



Поволжская
государственная академия
физической культуры,
спорта и туризма

FEDERAL STATE BUDGET EDUCATIONAL INSTITUTION
HIGHER EDUCATION
"VOLGA REGION STATE ACADEMY OF PHYSICAL CULTURE, SPORTS AND TOURISM"

My idol is an athlete

Performed:
Mukhametzyanova Diana

Kazan - 2017



Поволжская
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Alina Kabaeva

Date of birth: 12 May 1983

Country: Russia

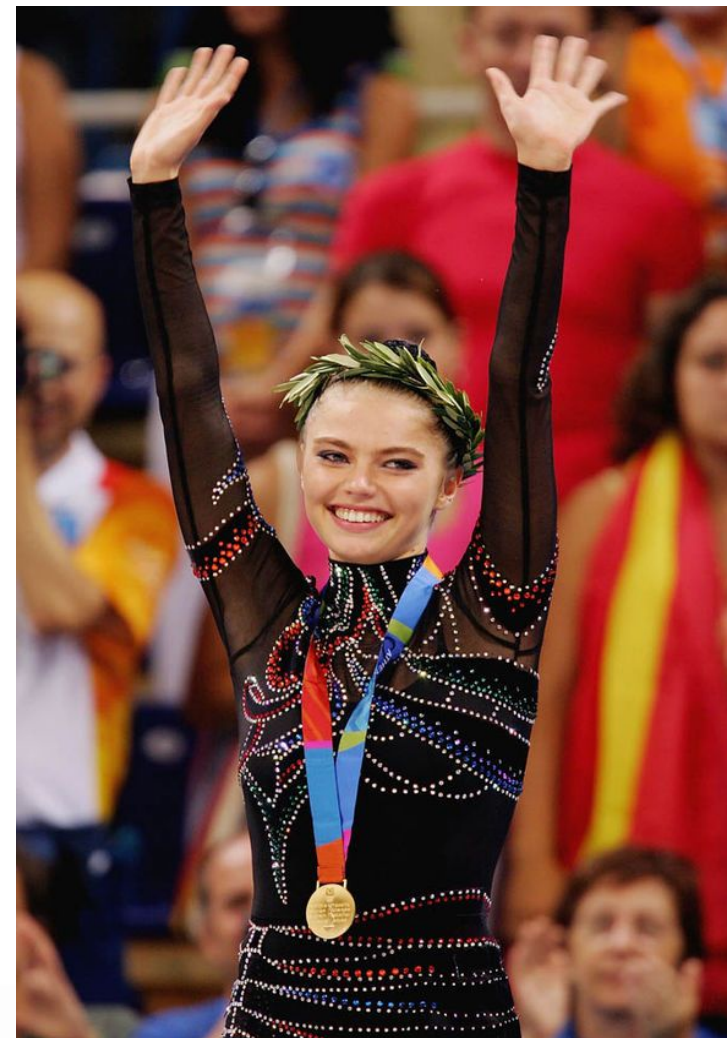
Awards: Olympic champion in 2004 in individual all-around and bronze medalist of the 2000 Olympic Games in individual all-around;

Two-time absolute champion of the world (1999 and 2003);

Five-time absolute champion of Europe (1998-2000, 2002, 2004);

Six-time absolute champion of Russia (1999-2001, 2004, 2006-2007);

Honored Master of Sports of Russia.





Childhood

Alina began to engage in artistic gymnastics in 3,5 years, the first steps were made in the sports community "Labor Reserves". Alina Kabaeva's mother wanted her daughter to be seriously engaged in figure skating or rhythmic gymnastics. There were no strong schools of figure skating in hot Uzbekistan, so the choice fell on artistic gymnastics. The first trainers of Alina were A. Malkin and E. Tarasova.





Sports career

Since 1995, Alina trains in Moscow with Irina Wiener. He plays for the Russian national team since 1996. Two years after the start of the performance for the Russian team, at the age of 15, won the European Championships (1998), and later became the absolute champion of Europe four more times. In 1999 she won the World Championship. Alina's favorite exercises are with ribbon and maces. In 2001, the use of furosemide was caught by the leaders of the world rhythmic gymnastics of Russian Alina Kabaeva and Irina Chashchina, as a result of which both were disqualified for two years. Athletes are deprived of all the awards of the Goodwill Games and the 2001 World Cup.





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Alina Kabaeva and Irina Viner, 2004

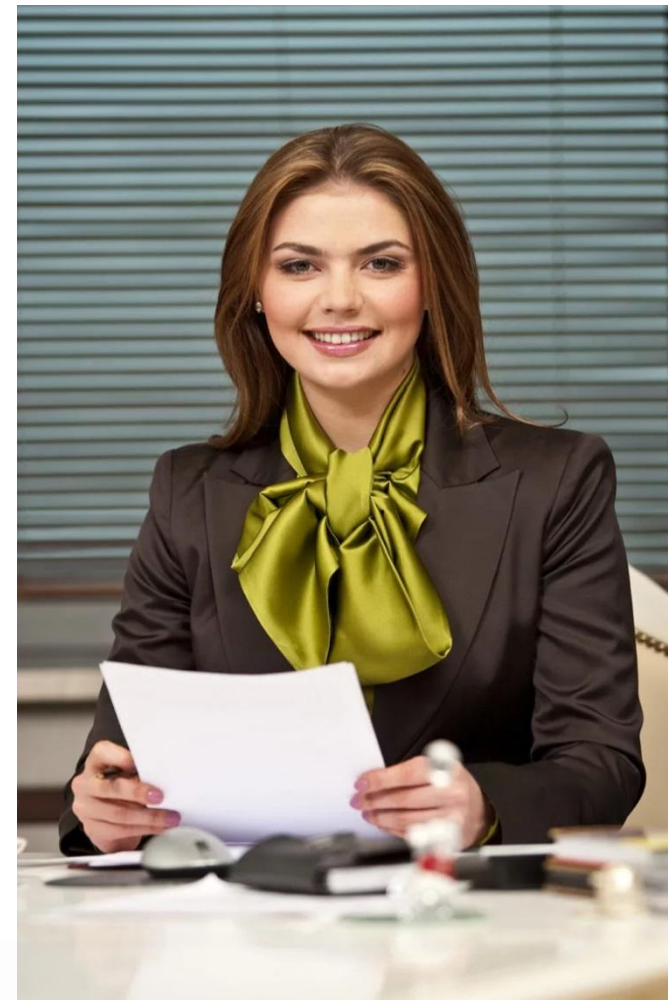


Alina Kabaeva at the Olympics in Sydney



Social activity

At the age from 18 to 22 years - from December 2001 to October 2005 was a member of the Supreme Council of the party "United Russia". From October 2005 to September 2007, she was a member of the Public Chamber of the Russian Federation. Within the framework of the Commission of the Public Chamber on the development of charity, charity and volunteering, the problem of insurance of athletes. In 2007 she became a deputy of the State Duma of the V convocation. Elected by the federal list of the party "United Russia", is attributed to the constituency in Nizhnekamsk. She was deputy chairman of the Duma Committee on Youth Affairs.





In my opinion, Alina Kabayeva and Irina Viner made a great contribution to the development and modernization of world rhythmic gymnastics. They made a coup not only in rhythmic gymnastics, but also in sports in general. Their tandem is still being discussed in the world of rhythmic gymnastics. Alina Kabaeva became the ambassador of the World Championship in 2017 in rhythmic gymnastics in the Italian city of Pesero. The ambassador of the World Championship in rhythmic gymnastics was the first to get out, and Alina Kabaeva was invited to this role for her contribution to this sport.





Charity Fund of Alina Kabaeva

The Alina Kabaeva Charity Fund was founded in 2008. The Foundation provides assistance to needy families with disabilities and children with disabilities, carries out programs to protect maternity and childhood, and supports mass sports and physical education.

