

## Markus Deibler

Nick name:	Schwatte or Kussi
Home town:	Biberach in Germany
Birthday:	January, 28 <sup>th</sup> 1990
Hight:	1,95m (6' 5")
Weight:	91kg (201 pounds)
Profession:	High School student
Greatest successes:	Participation at Olympia 2008 German champion long and short course 200m individual medley European champion short course 4*50m relay
Favorite color:	dark blue
Favorite food:	Fondue
Favorite song:	House/Techno, at the moment: "The Golden Ten"
Favorite author:	Joanne K. Rowling, Dan Brown
Favorite website:	<a href="http://www.deibler.de">www.deibler.de</a> ☺
Favorite PC game:	Warcraft 3: The Frozen Throne
Hobbies:	PC, reading, eating, sleeping
Philosophy of life:	If you fight, you could lose. If you don't fight, you've already lost

### How does a typical competition day look like for you?

I get up at least 3.5 hours before the competition starts and jump around in the hotel room a bit to get the circulation moving. Then the preliminary swimming starts, so that I am done with it about one hour before the competition starts. Depending on the swim suit I change about 30 to 40 minutes before the competition. After that I still have enough time to relax and warm up.

Sometimes I take my laptop with me to listen to motivating music; at the moment my favorite song is "The Golden Ten" by Nature One Inc.

### How do you define success?

Success means for me to bring out the best of me. Last year, my greatest achievements were those which came surprisingly, when I exceeded all expectations. I am especially proud of my achievement at the German short course championships in 2007, where I won the title for 200m individual medley with a great time all of a sudden and therefore qualified for the European short course championship. There I won together with my brother Steffen the 4\*50m relay. It was the same with the German championships in Berlin: Hardly anybody thought that I could improve my 100m free style time that much that I would actually qualify for Beijing!

### How do you cope with set backs?

When I have a set back I just move on. I know that the next time it will be better. Set backs are part of the game and in the end they get me going forward. After a defeat I accurately analyze my preparation for the competition to find out where the error was and to learn for the next time.

**How do you motivate yourself?**

My motivation comes from the previous successes and my ambition to get even better. Swimming is part of my life since I attended a swim class. It also helps me to calm down and relax when I come back from school each day.

**What do the Olympic Games mean to you?**

There is no more important competition. All top athletes are going to be there. That's why I am really happy that I surprisingly qualified for the games. It is such a fantastic reward for all the pains of the training. 😊

**What are your sporting goals for the future?**

In Beijing I plan to improve my times of the German championship, swim myself into the 4\*100m free style relay and try to reach the German record in 200m individual medley. On long term I would like to improve myself until I belong to the absolute world class.