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**HIGH  
PERFORMANCE  
SPORT PEOPLE  
IN  
DIFFERENT  
SPORTS**

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# **INTRODUCTION**

- **My project is about remarkable people from Spain and Valladolid that practise a sport at a high performance level BUT I´m not going to talk about the most followed sports.**
  
  - **These people train a lot of hours to win an award and break a record in their sports and categories. Some of them went to the Olympic Games.**
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# SWIMMING

**In a 25m or 50m long swimming pool the swimmers perform one of four styles: butterfly, backstroke, breaststroke and crawl.**



**Swimming can be individually or in relays that are groups of four either in girls or boys.**

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# SPANISH SWIMMERS



**Mireia Belmonte:** she is a very good swimmer. At the 2006 Fina Youth World Championship, she was the Junior World Champion in 400m freestyle and 400m individual medley, and the Junior European Champion in 200m freestyle and 400m individual medley. From there she continues winning other important awards like in The Olympic Games of 2012 she won two silver medals: one in 200m butterfly and another in 800m freestly. She became the first Spanish swimmer to win two Olympic meedals.

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# OTHER IMPORTANT SWIMMERS IN SPAIN

## BOYS

- **Miguel Durán:** he has the national record of 200 and 400 crawl.
- Miguel Durán is now one of the most powerful swimmers from Spain.
- He is classified for the World Championship of Kazán at the same time As Mireia Belmonte and Melani costa.



## GIRLS

- **Melani Costa:** she has won a medal in the World competition of 400m crawl.



She competed in the 2008 Summer Olympics, and the 2012 Summer Olympics in the women's 400 metre freestyle, finishing 9th in the heats, failing to qualify for the final. She also competed in the women's 200 metre freestyle, finishing 9th in semifinal, failing to qualify for the final. She won six medals in FINA World Swimming Championships (25 m), including a gold medal. She is also silver medalist in the FINA World Aquatics Championships.

# SWIMMING IN VALLADOLID

- In Valladolid we can find a lot of swimming teams.
- Some important swimmers from Valladolid over the years are:

- **GLORIA CASADO**

She was a great swimmer from Valladolid. She went to the Olympic Games of Pekin in 1979. She didn't win but she is happy because she could go to the Olympic Games. Now she is continuing in the world of the swimming but as teacher of swimming.

- **MARCOS RIVERA MIRANDA**

He is a Spanish swimmer, born in Palma de Mallorca (Balears) but trained in Valladolid. He broke the records in 400m, 800m and 1500m crawl in a swimming pool of 50m. He was selected for the National team of Spain to the Olympic Games of Atenas in 2004 and for the Olympic Games of Pekin in 2008. He is considered one of the best swimmers of the Spanish history.



# SYNCHRONIZED SWIMMING

- This sport is a mixture of swimming, dance and gymnastics. It can be practised in solos, duets, tríos, combos or teams. The solos are not used in the Olympic Games. It is not a common sport and it is very hard. You require a lot of strength, rythm, coordination and domination of the water. It is usually practised by girls.



# SYNCHRONIZED SWIMMING IN SPAIN

## IN SPAIN

There are 14 professional swimmers in Spain. Some of them are:

- **Ona Carbonell**: she has 30 awards.
- **Gemma Mengual**: she has 40 international awards.
  - 2003 World Aquatics Championships** - Bronze at Solo and Duet
  - 2005 World Aquatics Championships** - Bronze at Solo and Team; Silver at Duet
  - 2006 European Aquatics Championships** - Silver at Solo and Duet Free Routine
  - Synchronized Swimming at the 2007 World Aquatics Championships** - Silver at the Solo Technical Routine and bronze at the Solo Free Routine
  - 2008 European Aquatics Championships** - Golds in all events.
  - 2008 Summer Olympics** - Silver in Duet and Team.





# SYNCHRONIZED SWIMMING IN VALLADOLID

## IN VALLADOLID

- There are a team in Valladolid of synchronized swimming called Fabio-Nelli.
- An important swimmer of this sport from Valladolid is Laura López. She went to the Olympic Games of 2008 and won in a combo. Now she trains the childrens in Fabio-Nelli team.
- Here in our high school we have a girl that practises this sport. She is one of the best of the team . She trains three hours per day from Monday to Saturday to become a professional swimmer. She is the 14 in figures of 300 girls.



# RYTHMIC GYMNASTICS

**It is a sport that is practised in individuals or teams of 5. They handle one or two pieces of apparatus: clubs, hoop, ball, ribbon, rope and freehand (no apparatus). It combines elements of ballet, gymnastics, dance and apparatus manipulation. It is a sport more common than synchronized swimming and it is usually practised by girls as well.**



# RYTHMIC GYMNASTICS IN SPAIN

## ■ IN SPAIN

- **Bito Fuster or Teresa Fuster** a winner of the world in a team of 5 in 1991.
- **She is not practise this sport now but she was a great player.**
  
- **Carolina Rodríguez:** an olympic player from Leon-club Ritmo



**She is one of the players of the Spanish team in this Olympic Games.**

# RYTHMIC GYMNASTICS IN VALLADOLID

## IN VALLADOLID

**Ana Cañedo**: she was a great player of this sport she won a silver medal in a National Championship.

**Virginia Manzanera**: is a player of this sport. She participated in the World Competition of 1985 that took place in our city Valladolid. For this reason a big sport centre was built. Unfortunately she didn't win.



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# GYMNASTICS

It is a sport involving the performance of exercises requiring strength and balance.

**WOMEN'S EVENTS:** vault, uneven bars, balance beam and floor exercise

**MAN'S EVENTS:** floor exercise, pommel horse, still rings, vault, parallel bars and the high bar.



Disciplines include: rhythmic gymnastics, trampolining, tumbling and aerobic gymnastics.

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# GYMNASTICS IN SPAIN

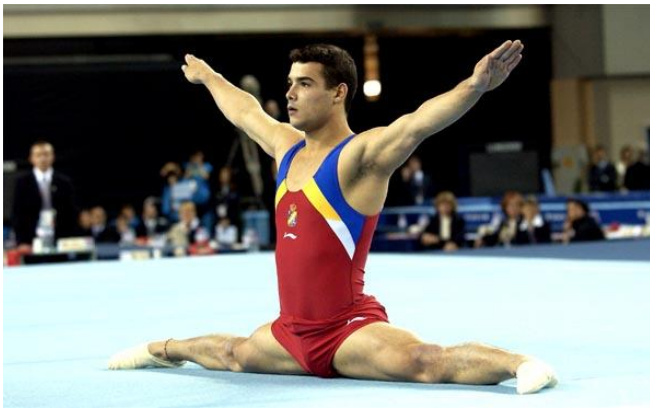
## ■ IN SPAIN

- **Elena Gómez: floor exercise (rhythmic gymnastics)**



**Most part of their awards were in European Championship but some were of World Championship.**

- **Gervasio Deferr: floor exercise (rhythmic gymnastics)**



**He has won a lot of medals in the Olympic Games**

# GYMNASTICS IN VALLADOLID

- **IN VALLADOLID**
- In Valladolid there are not a lot of people that practise this sport. There are two teams.
- I'm going to talk about only the Club of gymnastics Valladolid.  
They train in the Pisuerga sport centre and they go to different competitions at a local, regional, national and international levels.



Here we can see a photo of the different events of this sport.

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# REFERENCES

- **Wikipedia the free encyclopedia.**
  - **From people that practise in Valladolid.**
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