



## Paris Olympics 2024 – D16 – Glorious uncertainty of sport

The final, which on Saturday, August 10, pitted the unbeatable and undefeated American basketball team against the French team, which never failed to win and even came within three points of the American champions, the well-named Avengers, is the best illustration of the popularity of the sport and the tremendous energy it can give. Nothing is played in advance, anything can happen.

After two weeks of «enchanted parenthesis», an expression unanimously adopted for these Paris Games, the champions who have won medals will undoubtedly feel full happiness. The organizers will share this feeling after the closing ceremony, which should not disappoint after a fanfare opening. The fans will have had the impression of having lived an unprecedented experience where time was suspended for two weeks, that of the Paris Games. Experiences and memories will be very different depending on each person's expectations.

For the champions, the happiness of the medalists will contrast with the disappointment of those who left empty-handed, or disappointed to have not won the medal they had in mind (silver or bronze while they were looking for gold). It would be a mistake to oppose the triumphalism of some (the victors) to the mortification of others (the vanquished). All participated in an exceptional event that lasted not 15 days but 10 or 15 years – the time of preparation, selection, and training to win (or not) the medal. An experience, whether it met your expectations or not, is enriching when you can make the most of it - sublimation. It is easier to look to the future with serenity when you have succeeded. Yet disappointment is formative- one is forced to change his plans and revise his goals. It was no longer a counter-performance, it was a step, a transition to something else. Reconversions are easier - we are forced to come back to earth and be more pragmatic.

Champions often refer to a withdrawal period, the same term used by addiction patients to explain their return to normal life. Their lives will no longer be organized according to the sports calendar. Their brains need to be reconditioned. An intensive physical training secret of endorphin that creates a feeling of well-being. Medalists will no longer be solicited by the media or sponsors, which flatter the ego and are destabilizing dangers. They must keep a cool head. Amateur athletes will have to be vigilant in the face of a negative addiction to sport (bigorexia). It is associated with a cult of performance characteristic of post-modern societies where competition and competition are the rule. You must show that you are the most beautiful, the strongest and the fastest. Society 3.0 so narcissistic with social networks rivaling selfies and personal videos has aggravated the Adonis syndrome (rampant narcissism).

The challenge of the organizers of the Closing Ceremony will be to bring us all back to earth. The athletes' performances, the excellence that was celebrated for two weeks, the magnificent images published or broadcast, have all comforted us and made us dream. This tremendous positive energy was a milestone for the champions, the organisers and all the supporters. The ball is in our court to turn this energy into constructive action in our lives, keeping in mind that the only failure is failure to try...

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- (3) Bénédicte Halba (1997) « Economie du sport », Paris : Economica
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- (6) Dan Véléa, « L'addiction à l'exercice physique », *Psychotropes*, 2002/3-4 (Vol. 8), p. 39-46. DOI : 10.3917/psyt.083.0039. URL : <https://www.cairn.info/revue-psychotropes-2002-3-page-39.htm>

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