

Feature Orla Barry

00:14

Orla Barry, Paralympic Athlete, Discus Throw, English

"I'm really excited about the London Paralympic Games. The last Paralympics I came fifth so I'm really hoping this time that I'll make it into the top three and hopefully bring home a medal to Ireland." >>00:24

00:32

Orla Barry, Paralympic Athlete, Discus Throw, English

"Sport, it's my career at the moment, it's what I'm doing full-time, I'm training six days a week, some days twice a day, so it's really my main focus at the moment." >>00:40

00:45

Orla Barry, Paralympic Athlete, Discus Throw, English

I have a really good coach in Pat Furlong, it's great that you can have a good relationship with your coach because if you don't then things can start falling to pieces and if you have a problem you know that you can just speak about it and overcome the problem and it's not a problem anymore.>>01:02

01:17

Pat Furlong, Coach, Discus Throw, English

She's so easy to work with because it's never a chore for Orla to train. She never will say, if you ask her to try something she does never refuse, she will give it a try. In paralympic sport a lot of the straight and narrow is body mechanics, to get the best out of the body. You try something that doesn't work, you don't do it anymore, you try something that does work then you try to improve it. With Orla you don't ever have any problems, she's always willing. If it's going to get her another 20 cm, Orla is going to do it. She's very ambitious and I love that.>>01:48

01:54

Orla Barry, Paralympic Athlete, Discus Throw, English

The throwing frame is going to be different for everyone. It has to suit everyone's needs and disabilities. It's important that you align it up right, so that you throw in the right direction because if it's aligned wrong then you're going to go too far right or too far left.>>02:09

02:20

Orla Barry, Paralympic Athlete, Discus Throw, English

I have one foot on the ground to give me a better stability to go backward more and just this block here so that I can use this leg a little bit more as well. Most frames are about 75 cm high you can't have them any higher than that. But mine is just slightly lower than that, so that I can reach the ground.>>02:40

02:52

Orla Barry, Paralympic Athlete, Discus Throw, English

You go back about as far as you can go. And then you just rotate in and then you release about here. And that's your angle of release and your point of release is as well important.>>03:06

03:21

Pat Furlong, Coach, Discus Throw, English

I never have any fear of Orla in a competition because I know she's going to do it and she loves a challenge. I never worry about her because I know she's going to produce.>>03:29

03:39

Pat Furlong, Coach, Discus Throw, English

London has really been the target like Beijing was the stepping stone and London is really a target for Orla she's coming at the right age, the right maturity and I would be very, very surprised not to see Orla on the podium.>>03:51

04:02

Orla Barry, Paralympic Athlete, Discus Throw, English

I want to have a couple of medals around my neck before I start to think about giving up, a few world records as well.>>04:08

Music list

TO:		SHOW:	Allianz Paralympics
FROM:	RTV Film & Television	EPISODE #:	Feature Orla Barry
SUPPLIER:	RTV Film & Television	AIR DATE:	
EVENT DATE:		TOTAL SHOW DURATION	04'20"

Cue#	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	4'10"	Feature Orla	BXM 001604	BFF	Chris Garcia	LC 15341	Brand X Music	BXM

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