



CANDIDATE FOR THE FIAS ATHLETES COMMISSION

Sacha BUWALDA - Netherlands



Best results and achievements:

- ✓ Youth World SAMBO Champion for 1 time
- ✓ European SAMBO Champion for 1 time
- ✓ Silver World Beach SAMBO Championship 2 times
- ✓ Silver World SAMBO Championship 2 times

Sacha's mission within the Commission:

1. Set a Positive Example: Maintain consistency in my athletic performance and behavior. Demonstrate that hard work and dedication lead to success. Be a role model for young sambists through my sportsmanship and social skills.
2. Mentorship and Coaching: Provide guidance and support to help them develop their skills.
3. Promotion of the Sport: Collaborate with local sports clubs, schools, and community organizations to promote SAMBO.
4. Team Competitions: Encourage participation in team competitions and motivate young people and adults to join SAMBO teams.
5. Bring together experienced sambo practitioners and coaches to exchange knowledge.
6. Online Presence: Consider starting a blog, social media accounts, or a website where you share your experiences, offer training tips, and inspire young sambists.
7. I am going to stay passionate and determined to promote the sport of SAMBO and motivate young people. With my dedication and commitment, I think I can have a significant impact on the SAMBO community in Europe.