

TRANSCRIPTION OF THE VIDEO “YOUR FUTURE IS IN YOU - SILVIA NAVARRO”

Silvia Navarro, handball player: “I’ve been a professional handball player since I was 16 years old. I’m 40 now, and I’ve played football, tennis, and basketball and the truth is that one day handball came into my life and I loved it from the first moment I came into contact with this sport.”

“I won a bronze medal at the Olympic Games in London 2012, a silver in Hungary when we played in the national team and another bronze from the World Championships in Brazil in 2011.”

“What I find most exciting is that I have been able to make this my profession since I was small”. Like Alba, the girl who is coming now.”

Alba, a young handball player: “I’ve been playing hand ball for seven years and I’ve been a goalie for two. I’ve always played football but since I found handball, I prefer handball to football... actually I’m crazy about it.”

Silvia Navarro: “Hello Alba, how are we? I’ve been really looking forward to meeting you [laughter].”

Alba: “Great. Me too.”

Silvia Navarro: “How’s it all going? Good?”

Alba: “Yes.”

Silvia Navarro: “Yes? Shall we get our trainers on and play here where we train?”

Alba: “Of course!”

Silvia Navarro: “Come on, let’s get down to it.”

“I started when I was little too, Alba, playing as a player. Then, at some point the coaches asked me whether I wanted to play outfield or be the goalkeeper and in the end, I stayed between the sticks. Why do you like being the goalie, Alba?”

Alba: “Because I think you can contribute a lot to your team by stopping goals as well as playing and scoring them.”

Silvia Navarro: “You’re sure about that, aren’t you [laughter]?”

Alba: “Yes [laughter].”

Silvia Navarro: “You don’t want to come out of there [laughter].”

Alba: “No.”

Silvia Navarro: “Look, I’m going to tell you a secret: my best friends are involved in handball.”

Alba: “Really?”

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Silvia Navarro: “We’re still friends today. It is super important, because it isn’t just what you get from sport but also what you get from handball in general. I’m sure you’re going to be a great player, I’m certain of it.”

Alba: “Thank you”.

“Silvia has taught me plenty because she has tons of tricks and she knows a whole lot. It has been a great experience because she has taught me a lot.”

Silvia Navarro: “The truth is that you have to look at yourself in the mirror and tell yourself that you can, that I am just another person. It doesn’t matter whether you’re a girl or a boy: you want the same or even more. Women’s sport is where it is today thanks to the visibility we get from companies like Iberdrola.”

“It’s been really lovely to meet you, Alba.”

Alba: “And you. One of my goals is to become like one of my idols.”

Silvia Navarro: “Values are basic to a team and they are very valuable to them. It’s marvellous and I’m sure I’ll get there.”

Alba: “I’ve got a lot of work to do, but you get there in the end.”

Silvia Navarro: [Fist bumping] “Put it there: Come on, Alba!”

