

ANGIE

Answers....

SKB: What do you consider the highlights of your career?

AA: The Boston Marathon, the AVP finals in Chicago in 2007 and our #5 world ranking in 2009.

SKB: Besides training, what do you do to stay in shape?

AA: Diet and genetics play more of a role than most people want to accept. I eat a disciplined diet, I work hard, and I'm blessed with good genes. Most everyone works hard but I really enjoy eating healthy because I actually like how the food tastes and it makes me feel good. I feel terrible if I don't eat well, so I'm very particular about it.

SKB: Was there a moment when you realized you made it?

AA: Beach volleyball is an expensive sport if you really

want to be great. You have to pay for coaches, equipment, travel, etc. It must have been the first season I made enough prize money to cover my expenses and still had some money in my pocket when I realized I was indeed a pro.

SKB: What role has athletics played in your personal development?

AA: I've been an athlete my entire life, and it's played a key role in who I am today. I'm highly motivated in all areas of my life because I've seen how hard work and determination can pay off.

SKB: What advice do you have for young players aspiring to play professional beach volleyball?

AA: Set goals and dream big. Your dreams are yours and you can make them any way you want them! Never think that something is out of reach because the moment you think it, it is.

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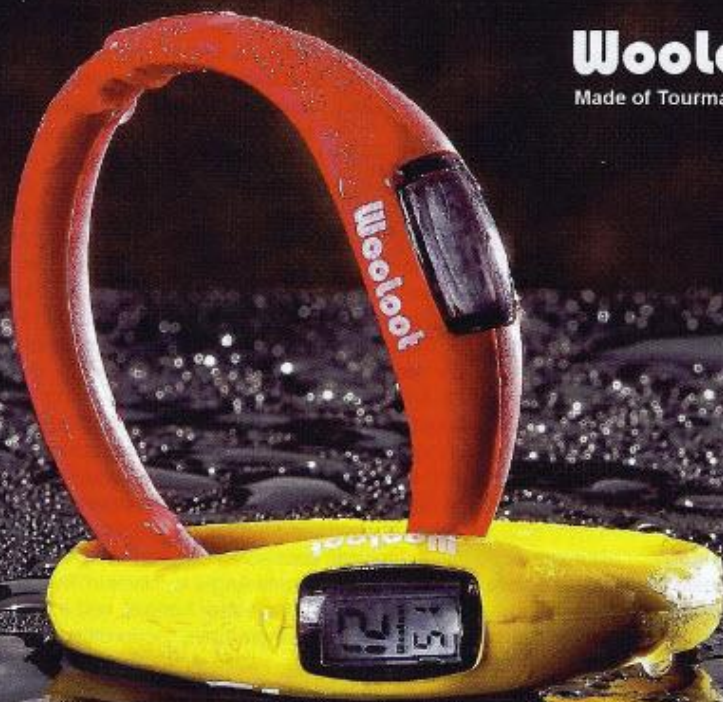
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