

- Sport is important part of our life.
- Sport makes us healthy and teaches us to be strong and industrious.
- I really like to do sports.
- There are many popular kind of sports, such as football, basketball, hockey and others.
- My favorite kind of sport is weightlifting.
- Weightlifting is popular kind of sports in many countries.

There are many famous sportsman in Russia, such as Andrey Demanov, Artem Okulov, Tima Turieva, Oxana Slivenko and others.

Russian weightlifters became many times champions of the World, Europe and the Olympic Games.





My favorite sportsman is Oxana Slivenko.

She was born on December 20, 1986 in Chekhov.

She began to go on weightlifting when she was 9.



She won six gold medals of the Europe Championship:

- -in 2007, Strasburg
- -in 2009, Bukharest
- -in 2010, Minsk
- -in 2011, Kazan
- -in 2012, Antaliy
- -in 2013, Tirana





She won three gold and one silver medals of the World Championship:

- -in 2006, Santo-Domingo
- -in 2007, Tailand
- -in 2009, Koyan (silver medal)
- -in 2011, Paris

And She won the XXVII Summer Universiade in 2013, in Kazan.



In 2008 she became the silver medalist of the Olympic Games in Beijing. But after the disqualificatio of the Chinese athlete, Oxana Slivenko became the first Olympic Champion in Russia, 9 years later.

Now she is waiting for a

gold medal.



Oxana has the title of "Honored Master of Sports of Russia"

She was awarded the medal of the order "For Services to the Fatherland".





At Slivenko, I am learning to take the most out of the current moment and make the most of my skills.







THANKS FOR ATTENTION!