

Interview with a famous sportsperson – Connie Fredbo

(Both Connie and I are seated, ready to start the interview)

Edi – So, here we are! Thank you so much for making time to do this interview

Connie – No problem.

Edi – You probably know that I'm Edi Kudra, that I come from Norway and that I'm doing this interview as a part of a project called Comenius, which is all about collaboration between different schools in different countries.

Connie – I'm aware.

Edi – Then, let's start the interview! These first ones are easy: Can give me your full name, your age and tell what sport it is that you do?

Connie – My full name is Connie Fredbo. I'm 15 years old and I play football (soccer)

Edi – How long have you been playing football?

Connie – I've been playing for 10 years.

Edi – How much time a week do you spend on playing football?

Connie – I have practice 5 times a week. We usually play for an hour and a half.

Edi – What position do you play?

Connie – I play what is called “forward”

Edi – What's the name of the club you play for?

Connie – I play for Lyngdal's local sports club, Lyngdal Idrettslag.

Edi – How often do you compete in football matches?

Connie – We compete when it's football season. There are usually around 20 matches being played during the season, which is held in April.

Edi – How do you prepare for a match?

Connie – I try to eat as healthy as possible before a match takes place. It's also good to think through what you're going to do on the field, before you do it. We have to get ready for the match both physically and mentally. But relaxing is important, too.

Edi – What do you usually eat before and after a football match?

Connie – As I said earlier, eating healthy is essential. I only eat fruit before a match, and the same after the match is done. I especially like bananas.

Edi – Can you talk through your day, before a match?

Connie – Well, first, I go to school. After that, I go home and relax. I arrive at the football stadium an hour and a half before the match starts. Then, there's a meeting that lasts for around half an hour. We use the remaining hour to practice. When out on the field, we try to do our best, of course. In the break, we get to hear from our trainer what we did right, and what we should improve about our playing. After the game is finished, I go back to relaxing again.

Edi – Have you ever played football abroad? And if so, when?

Connie – Yes, I have. In fact, last summer I played in Hirtshals, Denmark and Gothenburg, Sweden.

Edi – You've probably brought some awards or trophies to this interview. Would you mind showing them?

Connie – Not at all! I've brought a trophy and a diploma. (See picture below) I got these awards from being the club's top scorer, which means that I scored more goals than anyone else.

Edi – How's it like, playing a team sport? Can collaborating with the other players be hard?

Connie – Working together with other players can be pretty fun, but it can be a little difficult to

cooperate sometimes. Football does, though, give you the feeling that you're part of something bigger, and that you matter. It's a very social sport, in that sense.

Edi – Does an athlete, after your opinion, have to live a healthy life?

Connie – Yes *and* no. You shouldn't eat too much junk food, of course. Instead, you should have some variety in your diet. But you can enjoy *some* unhealthy food, every once in a while.

Edi – Lastly, do have any advice to young people who want to start a sports career?

Connie – I guess my only advice is that anyone who wants to be an athlete should be determined on doing so. It's very important to think before you do, and take what you do seriously. But *never* forget to have fun!

Edi – Ok! I think we can leave it there and end the interview. Again, thank you so much for your time and good luck on your football career!

Connie – Thanks!



Connie Fredbo