

# My idol is Alexei Nemov



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# Biography

**Alexei Nemov (born May 28, 1976, the village Barashevo, Mordovian ASSR..) - Russian gymnast, 4-time Olympic champion. Colonel RF Armed Forces reserve. Chief Editor of the "Big Sport" . Alexei Nemov started gymnastics in specialized youth school of Olympic reserve of the Volga Automobile Plant in Togliatti, when he was 5 years old. He studied at the 76th school. Since 1983, coached by Master of Sports in gymnastics, honored coach of Russia Yevgeny Nikolko. In 1999, Alexei Nemov finished Togliatti Branch of Samara State Pedagogical University.**

# Sports career

**First victory Alexei Nemov won in 1989 at the youth championship of the USSR. After a successful start almost every year he began to achieve outstanding results. In 1990, Nemov won in individual events at the Games all-around student youth of the USSR. In 1990-1993 he was a repeated participant and winner of international competitions in individual events, and in the absolute superiority. In 1993, Nemov wins victory in the Cup of the RSFSR in the all-around, and the international meeting of the "Stars of the World 94" becomes the bronze medal in the all-around. A year later, Alexei Nemov won the Russian championship, becoming a four-time champion of the Goodwill Games in St. Petersburg and received three gold and one silver medal at the European Championships in Italy.**

**At the XXVI Olympic Games in Atlanta (USA), Alexei Nemov is becoming a two-time Olympic champion, received two gold, one silver and three bronze medals. In 1997, he won a gold medal at the world championship in Switzerland. In 2000, Alexei Nemov won the World and European Championships, became the prize-winner of the World Cup. At the XXVII Olympic Games in Sydney (Australia), Alex became the absolute champion, having won six Olympic medals: two gold, one silver and three bronze.**

**At the 2004 Olympic Games in Athens Nemov came to the rank of a clear favorite and the leader of the Russian national team, despite getting injured before the competition, showing high grade, self-fulfillment and the complexity of programs. However, his performance on the bar with the most complicated elements (including 6 flights, among them a bunch of three overflights Tkachev and flight Ginger), was marred by scandal. Judges put clearly underestimated estimations (especially judge from Malaysia, which put only 9.6 points), the average was 9.725. After this, the indignant spectators in the hall, standing in for 7-8 minutes, incessant screaming, roaring and whistling protested against the decision of the judges and a standing ovation supported athlete, not letting go to the next stage (US) athlete. Aback judges and the FIG Technical Committee for the first time in the history of gymnastics changed the assessment by putting a little above average - 9,762, but still depriving Nemov medals. The audience continued to resent the protests and stopped only when he went out, and Alex turned to the audience with a request to settle down.**





**After this incident, some judges have been suspended from officiating, the athlete had apologized, but the rules were introduced revolutionary changes (besides the evaluation of the technique was introduced score for difficulty, which takes into account each element separately, as well as links between separate complex elements).**

# Social activity

**He is a member of the Public Council under the Ministry of Defense. On July 26, 2010 - Member of the Patriarchal Council for Culture (Russian Orthodox Church).**



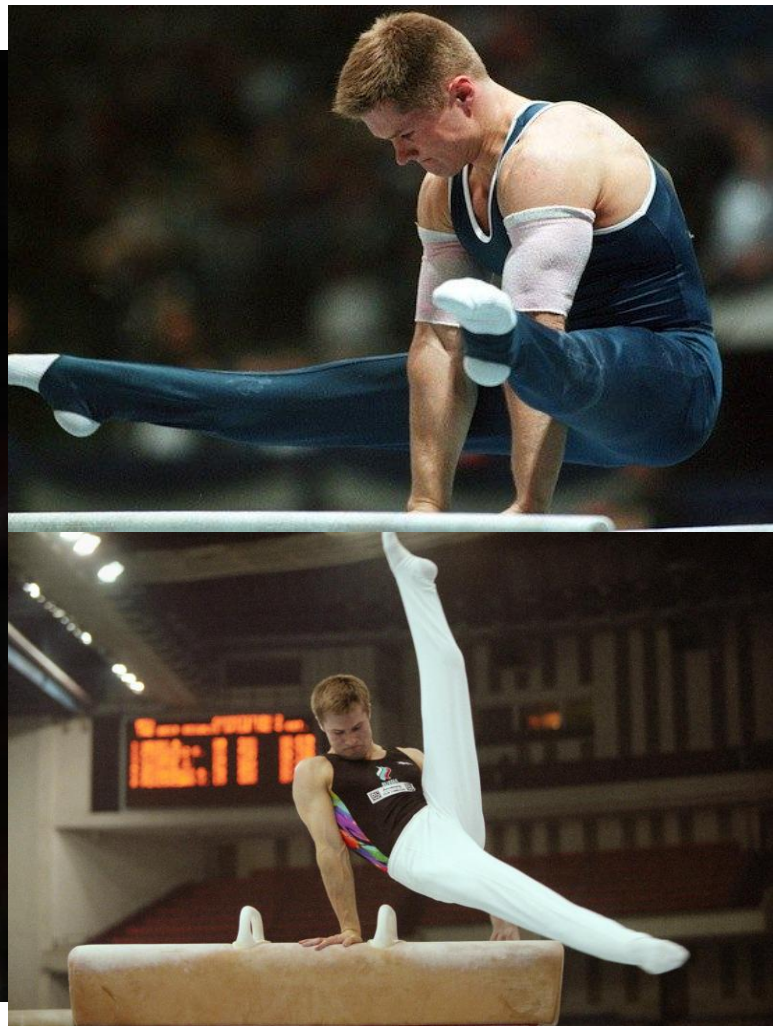
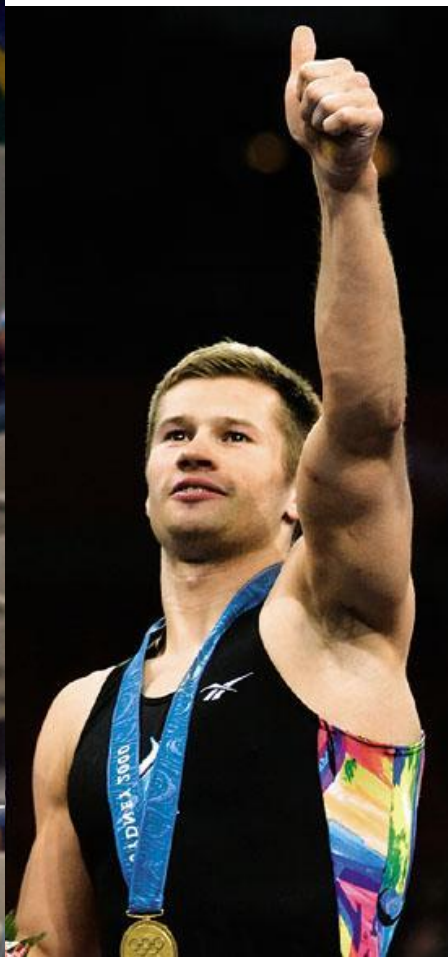


# Honors

- **Gold 1996 Atlanta Team Atlanta 1996**
- **Gold vault Silver Atlanta 1996 all-around Atlanta 1996**
- **Bronze Horse Bronze Atlanta 1996 freestyle**
- **Bronze 1996 Atlanta crossbar Sydney 2000**
- **Gold All Around Sydney 2000**
- **Gold crossbar**
- **Silver of Sydney 2000 freestyle**
- **Bronze Sydney 2000 team Sydney 2000**
- **Bronze Horse Sydney 2000**
- **Bronze bars world Championships**
- **Gold Dortmund 1994 team**

- **Gold sabae 1995 vault**
- **Gold San Juan 1996 vault**
- **Silver San Juan 1996 bars**
- **Gold Tianjin 1999 freestyle Tianjin Horse Gold 1999**
- **Silver Tianjin team in 1999**
- **Silver bars Anaheim 2003**
- **Bronze Anaheim crossbar 2003**
- **Europe championship :**
- **Gold Saint Petersburg 1998 freestyle**
- **Silver St. Petersburg 1998 team**
- **Bronze St. Petersburg 1998 all-around**

# Photo



# Video

- <https://www.youtube.com/watch?v=izuJEIS5P68>