

ΆΘΛΗΜΑ

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This woman's effort made her fly

Simone Biles



THE TROPHY IS FROM AN AUSTRIAN

Emma McKeon defeats singapore at the Olympic games

OLYMPIC GAMES

RIO 2016



SIMONE BILES WON HER FOURTH GOLD MEDAL WITH HER EFFORT IN RIO, IN HER FAVOURITE EVENT: THE FLOOR EXERCISE. THE GRACEFUL AMERICAN WAS ACCOMPANIED ON THE PODIUM BY HER TEAM MATE AND GOOD FRIEND ALY RAISMAN. HER ROUTINE REPRESENTED THE PERFECT OPPORTUNITY TO DISPLAY HER TALENTS IN HER FAVOURITE EXERCISE. IN RIO, IT WAS ONLY APPROPRIATE THAT THERE SHOULD BE A SAMBA FEEL TO THE PERFORMANCE, AND SHE ADDED A PLAYFUL EDGE TO HER TYPICAL COMBINATION OF POWER AND AGILITY

SINCE THEIR FIRST EDITION IN SINGAPORE SIX YEARS AGO, THE YOG HAVE GIVEN PROMISING ATHLETES THE CHANCE TO GET AN EARLY TASTE OF OLYMPIC COMPETITION.

AT THE OLYMPIC GAMES LONDON 2012, 23 ATHLETES WHO COMPETED IN SINGAPORE BEAT A TOTAL OF 25 MEDALS

BUT THE STAR OF THE SHOW WAS AUSTRALIA'S SWIMMING SENSATION **EMMA MCKEON** WHO WON THE GOLD IN THE WOMEN'S 4X100M FREESTYLE RELAY. SHE ENDED UP AS THE MOST SUCCESSFUL YOG ALUMNA AT THE GAMES, WITH FOUR PODIUM FINISHES.



JAMAICAN SPEED

JAMAICAN
SPRINTERS - THE BEST IN THE WORLD

MASON POWEL EXPLAINS WHY JAMAICAN SPRINTERS ARE THE BEST IN THE WORLD

OUR SPORT REPORTER MEL HUNTER
FINDS THE
JAMAICAN RESULTS VERY SURPRISING
BECAUSE JAMAICAN IS A POOR NATION WITH A SMALL
POPULATION .

SHE HAS INTERVIEWED MASON
POWEL, THE COACH OF THE JAMAICAN
TEAM.
HERE'S WHAT WE LEARNED.



1. WHY DID RUNNING BECOME A NATIONAL SPORT IN JAMAICA?

BECAUSE IT WAS A SPORT PEOPLE COULD AFFORD

2 . WHICH ARE THE TWO REASONS OF JAMAICAN SUCCESS ?

ABOUT HER DIET AND HER STRONG PERSONALITY

3 . COMPARED TO JAMAICAN, EAST AFRICAN RUNNERS ARE
SUCCESSFUL IN DIFFERENT EVENTS

4. WHAT MAKES JAMAICAN AND EAST AFRICAN GOOD RUNNERS ?
THEIR "SPEED GENE"

5 . JAMAICAN ARE GOOD SPRINTERS DUE TO THEIR GENES AND
THE INFLUENCE OF THEIR ENVIRONMENT





YEVGUÉNIYA MEDVÉDEVA

An amazing Olympic skater

Medvédeva the real athlete

The other day we interviewed the golden winner Yevguéniya Medvédeva, who won the Golden in ice skating in 2018 on the winter olympics in Pionchang.

First we asked about how long she had been ice skating , she told us that she had been ice skaiting since she had been three years old , and then we asked her why she started in this sport. She said that her mother had been an ice skater , but she had injured at the age of fourteen years old , She wanted to be like her mother.

She confessed to us that although the trainings are as hard , like the trainigs before the Olympics Games , when she had been training every day , until she usually train five days at week with his coach Eteri Tutberidze in her special ice rink . Her effort been worht it , because when she had won the Golden she had felt the happiest person in the world.

Finally whe asked her what had they did with the medal , she answered that the medal was a gif for her mother to be proud of her. Medvédeva is a real athlete

WE INTERVIEW THE RUSSIAN SKATE WHO WON THE GOLD MEDAL IN PIEONCHANG, 2018



HOW LONG HAVE YOU BEEN ICE SKATING ?

I HAVE BEEN ICE SKATING SICE I WAS THREE YEARS OLD



WHY DID YOU START ?

BECAUSE MY MOTHER WAS A PROFESSIONAL SKATER BUT AT THE AGE OF FOURTEEN SHE WAS INJURED. AND I WANTED TO BE LIKE SHE AND SKATE.



WHERE DID YOU USUALLY SKATE?

I USUALLY SKATE IN A SPECIAL ICE RINK WITH MY COACH ETERI TUTBERIDZE



HOW OF TEN DO YOU TRAIN?

I TRAIN FIVE DAYS AT WEEK . BUT WHEN I WAS TRAINING FOR THE OLYMPIC GAMES , I USED TO TRAIN EVERY DAY



HOW DO YOU FEEL AFTER WINNING THE GOLD?

I DIDN'T BELIVE IT AT FIRST, BUT THEN I FELT THE HAPPIEST PERSON IN THE WORLD



WHAT DID YOU DO WITH THE MEDAL?

IT WAS GIVEN TO MY MOTHER SO SHE WOULD BE PROUD OF MY

THE SPANISH PROFESSIONAL BADMINTON PLAYER



Carolina Marín

We were so pleasantly surprised when Carolina Marín, the Spanish professional badminton player, at the age of 23 years old, won the Golden medal in the Olympic Games. She is the reigning Olympic Champion, three-time World Champion, four-time European Champion.

Carolina was born in 1993 in Huelva, Spain. In her earlier childhood, she was a keen Flamenco dancer. But at the age of eight, she started playing badminton at the IES La Orden in Huelva. She says she had to leave her hometown to travel all the way to Madrid for training at the National Centre. She had a bright future.

She became the first Spanish badminton player to win a silver medal first, at the European Junior Championships. In 2013, her rapid growth made her become the first Spanish badminton player to win a Grand Prix Gold title after winning the London Grand Prix Gold.

In August, she represented her country at the Rio Olympics. She arrived at Rio as the number one seed and won a gold medal by beating India's P. V. Sindhu in the women's singles final. She made history by becoming the first non-Asian to win the Olympic badminton women's singles gold medal.

Nowadays Marín started the 2020 season at the Southeast Asian tour in a positive note; reaching the semi-finals of Malaysia Masters where she lost to Chen Yufei and she is an influential woman for all the girls who want to shine in sports.

Date and place of birth: 15/06/93
Age: 27
Sport: badminton
Name: Carolina María Marín Martín
As a child: was a keen flamenco dancer
As a teenager: She moved to the Joaquín Blume Residence in Madrid
When she starts to practise sport: at the age of 8
When she starts to compete: at the age of 14
Year of the Olympic Games: 2016
Medals: gold in Olympic Games two golds and bronze in European championships two golds in globals silver in a junior champion
Nowadays: 2020 season at the Southeast Asian tour