



SUPERHEROES FLY HEADFIRST

BBI & Sport

A strong Team

My Name is Kim Meylemans, I'm a 19 years old BBI student and Belgian Olympic hope in Skeleton. Every day I try to combine the two as good as possible and this wouldn't be possible without BBI support.

What is Skeleton?

Skeleton is speed and pressures up to 5G. Some might say Skeleton is crazy but going down that ice track headfirst is the best feeling on earth. Didn't you try going down headfirst on your sled in winters?

What does it take to be a skeleton athlete?

Skeleton is one of the complexed sports I know.

You have to:

- Be physically strong: Going into the corners you have 5G pushing you into the ice!
- Be fast:
The start is a very important part, every hundred of a sec. counts!
- Be calm:
Even though you have to explode at the start, you have to be complete calm the sec. you lay down on your sled. Every tiny movement has an influence!
- Be mentally strong:
You have to control your feelings perfectly

What a day looks like for me:

7:30 am get up, eat breakfast and get ready for school

9:30 School starts

12:45 Lunchbreak! Have to make sure to eat good so I can train good later

17:00 I'm in the car to Leuven for training, let's hope there's no traffic jam

17:30 Training starts, is it weights, jumps, sprints or cardio today?

19:30 I'm on my way back to Brussels

20:00 Finally home! Time to eat and cook lunch for the next day

21:00 Homework time

22:00 Time to dream!

Because of my sport I'm not able to be in school all year. In winter I travel from competition to competition. BBI gives me the opportunity to still study in an adapted program with self-study during winters AND classes whenever I'm in Belgium.

THANK YOU BBI!



Facebook:

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