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## *Giorgia Mittino – Swim and Tri Swim Coordinator*

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### ***What course do you do?***

I study forensic science.

### ***Why did you join your club when you came to DMU?***

I joined Swim & Tri when I came to DMU because swimming was my life since I was a kid so I wanted to continue training, and also because I thought that joining a sport club could be a great opportunity to meet new people.



### ***What made you want to get involved in the club?***

I chose to get involved in the club, and be the captain, because I wanted to help as much as I can to improve the team and be a positive example for all the members.

### ***Have any females in sport inspired you and how have they inspired you?***

Federica Pellegrini, Olympic and world champion, has inspired me throughout the years. She is one of the greatest swimmers of all time, her passion and dedication inspire me. She also training her hardest to get more recognition for swimming as a sport and seeing a woman putting this much effort along side with men I think it's incredible.

### ***What advice do you have for any other females looking to get involved in sport or physical activity?***

I would personally suggest them to not have boundaries, not think they are not good enough or that their physical shape is not good enough but just enjoy what the sport you play (whatever it is) gives you back: satisfaction for all the good work put into it.

### ***Would you ever try another sport?***

Yes, I've always loved skiing since I was young so that's probably the sport I'd try if I wasn't swimming.

### ***How has playing sport helped you in your day to day life/career?***

Practicing a sport helped me in my daily life by giving me the mind setting of never giving up, with hard work all your goals are possible to reach. Not only, swimming help me to be more organized and being more aware of my time management since I always had to fit in private life, homework with lots of hours of training.

### ***Favourite personal sporting moment?***

My favourite sporting moment of all time is relays in competitions. Swimming is an individual sport but when it comes to relays the support you have from the other team mates is amazing and it pushes you to do even better in the water.

***Favourite female sporting role model?***

My favourite female sporting role model is Sofia Goggia (Italian Olympic sky champion).