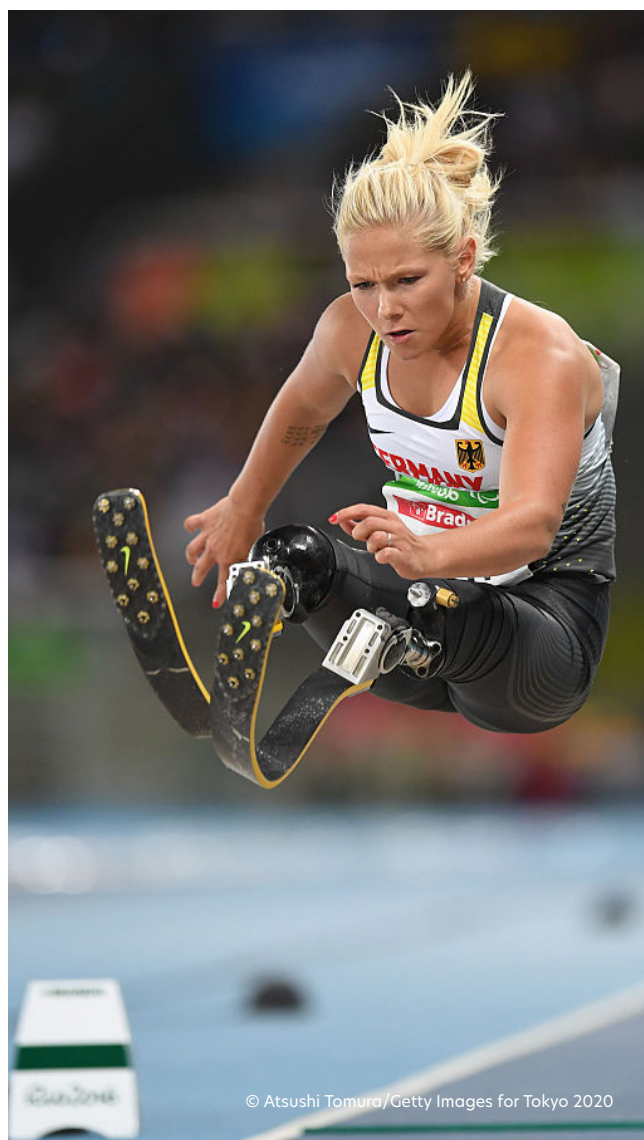


ATHLETE CASE STUDY

“HI, I’M VANESSA LOW. I CAME FROM GERMANY BUT NOW COMPETE FOR AUSTRALIA. MY PARA SPORTS ARE LONG JUMP AND 100 METRES.

My greatest Paralympic achievement is that I won the gold medal for long jump at the Rio 2016 Paralympic Games. I also won silver in the 100 metres, with a personal best time.

I train very hard - sometimes my training sessions last for five hours!”



© Atsushi Tomura/Getty Images for Tokyo 2020

ATHLETE CASE STUDY

“HI, I’M MACIEL SANTOS. I LIVE IN BRAZIL. MY PARA SPORT IS BOCCIA.”

My greatest Paralympic achievement is that I won a gold medal at the London 2012 Paralympics. When I was on the podium I thought about the tough times I sometimes had travelling to training sessions, and that, finally, I had got the reward I deserved.”

