



Dear Athlete,

Welcome to the 10th edition of *For the Record*, the cross-platform digital newsletter of the IOC Athletes' Commission.

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Inside you will find some highlights including: [Alex Baumann's experience of the IOC Athlete Career Programme](#), information on the new [IOC Athlete MOOC courses](#), a sneak peek at the upcoming [Youth Olympic Games in Nanjing](#), highlights from the [Olympic Youth Development Centre in Zambia](#) and behind-the-scenes [insights into the daily lives of Olympians](#).

Make sure you forward this newsletter to other athletes to keep them up to date on all things Olympic!



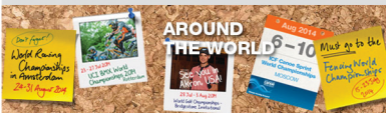
IOC ATHLETE CAREER PROGRAMME (ACP) ATHLETE HIGHLIGHT



YOUTH OLYMPIC GAMES



OLYMPIC ATHLETES GET ACTIVE ON OLYMPIC DAY!



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