Le corps d’un athlète est sa machine. Et lorsque cette machine suscite de la gêne, cela peut être difficile à surmonter. Chantal Van Landeghem ne le sait que trop.

« Une femme qui mesure 1, 95 m doit surmonter bien des obstacles, surtout pendant ses années de croissance », affirme Van Landeghem.

« J’arrondissais toujours le dos. Je suis plus grande que la plupart des gars qui sont mes amis, alors j’ai dû apprendre à composer avec cette réalité. »

La sprinteuse en nage libre de Winnipeg, au Manitoba, a appris à profiter des avantages que son corps lui donne et a beaucoup travaillé pour apprécier sa grande taille.

« C’est quelque chose que j’ai dû apprendre à gérer. Je pense avoir acquis plus confiance en moi en vieillissant. Je dois encore me rappeler que c’est une bonne chose et non une mauvaise », dit-elle.

Athlète de haut niveau qui établit des records canadiens, Van Landeghem a connu beaucoup de succès dans sa carrière. Un souvenir qu’elle n’oubliera jamais, c’est sa compétition le premier soir des Jeux panaméricains de 2015 à Toronto.

« Gagner l’or au 100 m libre est vraiment extraordinaire. C’était la première fois que j’entendais la foule pendant une course. Et le fait que c’était moi et le Canada qu’ils encourageaient était vraiment émouvant », déclare la championne.

**GOOGLE TRANSLATE**

The body of an athlete is his machine. And when this machine causes discomfort, it can be difficult to overcome. Chantal Van Landeghem knows that too.

"A woman who measure 1, 95 m must overcome many obstacles, especially during his years of growth," said Van Landeghem.

"I always arrondissais back. I'm bigger than most guys who are my friends, so I had to learn to deal with that reality. "

Freestyle sprinter from Winnipeg, Manitoba, has learned to enjoy the benefits that his body gives him and worked hard to appreciate its size.

"It's something I had to learn to manage. I think I have gained more confidence in myself older. I have to remind myself that this is good and not bad, "she said.

Top athlete that sets Canadian record, Van Landeghem has been very successful in his career. A memory she will never forget is his competition on the first night of the 2015 Pan American Games in Toronto.

"Winning the gold in the 100 freestyle is really extraordinary. It was the first time I heard the crowd during a race. And the fact that it was me and they encouraged Canada was really moving, "said the champion.

**PROFESSIONAL TRANSLATION**

As an athlete your body is your machine. When your machine is a source of embarrassment it can be hard to overcome, something Chantal Van Landeghem has known far too well.

“Being 6’3” and being female, it’s challenging, especially growing up and growing into that,” says Van Landeghem.

“I used to hunch over. I’m taller than most of the guys I’m friends with so that’s something that I had to learn how to deal with.”

The sprint freestyler from Winnipeg, Manitoba has learned to love the advantages her body gives her, working hard to truly appreciate her height.

“It is something that I had to learn how to deal with. I think my confidence has definitely grown as I’ve grown up. It’s still something I have to remind myself is a good thing and not a bad thing,” she says.

Standing tall as a high performance athlete setting Canadian records, Van Landeghem has experienced many successes in her career. One memory she says she will never forget is her race on the first night of the Toronto 2015 Pan Am Games.

“Winning gold in the 100-m freestyle, it was such an amazing feeling. It was the first time that I actually heard the crowd while in a race. And the fact that they were cheering for me, and for Canada, was so cool,” she says.