



***“The Importance of Training in Different Environments and Conditions
- Experiences from My Career”***

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This presentation tells the story of an athlete’s journey from childhood to the top of the world in alpine skiing. The story highlights the importance of diverse sports participation in skill development.

Through the athlete’s journey, the presentation explores how participating in multiple sports during childhood can influence motor skills and future athletic success. At the same time, it discusses the practice of one's sport in different environments and conditions.

The presentation is based on the athlete's personal experiences. The athlete benefited from practicing multiple sports as a child and throughout the whole career, which enhanced her motor skills and created a strong foundation for success in alpine skiing.

This case study suggests that engaging in a variety of sports can be a key factor in developing athletic skills and achieving success later on. It also raises the question of what the best possible environment is for practising a sport.