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AT Feature: Olympic Diver Kimiko Soldati Part 2



Olympic Diver Kimiko Soldati

By Gordon & Debbie Johnson

We were so glad to be invited to Olympic diver, Kimiko Soldati's visit to Antioch's Delta Breeze Church Sunday, October 24! We were so BLESSED! Her analogy of the God-Christian relationship to the coach-athlete relationship, along with her animated speaking style painted a very memorable picture in our minds. We were moved as we listened to her powerful story and testimony.

It was an added blessing to meet Cal's new head diving coach, Ron Kontura and Cal's women's sprint coach, Bryan Fetzer who also came to hear Kimiko.

Kimiko's "road to the Olympics" story is a very interesting and emotional one. She started out as an excellent gymnast, but suffered a career ending injury at age 15. It was at that time she made the natural transition to diving. However, she still had to fight through injuries, going through four surgeries before making her Olympic debut. She sparkled as said told the congregation how the

Coach Mike Heaney-Walnut Creek Aquabears
 Chris Danesi-Terrapins
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 Lauren Rogers

Olympics was everything she dreamed it would be, and more! But, just prior to making her trip to Greece she was plagued by yet another set back; she reinjured her shoulder causing her to have very little practice time before the biggest competition of her life. And for the rest of the story...

[Drop by Kimiko's website for her complete bio. Her extensive photo collection is fantastic!](#)

A CHAMPION

What makes someone a champion? Kimiko shed light on this very subject:

It's someone who will make the changes their coach instructs them to without hesitation.

This gets into a "trust" issue because sometimes changes can be risky and can take time to really perfect the results. And she fully atested to that fact as she told us a story about her shoulder being ripped apart early on in her diving career during a practice session. But, never waning, she continued to trust her coach, became National Champion and went on into Olympics history! She continued by telling us it's the same way with Christians when God asks us to leave our "comfort zone" and take that leap of faith & trust and perform the task He's calling you to.

You know, God allows you to make a choice... You can be like the athlete who procrastinates to make the changes the coach dictates, henceforth, never reaching your full potential. Or... you can thrust into the adventure of your life, knowing there will be trials and valleys along the way, but also knowing that when you reach the mountaintop, great joy and elation awaits you -- a "CHAMPION!"

There is nothing impossible with God. He will be there to train, to guide, to mold and to carry you ALL the way.

"I can do all things through Christ Jesus who strengthens me."
 Phillipians 4:13



Bryan Fetzer, Kimiko, and Ron Kontura.



Kimiko with Jacob (8), Jeremy (8), John (4) and Josh (11).



Pastor Dave Hansen introduces Kimiko.



Kimiko autographs photos after she spoke.

Even though the REC season is over, AT's coverage isn't! Look for our Upcoming REC Features Articles/Photos this fall on:

County Championships-More Coaches & Swimmers
Concord City Meet
Scottsdale Invitational
Vista Diablo's, Sam Craven
Black Hawk Swim Team
Forest Park's Coach, Jeff Mellinger
Black Hawk's Record Setting 6&un Boy, Forrest White
Olympian and Miramonte Coach, Mike Stamm
Black Hawk's, Georgi Cappelletti

Is your team not being covered in AT??? Do you have a swimmer(s)/coach that you would like to be featured in AT? Then give us a call at 60 WATER.

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