



**Snapshot – Mikhalina Lysova**

**00:04 Mikhalina Lysova, Russian para-biathlete, Russian**

“My name, Mikhalina, is from Ancient Hebrew, and it means divine”. >>00:08

**00:12 Mikhalina Lysova, Russian para-biathlete, Russian**

“I would say that sport is a very important chapter in my life, I guess it formed my personality in some way. I can't imagine, where I would be now without it. .” >>00:26

**00:32 Mikhalina Lysova, Russian para-biathlete, Russian**

“I was born with healthy eyes, but when I was 10 months old it was found that I had problems. My eyes started to turn cloudy, really opaque.” >>00:42

**00:45 Mikhalina Lysova, Russian para-biathlete, Russian**

“I was always outside, with friends, chasing pigeons and all that. I was probably a bit of a tearaway.” >>00:55

**00:56 Mikhalina Lysova, Russian para-biathlete, Russian**

“I speak from my own experience, when I went to school everyone teased me and called me four eyes, because I wore these big thick glasses. And I think sports helped deal with possible complexes.” >>01:08

**01:12 Mikhalina Lysova, Russian para-biathlete, Russian**

“At first, when I came into sports, I was 14 and I thought I would come and beat them all. But in my first five or so races I came in seventh, eleventh — something like that. And I saw that it wasn't all as simple as I had thought.” >>01:31

**01:36 Mikhalina Lysova, Russian para-biathlete, Russian**

“I have almost everything, but I don't have a family yet. I think I will have one soon. Then I think, I will be completely happy.” >>01:48

**Ends: 01:57**

**Inserts:**

0:04	<b>MIKHALINA LYSOVA</b>
0:18	Her parents call her Lina Her friends simply say Mikha
0:38	Born in 1992
1:25	Para-biathlete, Russia International debut in 2007
1:40	First Paralympic medal at Vancouver 2010





**Music List**

FROM: RTV Film & Television EPISODE #: “Snapshot”Mikhalina Lysova  
SUPPLIER: RTV Film & Television AIR DATE: \_\_\_\_\_  
EVENT DATE: \_\_\_\_\_ TOTAL SHOW DURATION: 01:57 min

Cue #	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	01'57"	“Snapshot” Mikhalina Lysova	AB- C023402	BRING THE LIGHT	Ramzel Devaney, Marc Taylor	05908	Abaco Music	GEMA

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