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EFOP-1.8.6-17-2017-00035

A lakosság fizikai aktivitásának növelése és az egészségfejlesztő testmozgás kultúrájának kialakítása a szabadidősport révén, a rekreációs sportszakember-képzés, valamint a sportszolgáltatások létrehozásának támogatásával a Dél-alföldi régióban

SZÉCHENYI 2020



MAGYARORSZÁG
KORMÁNYA

Európai Unió
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Alap



BEFEKTETÉS A JÖVŐBE

Olasz Anna

Világ-és Európa-bajnoki ezüstérmes, Olimpiai 4. helyezett hosszútávúszó



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Kezdetek

- Óvodában tanultam meg úszni
- 2000-óta vagyok a Szegedi Úszó Egylet igazolt versenyzője
- Sietés, tenisz, úszás
- 2009: Ifjúsági Európa Bajnokság, első nemzetközi verseny
- 2010: Ifjúsági Olimpia–Singapur
- 2011: Hosszútávúszó Ifjúsági Európa Bajnokság, Felnőtt EB



Medencés vs. nyíltvízi úszás

Medencés úszás

- 8–10 pálya
- Pályaelválasztó kötelek
- Tükörsíma víz
- Monoton



Nyíltvízi úszás

- Hullámok
- Szélsőséges időjárás
- Áramlatok
- Verekedés
- Monoton, de akciós

Kihívások

- Lemondások
- Távolság
- Monotonia
- Versenykörülmények
- Célbaérkezés, különbségek
- Egyetem és úszás összeegyeztetése



Motiváció

- Az úszás nagyon sok mindenre megtanított
- Barátságok és kapcsolatok
- Célok, álmok
- Arizona State University
- Sikerek



Motiváció: Sikerek

- 2011: Ifjúsági EB 3.hely; Felnőtt EB 5.és 6. hely
- 2012: Olimpiai Kvalifikációs Vereny 3.hely, EB 8.hely
- 2013: VB-Barcelona 5.hely; Európa Kupa összetett 1.hely
- 2014: EB-Berlin 2. és 5.hely; Világkupa győzelem-Hong-Kong
- 2015: VB-Kazany 2.hely; Világkupa összetett 2.hely



Motiváció: Sikerek

- 2016: Olimpia – Rio de Janeiro 14. hely
- 2017: VB– Budapest 5. és 8. hely;
Universiade 1. hely
- 2018: EB– Glasgow 6. hely
- 2019: VB– Gwangju 5. és 8. hely;
Világkupa összetett 4. hely
- 2021: EB– Budapest 2. és 3. hely; Olimpia–
Tokió 4.hely
- számos Világkupa és Európa Kupa
dobogós és pontszerző helyezés
- sokszoros Magyar Bajnok





According to Olasz, it wasn't that lengthy... Pictured during the 25km race at the Europeans in Berlin where she clinched the silver medal

By Gergely CSURKA
FINA Media
Committee Member
(HUN)



Anna OLASZ
(HUN)

▶ “I’m crazy for this sport”

At just 21 years of age, Anna Olasz has achieved some great results in a sport which favours experience and those with strength and stamina. She has energy, though standing at 167cm and weighing no more than 53kg she looks a bit fragile. But she seems unbreakable. Top five finish at the FINA World Championships in Barcelona (10km), a medal from the Europeans in Berlin and a win at the season-ending FINA Marathon World Cup in Hong Kong. But the best is yet to come.

I've heard from your coach that you count every single calorie while maintaining a special diet in order to improve your shape, which, let me add, already seems perfect.

Well, he is overstating this a bit. Of course, I try to take healthy food all the time, though it's true I put an even greater emphasis on it now. Perhaps it came from last season, which wasn't as successful as I had expected. I wanted a bit more. And I'm also aware that this year is going to be the most

important one in my career so far. I want to do the maximum in all areas, in the pool and out of it. There shouldn't be any excuse.

A top finish – fifth place – in the 10km at the Europeans, a silver in the 25km and a great win in the year-ending FINA World Cup race in Hong Kong. Is this a season ruined?

Well, the fifth place in the 10km race... That's not that good. It was a terribly hard race, I gave my utmost, the finish was close. I think I didn't make any mistake in the preparations, nor during the competition – still, I didn't get a medal. I wouldn't say I was disappointed, but... But I was, after all. That's why I was able to finish on the podium in the 25km, because I told myself I had come here for a medal so I would take it, whatever happens.

“The 10km just went all of a sudden”

I always wanted to ask what it requires mentally to be an open water swimmer – and you are doing only this, no pool swimming – and being divided by fractions of a second in almost each finish in major events. I mean, everyone swims 10km, 25km, but at the end only three earn medals, the rest leave

empty-handed, though some were just a second, if not less, slower in a 25,000-metre race than the front-runners.

Well, if you recall the finish of the 25km competition in Berlin, it was really harsh that I hit the touchpad with a centimetre advantage (ahead of Germany's Angela Maurer) – after five and a half hours. But we are doing this sport, so we've all learned that this is definitely part of the show. A beauty of this discipline. Just as the tussles or the fight with the waves. We've all got used to living together with it.

It's as simple as that?

Compared with pool swimming, it's tougher, of course. There, you can finish fifth but if you bettered your personal best you can still be satisfied. Here you don't have such comparisons. It's a race, woman against woman. It's not an easy job, but if you have a target in front of your eyes, it's easier. I wanted a medal in Berlin so the 25km didn't seem so long in the water. Perhaps it was not the same from lakeside... But my desire to win a medal grabbed all my thoughts. I didn't devote a single second to thoughts like it's too tiring, or too cold, or too long. This is the secret behind such a race.

Even though your eyes weren't visible in the sixth hour, soon after you took off your goggles...

Yes, I barely saw anything... Though it might sound silly, but the 10km just went all of a sudden. There you have happenings all the time. A five-second lapse in concentration, you get a hit on your head or take a wrong direction and the race is lost. During the 25km sometimes you think of yourself, the struggles – but the best thing is to keep those thoughts away.

“The failure hurt me for a week”

Mentioning the tussles, so to speak... Your coach sometimes notes that a punch at the right moment is necessary in this sport – but it's hard to imagine that you take any part in the fights which happen in the competitions.

My approach is different. I don't want to be part of those scenes. I'm learning the ways to stay out. It's much better. Sometimes I cannot escape but looking for the opportunity to beat the other burns more energy than swimming. And just look at me: with such a height and weight, would my hit do any harm to the bigger girls?

You belong to the new generation who don't have any outstanding results in pool swimming. How does a teenage



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