

# THE PROJECT ON THE THEME: "MY SPORTS IDOL.»

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# INTRODUCTION

- Purpose: to tell the biography of my sports idol;
- to interest others in a sport in which my sports idol achieved achievements;



# ALIYA MUSTAFINA



- Aliya Mustafina-Russian athlete, Olympic champion in gymnastics. Aliya has also won several competitions in the world and European Championships. In 2012, Mustafina, who was barely 18 years old, was named the best athlete of the year in the Russian Federation. Aliya was born in the Moscow region in the family of a former professional athlete Farhat Mustafin and physics teacher Elena Kuznetsova. Nationality the girl's father is Tatar, so she obtained the unusual Russian name and surname.
- In 2012, the gymnast graduated from secondary school, and a year later entered the University of physical culture. Aliya thought that she would be able to combine studies and performances at the highest level, and wants to get a diploma of higher education by the end of her sports career. Although, as recognized by Aliya, today girl is not a role of a coach and, most likely, will prefer some kind of activity



- in 2010, Aliya was already included in the Russian team. Moreover, because of the girl's talent, the coaches considered it possible to complicate the program in the vault and learned the most difficult element of "2.5 Yurchenko screws" with the young gymnast. And Aliya Mustafina did not disappoint: the gymnast won the gold medal of the all-around and went to the final of all individual competitions
- Later, the gymnast suffered a complex injury: the finals when performing vault girl landed badly. There was a rupture of cruciate ligaments of the left knee, but that performance was so successful that Aliya for a long time was in the lead on points and did not become the prize-winner only because she could not continue performances and withdrew from the competition. Experts were sure that Mustafina won't return to professional sports any more. The brave girl said that she did not feel any fear, and returned to the gym in record time.



# REWARDS

- 2010-five medals at the world championship in Rotterdam: two gold medals in the team performance and all-around, three silver medals in the vault, performance on the bars and free performances
- 2010 – three medals at the European championship in Birmingham: gold for team performance and two silver – for her performance on the uneven bars and balance beam
- 2012-four medals at the Olympic games in London: gold for the performance on bars, silver – for team performance and two bronze-in all-around and free speech
- 2012-silver medal at the European championship in Brussels for team performance
- 2013-three medals at the world championship in Antwerp: gold for performance on a log, two bronze-for performance on bars and all-around
- 2013-two gold medals at the European championship in Moscow: for all-around and performance on bars



- 2014 - three bronze medals at the world championship in Nanning: for team and free performance and performance on a log
- 2014-three medals at the European Championships in Sofia: silver for the performance on the bars and two bronze-for the team performance and performance on the beam
- 2016-three medals at the European championship in Bern: two gold medals for team performance and performance on a log, bronze medals for performance on bars
- 2016-three medals at the Olympic games in Rio de Janeiro: gold for the performance on the bars, silver-for the team performance and bronze-in the all-around



# ALIYA MUSTAFINA NOW

- Already in August 2017, Aliya Mustafina said that she intends to resume her sports biography and return to professional competitions. This statement caused a skeptical reaction of colleagues, because the child gymnasts at that time was a couple of months. But Aliya shared detailed plans for later life. Mustafina plans to go to the training camp and restore the form (the weight of the athlete before the birth was 51 kg with a height of 162 cm), and together with Aliya will come the daughter and mother of the gymnast, who will follow Alice. However, fans are worried as if the tough training schedules of athletes did not lead to a quick divorce..





# CONCLUSION

- **Conclusion: so, I was able to tell about my sports idol and about the sport in which this athlete proved himself**

