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Ignat Golovatsiuk: I AM IN NEED OF COMPETING



So Peter the Great was completely right when he guessed to fasten skates over shoes. Just in the beginning of the 18th century having built the ships in "skating" Holland he was seriously interested in those kind of sport.

Now Hollanders are still world leaders, – pointed Ignat Golovatsiuk, – they are right when the say: if you are among 5 athletes at the championship in Holland you may be sure you will be in the fifth best athletes of the World championship".

Ignat is the owner of the Champion's title of the 2016 World Junior championship at a distance of 500 meters. He also set a new record of the country at this championship. Last time Belarusians could be glad for success of their young nationals more than 30 years ago. Then the medal at a distance of 500 meters was granted to little-known guy named Zhelezovski. However they both are closely connected by the fact they have come to sport late and appreciate strong opponents

Sports forums are gleamed by the comments like: "So where are they, your stars?" "Juniors are the end of the sport". And then there are "offenders" due to the list: system, coaches, absence of medical and psychological support... Ignat is ready to "post junior diagnosis". And the leadership of the team decided not to speed up the entrance to the international arena, so next sports tournament for Golovatsiuk is ISU Junior World Cup Speed Skating 2016/17, including International Competitions for "neo-seniors" which firstly will be held in Belarus in November.

– Neo-seniors include the athletes from 18-19 till 23 years, – explained Ignat.

– Now I am 19 years old. Besides this category in skating has been separated recently so it's difficult to guess who your opponents are. There can be both dark horses not qualified for the World Cup for elite and leaders of the junior category. For example the Estonian athlete Martin Lieve performing at one-and-a-half-ton truck also is specialized on long distances: three and five.

Everything is easier at home. So I strongly hope on support of Belarusians. I would like to see a lot of spectators. I think it is one of the components of success. The result should be great!

Now I am changing my training process a little bit, because the distance of 1000 meters will become my best distance! Why am I doing it? To be aimed at the Olympics! I am going to fight for the medal at the Olympics just at this distance.

From the childhood Ignat was good at skating. Having been five he spent all the weekends at mass skating in city or at frozen expanse of lakes. When he was seven his parents decided to put him to ice hockey. There he spent one week.

– I had no success. The matter is I am not a team player. It's more comfortable when everything depends just on you. I was training with my father for 3-4 years but then I found Olympic training city Center on ice sports.

Ignat's family is still looking back at this history with humor. When they called to the Center, the Director said to the coach Larisa Vladimirovna: "They are calling to you!". This joke was fateful. So Larisa Vladimirovna got acquainted with the father of her future pupil. Soon twelve-year-old Ignat came to the examination

– This age is late for the beginning of skating but I was succeeded quickly.

This guy has six national records for 7 years. The last one is 35,74 seconds (500 m). Fortune smiled upon at the World championship in China. When he was participating in training camp in Germany he came close to this figure – 35,74. It seems

it is called lucky streak because Golovatsiuk was close to the record at 1000 meters set by Vitali Mikhailov in Calgary last year. 1.09.98 – Mikhailov has, 1.10.7 – Golovatsiuk has one.

The records are records however comparison analysis is still effective. For example the time of the world leaders varies in terms of 34-34.5 second at a distance of 500 meters. The world record set by Canadian Jeremy Wotherspoon is 34.03 seconds. The world record set by Russian Pavel Kulijnikov in Salt Lake City is 33.98 at all.

Holland skater Stephane Grotheys won at a distance of 1000 meters at last Olympics in Sochi (1.08.39 seconds) having left his opponent Denny Morrison from Canada (1.08.43) high and dry. It's high time to ask about a shot in the locker! How and what can help Belarusian skaters to compete with the world best skaters? Or the dreams about the Olympic awards should stay just dreams?

– Now there is the season start and during training in German the best young skaters were training together with our team. These athletes are very strong who run sprint. The best result here is 35.3. At the same time my best result is 35.7. As you can see the difference is not so high. The rest show the following times – 35.5, 35.6. So that it's not rocket science!

34, and also 34.5 are driven out at speed highly-mountain skating rinks. Such skating rinks are in the USA and Canada; they are famous for their ice quality. The result is also achieved thanks to air is rarified and its resistance is less. For comparison: my result on plain is 35.7 and on highly-mountain skating rink is 34.8-34.9. Just due to this reason it's possible to slip off almost one second.

Ignat is not going to take pause and stay with his champions feelings, he has serious plans. He doesn't count on luck. What about

Zhelezovski... It is gifted, strongest skater of the 80th, but gold Olympic medal wasn't gained to him. After many years famous skater names elite sport a grinder and he is likely not to miss that times.

– Sport is joy. At least I had an opportunity to realize myself when I was junior. I am grateful for it. I still think everything is in our hands.

Surely the sportsmen didn't have such opportunities before, there were no such speeds. Competitions level was another. Can you imagine what is waiting for us in 5-10 years? There will be unbelievable seconds!

Why do many talented athletes finish their career without any result in elite sport? They have no psychological preparation. If you win when you are junior you are used to be the leader. But here you are not only zero and even less one. You have to start from the very beginning. Lot of sportsmen finish their career because of they just can't reach the success. They just need desire to work and time.

Skating is closely based on the advanced technologies. Ice quality, high aerodynamics of the uniform which make the athletes to look like well-shaped divers and surely skates themselves.

– We can't complain. Now skating is well-financed so the National Skating team is provided by everything in a full manner. Do you need skates? You are welcome! Do you need new blades? You are welcome! The only thing we need is the machine which forms ellipse at skates' blades. It is really good equipment. All our team needs it. The cost of this machine is 3-4 thousands of dollars. We have no necessary feeling of skate, and it's more difficult to run the turns.

The uniforms for team are sewed for each sportsman personally. Rubber is used for body and legs. This material is perfectly suitable for muscles shrinking. They become everlasting and spend less energy at a distance. Beyond rubber gives good flowing. All these are made in Holland and their quality don't fall behind the uniforms of the world leaders.

The only thing is I am tired a little bit from coloring. It is important for psychological comfort. We have been dressed in uniform colored in green, black and white for 6 years. We need something fresh.

Ignat admit that thanks to support of Skating Union he is not mind to participate in design creation. Creativeness is not alien to him. The guy is engaged in sports clips making. We should notice «Sporttime magazine» staff held it's hand to increase the number of viewers of his clips on Youtube. Now the skater has no time do it due to the upcoming tournament.

When it comes to work in team, the voice of the skater is becoming more serious:

– I have been working with Siarhei Minin (Head Couch of the National Skating team – author's note) for several years. If the result is increasing it means we are on the right way. I worry about another question – absence of competing.

I have a lack of strong opponents in the country. I mean sparring partners as it is in martial arts. Ideally I need the athletes who run faster me. We need the team which is specialized on sprint and medium distances. When you see the back of your opponent you want to win. When you are alone it's extremely difficult to overcome your speed top.

Surely I would like to train with the world leaders of my age but the matter is in money and finally the decision of the team leadership. I have not declared this idea but I have looked to the foreign teams.

The physical parameters are very important for skaters. I am tall, my growth is 187, my hands and legs – cool long jacks. Physiologically I am inclined to this kind of sport. But miracles are perpetrated by the character. There are sportsmen looking not like they are skaters. Jan Smeeckens is small but he is the best in sprint running. He took the second place at the Olympic Games in Sochi.

Ignat notices ice quality also helps to work on speed figures not at home but abroad. It is much quicker to run in Germany for example.

– I can't say we have ice of low quality but the difference between the ice that is done for training and for the international tournaments is tremendous. I didn't participate in the European championship taken place in Minsk because I was performed in Italy but my team fellows told that skating rink was prepared in a high level. Excellent ice is made for the country championship but not for trainings.

Basically it is understood: addition agents which influence on ice quality are not so cheap as it may be. As far I know "quick" ice is flooded by hot but not cold water and it requires expenses.

However he is ready to train far and near, in places with all necessary conditions. But if you have the goal you should not pay attention to your personal comfort, everything is served to this main goal. There is almost no time for himself. Along with the training process his life is also study in the Belarusian State University of Physical Culture where Golovatsiuk is learned to be the coach. It should be noticed that in the nearest time Ignat is going to study management in sport and tourism. And all this is being done to make ice-skating more popular.

Besides the guy is always aware of political and sports news and if it is possible to find time for himself he likes watching movies.

My favorite movie is "Muhammad Ali". This is the person who always inspires me. You may ask me what is common between ice-skater and boxer? The common thing is in the following: my each performance is the fight too. And this is the fight against myself. I am sure each athlete should have the psychology of the fighter like Muhammad Ali had one.

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