



LIU SITONG

Country: China

Date of Birth: 7/25/1994

Sport: Para Alpine Skiing



Sports Career

Paralympic Games: 6th place in Alpine skiing Slalom at 2018 Pyeongchang | 9th place in Giant Slalom

Hello, my name is Liu Sitong. I love laughing and making fun. I'm an Alpine sitting skier who represented China in the 2018 Pyeongchang Winter Paralympics and will also represent China in the 2022 Beijing Paralympic Winter Games. As an athlete who loves sports, my career lasts for 11 years. When I became an athlete, I was so excited because I was looking forward to the scenes by honour of my country. While with 10 years of life as an athlete, I got that it requires so much efforts and hard training day and day before glory turns up. That's my dream and that's my life.

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

Because I have been working as an athlete for 11 years in both summer and winter sports. I have rich experiences which I want to share with more disabled people in sports. And I also want to encourage more people to participate in exercises and sports.

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

I'm familiar with the rules and characters of many sports, especially alpine skiing, because I'm an athlete of the national team of China and participated in Winter Paralympic Games before. What's more, expect for experiences and skills in sports practice, I gained a lot of knowledge in training methods of disabled athletes depend on their disabilities, especially in alpine skiing.

How has sport impacted your life?

When life closes a window, he opens another. I lost something because of my disability, but I got more because of sport. Sport makes my life colourful and gives me many chances to perform myself. I also met so many good friends in sports.

What is your vision for the IPC Athletes' Council?

IPC Athletes' Council represents as a bridge between the IPC and athletes. It means an honour and responsibility for me as a member of IPC Athletes' Council. IPC contributes a lot to sports of the disabled and provided lots of chances and professional guidance. I'm an athlete myself and I know that there are so many difficulties and requirements in the athletes which can't be solved immediately. So we should listen to their voice and then give them enough supports depend on their situations.

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

The biggest challenge is psychological fear of alpine skiing after a serious injury. Alpine skiing is known as a sport with high injury rate because high speed. I overcame the fear in my heart through more professional training and skills. And I can prevent serious injuries because of my experiences.