

# Olympic and Paralympic Education Programme 2018

## Dream and Future Project

### Activity Report



**The Date and Location:**

June 1, 2018 (FRI) 10:00AM – 11:30AM

Tokyo Metropolitan Jonan School for Special Needs Education  
(2-18-19, Higashirokugo, Ota Ward, Tokyo)

**Number of Participants:** 107 students

**Lecturer:** Yoko Zetterlund (Former Olympian Volleyball Player representing the U.S.A.)

**Records:** 1992 Summer Olympics in Barcelona      Bronze Medal  
1996 Summer Olympics in Atlanta      7<sup>th</sup> Place

**Co-Lecturer:** Izumi Egami

(President of Global Manner Springs, Visiting Professor at the University of Tsukuba)

## **SUMMARY**

On June 1, 2018, we invited Ms. Yoko Zetterlund, a former Olympian volleyball player, and organized an event for all the students from 1<sup>st</sup> to 12<sup>nd</sup> grade under the Dream and Future Project (“Welcome” Program) at Tokyo Metropolitan Jonan School for Special Needs Education. In addition to her lecture, students enjoyed volleyball training as well as a lecture on manners by Ms. Izumi Egami, a lecturer from Global Manner Springs and Visiting Professor at the University of Tsukuba.

### **Lecture on Manners “How to Treat People from Overseas” by Ms. Izumi Egami**

Students listened to the lecture by Ms. Egami prior to the lecture by Ms. Zetterlund. She first introduced her former job as a flight attendant with a picture of an airplane and explained that “hospitality” is the key element of a flight attendant’s job. Ms. Egami told students, “Hospitality is to welcome guests and to make them smile. It is important to treat the athletes and visitors from overseas for Tokyo 2020 with hospitality.”

Ms. Egami taught students that a handshake is a universal greeting across cultures and showed students how to properly shake hands. Students tried shaking hands with friends, school staff nearby, and Ms. Zetterlund. This activity made everyone smile. Ms. Egami added, “It is very important to always have gratitude toward your family and to tell them ‘thank you.’”



Students shaking hands  
with the two lecturers



Ms. Zetterlund giving a lecture

### **Lecture by Ms. Yoko Zetterlund**

After the lecture on manners by Ms. Egami, we had a lecture by Ms. Yoko Zetterlund. She said to the students, “Look for what you love and what you enjoy. And once you find something, keep doing it. There will be tough times, but you can overcome hardships if you truly love what you do. Cherish your uniqueness and find things that only you can do.”

Ms. Zetterlund was relatively short for a volleyball player, so she established her playstyle as a setter that passes the volleyball to taller players who can spike it. Her playstyle led her team to make scores, and she found her own style and what only she can do.

She further stated at the end that “while I emphasized the importance of finding things you are good at, it is even more important to ask for help for things you cannot do by yourself. Good teamwork is built when each person works on what they can do with responsibility.”

### **Volleyball Training**

First, Ms. Zetterlund and a teacher made a pair and demonstrated passing and receiving. Students let out a cheer seeing their teacher’s great volleyball skills. After the demonstration, Ms. Zetterlund showed students the correct forms of overpass, underpass, and spike arm swing techniques.

Then, there was a match-style demonstration between a pair consisting of Ms. Zetterlund and a teacher, and a team consisting of five teachers. The match was a great success. The Ms. Zetterlund’s partner spiked the ball she tossed, and the opponent teacher team struggled to receive the ball. Students were absorbed in the match and clapped and rooted for the teachers. The teacher team didn’t give up until the end and continued the match until they finally made a long rally. The match was a great example of sportsmanship. The teachers never gave up and they shook hands with their opponents after the hard fought match. Students were very impressed to see the teachers keep trying until the last minute.

At the end of the lecture, representatives from the students got in a line and each student took turns passing balloon volleyball to Ms. Zetterlund. With some help from teachers, they kept the ball afloat the whole time and everyone broke into loud cheers.



Ms. Zetterlund demonstrating a perfect toss



Enjoying balloon volleyball

**Comments from Students:**

“The lecture made me realize that I often avoid eye contact. I will try to look into people’s eyes and express my gratitude towards them from now on.” (9<sup>th</sup> grade boy)

“I was impressed by our teachers trying very hard to keep up with Ms. Zetterlund. I play balloon volleyball, so I want to work hard like them.” (9<sup>th</sup> grade girl)

“I am into boccia right now. I want to practice teamwork and continue boccia for a long time.” (12<sup>th</sup> grade boy)

“Watching Ms. Zetterlund’s play made me very interested in volleyball. Now I really want to try it.” (4<sup>th</sup> grade girl)

(\*Showing his drawing to us\*) “I love drawing pictures. Like Ms.Zetterlund told us, I want to keep drawing more and more in the future.” (1<sup>st</sup> grade boy)