



# Newsletter CMLA n°13

Octobre 2021

**La Méditerranée c'est la LUTTE**  
**"Mediterranean is wrestling"**



**COMITÉ MÉDITERRANÉEN DES LUITES ASSOCIÉES**

**MEDITERRANEAN  
CHAMPIONSHIP**



De: Theodoros Hamakos  
<theodoros.hamakos@unitedworldwrestling.org>

Envoyé: mercredi 7 avril 2021 16:22  
À: Didier SAUVAIRE; GREECE GRE; vania.kazazyan@uww-eu.org  
Cc: Jean-Daniel Rey; Pedro Silva; Tristan Morard; didier.sauvaire@wanadoo; didier sauvaire

Objet: Re: 2021 Balkan Championships / Méditerrananean Championships / Xanthi from 28 to 31 of October / GRECE

Dear Mr. President,

We fully support your proposal for the preparation of young athletes, their ergonomic examinations as well as the organization of a conference for the exchange of experiences of preparation, coaching, etc. at

these ages in the facilities of the Democritus University of Thrace (with which we have an excellent cooperation and communication) during the Balkan and Mediterranean Championship in Xanthi (28-31 / 10).

You really deserve congratulations for this initiative and praise to the supporters of this idea and especially to my friend, its president of CMLA Didier Sauvaire.

We are sure that all the necessary measures will be taken (medical, accommodation, diet, etc.) for the proper success of the project at these sensitive ages.

As UWW-Europe we are at your disposal for any help requested.

Yours sincerely,

Le 9eme championnat de la méditerranée se déroulera comme prévu en Grèce à Xanthi du 29 au 31 octobre pour les catégories cadets Juniors et non à Loutraki pour cause de pandémie nous avons dû le repousser de 2020 à juin 2021 puis l'annuler pour les causes de pandémie qui nous a tous touché.

En accord avec le Président du Continent Europe Mr Theodoros Hamakos, le Président de la Fédération Hellenique Stergios Leonakis nous associé les deux championnats Balkans et Méditerranée pour plus de participation.

Avant le championnat il est organisé un camp de la jeunesse à l'Université de Thrace à Komotini du 17 au 26 octobre. Ce camp dont l'encadrement et l'animation sera assuré par le Professeur Ioannis Barbas et ses collègues permettra une excellente préparation, des échanges d'expertises et de découverte.

Le championnat qui est débutera le vendredi 30 se terminera le dimanche 31 octobre par les finales de coupe de la méditerranée par équipe féminine.

Ce 9eme championnat succédera à Istanbul 2010, Budva Montenegro 2011, Larissa Grèce 2012 Kanjisa Serbie 2014, Madrid Espagne 2015 2016, Alger Algérie 2018, Tunis Tunisie 2019, Xanthi Grèce 2021

**The 9th Mediterranean Championship will take place as planned in Greece in Xanthi from October 29 to 31 for the Cadet Juniors categories and not in Loutraki due to the pandemic we had to postpone it from 2020 to June 2021 and then cancel it for the causes of pandemic that has affected us all.**

**In agreement with the President of the European Continent Mr Theodoros Hamakos, the President of the Hellenic Federation Stergios Leonakis associated us with the two Balkan and Mediterranean championships for more participation.**

**Before the championship a youth camp is organized at the University of Thrace in Komotini from October 17th to 26th. This camp, which will be supervised and facilitated by Professor Ioannis Barbas and his colleagues, will allow excellent preparation, exchanges of expertise and discovery.**

**The championship which will start on Friday 30 will end on Sunday 31 October with the Mediterranean Cup finals by women's team.**

**This 9th championship will follow Istanbul 2010, Budva Montenegro 2011, Larissa Greece 2012 Kanjisa Serbia 2014,, Madrid Spain 2015 2016, Algiers Algeria 2018, Tunis Tunisia 2019, Xanthi Greece 2021**





## Assemblée Générale du Comité Méditerranéen des Luites Associées le jeudi 28 octobre 2021 Xanthi

### ORDRE DU JOUR

2. Opening of the General Assembly
  - Welcoming speech by the President of CMLA
  - Welcoming speech by the President of the Wrestling Federation of Greece
2. Approval of the documents and the working commissions for the Assembly
  - Agenda
  - Selection of the editors for the Statement in English and in French
  - Commission for verification of power of attorneys of the delegates, establishment of the quorum
3. Approval of the minutes of the General Assembly in Tunis (2019)
4. Activities and Financial Report for 2020
5. Activity 2021, presentation of the decisions of the Board of Directors of April 24, 2021.
6. Activities Program and Budget for 2021
7. Calendar of CMLA for 2021-2022-2023
8. Official closure of the General Assembly.

### Training Camp

Camp d'entraînement jeunesse à Komotini en Grèce (du 17—26 octobre)  
1ère action sportive avec objectif de regrouper un maximum de jeunes des pays du Bassin Méditerranéen en vue d'améliorer les résultats, de perfectionner la technique des athlètes et de favoriser les échanges culturels et linguistiques.

CMLA organized a training camp for wrestlers in July in Komotini (GRE) with the collaboration of the Greek Federation. This camp aims to improve and promote the development of the sportive, cultural and social exchanges between the wrestlers from the Mediterranean basin.



### Promotion de la pratique féminine

Mme. Teresa MENDEZ, lutteuse olympienne espagnole, a profité de cette Assemblée Générale pour proposer son projet de tournoi féminin de lutte. En effet, le CMLA souhaite s'engager dans pour la pratique sportive féminine. La proposition de Madame MENDEZ est de créer, un tournoi féminin par équipe lors des Championnats de la Méditerranée. Cela serait un moyen de proposer plus de combats pour les filles et de n'engendrer aucun frais supplémentaire pour les fédérations.

#### Modèle de compétition

Ce tournoi par équipes se déroulerait le dernier jour des Championnats le 31 octobre 2021

### Women & Sport Plan

Following the reelection and inclusion of Ms. Teresa Mendez Mayo as active member of CMLA and under her guidance and the support of the rest of the Boards of Directors members, some promotion activities for Women and Wrestling has been presented during the 2018 General Meeting: A feminine tournament by team, the day after the Mediterranean Championships to improve the feminine practice in wrestling!

Le partenariat avec Modugame



MG Sport is proud to become this summer 2018 the CMLA's official partner for the furniture of mats, covers and other wrestling products. This partnership, signed during the Mediterranean Games in Tarragona, allows in particular a funding source and so a development way for the CMLA.

Indeed, by the purchase of wrestling products from our company, MG Sport commits itself to help the committee by a repayment. At MG Sport, you will find all kind of mats to practice wrestling, whether it's for initiation and clubs or for the organization of international championships (MG Sport is UWW approved).

Moreover, MG Sport is specialized in manufacturing mats on measures, to fit the sizes you would like, permitting to your members to equip themselves at the fairest price and in according to their training center location. With our folding mats you will also be able to practice wrestling everywhere you want and present this sport to many people as possible whatever the event is. Finally, we also propose you training and workout products and wall and post foam protections to make your wrestling centers safer.

By this partnership, MG Sport undertakes to be side by side with the CMLA by helping it as best as possible and wish that this partnership is beneficial to everyone. We would like to thank especially Mr Didier Sauvaire and Mr Pedro Silva, respectively General Secretary and President of the CMLA for their trust and their involvement in the implementation of this project.

We invite all of the CMLA country's members and the Federation's presidents to contact us for any study of their needs and quotations with the objective of mutual development.

Sincere thanks and sports friendships,

For MG Sport,  
Julien FAYE  
President

LA MÉDITERRANÉE  
C'EST LA LUTTE

MEDITERRANEAN IS  
WRESTLING





Programme du Championnat de la Méditerranée 2021 Xanthi Grèce

**CHAMPIONNAT DES BALKANS / BALKAN CHAMPIONSHIPS**  
U15 – Cadet (GR/LL/LF)  
XANTHI (GRE) 28 – 29.10.2021

**CHAMPIONNAT DE LA MEDITERRANEE / MEDITERRANEAN CHAMPIONSHIPS**  
Junior – Cadet (GR/LL/LF)  
XANTHI (GRE) 30 – 31.10.2021

**COUPE MEDITERRANEENNE FEMININE JUNIOR**

Durée minimum de séjour 4 jours – Minimum 4 days of stay

Maximum nombre des participants par catégorie poids/âge : **3 LUTTEURS /**  
Maximum number of participants per weight/age category : **3 WRESTLERS**

PROGRAMME / PROGRAM		
Dimanche 17.10.2021 Mardi 28.10.2021	Camp d'entraînement / Training camp	Komitini - (50 km de Xanthi) aux installations sportives de l'Université de Thrace « Democritus » Prix de séjour : 50 € jour/personne
Sunday 17.10.2021 - Tuesday 28.10.2021	U15 / Cadet / Junior GR, LL, LF	- (50 km from Xanthi) at sport facilities of "Democritus" University of Thrace Accommodation fee : 50 € per day per person
Mardi – Tuesday 28.10.2021		Arrivée des équipes // Arrival of the teams
Mercredi – Wednesday 27.10.2021	17.00 – 18.00	Consultation des arbitres // Referees' Consultation
	18.00 – 18.30	Conférence technique // Technical Conference
	18.30 – 19.30	Tirage au sort de toutes les catégories // Draw all categories U15 AND CADET
Jeudi – Thursday 28.10.2021	08.30 – 09.00	Examen médical & Pesée – toutes les catégories CADET // Medical Examination and Weigh-in – All CADET categories
	10.30 – 14.30	Tours de qualifications – CADET // Qualification Rounds – CADET
	17.00 – 17.30	Cérémonie d'ouverture // Opening Ceremony
	17.30-21.00	Finales CADET // Attribution des prix Finales CADET // Award ceremonies
	18.00-20.00	Assemblée Générale du CMLA // CMLA General Assembly
		Arrivée des équipes // Arrival of the teams
Vendredi – Friday 29.10.2021	08.30 – 09.00	Examen médical & Pesée – toutes les catégories U15 // Medical Examination and Weigh-in – all U15 categories
	09.00 – 10.30	TABLE RONDE avec la participation des membres CMLA et des représentants des pays Méditerranéens et Balkaniques ROUND TABLE with the CMLA Members and the representatives from the Mediterranean and Balkan Countries
	10.30 – 14.30	Tours de qualifications – U15 // Qualification Rounds – U15

	15.00 – 16.00	Consultation des arbitres // Referees' Consultation
	16.00 – 16.30	Conférence technique // Technical Conference
	16.30 – 17.30	Tirage au sort de toutes les catégories de poids // Draw for all weight categories JUNIOR & CADET
	17.30 – 21.30	Finales U15, attribution des prix // Finals U15, award ceremonies
Samedi – Saturday 30.10.2021	08.30 – 09.00	Examen médical & Pesée de toutes les catégories JUNIOR Medical Examination and Weigh-in all JUNIOR weight categories
	10.30 – 14.30	Tours de qualification – JUNIOR // Qualification Rounds – JUNIOR
	17.00 – 17.30	Cérémonie d'ouverture // Opening Ceremony
	17.30 – 21.00	Finales JUNIOR // Attribution des prix Finales JUNIOR // Award ceremonies
Dimanche – Sunday 31.10.2021	08.30 – 09.00	Examen médical & Pesée de toutes les catégories CADET Medical Examination & Weigh-in all CADET weight categories
	08.30 – 09.00	Examen médical & Pesée // Medical Examination and Weigh-in COUPE MEDITERRANEENNE PAR EQUIPE FEMININE JUNIOR
	10.30 – 14.30	Tours de qualification – CADET // Qualification Rounds – CADET
	16.30 – 17.00	Tirage au sort // Draw COUPE MEDITERRANEENNE PAR EQUIPE FEMININE JUNIOR
	17.00 – 21.30	Finales CADET, attribution des prix // Finals CADET, award ceremonies Eliminatoires – Finales - Attribution des prix // Qualifications rounds and Finals - Award ceremonies COUPE MEDITERRANEENNE PAR EQUIPE FEMININE JUNIOR
Lundi – Monday 01.11.2021	22.00	Banquet officiel // Official Banquet
		Départ des délégations // Departure of the delegations

Dear Mr. President,

My name is Teresa Méndez and I am the Olympic Female Wrestling Coordinator from the Mediterranean Committee.

I am touching base with you because I would like for you to take part to the project promoting and developing female wrestling in the Mediterranean countries.

This project started with a Mediterranean Female Cup in teams on May 2019 and it was a very successful event.

From 17<sup>th</sup> to 26<sup>th</sup> October the Hellenic Wrestling Federation will host a stage for Cadets and Juniors of LL, LF, and GR as well the Mediterranean Championships on 30 and 31 October.

"On Sunday 31 October, we will organize a **female championship by teams in Junior's category** and we would be delighted to count on your participation. The rules of the tournament are as follows:

- The weighing will take place in the morning (08.30 – 09.00 h - 2kg of tolerance), followed by the competition at 17:00.
- The weight categories will be: **-53 kg, -57 kg, -62 kg, -68 kg, -76 kg**
- Each team participating in Female Mediterranean Championships will have a **minimum of 4**, and a **maximum of 5** wrestlers.
- The Nordic competition system will apply.

In order to guarantee a smooth organization of the tournament, we kindly ask you to **register by 26 September 2021** to the following e-mail address: [teresamendezmayo@gmail.com](mailto:teresamendezmayo@gmail.com).

We hope to count on your attendance and thank you for your time.

Kind regards,

Teresa Méndez Mayo  
Olympic Female Wrestling Coordinator, Mediterranean Committee

Siège : FFLDA – 2 rue Louis Pergaud, 94700 Maisons-Affort – France  
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# CHAMPIONNAT DE LA MÉDITERRANÉE XANTHI 2021

Newsletter CMLA n° 13



Camp de jeunes 17—26 octobre 2021

Prof Ioannis Barbas membre de la commission Scientifique, PhD, professeur Université de Komotini (Grèce) sera en charge du Camp de Jeunes avec l'aide de ses collègues .

Prof Ioannis Barbas member of the Scientific Commission, PhD, professor University of Komotini (Greece) will be in charge of the Youth Camp with the help of his colleagues.

Un superbe programme ouvert aux fédérations des Balkans et de la Méditerranée, qui abordera différentes matières sur la préparation physique, le suivi, l'alimentation et bien d'autres matières que maîtrise parfaitement Ioannis.

A superb program open to the federations of the Balkans and the Mediterranean, which will address various subjects on physical preparation, monitoring, diet and many other subjects that Ioannis perfectly masters.

Tous cela dans les installations de l'Université qui accueillera ce stage.  
All this in the facilities of the University which will host this internship.





Retour en image sur Cham-  
pionnat de la Méditerranée  
Tunis 2019 et sur l'Assemblée  
Générale du CMLA.

**A look back at the Tunis  
2019 Mediterranean Cham-  
pionship and the CMLA Ge-  
neral Assembly**



**Du spectacle assuré par un arbitrage et un délé-  
gué technique UWW à l'honneur.**  
**Show provided by a referee and a UWW tech-  
nical delegate in the spotlight.**



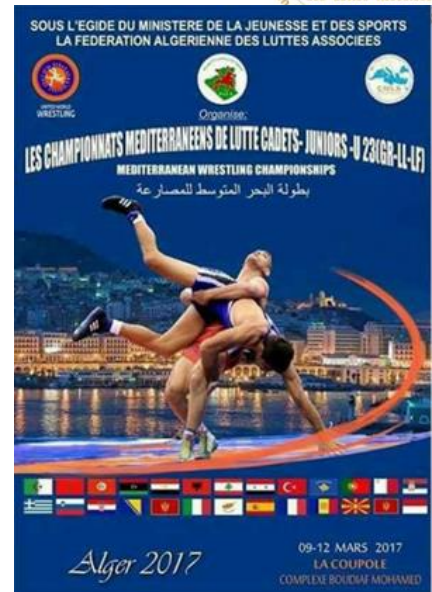
UN  
 CHAMPION  
 MONDIALE  
 EGYPTIEN  
 PRÉSENT À LA  
 MÉDITERRANÉE



COMITÉ MÉDITERRANÉEN DES LUTTES ASSOCIÉES  
 MEDITERRANEAN COMMITTEE OF ASSOCIATED WRESTLING STYLE



2008—2021

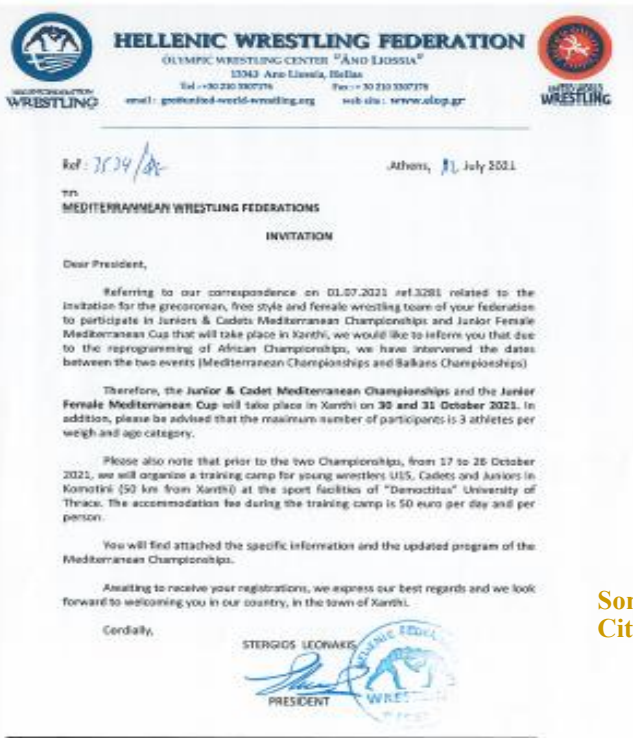


LE COMITÉ  
 MÉDITERRANÉEN  
 DES LUTTES  
 ASSOCIÉES  
 PÉKIN 2008  
 XANTHI 2021  
 LES AFFICHES,  
 LES LOGOS





COMITÉ MÉDITERRANÉEN DES LUTTES ASSOCIÉES  
 MEDITERRANEAN COMMITTEE OF ASSOCIATED WRESTLING STYLE



Some pictures on the City of Xanthi



## Mediterranean is wrestling - Mediterranean Wrestling Unity

COMITÉ MÉDITERRANÉEN DES LUTTES ASSOCIÉES  
MEDITERRANEAN COMMITTEE OF ASSOCIATED WRESTLING STYLE



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<https://www.facebook.com/CMLA-UWW-218287555039306/>

<https://unitedworldwrestling.org/about-uww/committee/mediterranean-committee-associated-wrestling-styles>

**Le Président Pedro Silva**  
**Membre de l'UWW**  
**et le Délégué Technique UWW**



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**Retrouvez nous sur le web : UWW.com**

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President Pedro Silva  
Member of UWW  
and UWW Technical Delegate

2019 Tunis thank you  
for this brilliant organization and long live  
2021 Xanthi



**Training Camp 2018**  
**Camp d'entraînement**  
**jeunesse à Komotini en**  
**Grèce**

