

## VITAL STATISTICS...

Name:	Lorenzo Brando Chiavarini	
Class:	Laser Standard	
Position:	Helm	
DOB:	17/01/1994	
Born:	Rome, Italy	
Currently Living:	Plymouth University	
Sailing/Yacht Club:	Royal Northern Clyde Yacht Club, Rhu	
Height:	182 cms	
Weight:	78-80 kgs	
Education:	Plymouth Uni Bsc Navigation and Marine Science	
Started Sailing:	2002	
Duration in current class:	Since August 2011	
Coach:	Peter Walker	
Why did you choose sailing?	It was not a conscience choice, I have to be in or on the water, 1 <sup>st</sup> success was swimming	
Greatest strength in sailing:	Down wind sailing and that I don't give up easily	
Greatest weakness in sailing:	I should ask my coach but there are always areas to work on for improvement.	
Biggest Goal:	To be the best I can.	
Who has been the most influential person in your sailing career:	My parents who have been there for me, taken me to all my Junior events and still help in my campaign.	
Greatest sailing achievement to date:	European Champion Youths U 19 2012, Nieuwpoort.	
Personal sponsor:	My parents.	
Other interests away from sailing:	I love Sport in general but Sailing and studies completely fill my calendar.	
Sailing Career to date:	<b>2013</b>	
	Laser Worlds	46
	Laser Europeans	28
	Kiel Regatta	32



Sail for Gold	14
Garda And Trentino Olympic Week	34
ISAF Sailing World Cup Hyeres	49
ISAF Sailing World Cup Palma	37
Laser Europa Cup – Italy	7
<b>2012</b>	
Palamos Christmas Race	9
Laser European Championship	43
Skandia Sail For Gold Regatta	74
World Laser Standard Senior Championship	76
Trofeo SAR Princess Sofia MAPFRE	75
<b>2011</b>	
Sonar World Championship	15
World Laser Radial Youth Championship	17

## MEET THE SAILOR...



What is the toughest part of your sport?	Toughest that I find Sailing so more complex than the majority of Sports, so many aspects to be studied and considered but this also makes it so challenging.
Describe your training regime:	My daily and seasonal calendar is full, every spare moment is spent Sailing, in the Gym, equipment and event preparation.
What is your greatest ever achievement in in your sport:	Being presented to Queen Elizabeth and Prince Phillip as a Laser sailor at 15 years old.
Other notable achievements away from sailing?	I was Junior Club Swimming Champion with really good times, some still stand as Club records even now 9 years later.
Any major injuries ?	Touch wood, they have all been minor problems.
Any superstitions/ rituals?	No, if you don't make any, you cannot break any, just preparation.
Sporting philosophy?	To do your best in Sport as in Life to be the best you possibly can.
Who is your sporting hero?	The GBR Olympic Team but in particular Sir Steve Redgrave and Mo Farah.
Have you had any embarrassing moments during training or competition?	Sailing downwind against the Finn Squad, I catapulted out of my Laser to Bens' amusement.

**What are your aims/goals?**

**Perform to my best capabilities.**

**Who will provide the toughest competition?**

**Maybe myself, I always want to improve but there is always someone on the day who could be your equal or better.**