



JOANNA MENDAK

Country: Poland

Date of Birth: 16/2/1989

Sport: Para swimming

Discipline: 100 butterfly S13 class



Sports Career

Paralympic Games : Gold medal in 2012, Gold medal in 2008, Silver medal in 2008, Bronze medal in 2008, Gold medal in 2004, Bronze medal in 2004

World Championships : Gold medals (8), Silver medals (5), Bronze medals (5) from 2002 to 2017

Why do you wish to become a member of the IPC Athletes' Council?

Swimming is not only just a job for me. First of all, it is fulfillment of my dreams which absolutely determined the last 22 years of my life. Sport taught me responsibility, self-denial and gave me courage to face my life. Thanks to sport I had opportunity to meet many good people who helped me selflessly and who I could always rely on not only when I was successful but also when I had worse moments which always happen when you decide for a professional athlete career. Today when I think of being involved in the works of Athletes Council, the first which comes into my mind is the Paralympic Family where each athlete is treated due to his sport successes, as sport achievements should always be the only measure of the athlete value-now and in the future.

Why do you wish to run for the IPC Athletes' Council?

Treats the proposals to run for Athlete Council as an opportunity to show that you can wisely and effectively become a companion for talks.

What special skills, background and expertise will you bring to the IPC Athletes' Council?

Sport has taught me tenacity, persistence in achieving goals, accurate planning and time management. I also feel comfortable working in a group

How has sport impacted your life?

Basing of my experience I can say sport teaches how to solve problems in a wise way and how to deal with failures. It also helps to keep your distance towards everyday life difficult situations.

What is your vision for the IPC Athletes' Council?

My main vision would be developed cooperation between Athletes and Activists. The goal that I would like to achieve is to create an ideal environment for contacts, relations and unity among the Competitors.

Why is the athletes' voice important to you?

For many years of my sport career, I have always been aware my opinion as an athlete is important. Before I retire from sport, I would like to have influence to make the athletes voice heard and respected.

What is the biggest challenge you have experienced as an athlete? How did you overcome it?

The main problem was diminishing of the value of the sport of the disabled. Created in media. The way I tried to overcome it was being straightforward and open about everything.