The Olympic creed

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

***Baron Pierre de Coubertin, founder of the modern Olympic games.***

**The Olympic oath**

One athlete from the games’ Host Country as well as one coach or Official takes an oath at the Opening Ceremony on behalf of all the competing athletes

The words of the Olympic oath are:

"In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."

The oath was first given at the 1920 Olympic Games.

# Olympic motto

The Olympic motto "Citius, Altius, Fortius" is Latin. Literally translated it means means "Faster, Higher, Braver," However, the universally accepted meaning is "Swifter, Higher, Stronger."

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