

FOUR ATHLETES AS GUEST SPEAKERS ERASMUS + BODY



sport&health

“SPORT: A WAY OF LIFE”

An interview done by elderly residents, disabled people, children and teenagers, participants of Erasmus+ B.O.D.Y project to local sportsmen and women detailing their respective disciplines. The questions asked started with how they began, then their motivations, sacrifices, training habits, diet, etc...

This diverse group of athletes selected, have one thing in common, they have chosen sport and physical activity as a way of life, according to each ones availability, conditions and expectation

ALBERTO DÍAZ PORTAS (1973).



Canoeist

He began in Kayaking when he was 16. In his excellent track record we can highlight:

K2 European Champion:
Trencin (Slovakia) in 2007 and
Ostroda (Poland) in 2009.

Golden Medal in World Cup events: K1 / K2, Tynnad Vltavou (Slovakia) in 2010 and **K1,** Basgverds (Denmark) in 2011.

Marathon World Championships:
BRONZE - K2 Gyor Hungary in 2007
SILVER - K2 Singapore –Singapore in 2011

VERÓNICA PÉREZ PACHECO (2003). Judoka



Spanish Judo Champion's daughter, she has followed in the same footsteps as her mother.

In her track record we can highlight:

- Under 11
Galician Champion in 2015 and 2016.

Champion in two events of the **Spanish Cup** in 2016.

BORJA CADILLA LOMBA (1981). Athlete



Since he was young he practiced a great variety of sports; at the age of 20 he discovered Athletics and since then he dedicates himself body and soul. His records and awards took some time to come but his determination and self-confidence helped him

breakthrough in the end and obtain an enviable track record: Borja is autistic.

Bronze medals in **Spanish Team Cross-Country Championships** in 2015 and 2016.

Cross-Country Galician Champion in 2015.

1500 meters Galician Champion in 2015

His first **Marathon** finished with the time of 3 hours and 40 minutes.

ELSA PENA VICENTE (2003). Triathlete



From the beginning she was focused on the Triathlon. She started at the age of 4 with Athletics and Swimming. Her track record is amazing considering her age:

Galician Duathlon Champion / 1000 meters Galician Champion in 2012.

Galician Champion in the event “Nadar e correr” (Swimming&running) / **Duathlon, Triathlon and Acuatlon Galician**

champion in 2013, 2014 and 2015

Acuatlon Galician Champion / Gold Medal in **100 meters, free style Swimming** in 2014.

Duathlon and Acuatlon Galician Champion / Gold Medal in **100 meters, free style Swimming** in 2015.

BEGINNING AND MOTIVATION

Avelaiña Association for disabled people.

V. PÉREZ. “I started when I was 3 years old. I started because my mother was my trainer. And I wanted to be like her.”



1.- How old you were when you participate for the first time in sport and what were your motivations?

Verónica: I started when I was 3 years old. I started because my mother was my trainer. And I wanted to be like her.

Elsa: My first triathlon race was when I was 8 years old. But before this I run and swim and the Tui Termalia club decided to participate every year in the school duathlon races and then I decided to try Triathlon.

Borja: I started at the age of 15. My motivations were to succeed, to travel, to win...

Alberto: I started very early, about 8 or 9 years old. I started with Swimming, Volleyball and Basketball, after that I began to run as a hobby and then later on, about 16, I finally started to practice Kayaking on the river Miño.

2.- Did you find obstacles in your career? What did you do to get over them?

B: Yes, I found some, lack of self-confidence, to be stronger.

A: I had to overcome many obstacles, the weather for one and having to decide between giving up my studies and concentrating on sports or trying to do both.

In my case, studies were more important than sports so I do not regret my decision. When I finished my studies I started to take sport more seriously.

3.- What motivates you the most, effort or triumph in sport?

V: What motivates me the most is effort and the feeling that every day I am learning more.

E: Well, without effort you do not get anything and it is supposed that triumph is the reward of effort then, both things are important.

PERSONAL EVALUATION

A Sangriña High School

4.- How do you feel when you are practicing your sport? And when you win or lose?

E: I feel fine, very concentrated what I am doing. I am ok with both things because it is important to learn how to lose before learning how to win.

B: I feel very motivated. When I lose I get upset and when I win I am very happy.

5.- Do you think if you had chosen another sport you would have had the same success?

V: Maybe, I love sport in fact I do handball and I like it a lot as well.

B: No. If you have not a team who helps you it is very difficult. I prefer individual sports.

6.- How do you handle the limited social recognition and mass media towards your sport?

E: Well, It is not football but each time Triathlon is becoming more popular.

A: Nowadays I can complain about the coverage of my sport, thanks to David Cal (5 Olympic gold medals) the media impact has increase, so that thanks to him a new generation of canoeists had benefited from the extra exposure.

7.- When you dream, what is your maximum ambition?

V: My maximum ambition is to be Spanish Champion this year.

B. CADILLA. “My maximum ambition is to compete in a marathon to show people what I am able to do and also to dedicate things to Celia, my girlfriend.”

**DISADVANTAGES / SACRIFICES / CONCILIATION**

San Xerome Association for disabled people.

8.- How many hours do you dedicate to training? How do you organize yourself to study, work and do sport?

V: Judo, I train three hours a week, Handball another three and I study when I have to.

A: I train between 18 to 26 hours a week, it depends on which part of the training, high or low intensity. Combine work and training is easy, I do not know what TV, computer games or Mobile phone are, but I don't mind ,I never waste my time.

9.- Have you ever been injured? How did it affect your studies / professional life?

V: I had my first injury recently and it was difficult not being able to train with my mates but I had to stop.

A: Never, that was a huge advantage; I have never broken a bone or had any muscular injury. It makes me nervous and upset.

10.- What things do you have to give up when you train? How do you feel?

V: From my point of view, I do not give up anything, I love training.

E: I have not given up anything I love training and also I have many friends in different categories I practice and we enjoy a lot.

11.- In your sport, what is the most difficult moment?

V: Competition.

E: Swimming is quite complicated because It is difficult to control the breathing when the water is very cold and It is pretty common to receive a slap from your opponents.

A: There are many, train in winter with rain and cold temperatures, it is quite hard.

DIET / TRAINING

(A Sangriña Primary School)

12.- Do you think your diet is healthy and balanced? What does it consist of?

B: No. I eat too many sweets. If I was not an athlete I would be very fat.

A: Yes, I consider my diet quite healthy, I eat little or not at all (almost any) processed baked goods and I love salads and mostly fruit. I eat for breakfast between 5 to 7 pieces of fruit. Big lunch with pasta and chicken or turkey, salad, mussels, prawns or serrano ham, etc.

13.- Do you modify your diet the day you compete? What do you eat before, during and after the competition?

V: Yes, I modify it because in my sport it is consider the weight. Before competition I eat a piece of fruit, during the competitions I do not eat anything and after competition I eat whatever I want.

E: I normally eat more carbohydrates and lots of fruit. Before a competition I usually eat fruit and cereals. After competition I normally drink a lot and eat fruit one more time to recover from exhaustion.

A: Yes, I usually eat more carbohydrates the week before competition and mostly I have a light dinner to sleep well. My sport is a long distance sport because of that I have to store lots of glycogen. During competition I drink a lot but after it I eat as much as I want.

14.- How many days do you work out a week? What does your training consist of?

V: I train three days a week. My training is based on: I start with the warm up and the technical part and at the end two or three "randori".

E: As I said before, I try to swim for three days, run for two and cycle at the weekend. The training is always based on the event I have to do.

15.- What aspects do you not like the most?

V: I have to consider the weight in all competitions.

E: I really like everything

B: A lot of sacrifice for a very little recognition.

PERSONAL AND PROFESSIONAL PROFITS

(Elderly Residence Monte Tecla)

16.- What awards have you receive?

V: Winner of 2 Spanish Cups.

B: Many. Bronze medals in 2015 and 2016 in Team Spanish Cross country Championship. Galician Championship in 1500 mtr in 2015.

19.- What would you say to your possible sponsors to get their help?

V: I would say to them that each time it is well-known that we travel a lot and it is a sport with very good image, discipline and very complete.

A.DÍAZ.

"In Spain it would be nice to have some kind of sponsorship law, where business invests in sports to receive financial benefits. Finally, they would be helping sportsmen and women as well as receiving publicity."

**17.- When talented sportsmen and women use to retire in your sport?**

V: Depending on the level, but more or less at the age of 28, 29 years old, some of them before.

B: I have no idea. It depends on the sportsmen. I would always do sport until I can't.

A: There is a difference between sprinters where the ideal age is 27 years old and long distance events, like

the marathon, where best age is between 36 and 38 years old.

18.- Do you have sponsors? Do you earn money with the sport you do?**E. PENA.**

"I am too young to think about it, I am not a professional."



B/E: I am too young yet, I am not a professional.

A: The only thing sponsors in this sport contribute is equipment, which you can later sell if you desire. There are some canoeists that can earn between equipment and grants over 30.000€ a year, but this is not very common. In my case, I belong to a club who has its own sponsors, who help me as well.

20.- Do you travel a lot?

V: Yes, if you get a high ranking, you travel almost every weekend.

B: Yes, we travel a lot, I visited Galicia, Spain and Portugal.

A: Yes, a few years ago I traveled to compete, nowadays I compete to travel. I love traveling and discovering new places, thanks to this sport I went to China, Chile, Argentina, Singapore, Hungary, Czech Republic, Slovakia, France, Italy and some more."