

Curso EFA - Inglês

Tema de Vida: Desportos locais Local Sports

Biografia de Sílvia Saiote Sílvia Saiote's biography

Sílvia Saiote was born in Espinho in 1988. When she was seven years old she joined the Associação Académica de Espinho class of gymnastics and started trampoline. This was the beginning of a successful career that has brought her 70 medals won in Portugal and abroad.

At the age of 16, she won the national championship of individual, double and synchronized trampoline, represented Portugal in the Frivolten Cup, in Sweden, and was European vice champion in Bulgaria.

At the age of 17, she got the 2005 Athlete Revelation Prize in Espinho. She was world champion of team double trampoline in Holland, and vice champion in different categories with Ana Simões, Ana Pires and Joana Pereira. She also won the bronze medal at the 2005 European Trampoline Championships in Metz, France.

The Espinho Town Council awarded her the gold medal of Sports Value in June 2006.



Sources:

http://www.cmespinho.pt/publico/cme/ACTAS%20CAMARA/2006/0012_cme_actas_2006.htm

http://infoginastica.net/ver_publicacao.php?id=1350&modalidade=5&secca=1

<http://infoginastica.net/ficheiro.php?id=11232>

http://www.gymnasticsonline.co.uk/html/double_mini.html

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Local Sports

News article

Sports heroes meet EFA students

Sports heroes João Brenha, Patrícia Silva and Pedro Costa met EFA students at Manuel Gomes de Almeida Secondary School on Monday 3rd March. They talked about the best moments in their careers. Their coaches came with them.

The EFA students and the audience asked questions and heard some interesting stories. All the athletes said that they need motivation, effort and sometimes sacrifice to get success. António Silva, the swimming coach, said that swimming was different from other sports because swimmers usually train individually, not in a team. Francisco Fidalgo, the volley coach, said that his players João Brenha and Miguel Maia were very special. They don't have problems with long flights and seem to uncomplicate everything.

Town councillors Manuel Rocha and Rui Torres were present and also made some comments on sports in Espinho.