

My idol.

I  **SPORT**



* The work was carried out by a student of the 1st year of PGAFKSiT group 71107 Nikonova Ksenia.

Plan:

1. Biography.
2. Sports career.
3. *Film.*

Yulia Efimova



* Yulia Andreevna Efimova (born April 3, 1992, Grozny) is a Russian swimmer, three times winner of the Olympic Games 2012 and 2016, five-time world champion, three-time European champion, Honored Master of Sports. Efimova's victory at the distance of 50 meters breaststroke in Rome in 2009 was the first victory in the pool for Russian women's swimming at the world championships. At the competition is Yakutia.

Biography.



- * Julia Efimova was born in Grozny. In 1994, because of the First Chechen War, she and her family had to move to Volgodonsk, where Julia, at the age of six, began training at the Children's Sports School No. 2 under the guidance of her father, Andrei Mikhailovich Efimov . He decided to write Julia officially in the section for classes, because his daughter and so there spent a lot of time - there was no one to leave her at home . In the mornings they made a sporty walk. The coach tried to diversify the sporting regime so that the child did not lose interest in studies. When Julia became a master of sports, her father decided that she needed to train from another coach.



In 2005, Efimova moved to Taganrog, where she trained with the honored coach of Russia Irina Vyatchanina.

Father provided moral support when training was difficult, and Julia Efimova wanted to quit everything and return home. He persuaded to suffer, and to continue to do .

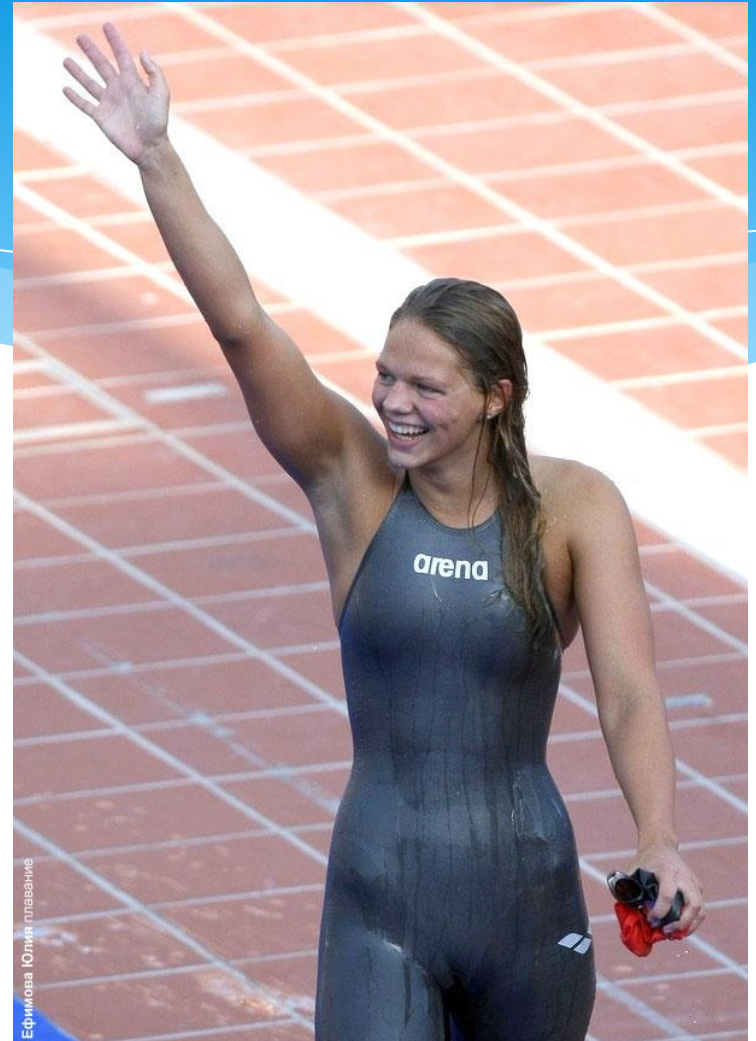
From March 2011 to 2016, the athlete lived in California and trained with David Salo . After the Olympics in Rio de Janeiro, because of the doping scandal, Yefimova had to part with Salo. Now he is training again under the guidance of his father.

Sports career.



- * Three-time European champion in 2007 in swimming on short water (50, 100 and 200 meters breaststroke), champion (200 meters breaststroke) and silver medalist (50 meters) of the 2008 European Championships. Was a record holder of Europe and European championships at a distance of 100 meters breaststroke.





- * At present (July 2017) owns all the records of Russia in the brave disciplines.

Film.

* <https://youtu.be/gmjV3GDOnyA>