

The Power Play



Beyond the

Mentorship Explore the influential relationship between Brazil's Gabi Guimarães and Claudino, illustrating the guidance experienced players gain

Delves into the inspiring journeys of female volleyball athletes, highlighting all of their personal expressions and the robust support systems. This edition focuses on the mentor-mentee relationships between Brazilian and Japanese volleyball icons, showing how these bonds have shaped their careers.

Sisterhood S

Meal Plan

of Gabi Guimarães

Power
Agility
creativity

Breakfast (7:30 AM)	Tapioca with a filling of banana and peanut butter Fresh papaya and orange juice Black coffee or herbal tea
Lunch (1:00 PM)	Grilled chicken breast or lean beef Brown rice with black beans Mixed green salad with cherry tomatoes, avocado, and olive oil
Dinner (6:30 PM)	Grilled salmon Quinoa with sautéed vegetables Acai smoothie bowl topped with granola and fresh berries Chamomile tea

Meal Plan

of Sarina Koga

Precision
endurance
discipline

Breakfast (7:30 AM)	Grilled salmon, miso soup with tofu, wakame seaweed Boiled spinach
Lunch (1:00 PM)	Grilled chicken breast or lean beef Brown rice with black beans Mixed green salad with cherry tomatoes, avocado, and olive oil
Dinner (6:30 PM)	Grilled salmon Quinoa with sautéed vegetables Acai smoothie bowl topped with granola and fresh berries Chamomile tea

Routine

of Saori Kimura

Precision
endurance
discipline

- 6:30 AM – **Breakfast & Exercise**
Visualization exercise
- 8:00 AM – **Technical Drills**
Serve-Receive Practice
Quick Attack Repetition
Defensive Drills
- 1:00 PM – **Lunch**
- 3:00 PM – **Strength & Training**
Circuit Training
Endurance Drills
Balance Training
- 5:00 PM – **Evening Scrimmage**
Full-team practice match
- 6:30 PM – **Dinner and Reflection**
Nutrient-rich dinner
post-practice discussions.
Reflecting with coaches
- 9:00 PM – **Relaxation and Sleep**
Light stretching

Routine

of Fabiana Claudino

Power
Agility
creativity

- 6:30 AM – **Morning Warm-Up**
Dynamic Stretches
Agility Drills
Core Stability
- 9:00 AM – **Strength Training**
Weightlifting
Explosive Plyometrics
Functional Training
- 11:00 AM – **Technical Skills Practice**
Blocking Drills
Passing and Serving
Spiking Practice
- 1:00 PM – **Lunch**
- 3:00 PM – **Tactical Team Training**
Scrimmages
Video Analysis
- 6:30 PM – **Dinner & Social Time**
Nutrient-dense meal
with team bonding.

net

Cultural Examine the collaboration between Japan's Saori Kimura and Sarina Koga, emphasizing the blend of tradition and innovation in Japanese volleyball.

ionship between
nd Fabiana
impact of
ling emerging talents.



on the Court

Fabiana Claudino



The Queen of Blocks

Fabiana Marcelino Claudino, born on January 24, 1985, in Belo Horizonte, Brazil, is a legendary middle blocker who served as captain of the Brazilian national team.

Sarina Koga

"The Powerhouse Prodigy" "The Rising Sun"

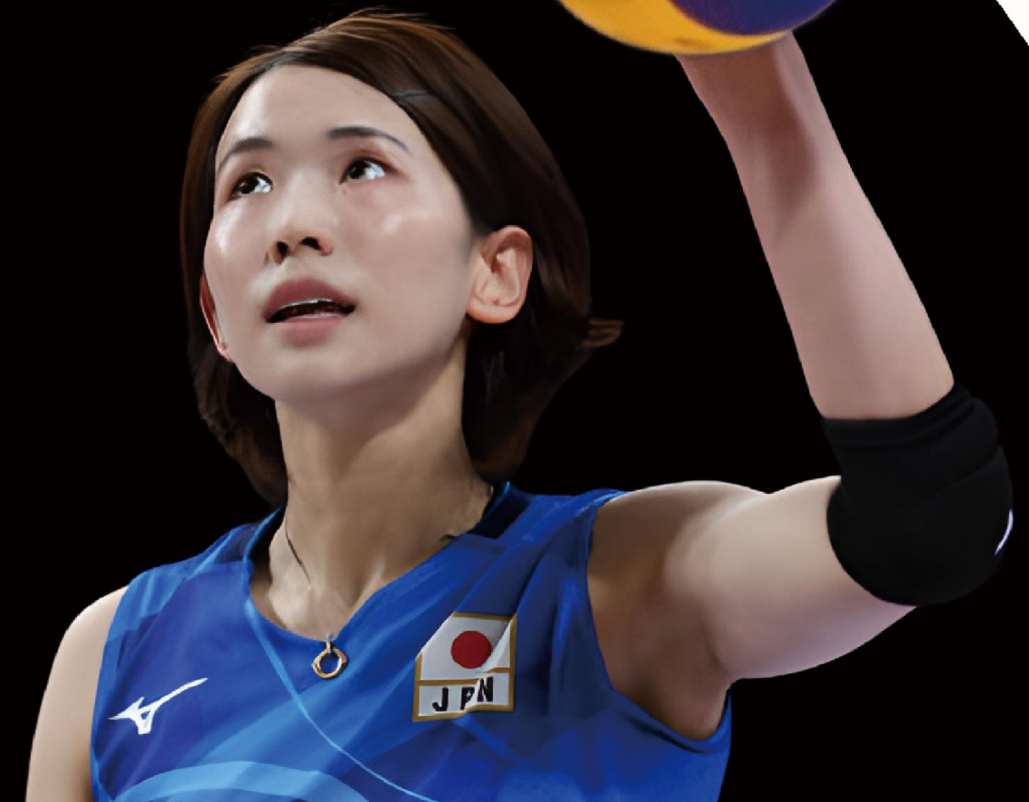
Koga has been a vital asset to the Japanese national team since her debut in 2013. She has participated in major international competitions, including the 2020 Tokyo Olympics, where she showcased her leadership and skill.

Her team:

Koyomi Iwasaki
Kotona Hayashi
Mayu Ishikawa
Nanami Seki
Nanami Kojima
Arisa Inoue
Nichika Yamada
Satomi Fukudome
Airi Miyabe
Ayaka Araki
Yukiko Wada



and Sarina Koga share a relationship that has impacted Koga's career.



Saori Kimura

Saori Kimura, is a celebrated figure in Japan's international volleyball. Standing at 185 cm, she played as an outside hitter and was renowned for her versatility, leadership, and exceptional skills both in attack and defense. Kimura's illustrious career includes representing Japan in multiple Olympic Games, notably securing a bronze medal at the 2012 London Olympics. She served as the captain of the national team, leading with poise and inspiring her teammates through her dedication and performance.



Saori Kimura a
mentor-mentee
significantly im

Fabiana Marcelino Claudino, born on January 24, 1985, in Belo Horizonte, Brazil, is a towering figure in the world of volleyball, literally and figuratively. Standing at an impressive 6'4", Fabiana was a dominant MB and a nice leader who epitomized the golden era of the Brazilian volleyball.

She began her own volleyball career at a young age, quickly rising through the ranks of Brazilian youth leagues due to her exceptional athleticism, sharp instinct and unmatched dedication to the sport.

As captain of the national team, she was the heart and soul of Brazil's historic gold medal victories.

Gabi and Fabiana share a special kind mentor-mentee relationship that has shaped the trajectory of Gabi's career. As a senior player and captain, Fabiana offered guidance and support during Gabi's early career years with the team. Through shared training sessions and international competitions, Fabiana's experience and leadership inspired Gabi to step into her own role as a team leader, embodying the spirit of Brazilian volleyball's legacy.

“ Fabiana was instrumental in my growth, always offering advice and setting an example of professionalism and dedication. ”

Gabi Guimarães

Gabriela Braga Guimarães, affectionately known as "Gabi," was born on May 19, 1994, in Belo Horizonte, Brazil. As the star outside hitter, she is celebrated for her precision, versatility, and was incredible leadership on the court. Currently is playing for the Italian club Conegliano, Gabi has been a key figure in the Brazilian national team, earning numerous accolades, including a bronze medal at the 2014 FIVB World Championship and a silver medal at the 2020 Tokyo Olympics.



Gabi Guimarães has often expressed deep admiration and gratitude for Fabiana Claudino's mentorship during her early years with the Brazilian national team.

Brazil's Rising Star