

COUNCIL OF EUROPE



CONSEIL DE L'EUROPE



How Did Sport impact  
my life?!

By Aya Medany



# Who am I

- Born: 20th of Nov. 1988
- Country: Egypt
- Career: Teacher assistant
- Start sport: since 1995
- My Sport: Modern Pentathlon
- Achievements: 3 Gold YWCS, 2 gold JWSC, 1 silver SWCS, 1 Gold in WCF, 3\* Olympian, 12\* African Champion





# Sport impact me

1st  
My  
Start

2nd  
Professional  
Life

3rd  
My  
Retiring



# My Start

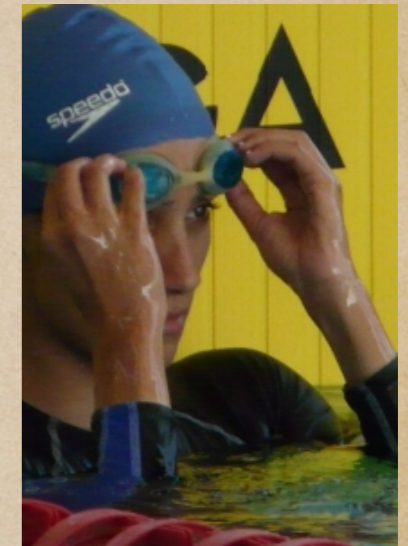
- To play sport was my family priority
- Start more than 10 sport
- Choose Pentathlon (the hardest way)





# Professional life

- 2001 entered the national team
- 2002 my first world champion Silver Medal
- 2002/2012: more than 30 international medals
- Obstacles: 1) school. 2) the Hejab. 3) Revolution. 4) injuries





# After Retiring

- Get married and have a baby





# But Later

- Board member in the biggest Club in Arab countries
- Win Women and Sport trophy 2014 from IOC
- Member of athletes Commission in my NOC 2015
- 2nd in Africa 2015
- Champion of Peace 2016
- Member of athletes commission in the IOC 2016
- Chair of athletes commission in international federation for Pentathlon
- Honoured from PRESIDENT OF Egypt el SiSi few months



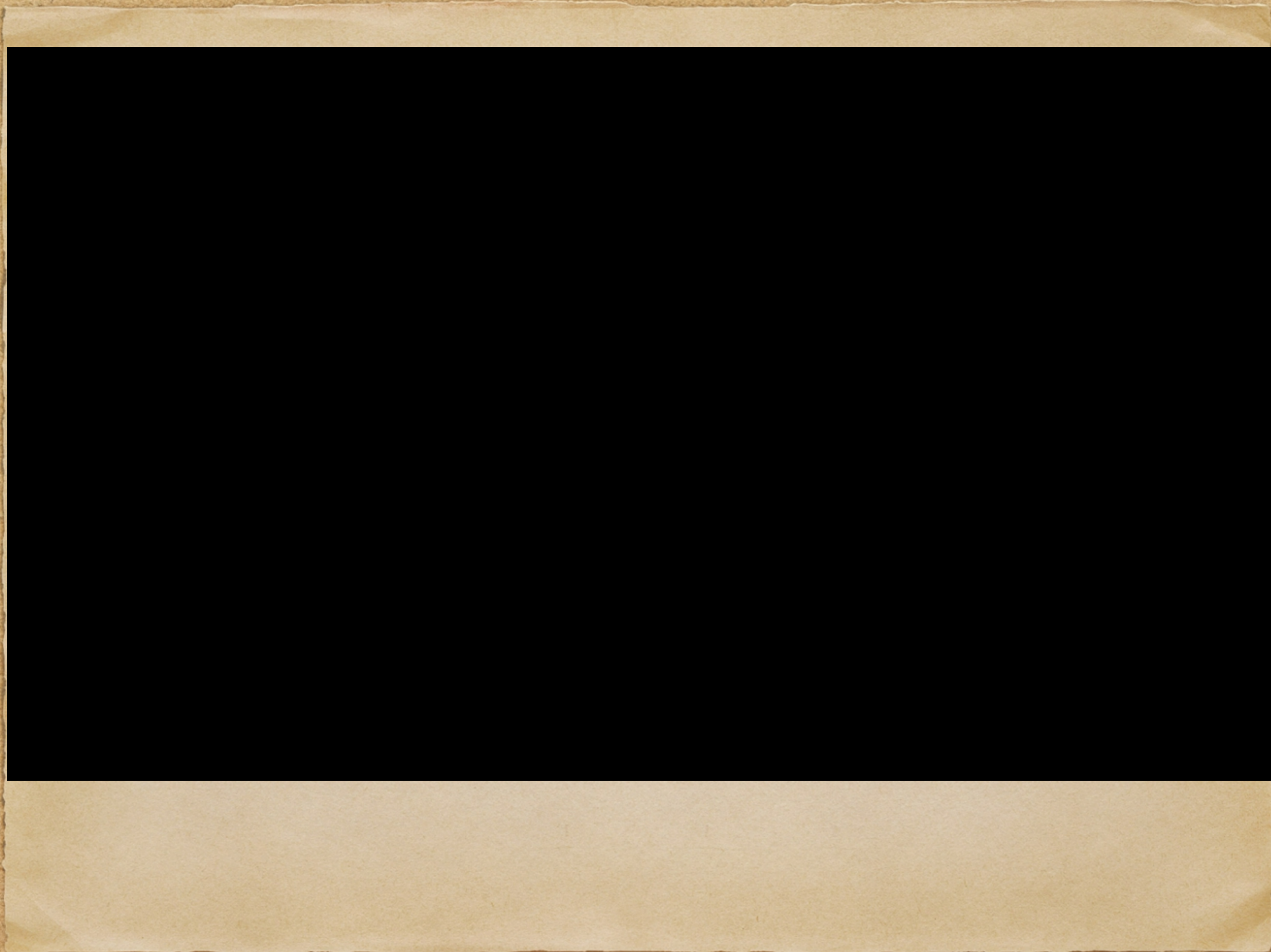




“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair..”

-Nilssoon Mandela







Thank you :)