

"SOMEDAY IT WILL ALL MAKE SENSE"

HIGH SCHOOL SURVIVAL



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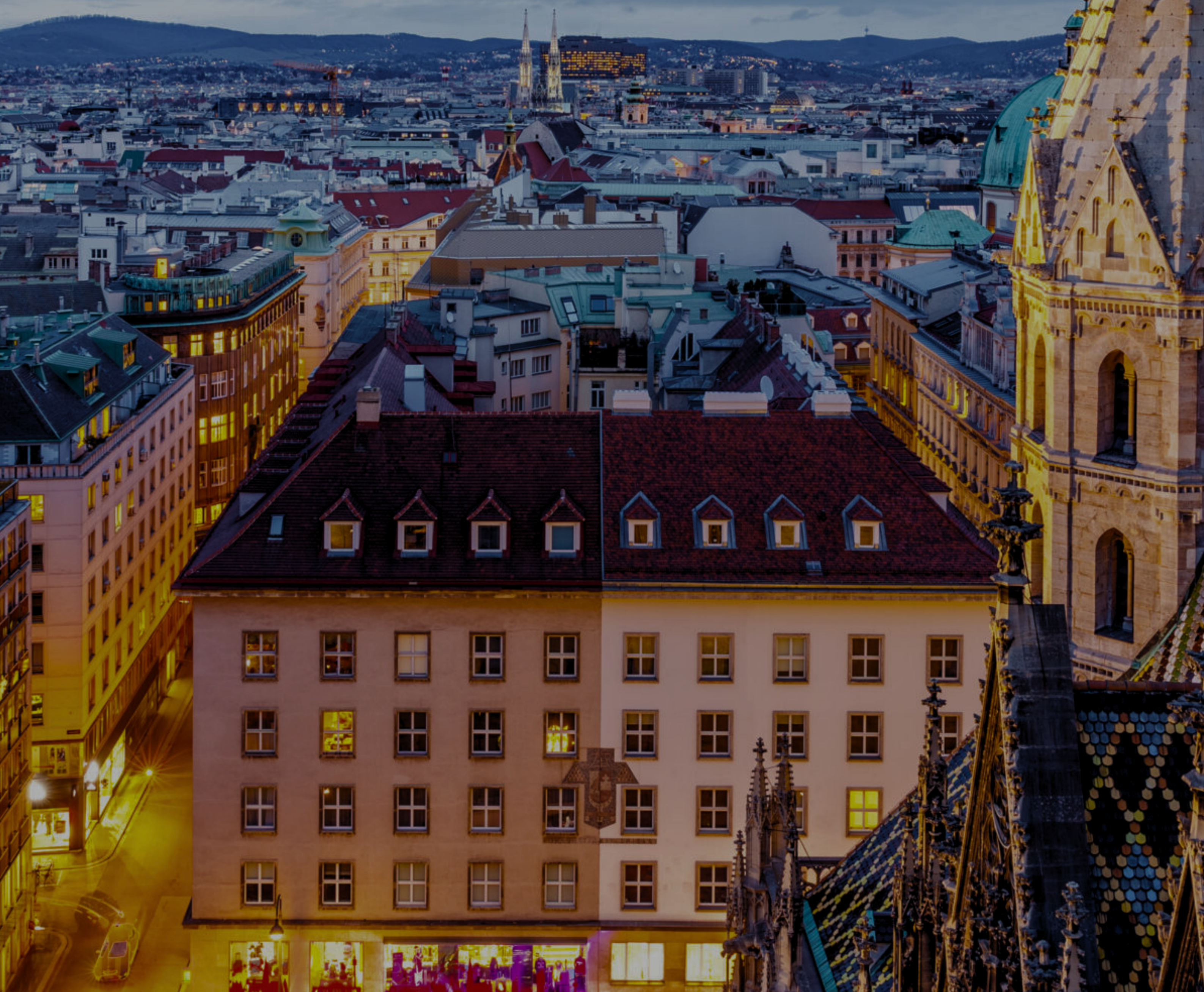
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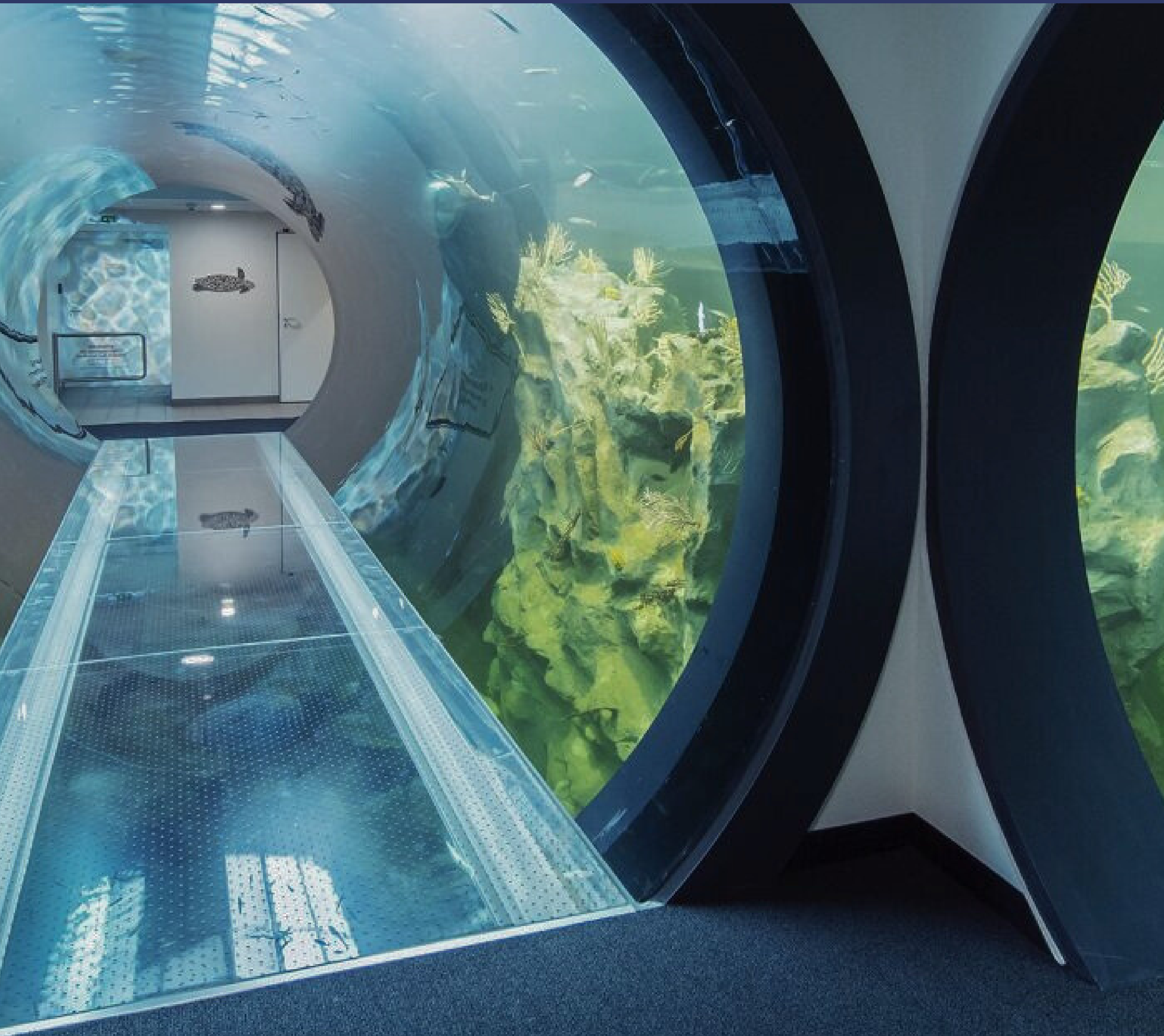
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JOURNEY TO VIENNA



Our students from the IB class have gone for 2-day trip to Vienna during Maturita exams. Accompanied with one of our teachers, Mr. Babic, they started off their trip at the Bratislava Main station, where they took the train straight to Vienna.

Their first stop was mesmerizing aquarium Haus des Meeres, which is made of 12 floors, each with a different type of expositions, aquariums or even terrariums. Following this, they wandered around the city centre, visited many coffee shops, galleries filled mostly with contemporary and modern art. These students have learnt great deal of new skills, from improving their language abilities, organizing their plans, being responsible in new environment and strengthening their relationships among each other.



Aside from the learning part, they had fun as well. Two students celebrated their 18th birthday, so their program was enriched with a birthday party. All of our students were accommodated in a beautiful penthouse located in the city centrum, also with an accessible rooftop.



SUMMIT IN THE USA



The journey does not end in Europe, our school had also crossed the Pacific Ocean in January. Selected students from various countries such as Canada, Egypt, Ireland, Mexico, Germany, Nepal, Poland, Spain, Slovakia, UK, Ukraine and Taiwan were welcomed at Pompano Beach located in Florida. Eight students from Česká 10 got to experience nine days long International Summit. The main topic of this course was Worldwide Collaboration and Support of international relations. Every student experienced numerous activities, where they can gain a lots of inspiration, however also build up their relationship and communicating skills. They have got to know cultural traditions and differences between each other, along with being responsible for themselves.



One of our students was accommodated in Miami and experienced once-in-a-lifetime adventures such as a visit to Miami Walk of Fame, NBA basketball game or even Amusement park, resulting in a plenty of fun activities. They have got to know the typical American high-school life, experienced cultural shock and needed to deal with it, obtained responsibility skills, therefore this was the best opportunity for them.

VIENNA... AGAIN?



Since majority of our students at Česká 10 will soon be graduating, needing to choose their continuing education such as university, our school gave them a little bit of helping hand by taking them to Vienna aiming to visit most of the universities there. They visited universities, such as the University of Vienna and University of Natural Resources & Life sciences. They got to know a bit more about them and gained new knowledge. This one-day trip will hopefully help them in choosing the perfect path for them.



INTERVIEWS WITH SPORTS STARS FROM OUR SCHOOL



We have a lot to be proud of in our school, not only in the academic sphere but also athletic. Our students, who also compete in many professional sports had a lot to tell us, that is the reason why we have chosen few of many and interviewed them.

Let us start with our hidden treasure in swimming, that being Danka Mišúthová. We had asked same ten questions each student we interviewed.

1. DANKA MIŠÚTHOVÁ



Have you met any successful and well-known sportsman?

I've met Martina Moravcova, I was really young though. We met her in Jasná on our ski trip. After that I also went to her camp, that meant a lot to me. She was the key to my inspiration because she has given me another perspective on sport, the background of it, how does everything work.

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How do you prepare mentally and physically for your competitions?

From the physical point of view, we divide it to many cycles, which are then again divided in our trainings. That results in us being in our best forms when we enter the competition. The mental point of view is totally different, because you need to prepare a lot longer than just before the competition. I also have my own mental coach, who helps me with my own stressful situations.

What was or is your biggest challenge in your sport carrier?

My biggest challenge was always the same and will also stay the same, it is about improving and overcoming myself, my own records. I don't want to be stuck on one place, that is why it excites me whenever I push myself to another level.

What would you recommend to people starting a new sport?

I would definitely recommend, that they find something that interests them, makes them smile. However, I also suggest that they don't use mindset, where they are not really consistent with their trainings, but to take it more seriously. For example, they should look at it as how they go to school, it's a must, it's a part of their day and there is no time for questioning whether I'll go to the training or not. Obviously with the exception of being sick.

How do you keep up with consistent discipline?

It's important to find your own regime and routine, and to stuck with it. Of course, there are harder periods of time in our lives, but I still need to push through and go to the training. After my training, I feel a lot better and proud, that I did something for myself today. I can also relax and to clear my mind there.

Who brought you to your sport?

Firstly, I was doing baby swimming, after that I participated in competitive gymnastics. Later, my friend started to swim because of her back injuries, and I went with her. I didn't even realize and now I am here.

Who would you be if you have never tried your sport?

I can't imagine who I would be without swimming. Definitely I would be doing different sport, but swimming also connects to my approach and mindset. Swimming became my favourite, and I don't want to ever change it.

What do you consider more important discipline or motivation?

I think they are both very important, but if someone has the discipline and no motivation, it's not worth it, since he doesn't do it from his own will. On the other hand if someone has only the motivation, it can be unstable, since our motivation is widely affected by other aspects. Sometimes it can be lower, sometimes the opposite. Both are very essential.

Where do you see yourself in 5 years with your sport?

I would love to get scholarship, because of swimming in the college I want to go to. Since study is financially difficult to cover, my sport can definitely help. I also would want to participate in the Europe Championship.

Thank you for your time and participation in this interview, Dank!

2. MARK CODDINGTON



Have you met any successful and well-known sportsman?

I've never gotten the chance to speak to him yet, but my idol would have to be Adam Peaty. I did however get the chance to watch him swim at the World Cup in Budapest back in 2019. he inspires me because he has single-handedly revolutionized the sport of swimming over the past 10 years. Without his work we would not have witnessed the recent rapid development of the sport as a whole.

Do you think you also are an inspiration to someone?

I would say I have yet to inspire a group of people in terms of swimming and impact, but one thing that never fails to lighten my mood would have to be the kids at my local swimming pool, recognizing me and congratulating me on my success in past swimming competitions.

How do you prepare mentally and physically for your competitions?

Around a week before any important competition, I tend to cut down my caloric intake and lessen the intensity of my training. right before any important race I like to clear my head and stay present; I try not to think about what could happen and more about achieving what I know I'm capable of.

What was or is your biggest challenge in your sport carrier?

The greatest challenge I've had to face during my swimming career would have to be a knee injury I sustained in 2021 and the struggles that came with it. Not only did I miss about three months of swimming, but the hardest part was staying disciplined whilst my performances remained subpar for another year after the injury.

What would you recommend to people starting a new sport?

The greatest piece of advice I could recommend to any athlete, would be to set goals. Really think about what you want to achieve and write it down; keep this goal in mind and in sight. I believe that unrealistic goals do not exist, only unrealistic deadlines do.

How do you keep up with consistent discipline?

I actually started swimming in the fifth grade because of my classmate that I played video games with. Originally, I paid no mind to swimming at all and only came to practice to chat with him. Shortly after he quit swimming and I decided I would continue with the sport. In the oncoming years I found a passion that I can't live without to this day.

Who brought you to your sport?

As I already stated, I found my love for swimming through coincidence, but I don't think that I would ever go this far without picking up some sort of sport. I've always been passionate about sports in general and believe I would find either swimming or another sport that I'm passionate about and pursue it.

What do you consider more important discipline or motivation?

I believe discipline is much more important in the long run as opposed to motivation. To me, motivation is a short burst of energy that dies down over time. On the other hand, when you learn patience and discipline, you will go much further in due time.

Where do you see yourself in 5 years with your sport?

I have my goal set for the future and whether I make them in 5, 10 or 15 years, I see no other outcome than me achieving them. Either way I love swimming and I can't live without it, so I see myself still doing what I love.

How does your normal day look like?

Any normal day for me starts off with morning practice from 6AM. Afterwards, I usually head to school. Right after school I have evening practice. Depending on the day I and anywhere from 3 to 5 PM and head home. At home I try to study get some work done before meditating from 7:30-8:30PM. finally, I complete my nightly routine, and had to bed before 10 PM.

Thank you for your time, Mark!

3. ELA BELÁŇOVÁ



Have you met any successful and well-known sportsman?

Yes, I've met multiple world-famous tennis athletes, and have been fortunate enough to play with some of them, for example Petra Kvitová; After talking to her, I found that she's very sympathetic and we share a common style of tennis. I look up to her because of her success in the sport and the way she handles the struggles that come with it.

Do you think you also are an inspiration to someone?

Every once in a while, I have the opportunity to train a group of kids at my tennis club, and it never fails to bring me joy to see their improvements. I believe that I inspire them and motivate them to better themselves.

How do you prepare mentally and physically for your competitions?

Around a week before every important tournament, we tend to orient our trainings towards simulating matches and taper/lessen the intensity of our trainings in the gym. approximately an hour before every match I thoroughly warm up my body and try to visualize how I would ideally want to match to go.

What was or is your biggest challenge in your sport carrier?

The toughest challenge I had to face in my sport would have to be switching clubs. with this came the challenge of adapting to not only a new group of people, but a new style of tennis. It was very physically and mentally demanding to learn a new style of tennis and with this change I was also forced to handle the pressure of other people's opinions.

What would you recommend to people starting a new sport?

The strongest piece of advice I could give to any beginning athlete would be to focus on yourself. Set goals and don't get discouraged when things don't go according to plan.

How do you keep up with consistent discipline?

The thing that keeps me most motivated is looking back on how much effort I've poured into the sport and the pride that my hard work brings me.

Who brought you to your sport?

Both of my parents are former tennis players and have taught me to be capable in multiple physical aspects, tennis was coincidentally the sport that I gravitated most to.

What do you consider more important discipline or motivation?

I think they go hand-in-hand and to me they are both very important. Motivation is a rush that makes me feel joy in what I do, but on the other hand, when I have to deal with rough and gruelling trainings I find discipline carrying me through.

Where do you see yourself in 5 years with your sport?

If I keep up my work ethic and training regimen and everything goes according to plan, I see myself achieving great success and having a bright future in my sport.

How does your normal day look like?

My normal day starts with morning practice either at 7 or 8am. After practice I head to school where I stay from 2 to 4 lessons and then leave for my afternoon practice which is at 2 or 3pm. After afternoon practice I have fitness or compensation training. I arrive home at around 8pm. I try to do some studying for school and then go to bed around 10pm.

We are glad, that those 3 sportsmen were able to answer our questions and we wish them luck!

