

# Alina kabaeva essay



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Start out simple, how many people can touch their hands to their toes? What about their heads to their feet while bending back? Jumping rope for five minutes non-stop? Easy peasy right? Time to get a little more complicated, how many people can touch their heads to their bums? What about sitting off two chairs in oversplits? Training for a consecutive five hours a day? Which by the way adds up to 36 hours a week, since the age of four? How many people can handle it? Kabaeva, a hero? How? Why? She is just another girl that won the Olympics, big deal, right?

Wrong, she was striving for that one goal for 22 years just to become the gold medalist at the Olympics. It has been a tough journey for her. She has been accused of doping, in other words overdosing pills. However that did not stop her from becoming a champion. Alina Kabeva comes from a family of athletes. Her father was a professional football player, however here it is called soccer Alina and her family would often travel around Ubekastan and Russia for his games, and her mother was a basketball player.

Star on the rise, Alina Kabaeva was born in Taskent, Uzbekastan in 1987. She started rhythmic gymnastics at the age of four, and after that, non-stop exhausting training began for this little one. When she first started gymnastics, Kabaeva's coach did not like her one bit. At first many coaches did not like her because they thought that she was too " heavy" & " ugly" (http://www. lonympics. co. uk). Shortly after her and her family moved to Russia and once she began to train with her new coach Irina Veiner, that is when the star was on the rise.

Irina Veiner liked Kabaeva instantly, “ I could not believe my eyes, when I first saw her. “ The girl has the rare combination of two qualities crucial in Rhythmic Gymnastics – flexibility & agility. ” (Irina Viner, [www.lonympics.co.uk](http://www.lonympics.co.uk)). In 1998 Alina took the gold at the European title at the age of fifteen, her victory was very unexpected, it was almost ‘ out of the blue’. Afterwards, she was on a roll, the following year, she won the European Championships in Oksana, Japan, for the second consecutive time.

Alina is Russia’s most successful Rhythmic Gymnast and one of the most decorated gymnasts in the history of rhythmic gymnastics. However all her skills did not come naturally, it takes a long time, and very much effort to develop such talent. With barely any sleep, and non-stop movement, no wonder she only weighed 48kg which is 106 pounds, at the age of 20. Dopes, and accusation, at the 2001 Goodwill Games, Alina Kabaeva, along with her teammate Irina Tchachina got suspended from doping.

They had to give back all of the medals which they have won throughout competition, they were suspended for 30 days. How could people even tell that Alina doped? Well at the competition she seemed a little more ‘ energized’ than usual. Looks like there are always ways to tell when someone overdosed pills. They were forced to take a test, and the results showed positive. Kudos to her that she managed to get through that and make a remarkable comeback. She is the champion.

After her first all-around gold medal she was on a roll, her first time becoming champion was in 1998, which was in Portugal “ her victory considered by many to be completely “ out of the blue’”(http://www.

lonympics. co. uk). At the 2000 Sydney Games, Alina managed to take gold overall, however in her hoop routine, she has a major drop, her hoop rolled out of the carpet, and out of the red line and she had to run after it which gave her a total of 0.4 deduction. It was worth it, after all that tough training she gets the reward which she has been striving for her whole life, becoming the 2004 Olympic Champion.

Alina Kabaeva is a hero because she has won several titles. She has won many European and World Championships. She managed to get through all of the accusations such as overdosing pills. Most importantly, she got what she wanted for her whole life, to become champion at the Olympics. This proves that once there is a goal set, there is only one thing to do, reach it and exceed it and to always keep moving forward. This also shows that practice makes perfect. Thy is all.