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PROGRAM NAME: WOMANITY – WOMEN IN UNITY

GUEST NAME: TATJANA SCHOENMAKER – SOUTH AFRICAN OLYMPIC ATHLETE
– TOKYO OLYMPIC GAMES GOLD AND SILVER MEDALLIST

SPEAKER	TRANSCRIPTION
DR. MALKA	Hello, I'm Dr. Amaleya Goneos-Malka, welcome to 'Womanity– Women in Unity'. The show that celebrates prominent and ordinary African Women's milestone achievements in their struggles for liberation, self-emancipation, human rights, democracy, racism, socio-economic class division and gender based violence.
DR. MALKA	Joining us on the line today is South African Olympic Athlete, Tatjana Schoenmaker who won the gold medal and set the world record in the 200 metre breaststroke event at the 2020 Olympic Games in Tokyo. She also earned a silver medal in the 100 metre breaststroke at the Olympic Games. Welcome to the show!
TATJANA SCHOENMAKER	Thank you so much, what an introduction, I am still not used to it.
DR. MALKA	How does it feel, will you ever get used to it?
TATJANA SCHOENMAKER	I don't think so and I am actually very happy, I am glad it hasn't sunk in because I feel like just knowing that my Olympic dream is over is kind of sad and it's obviously not over completely but just having to think that I have already competed in my first Olympics and it's been this childhood dream, is already weird, so luckily it hasn't sunk it yet, because I am still very excited for my swimming.
DR. MALKA	First of all, really, congratulations on winning gold at Tokyo 2020 and simultaneously setting the 200 metre world record for breaststroke.
TATJANA SCHOENMAKER	Thank you.
DR. MALKA	And when I was watching you on the screen, I mean I know it's ridiculous, you've got everyone sitting in armchairs around the world cheering a TV screen, just trying to egg you on to go faster and faster and it was a phenomenal experience as you pulled out through those final metres, touched the wall and hit first place, but in 2016 you narrowly missed securing a spot to the Rio Olympics by just a hundredth of a second, I mean that is 0.01, but five years later, here we are, you won gold; please walk us through your journey to Tokyo 2020.
TATJANA SCHOENMAKER	Yes I must say I think when looking back, obviously it's like five years ago, so it's like ag that was like so long ago, but yes it was a challenging time for me, it was honestly not the best feeling because I did qualify two months before, we have to qualify at our nationals and at our nationals missing it by one split and then not taking you on the team even though you maybe have qualified before, I think that was also challenging but I think that is what made me realise that that was never part of the plan, a few months before nationals all of a sudden I dropped time and I was swimming A times and then all of a sudden we were thinking okay, Olympics. So then I got my mind set on Olympics and I think that is where I went wrong in that sense, because I put so much expectation on myself and there was this massive expectation of me going to the Olympics all of a sudden and when I didn't make it everyone was so disappointed. I remember swimming the final and when I didn't miss I was like oh well, everything happens for a reason and I don't think, because I have my faith and stuff as well, like you say

	that but I feel like somewhere deep inside I really almost didn't believe it because it was just like wow one split second, that's like nothing, but looking back now like having to have gone at the age of 19 with no real international experience at all, yes, I think it was such a blessing now looking back because the steps that I have taken after that disappointment of just like taking each step at a time works for me, so when I was able to go to my first Olympics I was ready, I was a good competitor, so I wasn't going just to participate, I was going to do well and yes I think that for me was just I needed to shape my character. So it was a very tough time and I had to like learn to love my sports again because I wanted to give up after that to be honest, but yes I mean now looking back it was a blessing in the sky.
DR. MALKA	When you say ready, you were really ready for Tokyo 2020. You've told us about the disappointment of 2016, but please tell us about the joy and the celebration and what it feels like to have won gold?
TATJANA SCHOENMAKER	Unrealistic, like we said before, it just doesn't seem real, because you dream about it but you don't actually ever think that it would happen to you and every day sometimes when I was driving home the one time with my mom I was like it is so weird, this random little girl from Johannesburg, there in Roodepoort, like no-one knows where that is, won a gold at the Olympics and now is worldly known, like it just doesn't feel so real. So but yes I must say that moment was just so special and I think just having to celebrate that with everyone at home, I think with the COVID it was a bit challenging but it was also nice because they had those TV's next to the pool, so if it was going to be live it would only be my parents and my sister that would have been there with me celebrating that moment but now we had five different zoom calls in so I had my squad, all my team mates, I had my family, friends, I had other family, I had my parents and everyone, so everyone could celebrate that moment with me and that's what made it so much more special, so I will definitely remember that for the rest of my life.
DR. MALKA	You know when you talk about the euphoria , which you naturally felt on a personal level as well as your family, the whole country had this sense of national pride, it was one of the most amazing things to witness on achievements and how that impacts on society.
TATJANA SCHOENMAKER	Yes, no it is and that is why it is such an honour and a blessing to even represent South Africa, I think that's why everyone loves to be part of Team South Africa, we have the most team spirit, we're always singing, always dancing and I think that's a nice thing, it's like even though swimming is an individual sport, it is so fun to be part of the team, that's where we have our team side come in when we go overseas and for us it's just so nice and it's something we strive to. Like if you first make an SA team you know that when you go back to training that's literally all you think about is you want to make that next team again, because it's just such an unbelievable experience, even if your swimming might not go well, even if I don't swim good times, it's just being part of that team and representing your country it's just insane.
DR. MALKA	Well the team sounds amazing and the spirit and the energy behind it. You've competed with some of the most successful athletes the world over and competing at the forefront of international competition has given you that unparalleled insight into what it takes to get to the top, but more importantly how to stay there. Please can you walk us through what you've learned about your own endurance and personal limits?
TATJANA	I definitely think focusing on myself, I mean those athletes are

SCHOENMAKER	incredible, but never comparing myself to them in the sense that because I think as soon as you start thinking about their amazing achievements you might feel you're not good enough and how do you stand a chance against the world record holder, there is no ways. So I had to kind of tell myself that like being on that team, being in that race, I deserved to be there because I was able to swim those times, so how do I not, like even though it's very nerve wracking to swim against these amazing athletes and stuff I think it's just having that confidence of knowing that you deserve that spot not by someone giving it to you but you literally swam those times so you deserve to be there and yes I just think it's based on that so I think the achievements can inspire you but that is not your journey, that is not what you need to focus on, focus rather on what can you bring into this race and yes I think that's kind of what I did and also like endurance I think, you actually surprise yourself a lot, especially at international meets going to my first Olympics, I thought I would be so nervous and stressed out, but I was so calm and relaxed and it was just so nice to see how you've grown and how you can handle those situations in the process going up to that. So I think that's what I've learned about myself is that I can sometimes surprise myself in how I react to certain situations.
DR. MALKA	When we've spoken to other athletes, be it in the swimming arena or running track on the field, it always surprises me at how much mental preparation is required, it's not just the physical, so can you share some of those processes with us, which combined together, helps you to keep getting faster?
TATJANA SCHOENMAKER	Yes definitely mental psyche plays such a big role and from my personal opinion I have used my faith through all that and I think what was nice about, I know everyone as soon you just mention COVID everyone freaks out a little bit, I think that was the great part about COVID, is it brought such a big mental hurdle for everyone, every sports person and just to get over that I think in some way you knew you were stronger to get over like the fear of racing the best or stuff like that because it was such a big challenge and a mental thing to get through and I think that helped us as sports people as well on the mental side to just prove to ourselves how strong we are. It was such a nice learning curve for everyone, but yes I would definitely say for me to get through that and the process of going through COVID and all those challenges before to get where I was, was definitely through my faith.
DR. MALKA	So faith is a very important part of your life and features very strongly in your guiding narrative. Is there a particular motto that you live by or subscribe to?
TATJANA SCHOENMAKER	I think it is hard to choose because there's such amazing verses in the Bible but I would definitely say it is a verse, I think it just depends on where you are and in the life journey that you are on which really sticks to you and I mean there is a verse for every situation that you are in, so for me it, yes, would just depend on which situation I am in at that moment.
AD BREAK	
DR. MALKA	Today we're talking to South African Swimmer, Olympic Gold Medallist and world record holder Tatjana Schoenmaker. We would love to receive your comments on Twitter: @WomanityTalk.
DR. MALKER	We've talked about Olympics, which is obviously a momentous occasion, but can you walk us through some of your other career highlights to date

	that stand out for you?
TATJANA SCHOENMAKER	I would definitely say the Common Wealth Games in 2018, that was obviously my biggest breakthrough in international swimming as well with winning the two gold, but just having my parents there as well and I just remember it so clearly, how they were dancing on the stands and it was just such an amazing competition and firstly because it was my first Common Wealth Games, but then also just having my parents there and just having them celebrate this crazy experience that I just had, like no-one expected. I remember still talking to Rocco and saying does he think I can possibly win a bronze, like gain sponsors or something and he said ya if you really work hard you might. So it was really funny when I came back with two golds because that was not in the picture at all, I was just like hoping for one medal maybe. So yes I definitely think and I think every single time I am able to compete internationally or represent South Africa is a special moment for me in the pool and but then I think to top that off it was definitely that moment at the Olympics with the four girls that came together after my race, it was just so nice because we're such big rivals and competitors, even though we both are like friends and friends and training partners, obviously in the pool it's everyone for himself. So yes I was just nice that after the race we were like wow, okay what a good race, celebrate each other's victories and yes next time you come and you try again and you say no not this time girl, I am going to beat you this time and that is fine as long as I feel afterwards we can celebrate and just really recognise each other's achievements and PBs (Personal Bests) that some of the girls were swimming was incredible, there's not only the world record, that's amazing, it's just the fact that you're swimming your best times at Olympic final for your first Olympics is also amazing.
DR. MALKA	It almost sounds as though you're rivals but through your competitiveness that each of you drives the other on and by forcing each other to go faster you in turn are breaking more records.
TATJANA SCHOENMAKER	No it is definitely, I think that is the part of sports is like we like pushing each other and I think it's a challenge and we all want to take on that challenge of oh okay next time we'll see what happens and that's why I always say like I might have been maybe the best on that day, but if we had to swim the next day maybe someone else would have won the race, so that's just how sometimes how sports works, it's just on that day you might be the champion but tomorrow you might not be and I think that's what we have to see in psyche, just at that moment celebrate because at the moment I don't know how I was the fastest, but yes it could have been much different the next days.
DR. MALKA	And do you have any words of encouragement to offer aspiring upcoming swimmers who want to compete and get to the top of their game?
TATJANA SCHOENMAKER	I definitely would say it is hard work. I think talent can take you far but it's really up to like hard work and yes I think just enjoying your sports because at the end of the day we're not doing the sports for what we can get out of it, I am definitely not doing it to get the gold medal or anything, I do it because I love my sport and I am blessed to have the talent and obviously for me through my faith is just how can I show God's love through my sport and my swimming and just get him known out there. So yes I think having that real passion and love for your sport and not hoping for anything back, because they always say a happy swimmer is a fast swimmer, so you just have to be happy and it will just happy if it's supposed to happen.

DR. MALKA	I love that expression; “A happy swimmer is a fast swimmer” I’m going to remember that one. Well as a happy swimmer, you mentioned your mom and dad in celebrations for 2018 Common Wealth Games, you spoke briefly about your coach, Rocco Meiring and when we hear about successful people there’s often this tendency to think that these amazing achievements occurred overnight. I mean you’ve already spoken to us that you prepared for 2020 basically from 2016. So what we see today in these wins, it’s years of hard work, discipline, dedication, preparation, but also this amazing support system and structure backing the individual. Please can you explain to us your views about support structures and how they contribute to your success?
TATJANA SCHOENMAKER	I think to be honest they are my reasons to success, so they don’t even contribute, they are it, so I really just feel like without the people in my life, like my family, the friends, my team mates, my coach, I wouldn’t be where I am because not enough discipline can get you there. You can have so much discipline but for me I can pitch up at the pool every day but if I had to pitch up and be the only one there, I would still not put in the effort if that makes sense, because it is so much harder if you don’t have those people driving you every single day, the coach standing there pushing you. So yes I really think all those other things like discipline, they definitely contribute, but it is such a small percentage compared to the people in your life and the support systems out there. So for me, they were my success, they were 100% the reason of my success.
DR. MALKA	That’s the kind of like the intangible’s, the structures that help you, but importantly, we obviously need financial backing and I’d like to ask you how important you think it is to be able to secure sponsorships for professional athletes?
TATJANA SCHOENMAKER	Yes unfortunately we are in the business of sports and we base our living costs and stuff off the sponsors we get, so especially being a swimmer unfortunately we don’t get paid monthly salaries, so we rely on that gold medal, you have to literally win the medal to get something. So yes I think that’s why it is obviously so important with sponsors and I never knew about things like this until 2018 after Common Wealth Games, I didn’t know you get things like this, because we’re just not exposed as swimmers to stuff like this and that’s why for me in some way it’s nice to go to the pool and sometimes let’s say I have this new car just for the people to see oh what it is, like you can get rewarded when you do well, unfortunately it is when you only become the best, which sucks because it takes sixteen years to get there. So yes, definitely it’s the way of how we have to make money and how we have to live because we all know sport doesn’t carry on for very long.
DR. MALKA	It’s such an important aspect you mentioned and I actually wanted to look at this before our conversation, but I remember reading a while ago on Cristiano Ronaldo and just in terms of how he’s been developing his brand, how he has been securing various sponsorships, because as you say, when you’re in this career, it is limited.
TATJANA SCHOENMAKER	No it is definitely and firstly it’s so hard to get those sponsorships because not only do you get a sponsorship, there’s a lot of responsibility that comes with every sponsorship and for the amount of training that we do and the hours that we have to put in now, on top of that you have other responsibilities outside the pool, so it does get challenging sometimes and that’s why it makes it so much more tough in that sense because we need to make money because we have to live and you have to make a career out of it because you have to try and save and that is

	what I am so fortunate to be doing, is trying to save all that money because swimming is not going to last very long and then after that I am going to have to try and pursue or find a different path or career.
	AD BREAK
DR MALKA	Today we're talking to South African Swimmer, Olympic Gold Medallist and World Record Holder Tatjana Schoenmaker. We would love to receive your comments on Twitter@WomanityTalk.
DR. MALKA	Whilst we're talking about this aspect of different careers, you are a BCom financial sciences graduate from the University of Pretoria, which is my alma mater, and you are pursuing a higher certificate in sports science education at TUKS as well. How did you navigate being a varsity student and still excelling at national and international swimming competitions?
TATJANA SCHOENMAKER	I think for me personally it was amazing in the sense of the balanced lifestyle, somehow it just takes your mind off of swimming as well, I think it's not for me very healthy to just be thinking of swimming all the time. Unfortunately at the moment I am obviously done studying, so that is what I am doing at the moment, but there is a lot of stuff that come with it, all the recovery processes, the people you need to see, psychologists and dieticians and so I think that consumes a lot of my time and I think also being like very busy like with the foundation and obviously all the media stuff that came with this gold medal. So yes, luckily I still keep my mind busy, but I think that was a blessing for me, it was just having somewhere to escape from swimming and not only having to think of swimming, but then also having that thing to fall back on in that sense, because swimming can end anytime, we know in any sports you could get injured any second of the day and then your swimming career is over and I needed to know I had something to fall back on so that I can still pursue a career and that my swimming doesn't become my world and my everything.
DR. MALKA	What role would you say that education has played in your path and for paving the way in the future?
TATJANA SCHOENMAKER	It definitely has in the sense of I have something to start a new career and passion for outside of my sports and I think it helps a lot in the sense that when I did BCom financial sciences, obviously now dealing with the sponsors and the finances side, it's quite nice to like keep a track of it and like have to follow it and I know kind of in some ways what is going on, but I mean you can use any of your degrees to kind of figure out how you can connect it with or whatever you're dealing with at the moment, but I must say, I don't know if I would pursue this BCom degree after swimming, it was nice but it wasn't as nice, but it is always nice to have and I am very fortunate that my swimming did go well, so maybe it would be nice to carry on and make a difference in the swimming as a sport as well. So it's always nice to be educated in that and especially for me in finance, I think finance is such a big part of life in general, so it's so nice to be able to know what's going on and I think that's the benefit of being educated.
DR. MALKA	And apart from the education, but specifically within terms from a financial aspect, that really gives you empowerment and financial freedom.
TATJANA SCHOENMAKER	It does and that is also a good thing because you know a lot about finances and about saving and stuff like that and luckily I don't like spending, my carts are always about like 50 items but I never get to that purchasing part, so which is a great thing for me, I'm not a spender so I love saving so that's also the nice part about I think studying the finance side is I know that type of stuff and I am aware of what saving

	can do and how to manage my finances in that sense.
DR. MALKA	And please tell us about your foundation, what is its purpose and what you hope for it to achieve?
TATJANA SCHOENMAKER	Yes I think everyone's been asking me and I need to get a real straight answer, but I think it was just the excitement and obviously so thankful for the crowd funding because that just boosted this dream of mine and I immediately opened this foundation and that. So the excitement was there and that's why it started so quickly, I think now we just have to take that step back in deciding what we actually want to do, but if I have to share some of the dreams that I would love to do with the foundation it would definitely be to maybe see if I can get to the less fortunate to maybe help with the basic skill of swimming, we do struggle with some drownings and stuff in the rural areas, so if I can get someone to learn to swim and then also exposing them to swimming, it's not a sport that is well known in townships and it would be so nice if they could see if they actually love swimming as well, because it is a sport that I have known and I have grown up with but it's not necessarily for them the same and then I think on the other spectrum it would definitely be when we are selected for teams we don't have the money as a federation, so we have to mostly pay for ourselves, so we would get selected let's say for now the world champs that was supposed to happen in December after the Olympics and we have to pay about fifty grand to go and some people just don't have that money and that's the thing then you cut your cream off because you don't have the finances to reach that level and it's a level that's like the world champs, so I mean it's those talented, talented athletes that have put in all those years to finally reach that goal and it has to be cut off because financially they can't make it. So yes I think that's where I would feel like my foundation would also try and play a role in supporting them and maybe sponsoring them for those tours.
DR. MALKA	That's a real tragedy by lacking finance that it just completely holds you back from being able to fulfil your dreams, because it's not as if you can do swimming virtually, I mean you need to compete.
TATJANA SCHOENMAKER	Exactly.
DR. MALKA	Staying on this aspect, do you ever feel that there is a different dynamic between men and women, I mean I know that you compete as, you know, as individual genders, but in terms of the monetary aspect, it still costs the same, you've still got to get there, but do you ever feel that women are potentially held back more than their male counterparts?
TATJANA SCHOENMAKER	I don't know, I wouldn't say luckily with swimming obviously it's a certain time you need to swim, so that's why I am very grateful for swimming, it's very individual, if you swim the time you go, if you don't so and they can't really select more guys than girls, but I definitely feel like girls exposure wise are very little. If you put on any sports channel on TV, it's probably mostly men's sports, which sucks because we put the same amount of hours in but it doesn't get shown as much and I think that's why, so when we do get publicity it would be at an Olympic stage when you finally might medal and that's when you will get exposure, so I think just in that sense it would be nice to put more women sport and I think hopefully it would grow on people because obviously people love male sports as well and that's obviously understandable because that's all that's being showing, but I think the more we show women's sports the more people would get into that as

	<p>well and then start following the women in sports as well. So yes I think hopefully the results that we got from the Olympics, the two girls winning the only medals for South Africa, it just proves to them that we are here, we are trying to push and that's what we challenge the boys within our actually swimming teams is, 2016 the swimming team consisted of only men going to the Olympics, there were no women swimming. So this time I think we either had one or we had the same amount of girls going, so the next one we're challenging that we're going to be just girls and no guys, so we're constantly challenging them to prove to them that, yes, that we can do it because the media in 2016 about women's swimming was not really good, but at that time I think people have to take into consideration that I was the oldest or one of the oldest and I was only 19, the rest were 15 year old girls, 13 year old girls, so let's be realistic, it's the Olympics and most of the guys were all in their 20's and so yes I think we just knew 2021 here we come and we literally proved them wrong, so I am very happy about that.</p>
DR. MALKA	<p>Well congratulations and thinking about the exposure dynamic, apart from giving you that exposure, it would also give sponsors exposure and in turn that would increase, hopefully, more sponsors sponsoring more women to secure the funding that's required and livelihoods.</p>
TATJANA SCHOENMAKER	<p>Yes exactly and I mean people find it so interesting, like the journey's that the men go through and obviously some of the people in our rugby Springbok team, everything that they had to go through from the rural townships to get where they are now holding the world cup trophy, that's the same stories that us girls have as well and I think maybe to be exposed that it happens to us as well, we don't just get it handed over to us on a plate, just like they have to work for it, we work for it as well and I think that's just like proving to them and getting our stories out there, we would want them to like then think oh well we want to sponsor you as well and I mean then just having that extra girl on your team as a sponsor, I think that will be amazing because now it's diverse and it's good for your company as well.</p>
DR. MALKA	<p>Well at least we provided a platform here to help spread your voice.</p>
TATJANA SCHOENMAKER	<p>Let's hope so.</p>
DR. MALKA	<p>The question that I want to ask you now relates to factors of success, so we've hosted a range of women who are at the top of their game, whether it is in the corporate sector, political arena, academic space and also from the sporting point of view. Some of them have spoken about discipline, some of them have spoken about hard work, others have talked about values and faith; please can you tell us in your opinion what have been some of your key drivers?</p>
TATJANA SCHOENMAKER	<p>Okay so generally number one would be my faith, I think that's why it's so nice that or it's almost in such a way I know a lot of people say I am very humble but it's because I know who I am doing it for and I know it's not through me that I am able to do it, so I think that's why it becomes so easy to kind of see it in that way, but yes it would definitely be faith and I also think the characteristics that my sports has taught me I think, the discipline and stuff, that came with my sports and I will be forever grateful for swimming for teaching me those characteristics. I think when you're in school, like school can teach you that but it's still your choice but if you don't pitch up at the pool it does have an effect, just like school obviously, if you don't study it has an effect on what your outcome of your results will be, so I think that was also the</p>

	<p> blessing of, yes, my sports in general is just the characteristics it built in me and discipline doesn't come easily, it's a consistency that you have to pitch up at the pool and through consistency the characteristic of discipline is created. So yes I think it was just pushing through those days when even ah you didn't want to go and stuff like that. So I think there's a lot of things, I don't think there's a few key ones, I think a lot of the things contribute to the success.</p>
DR. MALKA	<p> And when you talk about discipline, I mean you've said the word, but can you just give some insight in terms of what a day looks like for you, to give our listeners some perspective?</p>
TATJANA SCHOENMAKER	<p> Okay I feel like I am very strict on my time stuff as well in the sense of I could probably even before my race I remember messaging Kayleen saying this time wake up, this time pack bags, this time leave flat, this time eat, this time get on the plane. It's just because I plan everything because I know how, so that's how my day kind of looks, training times are set, we have to obviously wake up at 06:00, at 06:20 I leave, 06:45 we dive in, 08:45 we're done, come back eat breakfast and then during the day I will have my appointments so I make sure that I am at home at 14:00 because at 14:30 I have to eat lunch, because I have to eat lunch three hours before my training session and then at 17:30 I will swim again until 19:30, come back, obviously eat supper but then because we're in so late we have to be in bed by 21:00 again to wake up early and have enough sleep. So it's a constant routine and yes, I think that it's the consistency that created that discipline because now that's all I know and that's how if I have things scheduled I would make sure that I mean it's done to say like I'm sorry I have to go home at 14:00 to eat lunch, I know it doesn't sound like a valid reason, but for me that's what I have to put in and that's the discipline, I have to make sure that I eat at the same time, eat the hours before because when I am at a competition I need to know that my body will be used to it as well. So it sounds very complicated.</p>
DR. MALKA	<p> Yes but it's commitment, it's your routine, it's your structure and those are the sacrifices you make to get success.</p>
TATJANA SCHOENMAKER	<p> Exactly.</p>
DR. MALKA	<p> Are there any pivotal moments in your life that have really shaped you into the person you are today?</p>
TATJANA SCHOENMAKER	<p> Yes I think anything, we all know that life doesn't just hand you uphill, there are a lot of downhill and those downhill create a lot of character and shape you a lot, so there has been so many times, at least like from Common Wealth or just before Common Wealth I actually wanted to stop swimming as well four months before common wealth games, so it was just those small little things, okay it's big, that shape you and that's how you grow and I think just going to those international meets, experiencing that also makes you grow, you even grow during the competition. I've learned so much during the Olympics as well, so yes I think every challenge and every opportunity makes you grow.</p>
DR. MALKA	<p> And lastly, as we close out our conversation today, could you use this platform to share a few words of motivation or inspiration for girls that are listening to us on the continent?</p>
TATJANA SCHOENMAKER	<p> I would definitely say my advice would be; don't compare yourselves to someone else, I think it's very easy in these days, we have social media and stuff and we tend to, as humans anyway, compare ourselves to someone else and that's why don't compare, you have a different</p>

	<p>journey, your process might be slower than someone else, someone might be swimming PBs every gala, and you don't but that's just a journey, as long as you're reaching those small goals you set out for yourself every day, like every small goal is still a great win. So yes it's obviously you have that big goal and I had that big goal of going to the Olympics, but if I reach the great successes every single day by the small little things that I set out and I never got to reach the big one, I would be still very happy because I still achieved greatness in that sense. So, yes, I definitely would just say not compare yourself and just focus on your own journey and focus on the things that make you happy.</p>
DR. MALKA	<p>Thank you so much for joining us, thanks for sharing the Olympic experience with us and we wish you every success in the future for the next meet and for what lays ahead of you.</p>
TATJANA SCHOENMAKER	<p>Thank you and thank you for having me and it's amazing to just, yes, honour women in sports in the first place and any woman, not just in sports, but just successful women and I know there was this quote that said behind every successful woman is another group of successful women encouraging her, or something like that, but it is exactly like this and thank you for having me.</p>
DR. MALKA	<p>It's been our pleasure.</p>
TATJANA SCHOENMAKER	<p style="text-align: center;">PROGRAMME END</p>