

Yesterday, Mrs. Evelin Ilves, accompanied by the skier Jaak Mae, visited Tartu Catholic School, where this spring's winners of the Young Athlete's Award, figure skating sisters Naomi Charlotta and Nanette Christine Anderssons, attend.

"Naomi and Nanette set a huge example for others. If girls, aged 9 and 11, can go to training twice a day and be all-A students at school, every child should be capable of finding some time for sports and movement," Mrs. Evelin Ilves told.

At the meeting with primary school students, the sportsmen were acknowledged by their friends, which was followed by a discussion on sports, healthy eating and lifestyle in general. According to Mrs. Evelin Ilves, it is very important to acknowledge children among their peers.

Mrs. Evelin Ilves emphasised: "The support of a school is highly important in becoming a good student and also having the time to participate in sports. Young people will not get very far without a positive attitude from their school."

During the conversation with the children, all the parties involved reached a unanimous conclusion: walking is also a form of sports, if it is not simply limited to paying a visit to a shopping centre. Healthy eating and a good breakfast are especially important for sportsmen.

Mr. Jaak Mae, a skier, spoke about the beginning of his career as a sportsman, his first competitions and his current training load. According to Mr. Mae, it is important to learn, when being a sportsman, that one cannot always win, but this does not mean one has to quit sports.

Background information:

The Young Athlete's Prize is presented by the First Lady's Foundation of the President of the Republic's Cultural Foundation and is intended to acknowledge young, under-21-year-olds with very good academic achievements. The prize is intended to cover training and competition costs.

The prize is financed by Nordea Bank and is awarded twice a year – in April and in November. The amount per recipient for the Young Athlete's Prize is up to 3,195 EUR (50,000 Estonian kroons; the accurate exchange rate will be applied upon the transfer of the award).

On Thursday, 12 May, Mrs. Evelin Ilves will visit the school of swimmer Elisabeth Egel and next week, on 19 May, she will meet with yachtsman Sten Christian Taal and his co-students.

Office of the President
Public Relations Department
Phone +372 631 6229