



City State Leader Information

Dear City State Leader,

Welcome to the 2019 Pentathlon and thank you for volunteering! As a City State Leader, you will carry the mood of your City State and hold the children together during the Pentathlon Games. Upon arrival, you will be given a schedule of events and map of the grounds.

We have 69 student athletes participating this year. These young athletes attend one of five Waldorf schools: Pleasant Ridge, City of Lakes, Minnesota, Duluth, and Madison.

Each City State has two adult leaders who shepherd their athletes and banner throughout the event. The athletes and City State Leaders wear colorful, matching t-shirts: red for Sparta, blue for Thebes, green for Corinth, yellow/gold for Athens, purple for Olympia and orange for Ithaca.

Your duties as a City State leader will begin Wednesday, May 8, 2019 at 6:00 p.m., at which time the Pentathlon Welcome Ceremony will take place. Each 5th grade teacher and class will be introduced on the outdoor stage. Each class, led by their teacher, will offer a short presentation for the audience. Following the presentations, each City State Leader will be called to the stage and presented with his/her City State. At that time, you will receive a list of the athletes in your City State. You will read the athlete's name, invite the athlete to the stage to receive their t-shirt and present the entire City State to the audience. Once all athletes have received their assignments, you will take the athletes from your City State to a quiet place on the campground for community building games. City State assignments are made somewhat randomly, with balanced distribution of boys and girls from the four participating schools.

After breakfast on Thursday, you will gather your athletes at the stage at 8:30 a.m. One athlete will be chosen to carry your City State banner to the Opening Ceremony, where the athletes will recite Glorious Apollo and Ode to Zeus.

*Glorious Apollo from on high beheld us
Wand'ring to find a temple for his praise
Sent Polyhymnia hither to shield us
While we ourselves such a structure might raise
Thus, then combining, hands and hearts joining
Sing we in harmony Apollo's praise*

*Oh Zeus, God of Power
God who can change himself into many forms
Smartest and strongest of all the Gods
Please give me power to throw the
Javelin like
You throw a thunderbolt
Grant me the speed of Pegasus
And the grace of an eagle*

The Games begin at 9:00 a.m., following the Opening Ceremony. You will supervise the athletes during each athletic event, according to the schedule provided. The children participate in six events: the 40-yard dash, long jump, javelin, discus, upright wrestling, and chariot relay race. **The emphasis is on cooperation, fair play, and good sportsmanship.** Games' day closes with the Greek Feast which is

prepared and served by Pleasant Ridge's 6th grade class (last year's Pentathletes and their parents).

As you take on your role as City State Leader, we suggest the following:

- Carry the spirit of the Greek games! Read the Ode to the Gods, and find what you connect to in your heart, what has meaning for you. We have the opportunity to live into the day from those inner places; be open to the magic of the unexpected. This will inspire our young athletes!
- Be present with each child as they approach their turn to perform. This is perhaps the most important thing you will do the whole day. Our love for and attention to each child, whether it is experienced through a smile, our tone of voice, our movement, or our gaze, will support each child in feeling good about themselves.
- Create a space of energy for the entire Pentathlon that is grounded, openhearted, and calm. If each Leader takes up this responsibility, the events and the day will flow with ease.
- In case of injury, a medical room in the lower level of the Manna Center will be available with basic first aid items and Alex Wade and other medical staff will assist you. We have medical forms for all athletes which contain medical information and emergency phone numbers.
- Throughout the day take note of children showing acts of kindness and concern for their fellow athletes. Look for those that have a positive and supportive attitude.

Your duties as a City State Leader end at Thursday's Closing Ceremony. There, you will call your City State Athletes to the stage to receive participatory medals from Zeus and Athena. At that time, you will share what the judges wrote about each participant's achievements throughout the day. We will review these procedures beforehand at the Wednesday evening meeting scheduled for 5:30pm. The Games Teachers will actively help guide the City State leaders throughout the process.

City State Leaders for the 2019 Pentathlon are:

Aaron Schmidt	PRWS	Athens
Jillian Peterson	PRWS	Athens
Suzanna Didier	SOL	Corinth
Julie Bellehumeur	SOL	Corinth
Marjorie Maier	MNWS	Ithaca
Jason Breslford	MNWS	Ithaca
Angela Voves	CLWS	Olympia
Lachlan Badenoch	CLWS	Olympia
Ben Rugg	MWS	Sparta
Ray Eickenson	MWS	Sparta
Jim Olson	PRWS	Thebes
Mia Wintheiser	MNWS	Thebes

We look forward to meeting each of you.

Thank you for giving your time and support to the athletes participating in the 2019 Pentathlon!

--PRWS Pentathlon Coordinators