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Australian swimmer Cate Campbell (left) celebrates with her teammates after winning the 4x100m freestyle relay on Sunday.

Campbell in cruise control

SWIMMER FINDS THE RIGHT BALANCE BETWEEN SPORTS AND STUDY

BY SUN XIAOCHEN
CHINA DAILY

SHENZHEN — Final papers are hard enough.

Try competing for a gold medal while you're trying to write one.

Australian swimmer Cate Campbell, who studies mass communication at Queensland University of Technology, has to hand in her thesis on the last day of the Universiade.

So every second she's not training and competing, she's researching and preparing, working to "quickly write the thesis and hand it when I get back home".

Balancing competition and study has been a daily routine for Campbell since she debuted on the world stage at the 2008 Beijing Olympics and grabbed the 50m freestyle's bronze medal as a high school student.

"It's very difficult. I was still in high school when I raced in



I have other interests. If I don't do well in swimming I can still do well in assignments. It just keeps a balance."

CATE CAMPBELL
AUSTRALIAN SWIMMER

Beijing. I've always had to juggle training and study," the 19-year-old said beside the warmup pool in the Universiade Center's aquatic center.

To help her concentrate on the Olympics, Campbell decided to take a year off college after this semester.

"It's good for me," said the budding star, who aspires to be a journalist after retiring from the pool.

"Hopefully, if I make the

Olympics I will travel for two months afterwards. Just have a total break from what I am doing now. It means it's not all about swimming. My whole life isn't consumed by swimming.

"I have other interests. If I don't do well in swimming I can still do well in assignments. It just keeps a balance," said Campbell who also finished third in the 50m freestyle at the 2009 Rome World Championships.

Campbell encountered a setback last year when she was diagnosed with a stubborn illness, which causes fever and fatigue after physical exercise.

Campbell's training was hampered by the disease, commencing an up-and-down period after a year of rapid improvement.

"It's very hard and requires patience. It's (difficult) when you set out to get better, you start to train hard and you get sick again," said Campbell, who will

only compete in the 50m individual race to aid her recovery.

"Only competing in one event is definitely good for my health. I don't want to push my body too fast. Probably, I will be ready for London next year. I really hope I can compete there," she said.

Campbell isn't setting any specific targets for the Universiade.

"I don't really think too much about the competition, I just want to give my best and have fun," she said. "I try not to set times, (because if I don't meet them), I would be really disappointed.

"I focus pretty much on myself and my game. For me, I will approach this meet exactly the same way I approached Beijing. This is a very important trial meet for me before the Olympics.

"Hopefully, coming back here I can have the same Chinese luck as three years ago in Beijing," Campbell said.

Cyclists spring a surprise on Swiss team

By SHI YINGYING
CHINA DAILY

SHENZHEN — After winning four cycling medals, the Swiss team is on a high. Before the Games, Thomas Morgeli, the head of the 93-strong Team Switzerland, had expected his athletes to win only three medals, none of them in cycling.

"Our cyclists won four medals — one gold, two silver and one bronze. We're very happy about that start," Morgeli said.

"I didn't know our cyclists could win four medals; maybe one, but certainly not four. I told the whole delegation we could go home now as we've already reached our goal, but the show must go on, of course."

This is the biggest delegation Switzerland has sent to a Universiade. As the head of a team of 93 athletes, including 60 men and 33 women, Morgeli said before the Games that the team's goal was to win three medals and 15 diplomas, "probably in fencing, athletics or swimming".

"And maybe there will be some surprises," he added. "The Universiade is always special."

One surprise that thrilled Morgeli was when the winner of the men's 160km road race, Bernhard Oberholzer, and the second place-getter, Patrick Schelling, both from Switzerland, crossed the finish line 20 sec ahead of the next competitor.

Coming from a country in Western Europe famous for winter sports such as skiing, Morgeli described the weather in Shenzhen as like "a head-on blow when you get off the airplane".

"Normally I like the heat, but for us 'heat' is 30 C, but here 'heat' refers to 40 C," he said. "For example, our long-distance swimmer, Iris Matthey-Jaquet, is not used to water at 31 C. She started the open-water swim quite well then became over-heated."

However, what concerns Morgeli more than Shenzhen's weather is Switzerland's training system for university athletes.

"Unfortunately, in Switzerland we don't have such a good relationship between sports and universities," he said. "It's difficult for athletes to train as much as they should because they're so occupied with their study.

"Everybody says sport is very important for your health, but if they have an exam and an important sports event on the same day, the university would say you have to go to your exam."