

► SWIMMING: WORLD CHAMPIONSHIPS

Tao Li swims in 50m fly final today



Source: The Straits Times 31 Marc 2007 (c) Singapore Press Holdings Ltd

She does 26.82sec and becomes only the second Singaporean to reach a world final

BY CHAN YI SHEN

SINGAPORE swimmer Tao Li (left) has qualified for the final of the women's 50-metre butterfly event at the World Championships in Melbourne.

She finished seventh fastest in the semi-finals yesterday in 26.82 seconds.

The 17-year-old is only the second Singaporean to reach the final of the World Championships after Ang Peng Siong, who was fourth in the men's 50m freestyle in 1986.

"It feels great to reach a final here," said Tao Li. "The 50 fly is very competitive.

"I just told myself to give it my best shot. It's a nice surprise."

Her achievement comes less than four months after she splashed her way to the gold in the same event at the Doha Asian Games.

Sweden's Therese Alshammar was the fastest qualifier for today's final. She clocked 25.82sec to break Holland's Inge de Bruijn's championship record by 0.02sec.

Last Sunday, Tao Li had narrowly missed out on the 100m fly final by 0.25sec, finishing in ninth place. But her time of 57.09sec won her a place in next year's Beijing Olympics.

Yesterday, she was 10th fastest in the morning heats in 27.17sec – a time which she described as "quite poor".

She said: "I always don't perform well in the morning as the body is not warmed up to the task yet."

But it was a different story in the evening's semi-finals.

Second-fastest off the starting blocks in the first semi-final at the Rod Laver Arena, she surfaced just twice for air before touching home third in her second-fastest time in the event.

The Singapore Sports School student had clocked 26.73sec – a

national record – on her way to her Doha triumph.

Said her coach Peter Churchill: "Her morning swim was not so good. She took too many breaths. But it was a flawless swim from her in the semi-finals.

"There was a bit of pressure on her to perform because she had set her goal of reaching the final. But she usually delivers."

Tao Li's feat means that Churchill lost a cheeky personal bet between the two.

Quipped Tao Li: "He said he has never seen me in a dress, that if I didn't reach the final, I would have to wear one.

"So I told him if I reached the final, he would have to do the same.

"The thought of seeing my coach in a dress gave me the extra push!"

The teenager will be the youngest in today's world-class final in the evening: The illustrious line-up

"The thought of seeing my coach in a dress gave me the extra push!"

TAO LI, who won a bet with her coach Peter Churchill by qualifying for the final

includes Swede Anna-Karin Kammerling, who holds the world record of 25.57sec.

Said Tao Li: "I have already achieved my target by reaching the top eight.

"I will just go out and do my best. Hopefully, I can swim as well as in the semi-finals and break the national record."

Meanwhile, Singapore's Lynette Lim qualified for December's South-east Asia Games in Thailand after clocking 9min 0.27sec in the women's 800m freestyle heats.

She finished 26th, one behind teammate Quah Ting Wen, who clocked 9min 0.17sec. Ting Wen had already booked her SEA Games place before the World Championships.

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{接触} touch



两人相见欢，甚至《约定》如果燕姿明年去奥运会看陶李比赛，陶李就会拼了，为燕姿游出一枚奖牌！
谈谈她们的奋斗、满足感、失落，以及对未来的期许。
《星期5周报》特地安排陶李和孙燕姿见面，让两个在各自领域里绽放异彩的女生，
一个是亚洲小天后，一个是国际体坛的女飞鱼，两颗耀眼的星星碰撞在一起，会有什么火花？

陶李和孙燕姿面对面

报道：李妙音
摄影：萧紫薇

孙燕姿

你来看奥运，
nǐ lái kàn ào yùn

陶李

我为你拼奖牌！
wǒ wèi nǐ pīn jiǎng pái

陶李问 燕姿.....

访谈结束之前,我们让陶李问燕姿一些问题。于是陶李问了.....

.....比较自在了

陶李:你出道后有什么改变?

燕姿:少了蛮多自由的,这点我可以明显的感觉到。像我刚出道时,去买卫生纸都会被拍被写,但是我想说:“艺人也要上厕所的啊!”那时很疑惑,不知道什么可以做,什么不该做,但是后来慢慢就适应了,现在我比较自在了,不会有太多的不开心。要平衡的话,就要自我调适心情,例如我会想,我可以用自己的名气和影响力去帮助一些人,去筹款什么的,那都是有意义的。

.....有些事不能控制

陶李:你有什么烦恼吗?

燕姿:我的烦恼来自于大家对我的期待。例如当你的唱片销量没有预期中的好,大家就开始问我为什么? (提高声量) 我不知道啊!我努力了,我也不知道为什么!有些事不是我控制的,也不是我能回答的,所以大家一直会让我很烦恼。

(这时陶李猛点头,显然她也有相同的烦恼:“对对对,我也会被问到很烦,像你这次在世锦赛没有游出个人的最佳成绩,大家都问我为什么,发生什么事,但是我们不能每一次都在破记录的啊!”)

.....很珍惜这样的机会

陶李:你现在最珍惜的是什么?

燕姿:当歌手是我毕业后的第一份工作,开始的时候我是有些叛逆的,但是渐渐会想,其实我很喜欢唱歌,能把唱歌当成工作,其实是蛮好的一件事。所以现在我很珍惜这样的机会。

记者说

奥运奖牌梦想

访问结束后记者问陶李感觉如何,燕姿的地回答:“爽!”燕姿的随和亲切让陶李留下了好印象,能从偶像手中拿到亲笔签名的CD,又能让偶像在自己的奖牌上签名,更是让她开心不已。意犹未尽的她,在访问之后,便赶到燕姿的签唱会去支持偶像。

目睹两人离去,记者也突发其想:周报这回“撮合”两人见面,说不定明年8月,也可以撮合两人在奥运场上碰面,见证陶李拿下新加坡46多年来第一面奖牌!



心仪 xīn yī : admire 促狭 cù xiá : mischievous
接踵而来 jiē zhōng ér lái : come one after another
意犹未尽 yì yuè wèi jìn : not fully satisfied



燕姿送陶李签名CD和海报,陶李则以她出征亚运会的运动外套相赠,并请燕姿在亚运奖牌和吉祥物上签名。



去年1月份,陶李接受周报访问时透露,她的偶像是孙燕姿,当时陶李表示希望能有近距离和偶像见面的机会。事隔一年三个月,周报帮她完成这个心愿——在唱片公司的安排下,让孙燕姿和陶李会面。

知道可以接近心仪已久的偶像,17岁的陶李非常兴奋,当天见面之前她笑着告诉记者:“我好紧张啊”。但毕竟还是见惯大场面,陶李见到燕姿时虽难掩喜悦之情,但并没有“失态”,两个直率的女生很快就聊了起来。

真的是歌迷.....

一坐下来燕姿便把亲笔签名的新专辑《逆光》送给陶李,让她开心得很。知道陶李是自己的歌迷,燕姿便笑道:“是真的吗?”陶李马上强调:“真的!我从《天黑黑》开始就支持你,你的每一张专辑我都有。”话一说完,陶李的手机就响了,手机铃声正是燕姿的《逆光》,在场的人都笑了。

这电话来得真是时候,工作人员笑说:“嗯,真的是歌迷!”

陶李说她比赛前一天,习惯听燕姿的歌曲解压,找一些力量,“我上场前也一定要听燕姿的歌。”

当记者把陶李的辉煌成绩列出来时,燕姿眼睛睁得大大的,哇了起来,然后谦虚地说:“她的(成就)是国际性的,我只是区域性的.....”让陶李有些不好意思地说:“没有啦,不要这么说。”

最辛苦的时刻.....

让两人谈谈奋斗过程中最辛苦的是什么。

陶李说:“我刚从中国来新加坡的那段日子最苦,没有朋友,又不懂英文,我花了两年的时间才适应这里的生活。”

燕姿感同身受地说:“我最苦的是去台湾发展的

时候,我在那里没有朋友,要用华语表达又有点困难。一开始到了新环境很兴奋,并不会想家,但是当工作和名气等等接踵而来,压力跟着大了,就开始想家了。”

燕姿说她最沮丧的日子,是在发《The Moment》那张专辑的时候,“当时真的很沮丧,觉得自己一直在出专辑做宣传,有一年多的时间我整个人像被挖空了似的,很迷惘。”

陶李说起自己的地狱式训练,也几乎落泪。“我们每天早上6点开始训练,然后去上课,下午三点后又开始训练,除了星期天可以喘口气以外,我都没有自己的时间和空间,真的辛苦.....”说着,开朗的陶李竟眼眶泛红,吓得燕姿问她:“你要哭了吗?”陶李点点头,但很快就收起眼泪。

这样为梦想而奋斗的苦,想必两人都能深刻体会,但也都明白未经一番彻骨,哪来梅花扑鼻香,为了理想,再辛苦也是值得的。

最自豪的时刻.....

再辛苦总会换过去的,两人现在正尝着甜蜜的果实。孙燕姿在亚洲乐坛已是天后级歌手,获奖无数,专辑销量骄人,上个月推出了第10张专辑,销量也登上各排行榜冠军,出道这么多年以来,歌迷宠她,媒体疼她,可说是名利双收。

陶李这两年也气势如虹,2005年她在东运会拿下四金一铜,过后在2006年的亚洲锦标赛中夺得一面金牌,以及多哈亚运会的一金一铜。最近在墨尔本举行的世界锦标赛中,她排名第七,是亚洲第一。

说起让自己自豪的时刻,燕姿说:“在颁奖礼上,还有演唱会上,都是我自豪的时候。尤其是去年在台北演唱会上,因为之前在金曲奖走音,大家就说我要在演唱会上一鸣惊人,但其实我没有要雪耻啦。不过在完成那次演唱会后,还满有

成就感的,觉得自己做到了。”

陶李则认为在亚运会的表现,让她感到自豪,“我站在舞台上最自豪,尤其是在去年的亚运会,那时我每天练6小时,训练是枯燥而辛苦的,而且在过程中你完全无法预想成果,不知道会不会游出好成绩,所以当我拿到奖牌时,真的很开心。”

你满足了

我不满足.....

两人也算名利双收了,对自己的成就满足了吗?

燕姿想也不想就回答:“我满足了!我现在的满足感已经不再跟销量有关了,我可以在其他方面寻找满足感,但是什么方面,坦白说我现在不知道。”

陶李则表示还不满足,“我还年轻,应该还要追求更好的成绩。我的下个目标是在2012年伦敦的奥运会上拿下奖牌。在那之前我会参加2008年北京奥运,但要在奥运拿奖牌不容易,所以对明年的比赛我没有太大的期望。”

说着,陶李突发奇想地说:“不过如果你来奥运看比赛,我就送你个奖牌回来!”燕姿听了也兴奋了起来:“真的吗?好啊!如果配合得来,我不介意去耶!”陶李很肯定地回答:“真的!哇,如果你能来就太好了!”

突然间大家都兴奋了起来,七嘴八舌地讨论,然后幻想着2008年燕姿到北京奥运为陶李打气,陶李拼了命游啊游,游出奖牌,陶李登上领奖台,然后新加坡国歌响起的情形,哦!太叫人兴奋了!

Better times for Tao Li

Source: The Sunday Times 8 April 2007 (c) Singapore Press Holdings Ltd

She can be Olympic finalist next year and medallist in 2012

► Chan Yi Shen

MOST teenagers experience a growth spurt during their adolescent years.

Yet Singapore swimmer Tao Li, 17, has just grown a mere four centimetres in height over the past three years.

She said: "Three years ago, I was 1.56m. Now, I'm 1.6m. That's too little. I was the shortest in the entire field of the women's 100m butterfly at the World Championships."

But while her growth has stagnated, her pool times have improved exponentially. She has sliced over three seconds off her personal best in her pet event, the 100m fly, in under three years.

That is not the only change. In the same period, the Wuhan native has blossomed from a shy 14-year-old with a poor command of English into a confident young lass.

"Are you more comfortable doing the interview in English or Mandarin?" she quipped. "My English is probably better than your Mandarin!"

Last week, she had the whole nation excited when she became the first Singaporean woman to reach a final of the World Swimming Championships.

She was seventh in the 50-metre butterfly in Melbourne, clocking 26.82sec.

The only previous finalists in the World Championships were David Lim (1991) and Ang Peng Siong (1986).

Eighteen months ago, few outside the Singapore swimming fraternity would have heard of her.

Today, she is a household name and on the cusp of international fame.

Tao Li's latest feat came just three months after another milestone - her gold medal in the 50m fly at the Doha Asian Games. It was Singapore's first Asian swimming gold since 1982.

She may not have been included in Project 0812, which is aimed at Singapore's second Olympic medal at either next year's Beijing Games, or the 2012 London Games.

But the Singapore Sports School student aims to make another splash in Beijing.

She qualified for the Olympics by finishing ninth in 59.07sec in the 100m fly. The 50m fly is not in the Olympic programme.

Said Tao Li: "With every target that you achieve, the next one must always be a bit higher. The next step is to reach the final of the Olympics."

"There is the South-east Asia Games at the end of this year. But the big one for me will be the Beijing Olympics. My goal is to reach the final."

No Singaporean has reached an Olympi-



TAO LI HAS IMPROVED RAPIDLY, from (anti-clockwise from top left) a raw 14-year-old in 2005, to clinching four golds in the 2005 Manila SEA Games, to winning the 50m fly at the Asian Swimming Championships in March 2006, and then to kissing the Asiad gold in December 2006.

PHOTOS: ALBERT SIM, TERENCE TAN, BERITA HARIAN



Tao Li's progress in the 100m butterfly

WHILE Tao Li is Asian champion in the 50m butterfly, the sprint is not included in the Olympic programme. Therefore, her best chance for a medal is in the 100m fly.

► March 2004: Junior Age Group Championships - 1min 2.6sec

- March 2005: National Age Group C'ships - 1:01.69
- May 2005: HiPop League - 1:00.57
- March 2006: Asia C'ships - 1:00.11
- December 2006: Asian Games - 58.96
- March 2007: World C'ships - 59.07

pic swimming final. Ang came closest when he was ninth in the men's 50m freestyle in Seoul in 1988.

From her World Championships display, that target is within Tao Li's grasp. But the million-dollar question is: Can she deliver an Olympic medal?

"At the moment, that is still a dream," she said. "I aim to cut my personal best to about 58.4sec by next year. That would be good enough to make the final, but not win a medal."

"To get a medal, you need to be doing 57sec. At the moment, only three swimmers in the world can do that."

At the World Championships, Australians Lisbeth Lenton (57.15sec), Jessica Schipper (57.24sec) and American Natalie Coughlin (57.34sec) took the podi-

um positions. Holland's Inge Dekker was a distant fourth in 58.30sec.

Said Tao Li's coach Peter Churchill: "At her age, she will get a couple of attempts at an Olympic medal - in Beijing and London. The more she races against high-level competition, the more promising this prospect seems."

Indeed, in three years, Tao Li has slashed her personal best for the 100m fly from 1min 2.6sec to 58.96sec at last December's Asian Games.

David Lim, the head coach for the Asian Games team, said: "Her improvement has been quite fantastic."

"But whether she can carry on that progress will all depend on her form in the months leading to the Olympics."

"She is solid in all departments -

from her start to her dolphin kick to her turn. It is all about minor tweaking to eke out the improvements."

After the Melbourne championships, she spent two days at the Australian Institute of Sport, undergoing a bio-mechanic analysis programme to help improve the efficiency of her strokes.

The major meets she has lined up include the Japan Open Championships in August, the SEA Games in December, and the World Short-Course Championships next March.

Will her smaller physique hamper her Olympic dream?

Said Tao Li: "Of course not. They have longer arms and so can reach further. But that's all."

She takes great pride in re-telling how she toppled a 1.9m-tall "giant" - German's Antje Buschschulte - in the 100m fly semi-finals in Melbourne.

"She was a head taller than me," she said. "And she went out really fast over the first 50m. Then she ran out of steam and I managed to beat her."

She was fourth in the race in 59.07sec, with the German fifth in 59.12sec.

Ang, who oversaw Tao Li's development from 2001 until 2005 when she was training at Aquatic Performance Swim Club, also believes that she can overcome the lack of height.

He cites the example of Japan's Kosuke Kitajima. The Olympic champion and former world record-holder in the 100m and 200m breaststroke is 1.77m tall.

Said Ang: "Among the world-class swimmers, he is among the smallest. Yet, he takes fewer strokes than most."

"The key is not just in strength and power, but also in the efficiency and quality of the strokes. That's what she needs to work on."

"2008 may be too soon for Tao Li, but she can definitely challenge for a medal come 2012."

Singapore Swimming Association Centre of Excellence coach John Dempsey agrees.

He said: "She is strong, powerful and she is very good under water. Even Ken Wood, Jessica Schipper's coach, has praised her for being a real fighter."

"The peak age for female swimmers is between 18 and 22, and that falls nicely within the next two Olympics."

"But what she needs to do now is to keep working on her strengths and go head-to-head with the top swimmers for the next 13 to 14 months."

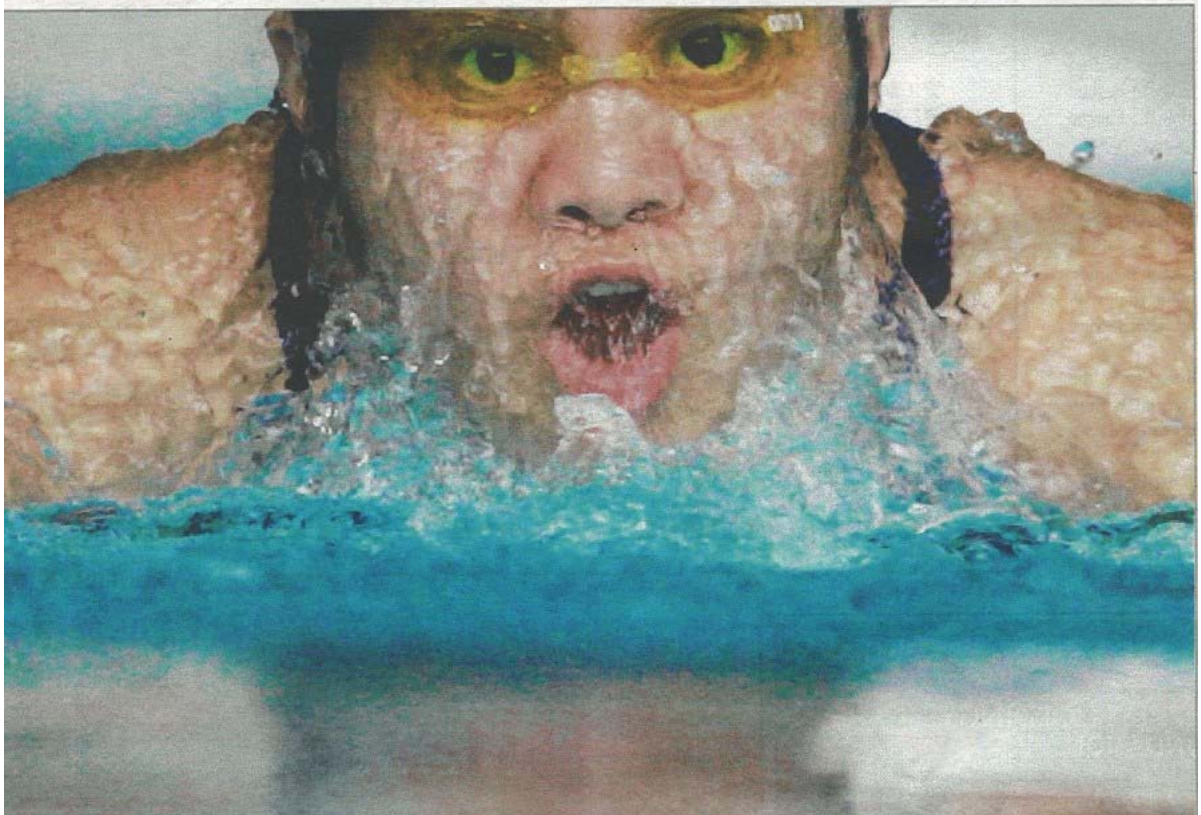
As Tao Li tries to reshape history, there is little doubt that her life has changed as well.

"People on the streets recognise me," she said. "They come up and tell me I did very well."

"When I moved to Singapore in 2003, I never thought I would be where I am now. Now that I'm here, there is definitely pressure to do even better."

"But I have a strong belief in my ability and I'm still hungry."

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金牌姑娘陶李： 我在体校 的一天

06 07

我们所熟悉的陶李，是在泳池里的，例如在去年为我国拿下24年来首枚亚运游泳金牌，以及不久前在世界游泳锦标赛50米女子蝶泳项目中游进决赛并获得第7名。

离开泳池的陶李呢？她的一天是怎么过的？

《我报》记者陪了她一天后，发现了她许多的小秘密，如她的裙子、她的歌声……

热点新闻
Hot News



报道 ■ 陈能端



摄影 ■ 李欣赏

click

- 熙来攘往
xī lái rǎng wǎng :
bustling with activity
- 摸黑mō hēi :
to do things in the dark
- 睡眼惺松
shuì yǎn xīng sōng :
to look half-asleep
- 扑哧一笑
pū chī yī xiào :
to spurt out laughing

in brief

SWIMMER Tao Li is Singapore's "golden girl", having snagged four gold medals at the 2005 Southeast Asian Games and a gold medal at the 2006 Asian Games.

But behind the glamour and glory, is a story of hard work, discipline, and personal sacrifices.

We spent a day with this 17-year-old wonder, observing how she trains and study, hoping to discover what it is that makes her tick.

Tao Li surprised us by being wise beyond her years, and with her strong determination to succeed. She doesn't allow herself to quit, no matter how tired she may get. Hard work, she said, is the only way to win the respect of other people.

What would she be if she was not a swimmer?

Probably a singer, she said. "One should try different things in life," she said. "Swimming everyday can be very 'sian' (Hokkien for 'boring')."

Source: My Paper 17 April 2007 (c)
Singapore Press Holdings Ltd

陶李

亚洲蝶后想当歌后

凌晨5点半, 没有熙来攘往的车子, 没有人们活动的声音, 位于兀兰的新加坡体育学校显得格外地庞大和安详。走进一看, 却发现有一些学生已经提着训练包包, 走向不同的训练场所。其中, 有一个熟悉的脸孔, 她就是在该校修读中二年级的17岁泳将——陶李。

在新加坡, 陶李的名字应该算是家喻户晓的。2005年, 她在东运会上一举拿下4面金牌, 被誉为是杨玮玲之后的“金牌姑娘”。隔年, 她在多

哈亚运会上, 出人意料地击败中国和日本的热门选手, 拿下我国24年来首枚亚运游泳金牌, 再度成为媒体追捧的体坛新星。不久前, 她在澳洲墨尔本举行的世界游泳锦标赛50米女子蝶泳项目中, 不仅闯进决赛还获得第7名, 成为我国游泳史上世锦赛成绩最好的女泳手。

在光鲜的荣耀背后, 陶李究竟是一个怎样的女孩? 《我报》为了更了解陶李, 陪她走过了普通的一天, 寻找她的与众不同……

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67%的《我报》读者是专业人士、企业家或白领人士；52%的读者有至少大专教育程度。

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的一天从6am开始

“我的一天是‘三点一线’，就是吃饭、训练、读书。早上6点起来训练，然后8点吃早餐。有差不多15分钟吃东西，15分钟洗澡，过后就开始上课。上课上到下午2点多可以回宿舍睡个觉，接着4点半再去练习到傍晚6点。比赛期间就练习到6点半。吃完晚餐后，从7点半看书到晚上9点左右。之后才有自己的时间”

接受访问时，陶李一听到这个问题就像背诵课文一样，把一天的时间告诉了《我报》。普通的17岁女生不需要摸黑起来接受艰苦的训练，不过陶李却坦然地接受了这样的安排。记者凌晨时分和她第一次碰面，她一副睡眼惺忪的样子，不过还是给了我们一个有点不知所措的微笑，然后就立刻走到跑道，和其他队友热身、慢跑。

跑步之后，教练邱吉尔要求大伙爬楼梯，锻炼耐力。过了近45分钟的陆地训练，大家才下水进行1个半小时的游泳训练。

每天过这样的生活，会不会觉得累？

陶李说：“每天都感觉很累，晚上要温书到9点才算告一段落。有时，一读书就想睡觉。虽然我喜欢读书，但是累的时候没有办法嘛。”

陶李一天的日程表：

0600 - 0800hrs - 早训
0900 - 1155hrs - 上课
1155 - 1235hrs - 午饭
1235 - 1400hrs - 上课
1400 - 1630hrs - 休息
1630 - 1800hrs - 午间训练
1830 - 1930hrs - 晚餐
1930 - 2100hrs - 温书
2100hrs后 - 自由时间



来自游泳世家

来自武汉的陶李出生游泳世家，父亲陶然是湖北省游泳队总教练，母亲李艳是游泳教练，2001年在机缘巧合下到我发展。李艳觉得新加坡的双语制度完善，希望女儿除了游泳外，能搞好学业，特别是学好英文，所以在4年前安排陶李到新加坡。

不想做个“头脑简单”的人

谈到读书，陶李露出顽皮的样子说：“喜欢啊！读书可以增长知识，不光是游泳，读书也是重要的一部分，不然我为什么要来新加坡。”

看到记者有点不信，她才非常认真地说：“你有内涵的话，面对媒体时说的话也不会那么肤浅，就不会被人冠上‘四肢发达，头脑简单’。”

当时14岁的陶李到女皇镇小学求学，因为英语程度低，从小五念起。现在的她讲起英文来，还真的和普通的加坡人没两样。

“我在新加坡学的，当然就像新加坡人对吗？其实我的英语在六岁的时候进步很大，因为有PSLE，我尽自己最大的能力去读书，就有不错的

进步。小六以后，我就可以听懂很多词汇，也能够讲多一点。”

其实不单是陶李的英语水平提高了，她的好朋友和同学林香琪也觉得自己的华语比以前好。

陶李感性地说：“和我亲近一点的朋友像香琪，就会和我比较熟，其他算好朋友但也不是说可以聊心事的。刚来的时候，很多人都比我小，所以觉得很难谈得来。”

来到体校，可以交到许多朋友，能在这里一边读书一边训练，这是一个很好的安排。”

游泳学业兼顾

虽然陶李时常需要出国比赛和训练，不过她还是在乎自己在学习方面的表现。

她的高级华文老师赖慧玲说：“陶李这孩子很清楚自己要什么，会朝自己的目标迈进。出国比赛后也会尽量赶上，不会要求说这个不要做，那个不要做。其他科目的老师也觉得她非常用功，进步不少，尤其是在英文方面。”

的自信

撇开对外表的一点不满意，陶李其实是个非常有自信和想法的女生。

“我比较喜欢自己好强，因为这是让我成功的一点，至少占80%吧。但我不喜欢自己太好强，因为如果你的好胜心太重，有很多人不会喜欢你。我觉得该低调的时候低调，该好强的时候好强。如果游到这样的程度，自己该得到的东西就应该努力去争取。要是有人对我今天的成绩眼红或者心存妒忌，那我会跟他们打，有

本事你自己去争取。”

对本地体坛的运动员或者队友，陶李没有什么钦佩的对象。

“没有，但是杨玮玲在的时候，我挺钦佩她的。现在没有钦佩的人，是因为我是最好的嘛！如果你本来就是最好的，你不可能降低你自己的身份去说别人是最好的。该谦虚的时候谦虚，不该谦虚就没有那个必要，否则那是虚伪。假如你说在其他方面，好像读书方面，钦佩的对象还是有的！”



凌晨在地道训练的陶李。



课堂上的陶李。

曾想过放弃

日复一日的训练和忙碌的学习生活，让陶李几乎每天都体力透支，她有时也想要放弃。

“有这样的念头时就想我为什么要来新加坡，就是因为我要游出一点成绩，做出一点东西给人家看，所以坚持。我也想到我的家人，毕竟我们是大老远跑来的。我会想到妈妈，这么辛苦都没有想过要放弃，为什么我要放弃？我凭什么放弃？”

和这个17岁女生聊天，经常可以听到简单却有十分深刻的人生道理。

“人一定要有目标，你才会为了目标而奋斗。要不然每天这样混日子，一无是处。我每一次尝到胜利的果实，每个人就会鼓励我，我也从各方面得到很多。所以我觉得努力是值得的，只有努力，身边的人才不会敬佩你，其他方面的条件，还是各方面的资助才会随着你的成绩而来。”

不喜欢穿裙子

为了推动陶李在世锦赛中游进女子50米蝶泳项目的决赛，邱吉尔和打了一个小赌。他说，因为没有看过陶李穿裙，如果陶李无法闯进决赛，那就必须穿裙给他看。调皮的陶李立刻回应说，如果游进前8名，教练就得穿裙给她看。

陶李为什么不喜欢穿裙？听到这个问题，她第一个反应就

是扑哧一笑说：“这个问题真的很欠扁！”不过她后来还是好气地回答了。“因为我身材不够好嘛！等我减了肥才穿。”

陶李真的觉得自己胖？“不是胖啦，是比较壮。等减到手臂没有那么粗，没有那么多muscle就可以咯。”

那陶李不担心那时不再是“金牌姑娘”？“那就得等我退役吧。”

的下一个目标

陶李在亚运会上夺下了50米蝶泳的金牌，又在今年的世锦赛中再度击败中国的蝶泳好手周雅菲，是名副其实的亚洲“蝶后”。此外，仰泳也是她的强项，她有没有计划接下来也参加单人混合泳的项目呢？

“我也不知道，毕竟我游的项目很多。如果新加坡真的没有人游混合泳项目的话，我就游嘛，反正我4种姿势还蛮全面的。”

当然，我的蛙泳会比较差一点，可是我觉得也不是那么差吧？如果再train hard一点就可以。我觉得……游个奥运会的冠军应该不是个问题。”

陶李的下一个目标就是在来年的亚运会上继续发光发热。她也希望自己能100米蝶泳的成绩能够有所提升，从目前的58.9秒减至58.3秒，那她就有望在北京奥林匹克中，游进这个项目的决赛。



在睡房中爱唱歌的陶李。

想当歌手

陶李的室友林香琪说陶李很喜欢唱歌，每天听她在睡房中唱歌很烦。我们还听说陶李原本想参加Campus Superstar。

她急忙解释：“我只是希望有人可以指导我一下，不是想靠参加比赛出名。”

对于当泳手这条路，陶李还是觉得不错的。不过如果能够重新来过，

她觉得自己可能会尝试唱歌。“毕竟活着也该尝试不同的东西，一天到晚游泳也是很无聊（福建话“累”或“无聊”的意思）嘛。”

不过，请大家放心，陶李并不打算现在就去当歌手，因为她现在的理想仍然是游泳。希望这个坚强的女孩能像偶像孙燕姿的歌曲一样，永远“梦不落”。