

November 18, 2015

FINA "TARGETING RIO 2016 - SCHOLARSHIPS PROGRAMME" PARTICIPANTS' INTERVIEWS



Following the initial feedback gathered from the 'FINA Targeting Rio 2016 – Scholarships Programme' participants post-FINA World Championships in Kazan, FINA established contact again with the young athletes training at the Thanyapura Centre in Phuket (THA) and asked them a few questions about their experience and the benefit of their intensive immersion into the road to Rio 2016 preparation programme.

While the participants all recognise having dramatically improved since the beginning of the programme in May 2015, the young talents often share a dream- to one day reach the a-standard qualifying times and swim on the lanes of their favourite champions.

FINA interviewed all swimmers taking part in the programme and decided to share Nepal's Sofia Shah sincere and valuable insight about the "FINA Targeting Rio 2016 – Scholarships Programme":

"My progress over the last five months has been significant. I've consistently swam faster times at each event since Kazan and broken a number of national records. I also feel that I achieve greater fitness week after week. I have changed the food I eat to a healthier diet plan and I've never felt better in the water."

She added: *"The main difference between my current training routine in Thanyapura and my programme back at home is the actual opportunity to train throughout the all year. My training routine was very inconsistent in Nepal due to the lack of facilities, which lead to a limited training period of 6 months a year. Another difference is the ability to focus solely on swimming. I used to have to balance swimming with academics and this programme allows me to focus on becoming the*

swimmer I need to be to represent my country well.”

“My ultimate goal as an athlete is to achieve the greatest fitness level possible and to achieve the fastest times possible. My expectations from this one- year programme are not only achieving great athletic ability, but to keep connections with the team mates and friends I have made. This programme allows us to be exposed to swimming in the regions around our homes and now we have connections to help promote swimming in our South Asian region. My expectation is that this programme makes an impact on future generations.”

“My biggest swimming inspiration is all the swimmers back home in Nepal. They go through such a struggle just to train but they are still so passionate and work as hard as they possibly can with what they are given. I am proud to represent a country that has bounced back from an earthquake and still swimming strong even with so many obstacles in their path.”

Read all interviews on [here](#)

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Men's WP World League 2016: No surprise in round 2



On Tuesday November 17, the European best teams taking part in the 2016 edition of the FINA Men's Water Polo World League, held in various cities, battled it out in round 2.

Croatia, Greece, Hungary, Serbia and Italy emerged victorious and won their respective matches for the second consecutive time, giving them all 6 points for two wins since the beginning of the tournament. The match France-Montenegro was cancelled and postponed (*date TBC*), due to the recent tragic events in Paris.

In Group A, Hungary played Romania at home and comfortably won 16-8. The Hungarian squad led the first, third and fourth quarters of the game. Still in Group A, the Hellenic team, who is world bronze medallist, proved too strong for Georgia (18-10).

In Group B, Serbia and Spain fought until the end but Serbia ended up winning by one point (13-12).

In Group C, a very solid Croatian team crushed Russia (17-9) while Italy beat Turkey in Rome preventing the latter to score during the first and second quarters (2-0, 5-0, 4-2, 3-2).

Provisional rankings:

GROUP A: HUN 6pts (2W); GRE 6 (2W); GEO 0 (2L); ROU 0 (2L)

GROUP B: SRB 6pts (2W); MNE 3 (1W); FRA 0 (1L); ESP 0 (2L)

GROUP C: CRO 6pts (2W); ITA 6pts (2W); TUR 0 (2L); RUS 0 (2L)

The third round of the men's European preliminaries will take place on December 1, 2015.

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FINA Synchro World Trophy 2015 – teams announced

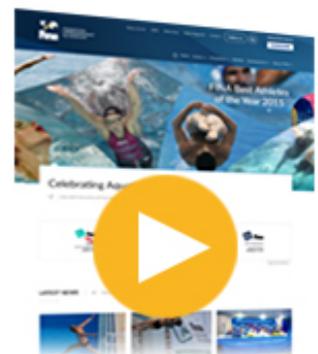
On December 11-13, Shaoxing, in the Keqiao district in China, will be the host to the 10th FINA Synchronised Swimming World Trophy, a prestigious yearly event created in 2006 which gathers the world's best teams.

The 14 confirmed teams so far will compete in six events: Synchro Highlight Routine, Solo Exhibition (will not be judged), Free Team Routine, Free Combi, Thematic Duet and the Mixed Duet. The mixed event is a novelty as this will be the first time male athletes are authorised to take part in this international competition, following the success of the mixed events at the latest FINA World Championships in Kazan.

In addition to this program, a Gala event will take place and every participating federation will be asked to swim a routine of their choice.

The announced teams are: Australia, China, Republic Czech, Greece, Honk-Kong,

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Hungary, Italy, Japan, Kazakhstan, Russia, Slovakia, Turkey, Ukraine and the USA.

Moscow (RUS), Rio de Janeiro (BRA), Madrid (ESP), Montreal (CAN), Beijing (CHN) and Mexico City (MEX) have successfully hosted the event in the past.

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