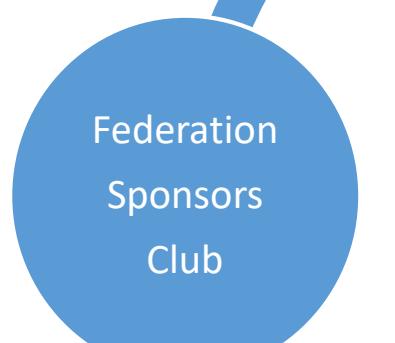


Ajla Del Ponte

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



TEAM



= Actors for performance

Actors for performance

Means - assets



Dream team



Common project,
common goals



Different
points of
view



Diversification

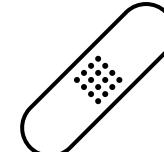


Support

Cause of pressure



Anxiety



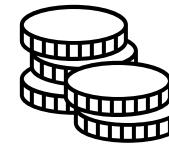
Injuries



Competitions



University



Finances

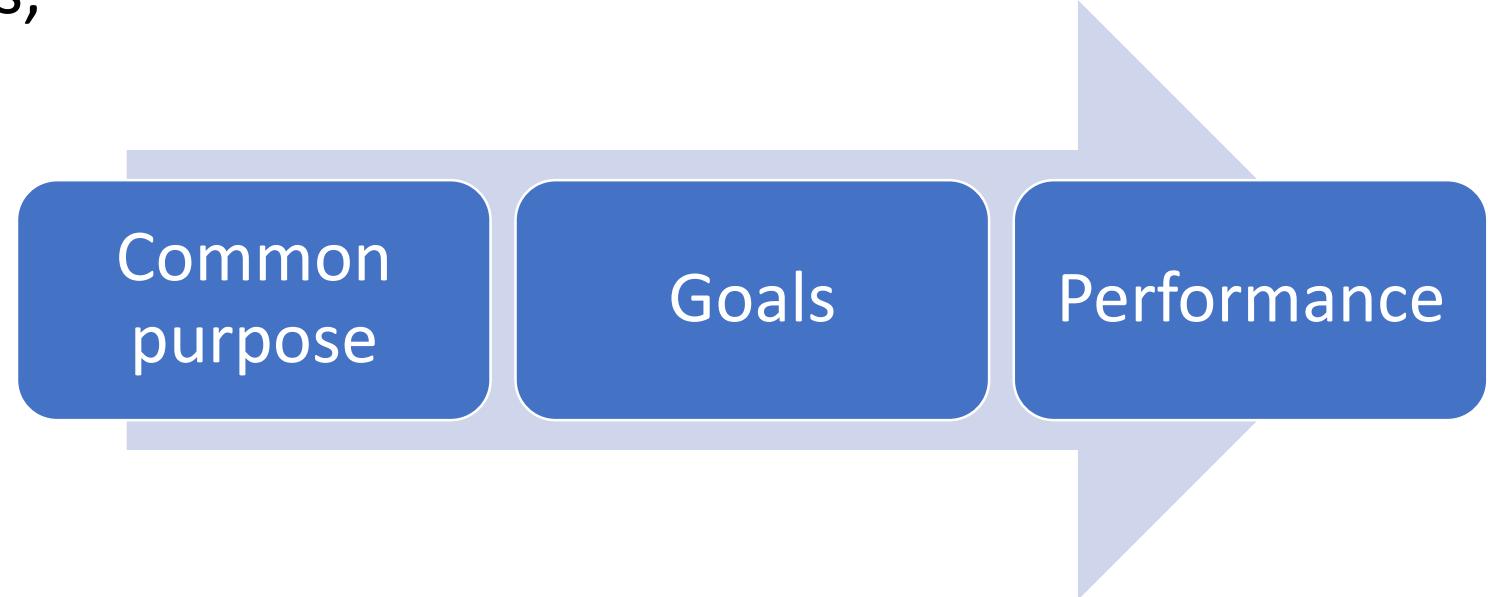
What does the federation expect from me?

- 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!

