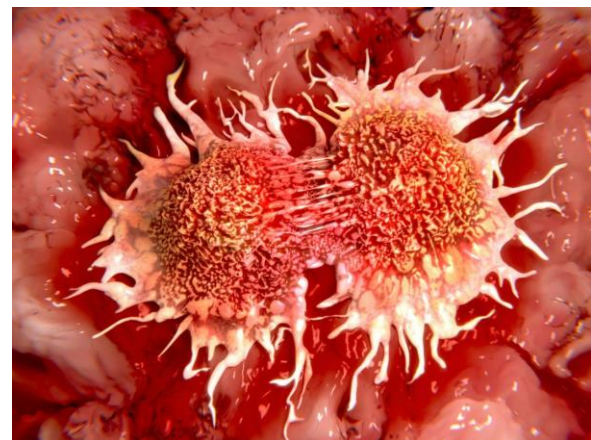
### Risks

Is there a limit to respect when using performance enhancing drugs?

Rather than testing for drugs, we should focus more on health and fitness to compete. Forget testing for EPO, monitor the PCV. We need to set a safe level of PCV

We need to take safety more seriously. In the 1960s, East German athletes underwent systematic government sanctioned prescription of anabolic steroids, and were awarded millions of dollars in compensation in 2002. Some of the female athletes had been compelled to change their sex because of the large quantities of testosterone they had been given.

In conclusion, we have to ban performance enhancing drugs. First of all, it creates a situation of inequality between the sport players. Secondly, it has a lot of health risks. Use of drugs destroys the beauty of sport and puts in the spotlight false players.



**Editors**

**Mr CLEROUIN ,Mrs AMID**