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Date: 17th November 2017

Location: Singapore

Language: English

SHOT LOG & transcripts of soundbites:

00:00 Overview of the Swimming World Cup facilities in Singapore

00:06 Chad Le Clos speaking with his coach before training

00:09 Detail of Chad Le Clos

00:12 SOUNDBYTE: Chad Le Clos, Olympic Champion 200m butterfly London 2012 & Ambassador for the Youth Olympic Games Buenos Aires 2018 (English Language)

Question: How does it feel to be announced as a Youth Olympic Games Ambassador for the 2nd time?
“You know it’s a huge honour for me, not only myself: my family, my country. Obviously going to the Youth Olympic Games myself I know what it is all about. And I feel that me being an ambassador will give me great pleasure of course and will hopefully help to inspire the next generation and give some advice for the next athletes that are coming through the system, so yeah, very excited”

00:40 Le Clos swims butterfly (all training filmed 29/08/13 South Africa)

00:51 SOUNDbite: Chad Le Clos, Olympic Champion 200m butterfly London 2012 & Ambassador for the Youth Olympic Games Buenos Aires 2018 (English Language)

Question: How does it feel to be back in Singapore?

“You know, it is crazy to think, you know. That it was 7 years ago, winning my first international medal, gold medal at the Youth Olympic Games. It was such a big moment of my life because it got me realising that something is a lot bigger than I thought it was. You know, it transcended everything. Just like Nelson Mandela said, sport has the power to change the world and that’s what I felt like because I came back and there was so much media excitement around it. Like just walking around the village seeing so many great athletes and I was like “oh my goodness”, this is unreal. And it is something that I will
cherish for the rest of my life. Not only the Youth Olympics, the Olympics and everything that I have been a part of, you know?"

01:29 Le Clos dives into pool, 200m butterfly at the 2012 London Olympic Games (slo-mo)

01:33 Underwater shots of Le Clos swimming butterfly at London Olympic Games final.

01:49 Le Clos touches home, beating Michael Phelps

02:03 The South African swimmer shouts in celebration

02:10 Le Clos steps onto podium

02:20 Footage of Le Clos’ parents crying and celebrating

02:25 Le Clos receives gold medal as winner of the London 2012 Olympic Games 200m butterfly final
02:29 SOUNDBITE: Chad Le Clos, Olympic Champion 200m butterfly London 2012 & Ambassador for the Youth Olympic Games Buenos Aires 2018 (English Language)
“I just like to prepare myself in the best way possible and to be mentally in the best place. I always feel that mentally, I am the strongest athlete out there. And if I can prepare myself in the best way, there’s no reason why I can’t come away with five [or] six medals just like I did in 2014 if not better.”

02:50 - Le Clos training. (all training filmed 29/08/13 South Africa)

03:00 SOUNDBITE: Chad Le Clos, Olympic Champion 200m butterfly London 2012 & Ambassador for the Youth Olympic Games Buenos Aires 2018 (English Language)
“I do believe [that] after 2020 I will definitely go another four years, without a doubt. I am only 25 years old, you know, I believe I can go into my thirties. I think it is all about the perception of how bad you want to be successful. I love the sport, I love competing more than anything. So I could never stop after 2020. I will only be 27-28 years old, you know, like: what am I going to do, really? I have to keep going and keep enjoying it and I have my academy up
and running and maybe one day come in with the IOC and do some great things there."

03:33 Start of 200m individual medley at the Youth Olympic Games Singapore 2010

03:47 Le Clos comes in first at the 200m individual medley competition

03:54 Footage of the South African crowd celebrations

03:57 Le Clos close-up in water after the competition

04:06 Chad Le Clos on podium

04:14 Crowd cutaway

04:18 Le Clos receives gold medal

04:26 Le Clos shakes hands with fellow medallists