

# Ajla Del Ponte

- 100, 200m & 4x100m
- Personal bests:
  - 11.08
  - 23.02
- European Leader 2020 & Athlete of the Month, August

- History and Italian student



# TEAM



Coach



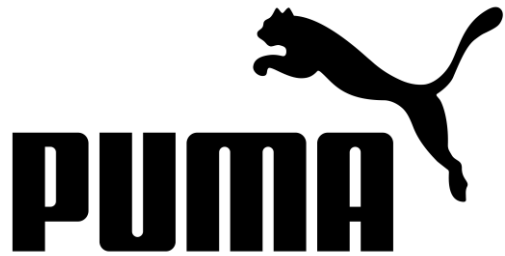
Federation  
Sponsors  
Club

Athlete

Mental  
coach

Medical  
team

= Actors for performance



# Actors for performance

## Means - assets



Dream  
team



Common  
project,  
common goals



Different  
points of  
view

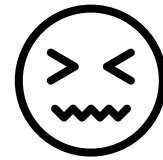


Diversification

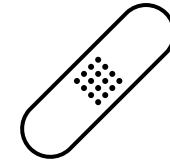


Support

## Cause of pressure



Anxiety



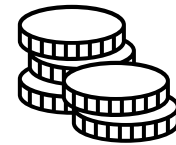
Injuries



Competitions



University



Finances

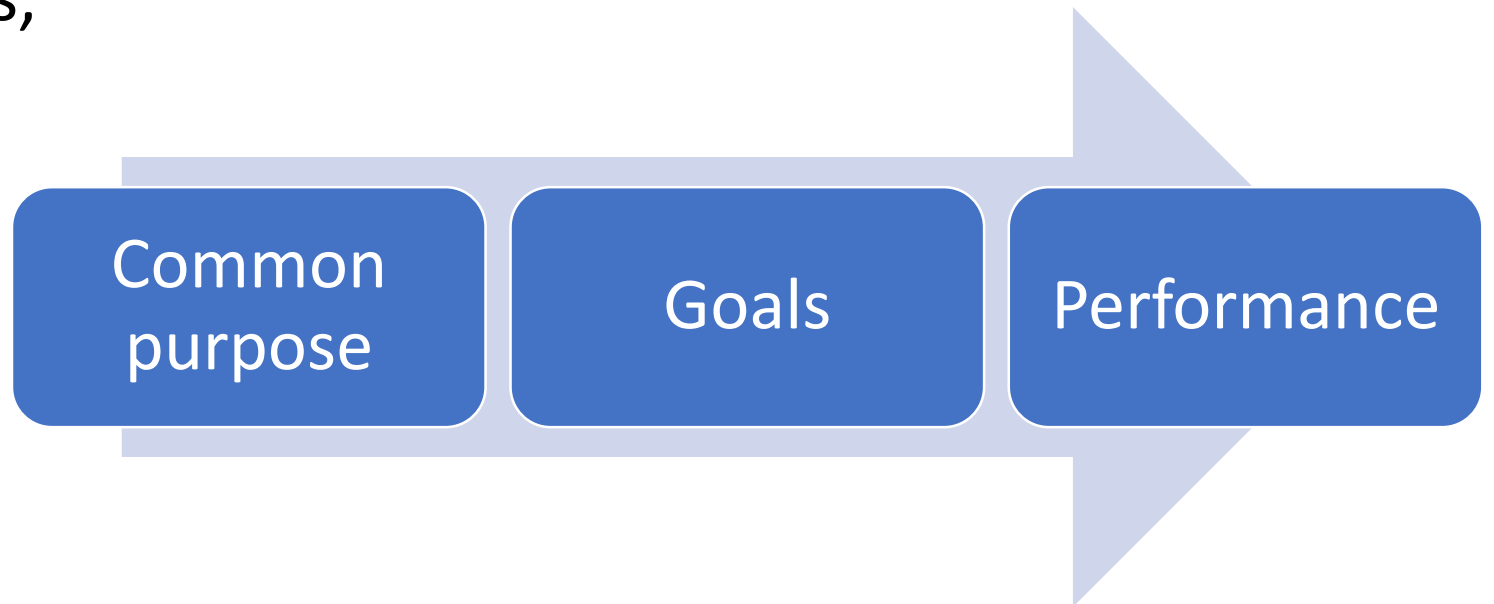
# What does the federation expect from me?

- Performance, but also
- Media
- Fan activity
- Sponsor activities



# What do I expect from my federation?

- Support
- Positive environment
- «Where energy flows,  
energy goes»



# Thank for your attention!

