

Interviewing our classmates about sports.

7th Junior High School of Rhodes
11/02/2016

Our questionnaire :

- What sport do you practise?
- Since when?
- Why did you choose it?
- How many hours a week do you train?
- How do you imagine your future on this, what are your purposes?
- How do you feel?
- Can you tell us a pleasant event from your experience in practicing this sport?

Amplianiti Mary: Track events



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I took to track events almost five years ago after my PE teacher at school noticed my good performance at certain athletic events. Track events give you the opportunity to choose from a wide range of sports the one that suits your style and skills. So I go to the local sports center three times a week and my training lasts for an hour and a half every time. I do not intend to become a professional athlete but for me training is a form of entertainment that keeps me in good physical condition and an interesting pastime in my spare time. Although I get exhausted I like this sense of competitiveness and the team spirit at the same time. I will never forget the sweet taste of victory when I got the second place in a race and all my friends rushed in the field to congratulate me and practically knocked me down so I had to limp to get the silver medal!

Bournellis Nick: Football player



Bournellis Nick: Football Player

- I took up football seven years ago at the age of six. I have training four times a week. I can't make a prediction about the future but I would definitely like to become of Olympiakos football team. It is my favorite sport and I have the time of my life every time I play. I will never forget taking part in a tournament in Holland as a member of PAOK FC playing against Feyedor , Malme , Hannover! It was awesome!

Chartofillis Raphael: Football player



Chartofillis Raphael Michael: Football player.

I started doing track and field sports 7 years ago till the age of 11 but since then I've started playing football. I like football because it is a team sport and requires not only good physical condition but also concentration. I train myself for 8 hours a week for Digenis football team and every Sunday we have matches for the youngster's tournament . My ambition is to become a professional football player but also a coach as well in order to help all the kids who want to make their dreams come true. I'm filled with joy when I put on my trainees and run to the football field ready to make action. I thank God and my family and I move on. I will never forget that Sunday morning right before a football match when ur coach distributed our uniforms and I got the sweatshirt with the number 2 and was about to play for the first time as a member of the basic team! It was at this point that I realized that it takes hard work and true love to do the things you really like.

Emmanouilidi Giota: Sprinter



Emmanuel Ojola: SPRINTER

I'm engaged in track events. My sister used to be an athlete herself. It was her love towards sports that made me take up track four years ago and I have grown to love it as well. I try hard to take part in as many races as I can and improve my personal record. I have become a better person myself as running has helped me built up not only my stamina but also my self-confidence, my determination my self-discipline and persistence. I've had so many thrilling experiences to remember thanks to my participation to local sports events. I will never forget the 300-metre race I ran during a high school track tournament. I had trained really hard for this event. I believed in myself and so did my coach and my friends who encouraged me to do my best and not give up. I tried not to let them down even though I knew there would be other well trained sprinters as well. During the race there was a moment when I felt exhausted and ready to give up but it was my coach and my friends' cheers that gave me strength to keep on and reach the finishing line. I got the third place and I was over the moon about my success!

Foukaras Theodore: Football player



Foukaras Theodore: Football player

I chose football among other sports because I have a good time every time I play. I took it up at the age of nine. I train for six hours every week and my ambition is to become a professional football player. I really like the competitive spirit, the sense of satisfaction when you do well the respect towards your opponent. As a goalkeeper I feel good when I do my duty and become the hero of the match. The thing I like most is that my fellow players trust me !

Nikolaou Anargyros : Fencing

My favorite sport is fencing. I love it because it isn't as violent as some other sports. For example, before you start you have to make a certain gesture to your opponent showing that he is your friend and that you do not wish to harm him in any way. I remember playing with a girl once and I was so close to win and go the final after a very good hit and I was really proud of myself when I saw a picture of me on Face book.

Plastrougi Doukissa



Plastrouggi Doukissa: Ballet Dancer

I have always loved dance and ever since I can remember myself I enjoyed moving my body rhythmically and making certain facial expressions depending on the music I heard. It was at that time that my mum decided I should take up dancing and so I started dance lessons nine years ago.

I practice six hours a week and I try to become better and better day after day. My ambition is to study dance abroad so I need to take all the necessary tests here in Greece in order to be qualified to study elsewhere. I would love to be able to visit other countries and watch world famous ballet performances but my wildest dream is to be accepted at the Royal Academy of dance in England. Dance for is a wonderful way of life and not a daily routine as it helps me express myself and unlock my deepest feelings through it. I am proud of the teachers I have had. I keep remembering my first performance at the age of six as it is my starting point and since then I'm happy to see that I have improved my dance skills to a great extent.

Tsakiri Georgia: Judo



Tsakiri Georgia : Judoca.

I started doing Judo, when I went to the first grade of Primary School, because I liked the sport. I have grown to like it even more since then because I understood that its principles are based on respect and kindness even though it is a kind of martial arts. Judo has boosted my self-esteem, my self-control and courage. I train three to four times a week for almost 10 hours. I have made lots of new friends who share the same love for this sport. Judo involves following certain techniques to defend yourself and attaché following the rules but it also helps you become more disciplined, confident with a competitive spirit. I do not intend to become a professional athlete but I simply wish to practice because I have a good time.

Tsopanoglou Irene



Tsopanoglou Irene: Classical, modern, hip hop, jazz dance

- I have had dance lessons since the age of four. I liked it a lot from the very beginning and I still do, as it keeps my body in excellent shape and it requires a lot of discipline. I practice six hours weekly on different kinds of dance ranging from classical, modern, hip hop and jazz . For the time being it is my favorite pastime, I relax and enjoy myself this way but I haven't actually thought about becoming a professional dancer. The truth is that it gives me a sense of well being and I'm happy to do it. I like it when people clap their hands after each choreography or when all the dancers hug each other after the end of a good performance. Then I realize that all this has not been a waste of time but it's really worth it!

- **Thanks for
watching!**