

Steffen Deibler

Nick name:	Glibtschi
Home town:	Biberach in Germany
Birthday:	July, 10th 1987
Height:	1.85m (6' 1")
Weight:	78kg (172 pounds)
Profession:	student of environmental engineering
Greatest successes:	Participation at Olympia 2008 German record 50m and 100m free style short and long course European vice-champion 100m free style short course in 2005
Greatest strength:	disciplined, diligent
Sporting idol:	Alexander Popov, Peter van den Hoogenband
Favorite color:	blue
Favorite food:	Carpaccio
Favorite drink:	Kiba (cherry and banana juice)
Favorite song:	"The Golden Ten" by Nature One Inc
Favorite movie:	The Longest Yard
Favorite author:	Rebecca Gablé
Favorite website:	youtube
Favorite PC game:	Assassins Creed
Hobbies:	Reading
Favorite travel destination:	As long as there is sun and beach
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?

The immediate preparation for a competition is quite structures. I worked out a program with my mental coach, which commences about an hour before the start to optimize the focus on the competition. Listening to music and relaxing for a few minutes belong to that, among other things.

How do you define success?

Success means for me to bring out the best of me during the competition. You have to be really disciplined to be successful and work hard for a long time. And you need a little bit luck on your side as well.

How do you cope with set backs?

It is really important for me to learn from set backs that I don't repeat the same mistake again and again. Set backs are frustrating, but I do strongly believe in me. I check off set backs right away and focus on the next competition, where I am going to be right on top again.

How do you motivate yourself?

I am a pretty curious person and I am wondering how fast I can swim. And then there are the medals, naturally, which I could win..What do the Olympic Games mean to you? The Olympic Games are the most important competition for an athlete. Most athletes adjust the planning of their training on a 4-year cycle for the Games. The best athletes of the planet meet at the Olympic Games and I am proud to be one of them.

What are your sporting goals for the future?

At the moment I focus on the Olympic Games in Beijing, where I want to show that I can also swim fast on such a big event. The next long term goals are the Olympic Games in 2012 in London, where I would like to be a serious competitor in the water. But before that there are several more world and European championships, where I want to take part – and not only as an extra.