

Passion Is Key To Success: Annette

Lessons From The Champions: A Talk With Annette Edmondson

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Before school closed for the March Holidays, the Year 1 and 2 International Baccalaureate Diploma Programme student-athletes were treated to an inspiring talk by Annette Edmondson, 2-time World Champion and London 2012 Olympic Games bronze medallist in track cycling.

Her lively and affable character captivated the attention of everyone in the room as she shared her experiences and struggles as a professional athlete, including a few unfortunate accidents and even the loss of motivation to continue in the sport.

A world champion losing her motivation for the sport? Many may find the mere thought of it unthinkable. However, as she continued to relate her journey to success to us, we realised that she was just like any of us facing the challenge of having to balance sport and studies.

In addition to sharing her experiences, she also imparted invaluable key lessons she has learnt throughout her years as an athlete.

“Having passion for the sport is extremely important. If you are just training because you have to, you might make it to a certain level but never further than that. Only if you have the passion and the will to succeed, that’s when you will achieve greater things,” advised Annette. Throughout her talk, Annette continued to emphasise the importance of passion as a necessary attribute in an athlete’s career.

Another lesson she learnt from her many years as a professional athlete was to ask for guidance whenever she was in doubt. In fact, seeking help and advice from her coaches after multiple failures at the World Championships gave her the extra boost to win the 2013 edition and break the 4,000m Team Pursuit World Record by 3s.

A Question and Answer session that followed her sharing allowed many of us to gain a deeper insight into getting back on track after experiencing major setbacks. All present were inspired by her tenacity and resilience as an athlete. As to whether athletes should go for holidays and take breaks? Annette’s reply was a definite “yes”. The session ended on a light-hearted note with a “wefie” session with the former world champion.