

# *Contributions of Cuban volleyball glory Yumilka Ruiz from science*

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**Yumilka Ruiz**

Guatemala City, Oct 4 (PL) - Cuba's once-stellar volleyball player Yumilka Ruiz, two-time Olympic champion in Atlanta 1996 and Sydney 2000, contributes to the scientific development of sports on the island and internationally. .

In declarations to Prensa Latina, almost a year after the successful discussion of her doctorate, the also bronze under the five hoops in Athens 2004 and fourth place in Beijing 2008 was happy, pleased with herself.

A member of the Spectacular Morenas del Caribe, she recalled that about five years ago she began preparing to change her scientific category, in the midst of which Covid-19 struck her and she had to readjust her plan.

However, "I was finally able to get ahead with the doctorate," said the former volleyball player from Camagüey, captain of her country's national team for a while and member of foreign clubs such as Reggio Calabria (Italy) and Uralochka (Russia).

"Really -she remarked- it is a different path to everything I had done, although in the degree, in one way or another, we must investigate, analyze, use different methods to be able to conclude the studies," she explained.

Seventh Cuban member of the Volleyball Hall of Fame after Regla Torres, Mireya Luis, coach Eugenio George, Magalys Carvajal, Mirka Francia, and Taimaris Agüero, she told that in 2015 she took up the books again and then managed to become a master for training in high competition.

She specified that she has been working, contributing and learning at the Cuban Sports Research Center for seven years now, which welcomed her very well and where she faces new things every day.

Already as a doctor in Sciences -said the world champion in 1998- there come greater responsibilities, but they always respect you and it is a very beautiful and fascinating scenario, which makes us more capable people.

In the Department of Sports Training Methodology, he added, he participated in several projects and gave us the opportunity to exchange with coaches and present the results of the things we do. The 46-year-old legend described that she tries to transmit to them the importance of the use of sciences applied to sport, not from the point of view of empiricism, but rather by going deeper.

Asked about her working visit to the land of the quetzal, she commented that she was given the opportunity to visit physical conditioning centers, sports areas such as volleyball, gymnastics, weightlifting, among others.

The stellar ex-player also assured that they have respected her criteria here, she has been able to share, socialize and give her opinion about what they have.

She described as relevant the exaltation to the Volleyball Hall of Fame, to which the Cuban Regla Bell joined this year, and in which should be - she emphasized - all the three-time Olympic champions of the island or two-time starters in those events.

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