



ALESSIA TROST ITALY

Three words that describe you best:

**COMMITTED
PASSIONATE
HONEST**

Your objective as a Candidate in one sentence:

Grow athletes' role awareness and sense of community.

Why I am running for the election:

As many of us, I have grown with athletics – through it, thanks to it, because of it.

We are athletes, we all know words as motivation and commitment – they are our closest companions, they shape our dreams and lead our way – but we also know that we often cope with everyday issues and problems, duties and responsibilities.

The journey we all go through provides amazing experiences and opportunities, challenge and satisfaction. We are surrounded by capable people working with us towards our goals and we will find renewed energy being in touch with other fellow athletes. They are competitors, but also colleagues, humans who are experiencing the same environment and similar thoughts.

That is why we need to be aware of our role, to let our voice be heard, to commit in order to build a shared knowledge and a common culture. As individuals and as a collective culture, it is paramount to understand the most relevant issues and to identify the fundamental tools that can turn a young athlete's growth potential into full performance and personal potential.

Younger athletes deserve great models, older athletes own experience that must be valued. The athlete community must be the place where each feels represented and supported beyond age, gender, ethnicity and belief, but also beyond discipline and competition.

We are athletes, all year long and anywhere. In many different ways, we all are.

It's a matter of identity.



**ATHLETES' COMMISSION
CANDIDATE INFORMATION**