

A close-up portrait of a female beach volleyball player, Anastasiya SamoiloVA, smiling. She is wearing a white visor with the Red Bull logo and text. She has a blue medal around her neck with logos for the European Volleyball Confederation and the European Championship. She is wearing a white jersey with a black number '3' and a red jacket draped over her shoulders. The background is dark with a red light effect on her face.

ANASTASIJA SAMOILOVA

PROFESSIONAL BEACH
VOLLEYBALL PLAYER
FROM LATVIA

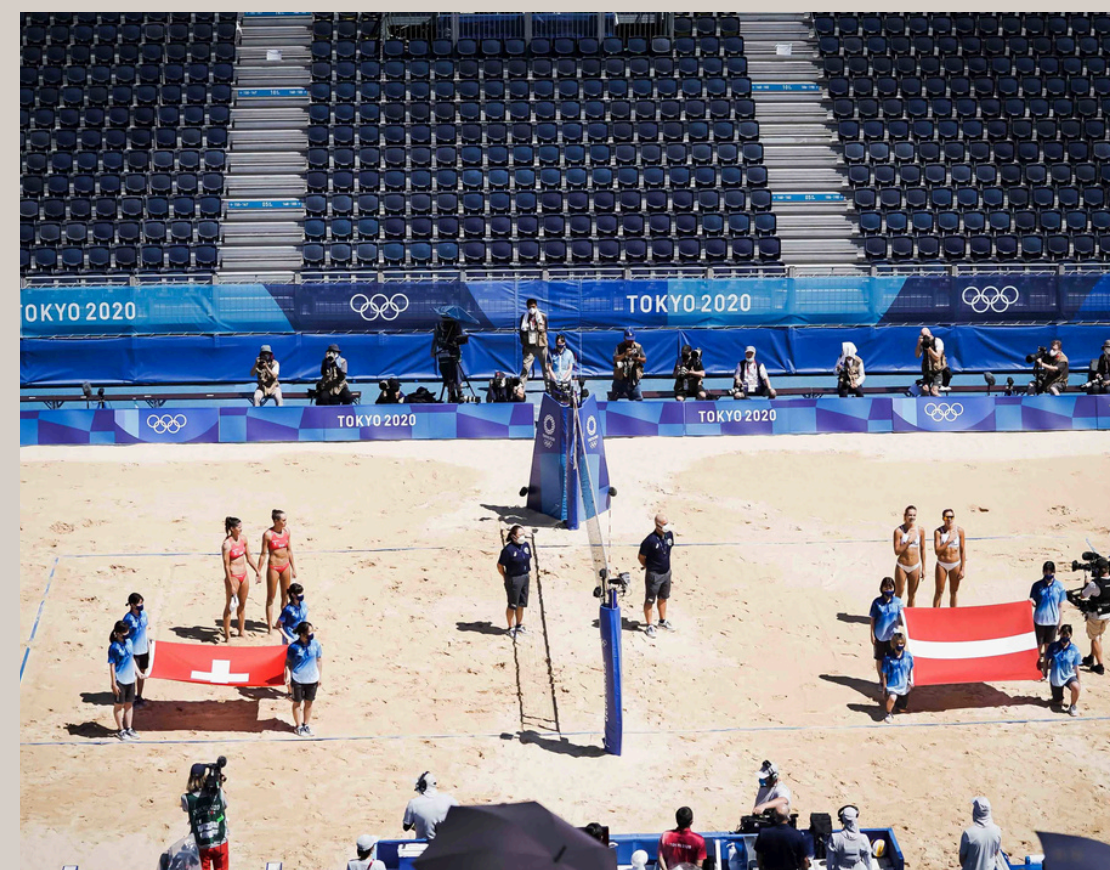
2X EUROPEAN CHAMPION
TOKYO OLYMPIC GAMES
SEMIFINALIST



Tokyo Olympic Village



Samoilova (Kravcenoka)/Graudina - first women team from Latvia to qualify for Olympic games



Haiyang , China-qualification tournament
for Olympic games 2019



Now I say that volleyball is my first love and forever.

I STARTED PLAYING VOLLEYBALL AT THE AGE 11 AND BEFORE IT I HAVE NEVER LIKED SPORTS. I WAS A KID, WHO LEFT SPORT BAG AT HOME ON PURPOSE.





FROM A LOUGH TO A FACT...

Time when my teammate Tina Graduina was studying in collage was very hard for me. I felt alone, training a lot individually and missing competitons. We could compete only from May to August.

But I had a goal and I was working hard every day to atchieve that goal.



YOU CAN DO IT ONCE ACCIDENTALLY BUT NOT TWICE...

At that tournament on the way to the gold we won all strongest European teams.

European champions 2022



EVERYTHING IS POSSIBLE

- Every challenge makes us stronger;
- If you feel not comfortable - it's an opportunity to grow;
- Believe in yourself, if not you, who else?;
- Start your day with a smile to gain positive energy.



BELIEVE. BATTLE. BREATH.

We can reach our biggest potential if we are relaxed and free.





IF YOU CAN IMAGINE IT YOU CAN DO IT



Last training in Latvia before Olympic games we had without balls, but we were moving on the court and visualizing how we will play in Tokyo.





There is no limit in development and growth.
Make one step every day in direction to your goal.