

The Path of the Champion - Alina Zagitova (2018)

Welcome to the motivational story of Alina Zagitova's journey to Olympic gold! This presentation reveals the amazing story of a young figure skater who, through hard work and incredible determination, reached the highest athletic peaks.

The material has been developed specifically for beginner and professional figure skaters who dream of replicating the path of this outstanding athlete. You will learn about the key moments in Alina's career, her training methods, and the psychological techniques that helped her become a champion.



2 Contributors



Who is Alina Zagitova?

Olympic Champion

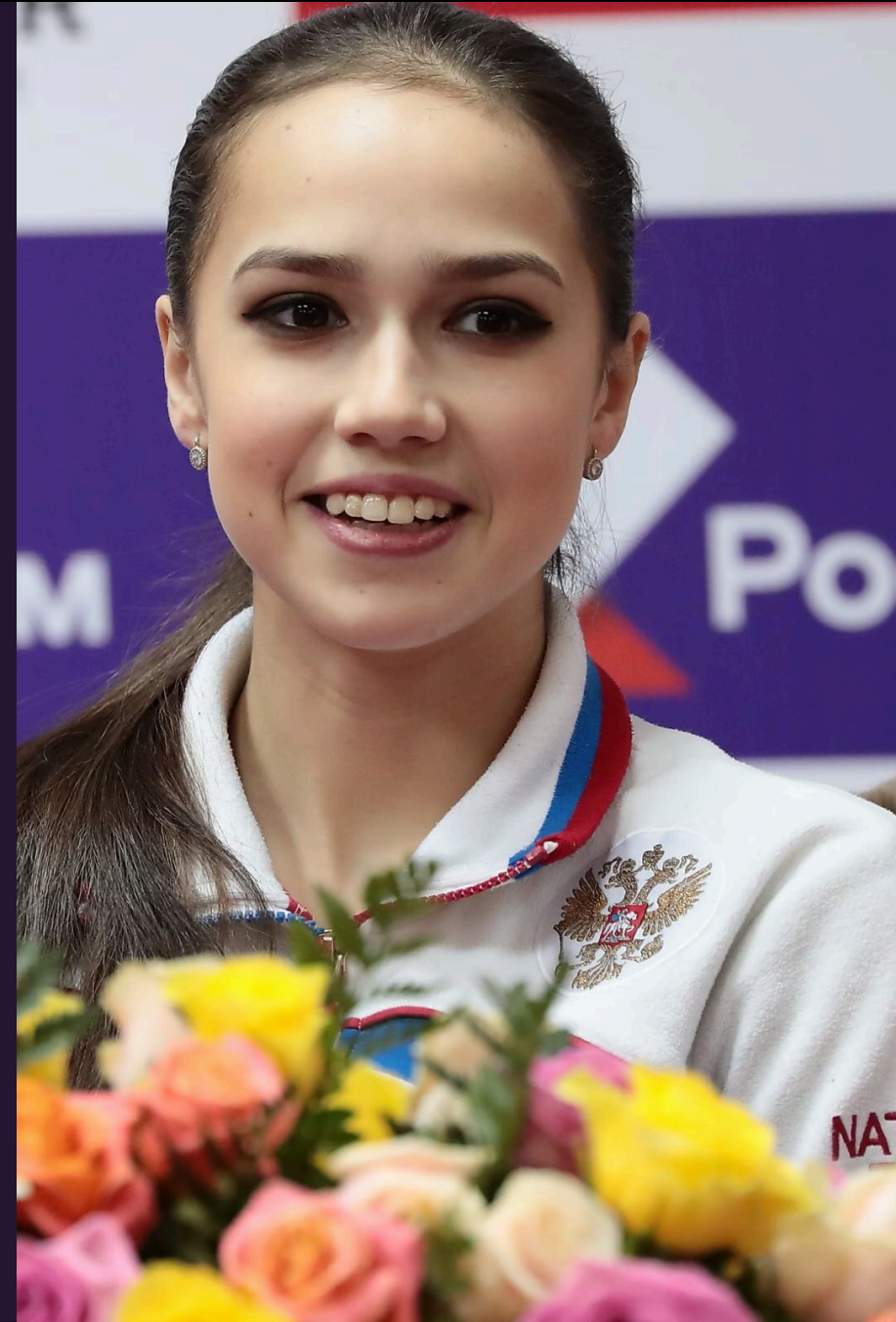
Won the gold medal in women's singles figure skating at the 2018 Winter Olympics in Pyeongchang, becoming the second Russian to win gold in this discipline after Adelina Sotnikova.

Multiple Champion

World champion (2019), European champion (2018), holder of numerous figure skating records. Considered one of the most decorated figure skaters in the history of Russia.

Phenomenal Technique

Known for her outstanding technical complexity, including placing all jump elements in the second half of her programs to earn bonus points.



The Beginning of the Path: Childhood and First Steps

1

Birth

Alina Zagitova was born on May 18, 2002 in Izhevsk, the capital of Udmurtia. From a very young age, she showed an interest in active pursuits.

2

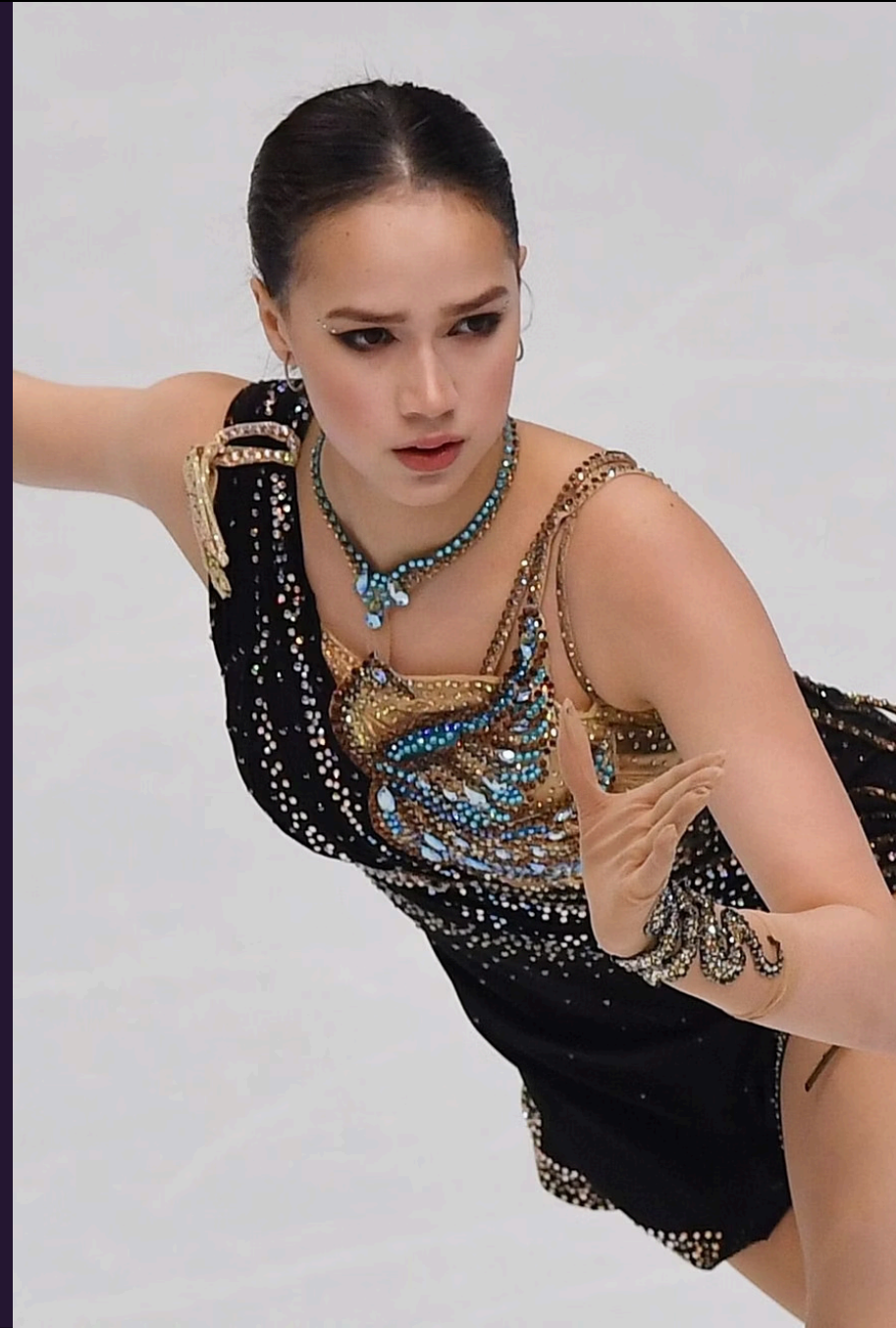
First Steps on Ice

At the age of four, Alina first put on skates. Although the early training was not easy, the young figure skater showed amazing resilience and perseverance.

3

Start of Training

Even at a young age, Alina showed an extraordinary love for figure skating. The first official training session was the starting point of the future champion's sports career.





Family and Support



Sports Family

Alina's father, Ilnaz Zagitov, is a hockey coach, which defined the sports atmosphere in the family from an early age. Thanks to this, Alina absorbed discipline and determination from an early age.



Family Motivation

Alina's parents have always supported her sports endeavors, paid a lot of attention to her training, despite the financial difficulties at the beginning of the young figure skater's career.



Importance of Environment

The support of family and close people played a decisive role in the formation of Alina's character, helped her overcome difficulties on the way to Olympic gold.

First Serious Goal



Move to Moscow

For the sake of professional development in figure skating, Alina and her mother move to Moscow



Transition to Eteri Tutberidze

A key decision in her career - beginning to work with a coach of champions



First Junior Success

Victories in Russian competitions and entry into the international level

The decision to move to Moscow became a turning point in Alina's career. This required a huge sacrifice from the entire family. Alina's mother left her job to accompany her daughter, while her father remained in Izhevsk to financially support the family.

Getting into Eteri Tutberidze's group was not easy - Alina had to go through a rigorous selection process and prove her potential. The training became much more intensive, the regimen stricter, but the results did not take long to come.

Inspiring Idols



At a young age, Alina closely followed the performances of the world's leading figure skaters. Yulia Lipnitskaya, who brilliantly performed at the 2014 Sochi Olympics, had a special influence on her. Her famous "Girl in the Red Coat" program inspired Alina to create her own vivid image.

Evgenia Medvedeva, who trained in the same group under Eteri Tutberidze, became not only a competitor for Alina, but also an example of technical mastery. Borrowing the best from her idols, Alina created her own unique skating style, combining technical perfection and artistry.

South Korean figure skater Kim Yuna was also among those whom Alina admired, studying her pure skating and elegance on the ice.

Overcoming Challenges and Developing a Positive Mindset



Adapting to the new training conditions in Moscow was not easy for Alina. She had to overcome not only physical challenges, but also deal with psychological pressure, doubts, and fears. It was particularly difficult to get used to the early wake-ups and the intensive, multi-hour training sessions.

Working with sports psychologists helped Alina develop resilience to stress and learn to control her emotions during important competitions. This skill later played a crucial role at the Olympic Games.

Rise in Junior Figure Skating



2016 Junior Grand Prix Final

Winning the Junior Grand Prix Final was Alina's first major international success. Here, she first demonstrated her unique tactic of placing all her jumps in the second half of the program.



"The Red Ballerina"

The "Don Quixote" program in a bright red costume and the character of her performance earned Alina the nickname "The Red Ballerina". She captivated audiences with her passionate artistry and incredible energy.



Junior World Championships

The victory at the 2017 Junior World Championships cemented Alina's status as a rising star in figure skating. She set a new junior world record, scoring 207.43 points.

The 2016/2017 season was a triumphant one for the young figure skater. Alina won all the competitions she participated in, including the Russian Junior Championships, the Junior World Championships, and the Junior Grand Prix Final.

2017/2018 Olympic Season: Ambitions and Pressure



The transition to senior figure skating became a serious challenge for Alina. At the age of 15, she found herself under the close scrutiny of sports journalists and fans. Every performance was analyzed down to the smallest detail, and mistakes sparked a wave of criticism.

Despite her young age, Alina displayed remarkable psychological resilience. She focused on training and perfecting her programs, trying to abstract herself from external pressure and expectations.

Competition with Evgenia Medvedeva

Duel of the Titans

The confrontation between Alina Zagitova and Evgenia Medvedeva became one of the most dramatic in the history of figure skating. Evgenia, a two-time world champion, had long been considered unbeatable in women's singles skating.

Both skaters trained in the same group under Eteri Tutberidze, which made their rivalry particularly intense. Every day they saw each other's successes and failures, which spurred both of them on to new achievements.

Battle of Styles

The athletes represented different approaches to figure skating: Evgenia emphasized artistry and emotional content in her programs, while Alina shone with technical complexity and virtuosic execution of ultra-c elements.

Their rivalry divided fans into two camps, but at the same time significantly increased interest in women's figure skating around the world.



2018 European Championships

15

Years

Alina's age at the time of the European Championships, making her the youngest participant in the competition

1.61

Point Advantage

Minimum gap from Evgenia Medvedeva in the final standings, which brought her the victory

80.27

Points in the Short

Alina's result in the short program, setting a new personal best

The 2018 European Championships in Moscow became Alina Zagitova's first major senior success. Despite the immense pressure of performing on home ice, she delivered flawless skating in both the short and free programs.

Her victory over Evgenia Medvedeva, who had long been considered unbeatable, was a true sensation. This success not only bolstered Alina's confidence in her own abilities before the Olympics, but also shifted the balance of power in world figure skating.



Selection for the Olympic Team

Competition	Placement	Short Program	Free Skating	Total Score
2018 Russian Championships	2	78.21	155.88	233.59
2017 Grand Prix Final	1	76.27	147.03	223.30
2018 European Championships	1	80.27	157.97	238.24

The selection for the Russian Olympic team was highly competitive. At that time, the Russian figure skating school was experiencing a true renaissance, and every spot was fiercely contested. Alina finished second at the Russian Championships, losing only to Evgenia Medvedeva.

Despite the silver medal in the free skating at the national championship, Alina's consistent results in international competitions and her victory at the 2017 Grand Prix Final convinced the coaching staff to include her in the Olympic team. Sports publications predicted that Zagitova and Medvedeva would compete for the Olympic gold medal.

2018 Olympic Games: Preparation



Intensive Training

The final weeks before the Olympics were dedicated to perfecting the program. Every element, every transition between elements, was polished for hours. Particular attention was paid to the most complex jump combinations.



Psychological Preparation

Working with psychologists helped Alina learn to control her emotions and cope with pre-competition anxiety. Special relaxation and concentration techniques were developed for use immediately before taking the ice.



Team Support

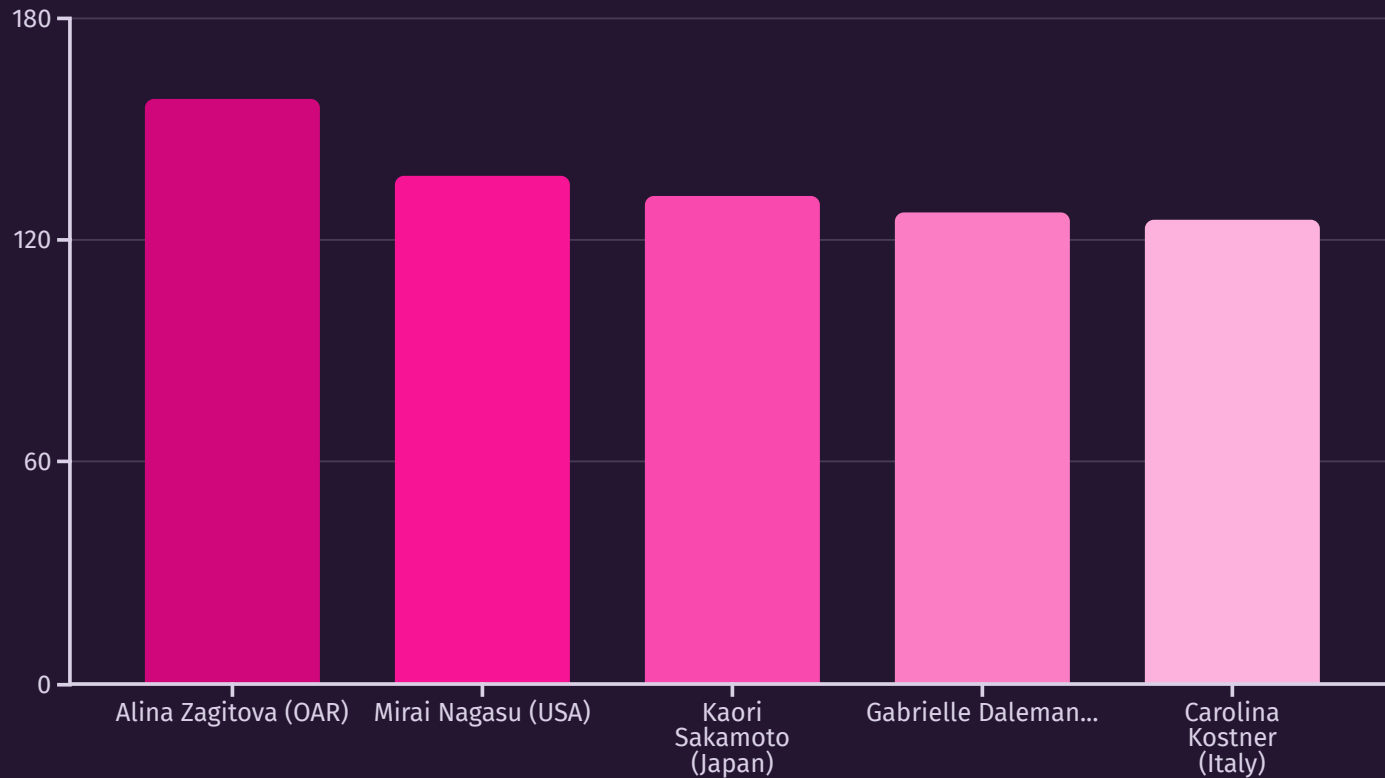
The support of the coaching staff, choreographers, and other specialists played a huge role. Coach Eteri Tutberidze personally supervised every training session and made adjustments to the program for maximum effectiveness.



Fans and Country

Numerous messages of support from fans and the awareness of responsibility to her country became an additional source of motivation for Alina in the final stage of preparation for the biggest competition of the four-year cycle.

Team Event: Start at the Olympics



The team event was Alina's first experience of competing at the Olympic Games. Despite the immense pressure, she delivered a flawless performance in the free skating, scoring a record-breaking 158.08 points. This was not only her personal best, but also an Olympic record at the time.

The Olympic Athletes from Russia team finished second, behind only Canada. Alina's performance in the free skating earned the maximum 10 points for the team event and provided a strong psychological advantage ahead of the individual competition.

Short program at the Olympics



Music "Black Swan"

A dramatic and emotional composition that perfectly accentuates Alina's strengths



Combination: triple Lutz - triple Rittberger

The most difficult combination in women's singles skating, performed at the highest level



Flawless skating

Clean execution of all program elements without a single mistake



World record

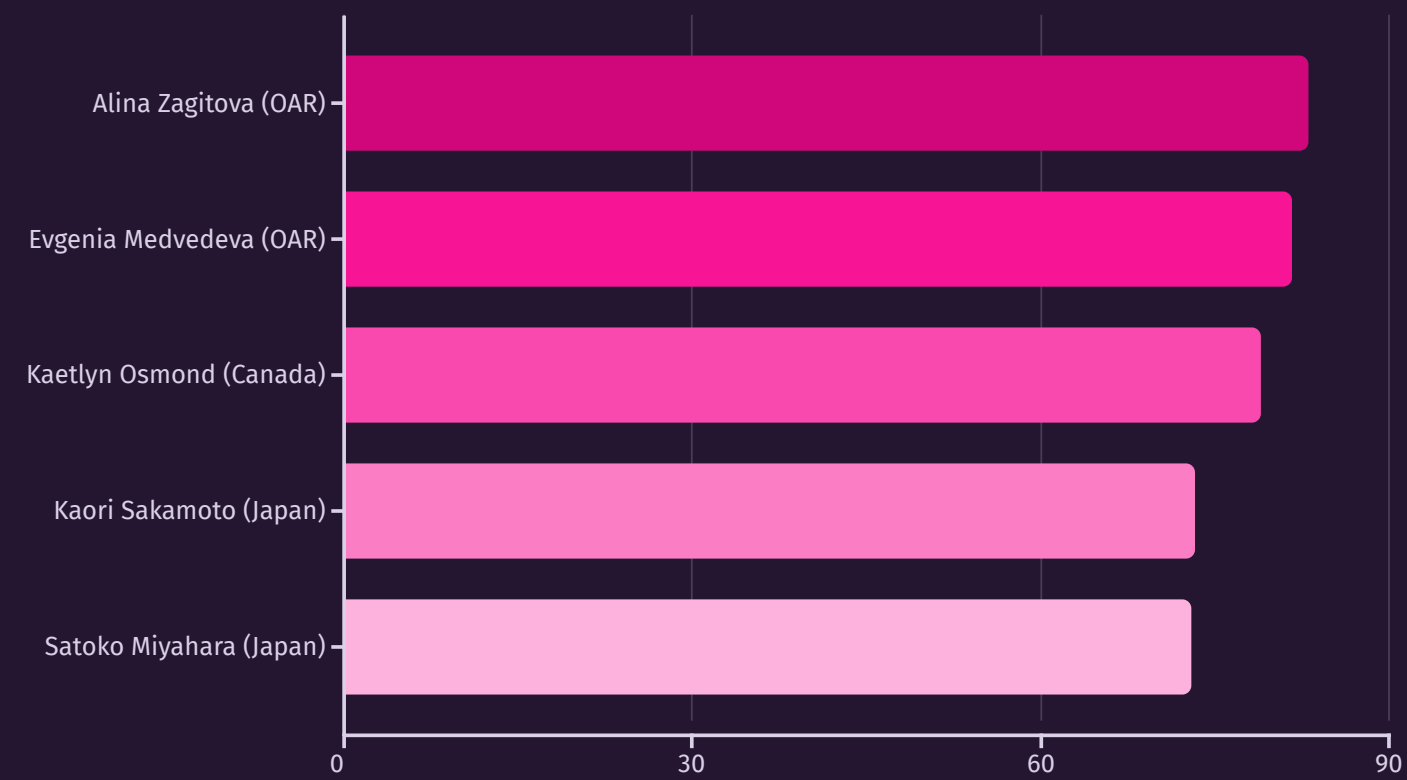
82.92 points - a new world record in the short program

In the short program at the Olympic Games, Alina demonstrated a perfect performance to the music from the ballet "Black Swan". Technically flawless execution of all elements, including the most difficult combination of a triple Lutz - triple Rittberger, earned her a world record of 82.92 points.

Alina became the first figure skater to surpass the 82-point mark in the short program. This performance drew the attention of the entire world and made the 15-year-old athlete the main contender for the Olympic gold medal.



Competition: Minimal Gap Before the Final



After the short program, Alina Zagitova led with a minimal advantage of 1.31 points over Evgenia Medvedeva. Such an insignificant gap before the free skate meant that the battle for gold would be decided in every element, in every detail of the final program.

The psychological pressure on both athletes was colossal. At her young age, Alina had to maintain concentration and composure before the decisive performance. Each of the figure skaters understood that even the slightest mistake could cost them the Olympic gold.

The coaching staff led by Eteri Tutberidze worked to help Alina be able to abstract from the pressure and focus solely on the quality of her program execution.

Historical Free Skating Program "Don Quixote"

Innovative Structure

The "Don Quixote" program to the music of Ludwig Minkus revolutionized figure skating. Alina and her coaches made the bold decision to place all the jump elements in the second half of the program to receive a 10% bonus for each jump. This had never been done before in women's singles skating.

Bright Red Costume

The image of Kitri from the ballet "Don Quixote" emphasized the passionate, fiery character of the program. The bright red costume with black accents made Alina recognizable on the ice and earned her the nickname "The Red Ballerina". The visual component perfectly harmonized with the technical complexity.

Signature Cascade at the Finale

The most difficult element - the cascade of a triple Lutz - triple Rittberger - was planned at the very end of the program, when physical strength was almost exhausted. This required incredible endurance and concentration. In the Olympic performance, Alina executed this element flawlessly.

Pure Execution: Technical Perfection



11 Jumps in the Second Half

In the Olympic free program, Alina performed 7 triple jumps, including the most difficult combinations. The uniqueness was that they were all placed in the second half of the program, which required incredible endurance.



Top-Level Spins

Each spin in Alina's program was performed at the maximum level of difficulty. Particularly notable was the Biellmann spin, which requires exceptional flexibility and body control.

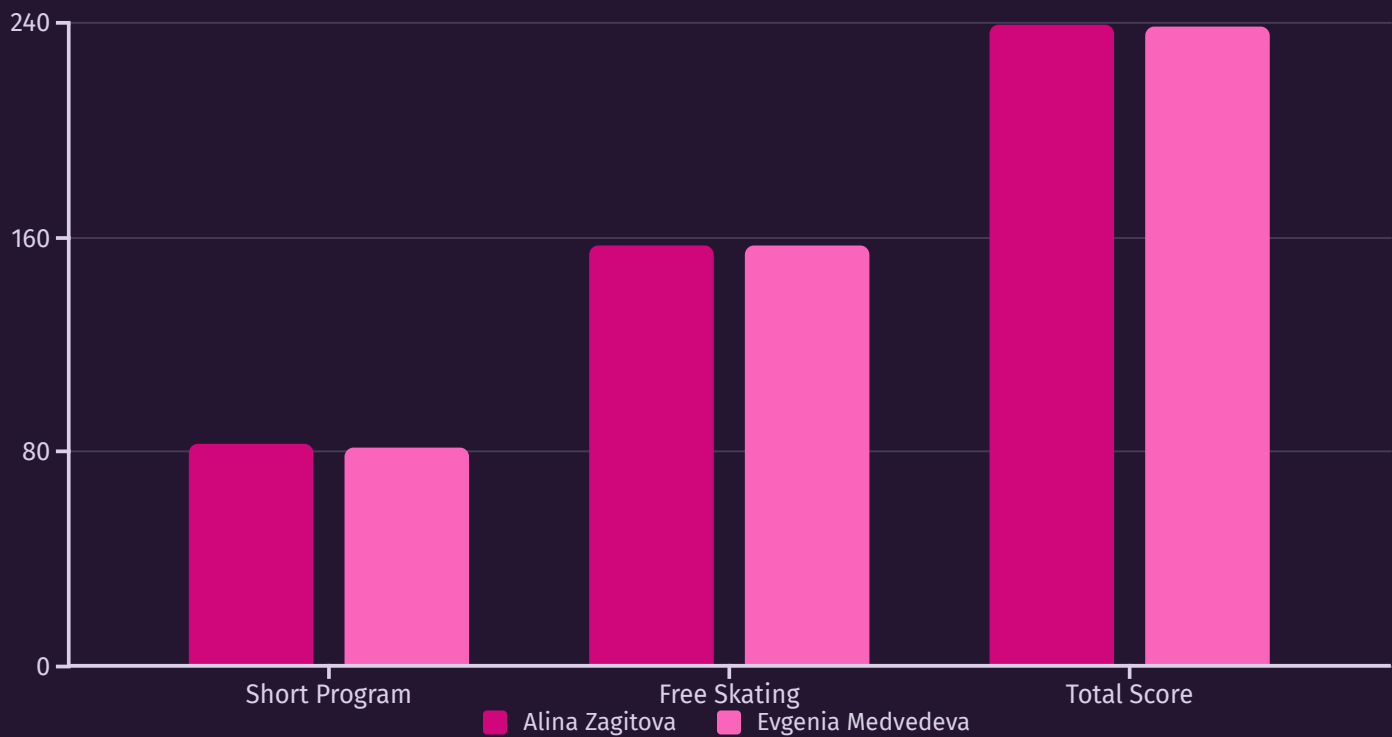


Intricate Step Sequences

Alina's step sequences were characterized by high speed, complex turns, and impeccable edge technique. She received the highest level of difficulty and high grade of execution for them.

As a result of the flawless execution of all elements, Alina scored 156.65 points in the free program, which allowed her to maintain the lead in the overall standings and win the Olympic gold medal.

Final Duel: Unique Score Tie



A unique event in the history of Olympic figure skating occurred - Alina Zagitova and Evgenia Medvedeva scored the same number of points in the free skating (156.65). Such a coincidence at the highest level of competition is extremely rare and underscores the exceptional mastery of both skaters.

Evgenia performed the "Anna Karenina" program, which was distinguished by deep emotional content and mature skating. However, the advantage Alina gained in the short program (1.31 points) allowed her to become the Olympic champion. The final difference was only 1.31 points - one of the smallest in the history of the Olympic Games.

Victory: Olympic Gold at 15 Years Old



Final Score - 239.57 Points

The total score from the short and free programs gave Alina the victory over her closest competitor Evgenia Medvedeva by a margin of 1.31 points.



Second Youngest Champion

At the age of 15 years and 281 days, Alina became the second youngest Olympic champion in women's singles figure skating, after American Tara Lipinski (15 years and 255 days).



Second Russian Champion

Alina Zagitova became the second Russian athlete to win gold in women's singles figure skating at the Olympic Games, after Adelina Sotnikova's victory in Sochi in 2014.

Alina Zagitova's victory at the Pyeongchang Olympic Games was the culmination of her incredible athletic journey. In just a few years, she went from a beginner figure skater from Izhevsk to an Olympic champion, conquering the pinnacle of world figure skating at a record-breaking young age.

This success not only etched Alina's name in the history of sports, but also set a new benchmark for technical complexity in women's singles skating, inspiring a whole generation of young figure skaters to reach new heights.

The Emotions of Victory and Global Recognition



The moment the results were announced was incredibly emotional for Alina. Tears of joy, hugs with the coaching staff, and the realization that the dream of a lifetime had become a reality - these images circled the globe. In an interview after the victory, Alina could barely contain her emotions, admitting that she had not believed in her success until the very end.

The world press unanimously recognized Alina's performance as outstanding. Technical experts noted the innovative approach to the structure of the program, and sports commentators emphasized the rare combination of young age and incredible psychological composure.

Even her rivals expressed admiration for Alina's skills, acknowledging that she fully deserved the gold medal with her flawless performance.

Symbol of Russian Figure Skating

Continuing Successes

Alina's victory continued the successful series of Russian figure skaters after Adelina Sotnikova's triumph at the Sochi Olympics

Inspiration for a Generation

Alina's success story has inspired thousands of young athletes to believe in their abilities and dream of high achievements



Recognition in the Olympic Movement

Alina became one of the brightest symbols of the Pyeongchang Olympics, despite the neutral status of the team

Increased Popularity

After Alina's victory, interest in figure skating in Russia has sharply increased, especially among children and adolescents

Alina Zagitova's victory strengthened Russia's status as a world power in figure skating. The technical innovation of the Russian school, demonstrated by Alina, set a new standard for the entire world of figure skating and influenced the development of this sport.

Beyond the Ice: The Next Chapter



2019 World Championships

Alina continued her winning streak, becoming the 2019 World Champion. This title allowed her to complete the full set of gold medals from the major competitions and go down in history as one of the most decorated figure skaters.



Television Career

After suspending her athletic career in 2019, Alina successfully transitioned into a television host role for the popular show "Ice Age" on Channel One. Her artistry and figure skating experience made her the ideal host for the ice show.



Coaching Activities

Alina actively shares her experience with the next generation of figure skaters, conducting master classes and exhibition performances across Russia. Thousands of young athletes dream of following in her footsteps and achieving similar heights in the sport.

Alina's multifaceted activities beyond her athletic career demonstrate her diverse talents and ability to successfully realize herself in various spheres of life. She remains an inspiring example for the younger generation, showing that hard work and determination open up many doors and opportunities.

The Main Lessons from the Champion's Journey

Believe in Yourself and Your Abilities

Alina's story teaches that even with minimal starting opportunities, one can achieve incredible heights. At the age of 15, she was able to defeat renowned competitors thanks to her firm belief in her own potential and abilities.

- Never doubt your capabilities
- Set ambitious goals
- Ignore negative predictions

Learn from Mistakes

The path to Olympic gold was filled with falls and disappointments. Alina learned to perceive mistakes not as defeats, but as valuable lessons that helped her improve.

- Analyze each failure
- Extract lessons from mistakes
- Intensely work on weaknesses

Embrace Pressure and Responsibility

The ability to perform under immense pressure became one of the key factors in Alina's success. She learned to accept responsibility and transform pressure into additional motivation.

- Use nervousness as a source of energy
- Focus on the process, not the result
- Perceive high expectations as recognition of potential

Tips for Beginner Figure Skaters

Discipline is the Key to Success

Alina emphasizes the importance of a strict routine and self-discipline. Daily training, proper nutrition, and a clear daily schedule - without these basic elements, it is impossible to achieve high results in sports.



Patience and Perseverance

The path to the top is always long and difficult. Alina advises not to expect instant results and to be prepared for years of hard work. Only patience and perseverance will allow you to overcome all obstacles.



Trust Your Coaches and Parents

The support of experienced mentors and loved ones plays a key role in an athlete's development. Alina always stresses that without the faith of her coach Eteri Tutberidze and the support of her parents, she could not have achieved such heights.



Set Specific Goals

Formulating clear, measurable goals helps maintain motivation and see progress. Alina recommends breaking big dreams into small achievable steps and celebrating each victory along the way.

Motivation: How to Never Give Up



Overcoming Injuries and Failures

On her path to Olympic gold, Alina had to overcome many challenges, including injuries and falls. She learned to perceive failures as part of the process of growth and becoming a champion. After each fall, she got back up and worked even harder.



Self-Motivation and Inner Dialogue

Alina developed her own techniques of self-motivation and positive inner dialogue. Before important performances, she uses special visualization techniques and focuses on her strengths, which helps her get ready for victory.



Overcoming Challenges

"The harder the training, the easier the performance" is one of Alina's favorite principles. She intentionally made her training conditions more difficult in order to feel more confident during competitions. This approach allowed her to remain calm even in the most tense situations.

Sometimes you have to force yourself to do things you don't want to. That's the path to success. If I had only skated when I felt like it, I would have never become an Olympic champion.

The Magic of the Training Process



The Champion's Daily Routine

Alina's day began at 5:30 AM and was scheduled minute by minute. After the morning ice training, she had school lessons, followed by afternoon and evening training sessions. This intense schedule required incredible self-discipline and organization.



On-Ice Training

Alina spent 3-4 hours on the ice daily, divided into several training sessions. Particular attention was paid to practicing jump elements and their combinations. Each program element was perfected through hundreds of repetitions.



"Dry" Training

In addition to on-ice sessions, her routine included choreography, ballet, general physical preparation, and stretching. These "dry" training sessions amounted to 2-3 hours daily and were critical for developing endurance and flexibility.



Balancing Sports and Personal Life

Despite the intense schedule, Alina found time for studying and rest. Maintaining this balance helped her avoid emotional burnout and keep her love for figure skating, even in the most challenging moments.

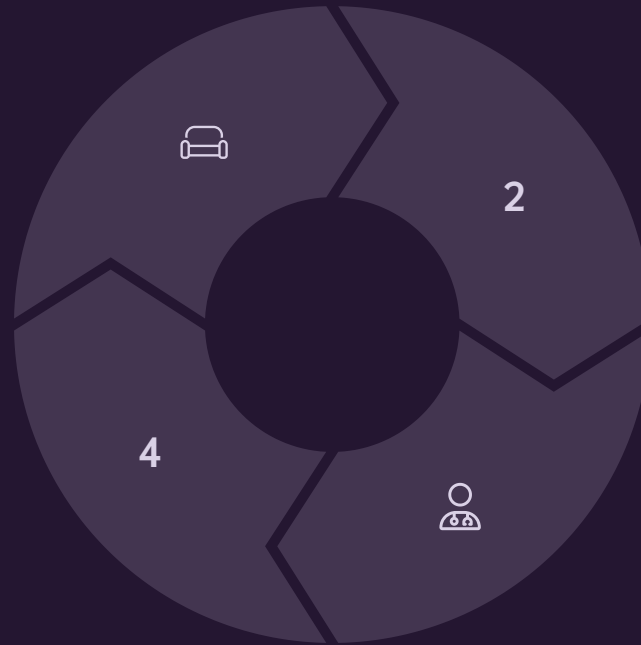
The Importance of Team and Mentorship

The Role of Eteri Tutberidze

An innovative coach who created a unique training methodology for champions. Under her guidance, Alina developed her potential and achieved the highest results

Psychological Preparation

Specialists who helped Alina develop mental resilience and the ability to perform under pressure at the highest level



Choreographers and Creators

A team of professionals who created memorable and technically complex programs that showcased Alina's strengths

Medical Support

Doctors, physiotherapists, and dietitians who ensured the athlete's health and physical condition were at their peak

Alina Zagitova's achievements are the result not only of her personal efforts, but also the work of an entire team of professionals. She always emphasizes that without the support of the coaching staff, choreographers, doctors, and psychologists, her victory would not have been possible.

Alina expresses special gratitude to her head coach Eteri Tutberidze, who believed in the potential of the young figure skater and created the ideal conditions for its realization. Their collaboration has become an example of the perfect interaction between a coach and an athlete.

The Champion as a Role Model



An Example for Future Generations

The story of rising from a provincial girl to an Olympic champion



Significance for the Country

A symbol of national pride and the superiority of the Russian figure skating school



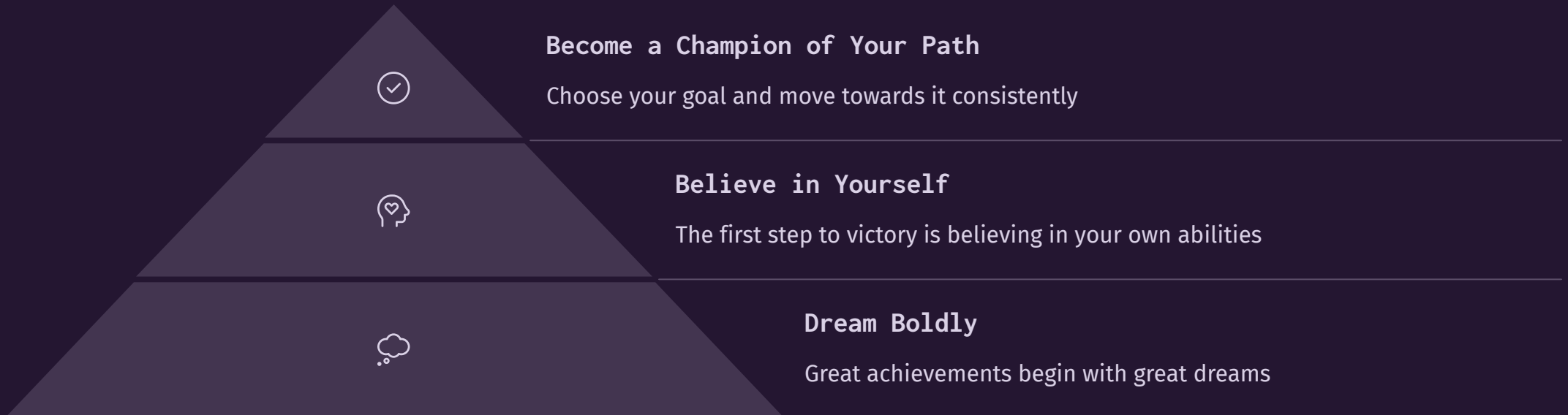
Ambassador of Women's Sports

Embodiment of the strength, grace, and achievements of modern women in sports

Alina Zagitova has become a true role model for thousands of girls around the world. Her story shows that regardless of one's place of birth and initial conditions, through hard work and self-belief, one can conquer the highest peaks. After Alina's victory at the Olympics, there was an unprecedented increase in the number of girls signing up for figure skating sections.

For Russia, Alina's achievements have special significance. They confirm the country's status as a world power in figure skating and demonstrate the effectiveness of the Russian system of training elite athletes. Alina also actively participates in popularizing sports, showing that a sports career opens up wide opportunities for personal and professional development.

Conclusion: Be Inspired and Conquer!



Alina Zagitova's story shows us that everyone can become a champion of their own path. Whether you are involved in figure skating or another field, the key principles of success remain the same: hard work, perseverance, striving for perfection, and belief in yourself.

Believing in yourself is the first and most important condition for victory. Alina always emphasizes that it is in moments of doubt and uncertainty that true strength is born. By overcoming internal barriers and external obstacles, we grow and become stronger.

We urge you to dream, learn, and move forward, like Alina Zagitova! May her story be a source of inspiration for you and proof that nothing is impossible for those who are willing to work hard and believe in their dream!