

## Swedish Olympic team visited Match Cup Sweden

So far nine

Swedes are confirmed to represent Sweden in the Olympic Games in Beijing.

Six of whom enjoyed a media covered lunch during Thursday afternoon in Marstrand to let us know the exciting stories of how they prepare for medals.

“We have been sailing as much as possible to improve both psyche and physics”

says Anders Ekström who is sailing a Starboat.

Ekström was taking part in the Olympic Games in Athens in 2004, where he achieved place number 12.

The best Swedish result in Athens was Therese Torgersson and Vendela Santén who achieved bronze in their 470. They are attending Beijing as well.

“We’re trying not to be affected by the fact that the Olympic Games are such a huge competition. We’re planning to go there and have fun” says Vendela Santén.

“It doesn’t matter if we reached a good placing last time. We have to focus on improving our sailing.”

Rasmus Myrgren and Sebastian Östling are rookies in the Olympic context, but they lean on their teammates for good advice.

“I’ve been trying to lose weight to be faster on the water in the Chinese light winds” says Rasmus Myrgren, in charge of a Laser. “So far I’ve lost 10 kilos, and I do anything to be as well prepared as possible.

On the other hand, Sebastian Östling, sailing 470 with Anton Dahlberg, doesn’t make any major changes.

“The rivalry will be tough. I will try to improve my skills and go there with the ambition to take it easy and have great fun. If we manage, we can go far.”

One of the talents who is likely to have good conditions in China is Karin Söderström. She is sailing a Laser Radial, a boat that demands a lot from its handler.

“To make it I have always tried to gain weight. But I have stopped doing that now since everybody’s talking about the light Chinese winds. I think I’ve got my perfect weight now, so I will focus on sharpening the details in my sailing.

After the gathering the sailors joined the tens of thousands of spectators on the cliffs at Marstrand to watch the exciting Match Racing competitions in Match Cup Sweden.