**Quality is more important than Quantity**

**Miss Jing-Jing Li is a Chinese citizen. She comes from the province of Fu Shing (South East).**

**She started paddling in 2000 while she was 15. She was a former swimmer and one week after her first experience in a slalom boat, she jumped on white-water slalom. She took it as a funny and exciting game**

**1.What is the basic training schedule for a week?**

**I paddle about 5 sessions on white-water, 2 times on easy moving water in Slalom boat, 2 times running, 2 times in gym and 2 times in a gym as “recovering session”.**

**2.What about Slalom in China?**

**Slalom canoeing is new sport in China (introduced about 15 years ago). 12 years ago, there were not so many slalom paddlers in China. I do hope that there will have more and more Slalom paddlers in China and then we’ll be able to break the European pack.**

**3.Why Slalom?**

**Hmmm…. The Slalom paddler has to play with the water and in some way, get married with it.**

**To fulfil the required knowledge of a Slalom paddler, it is needed to practice on a wide range of different drills.**

**Slalom is like a cake you want cook. You know all the needed ingredients, you have to find the right portions then you can cook it with love and patience.**

**4.When will you stop paddling?**

**In competition, let’s see regarding motivation and results.**

**As recreational activity, probably as long as I get fun with it.**