

Yana Molodetsky: “A top project”

By: Debbie Lynch

Yana Molodetsky from Israel is visiting Denmark at the moment. Girls in Sport had time to ask a few quick questions to Yana after her training yesterday.

What do you think about the girls project?

“Girls in Sport is a top project that helps bring girls together from different levels and backgrounds and is a top class motivator.”

How much does humour help when you are training hard?

“It helps make for a good training environment and makes you want to train better and harder.”

Why badminton?

“My father took me for the first time because he loves the game and I got hooked!”

How many times a week do you train?

“14 times which includes strength and physical training.”

What goal do you have?

“To try and get the best out of myself :-)”

How do you coordinate your private life with your playing and training life?

“With good planning and prioritising. Training always comes first“

If you want to meet Yana, she will be at the Girls in Sport power camp this weekend in Halmstad, Sweden and during the summer she will be training hard in Israel under the caring hand of Girls in Sports Chief coach Debbie Lynch.

