



KA2 Strategic Partnership
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Slow down, Move your body, Improve your diet,
Learn for life, and Enjoy school time

S.M.I.L.E.

I.I.S. P. SRAFFA Crema



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THE ITALIAN CHAMPIONS

WE WROTE TO:

- *Antonino Amato - Table tennis player*
- *Luca Cacopardo - Runner*
- *Carola Casale - Karate player*
- *Alessandro Fornasari – Sailor*
- *Stefano Mei - Runner*
- *Benedetta Migliorati – Gymnast*
- *Oreste Perri – Rower*
- *Roberto Rota - Biker*
- *Daniele Signore – Rower*
- *Silvano Usini – Boxer*
- *Giulia Verona – Swimmer*
- *Marco Villa – Cyclist*
- *Mattia Visconti - Bowl player*
- *Marco Zani - Badminton player*

- *Don't lose any opportunity that crosses your path. This is a personal piece of advice I wish to give you.*

Roberto Rota

- *The sense of freedom I feel among the waves while challenging the wind is priceless.*

Alessandro Fornasari

- *Sport is helping me to grow up, and above all tennis table that is an individual sport is helping me to reinforce my self-esteem and to learn to respect my opponents.*

Antonino Amato

- *When I was an athlete at competitive level the benefits derived from sport were both physical and psychological (I never tried drinking, smoking ... I never had the desire or curiosity of taking drugs).*

Stefano Mei

- *Drugs ruin everything – to me they are like rubbish.*

Silvano Usini

- *Practising swimming I've learnt to face difficulties.*

Giulia Verona

- *When I was a child I was very thin and weak; now I have a good musculature.*

Antonino Amato

- *My self-esteem has definitely improved thanks to sport as I have learnt that with sacrifice and determination you can have prestigious results without being second to anyone.*

Daniele Signore

- *I'm not worried at all about sacrificing my childhood and adolescence to this sport because I've been rewarded.*

Benedetta Migliorati

- *Only thanks to hard work and sacrifice from the very first step you can reach the self-confidence you need to be able to aspire to success.*

Marco Villa

- *Every time I win I feel good and I feel proud of myself, whereas my 'lost' battles have made me grow up.*

Carola Casale

- *At a high level the athlete is like a race car, it is more powerful but also more fragile in those mechanisms which allow him/her to achieve a superior performance. Therefore he must be "handled" with great care, in all his parts .*

Oreste Perri

- *I'm happy to be a champion, but above all to be a humble boy.*

Mattia Visconti

- *I've improved coordination, balance and strangely aim but only in Badminton, concentration, responsiveness and also speed.*

Marco Zani

- *With individual sports you get to know yourself better because everything is based on improving yourself.*

Luca Cacopardo

- *If you cannot be always a winner, a good sport practice will teach you to do your best, ever. With regard to this, I would like to recall a thought by Martin Luther King:*

*If you cannot be a pine on the mountain ,
be a broom in the valley ,
but be the best small broom
on the stream bank.*

*If you cannot be a tree ,
Be a bush .*

*If you cannot be a highway
be a trail .*

*If you cannot be the sun ,
be a star .*

*Be always the best
of who you are .*

*Try to discover the design
that you are called to be ,
then make every effort to realise it in life .*

Oreste Perri