

Webisode Jessica Galli

00:05

Jessica Galli, Paralympic Athlete Track and Field, English

"The sport has given me confidence in myself. It's everything I am. I feel like, you know, deep down I am an athlete first.">>00:13

00:14

Jessica Galli, Paralympic Athlete Track and Field, English

"I think belief in yourself is definitely important I think also having family who believes in you because on the days that I didn't want do something my parents pushed me to do it.

And I think my dad really took a special role in my sports career and he became my coach for a while when I was a teenager. And he was definitely the one that pushed me on that days. Like for example today, it is raining outside, I wouldn't want to normally train on a rainy day, but my dad would push me and say: you have to go because you know, the best in the world are training today.">>00:45

00:48

Jessica Galli, Paralympic Athlete Track and Field, English

"I was injured in a car accident when I was seven. But after my injury I was introduced to sport or reintroduced to sport as a form of rehabilitation and encouraged just to do it trying to get back into life and that's really how it started, it was like a way back into the world and to discover how to do things in a wheelchair."
>>01:08

01:09

Jessica Galli, Paralympic Athlete Track and Field, English

"I think that safety on the road is really important, I always wear my seatbelt, you know, I have friends who don't and whenever I'm with them I make sure they wear it. You know, your life can change in a moment and so why not trying to help save yourself.">>01:21

01:23

Jessica Galli, Paralympic Athlete Track and Field, English

"Athletics in general give people confidence. No matter who you are I think that competing in sport and whether you win or loose gives you a sense of confidence in yourself and that carries over into all aspects of your life. So, you are less intimidated by school or by people that meet.

You know everybody can wake up in the morning and feel like this isn't a good day. But as long as you try to keep a positive outlook, things will always turn up okay.">>01:52

01:55

Jessica Galli, Paralympic Athlete Track and Field, English

"My one advice is: remember there are no limits! If you work hard and dream big you can achieve anything.">>02:00

Ends: 02:08 min

Music list

| | | | |
|-------------|-----------------------|---------------------|------------------------|
| TO: | | SHOW: | Allianz Paralympics |
| FROM: | RTV Film & Television | EPISODE #: | Webisode Jessica Galli |
| SUPPLIER: | RTV Film & Television | AIR DATE: | |
| EVENT DATE: | | TOTAL SHOW DURATION | 02'08" |

| Cue# | TIME | USAGE TYPE* | CD Spine Info | SONG TITLE | COMPOSER | LC Number | PUBLISHER | SOCIETY |
|------|-------|------------------|-----------------|-----------------------|--------------------------------------|-----------|------------------------|---------|
| 1 | 2'01" | Webisode Jessica | OPUS1 100101 | WEAT FIELDS VERS.1 | Richard Hardelstein, Sam Kaufmann | LC 14215 | Opus1 Music Library | OPUS1 |

The music included in "Webisode Jessica Galli" is protected by GEMA (German performing rights society for music copyrights). TV broadcasters are obliged to report the music they broadcast to GEMA or the relevant local collecting society, in accordance with its local law.