

# SPORTS WEEK

## GRAZYNA ROMAN

### INTERVIEW WITH THE FAMOUS HANDBALL CHAMPION



GRAZYNA ROMAN



Civitella primary school multi-class IV/V with Grazyna Roman

#### ERASMUS+ PROJECT "I AM MY LIFE HERO": Civitella del Tronto primary school students meet Grazyna Roman



The students of the multi-class IV / V of the primary school of Civitella del Tronto, positively engaged in the activities planned for the Sports Hero Week, organized week at the I.C. Civitella-Torricella within the European project Erasmus + "I AM MY LIFE HERO", met and interviewed the former handball champion the Polish Grazyna Roman.



During the interview

## THE INTERVIEW

by Cesaroni Asia, Durante Lucrezia and Isopi Edoardo

#### What's your name?

My name is Grazyna and my surname is Roman.

#### Where are you from?

I am from Poland, but I live in Teramo.

#### How long have you been in Italy?

I have been living in Italy for 30 years.

#### Why did you come to Italy?

I was contacted to come and play as a foreign handball player.

#### How many years have you been practicing handball?

Now I'm not playing handball anymore, but I had been playing for 30 years, from 10 to 40.

#### How did you get passionate about this sport?

Because my friends talked to me about it.

#### For what reason did you choose to practice handball?

I liked the fact that it was a team game.

#### How did you feel at your first match?

I felt a strong emotion.

#### And in each match, did you feel like you were the first time?

Yes, every time I felt like it was the first one, but stronger and stronger.

#### And now, do you consider yourself a champion?

Not really a champion, but I feel very strong and very sure of myself.

#### Have you ever discouraged when you had a defeat?

No, I have never been discouraged! Indeed, I have always been more motivated to overcome defeats and obstacles.

#### How many trophies did you win?

I have won many competitions and trophies.

#### What sports did you practice?

I played basketball, ice skating and volleyball.

#### What do you do now?

I am a handball coach and a PE teacher.

#### Which team are you the coach?

I teach in the youth sector in Teramo and my team is called H. F. Francesco Torelli.

#### Who and how was handball invented?

It is said that handball was invented by some prisoners who, in order not to get bored, began to play with a ball built by crumpling up a newspaper.

#### How to play handball?

Two teams of seven players (six field players plus one goalkeeper) take the field and attempt to score points by putting the game ball into the opposing team's goal. In handling the ball, players are subject to the following restrictions:

- you can't take more than three steps with the ball in your hand;
- both to pass and to pull only one hand is used;
- it is better to dribble before making a pass, but if the companion is near you can also avoid it;
- if you are right-handed the left leg must stay forward and vice versa.

#### What do you think sport is for?

I think sport helps to better face life, to be more sociable and, therefore, to feel better with others.

