

Evelin Ilves, Heiki Nabi – an Olympic winner from Hiiumaa and fitness athlete – and trainer Egle Eller-Nabi today visited Käina Gymnasium in Hiiumaa, where one of the athletes who was awarded the Young Athlete Prize of the First Lady's Foundation of the Cultural Foundation of the President of the Republic, young swimmer Roberta Mikk, studies.

According to Evelin Ilves, Roberta is a good example of someone who does well in sports and is also a straight A student. "One must not abandon his/her studies when involved in sports. As a top athlete, you must always think about what comes after your athletic career," Evelin Ilves told.

Evelin Ilves gave basketballs to the students of Käina Gymnasium and showed the children the Olympic torch that she carried in Dover, England, in June of this year, which was lit with the Olympic fire.

At the meeting with the children, Heiki Nabi emphasised that they must be involved in sports that they like and that it is important to believe in oneself, as achievements will then follow: "There will always be someone beating you down, but lots of work, desire and your ability to focus on the prize will get you where you want to go."

Egle Eller-Nabi also told the children to remember that proper nutrition, sufficient mobility and establishing goals are the foundations for achieving good results.

Evelin Ilves traditionally pays a visit with some of Estonia's top athletes to the schools attended by the recipients of the Young Athlete Prize to acknowledge both the recipient and his/her school.

Roberta Mikk (born 2001) is a talented young swimmer from Hiiumaa, who has been training since the age of three in the Hiiu Hüljes (Hiiu Seal) swimming club. She is among the best in her age group and has won mostly first places in competitions in the past year. Roberta was elected the best athlete of Hiiumaa in the T-16 age group in 2011. At the age of 10, Roberta met the time limits in different swimming distances at the Estonian Championship. Roberta attends 4th grade at Käina Gymnasium, where she is an A-student and the proud recipient of a number of

letters of commendation. Apart from swimming, she also attends dance classes at Käina Hobby and Cultural Centre and sings in a children's choir.

The Young Athlete Prize of the First Lady's Foundation of the Cultural Foundation of the President of the Republic is a prize intended to acknowledge under-21-year-olds with very good academic achievements. The prize is earmarked for the recipients' training and competition costs. The Young Athlete prize can be up to 3,200 euros per recipient. To date, the prize has been divided between three recipients. The Young Athlete's prize is financed by Nordea Bank and is presented twice a year.

This autumn's competition for the Young Athlete's Prize is currently in process; the last date for nominating candidates is 1 November 2012 (date on postal stamp included).

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