



Giulia Solaini is a student of S5ITA and swims for the team of the European Schools of Brussels, ESB Octopus. In 2018, she participated at the Short-Distance Finals of the European Forces Swimming League (EFSL) in London, obtaining 7 medals (including a relay). In November, at the Long-Distance Finals, in Brugge, she was awarded three medals (one gold and two silvers). She also swims with the Longchamp Swim Club, and participates in national

competitions.

*Q: When did you start to swim? Why did you choose this sport?*

A: I took my first swimming lessons when I was around three or four years old. Subsequently, I circled through many different sports until I finally settled again on swimming – this time at competitive level, with the ESB team. I like swimming mostly because of its individualistic nature, and because it's easy to learn and accessible to everyone.

*Q: How often do you train per week?*

A: I generally train four to five times a week, for a total of 6 to 8 weekly hours. It's important to train constantly to achieve great results!

*Q: What are your preferred styles?*

A: I focus on individual medley, butterfly, and long distance freestyle.

*Q: What do you like more at ESB Octopus?*

A: ESB is much more than a simple swim team: beyond the competitions and the trainings, there is a friendly, warm group of athletes more than ready to welcome any newcomer and make them feel right at home. Level and ability don't matter – we're here to achieve, but most importantly we're here to have fun and do our best!



*Q: Any particular goals for this season or the future?*

A: My main goal this season is to win as much as possible in the upcoming 2019 EFSL Championships: there are many talented swimmers in my age group, and I believe that, with enough practice, I'll be able to achieve better results than them, not just for personal pride but to honour the European Schools as well.