



Meet Andi Murez: TAU's Medical Student, Israeli Olympian



Today, after a long wait, the Tokyo Olympic Games began. To get you ready, we prepared this special 'Olympic' newsletter with the help of TAU's [Sylvan Adams Sports Institute](#), where many of Israel's Olympians trained for the biggest event of their lives.

Among these athletes is swimmer Andrea 'Andi' Murez, Israel's 100m and 200m freestyle record-holder, and a medical student at TAU's [Sackler School of Medicine](#). Following Tokyo, and having completed two years of her studies, Murez will return to medical training and begin two years of clinical rotations at TAU-affiliated hospitals, alongside her swimming career. You can read more about Andi's preparations in the 'News and Updates' section of this email, alongside other stories that will help you get in the Olympic spirit.

Learn more about the different ways research helps professional athletes reach their full potential in our 'Research of the Week' section. There you will find a special video on how advanced technology helps Israel's long-distance runners improve their technics and capabilities. And if you visit our 'Webinar Library' below, you'll find a panel on sports injuries featuring Dr Ran Thein, Head of Sports Injuries & Arthroscopic Surgery Service at Sheba Hospital and a senior lecturer at Tel Aviv University.

So get ready... set... and let the Olympic games begin!

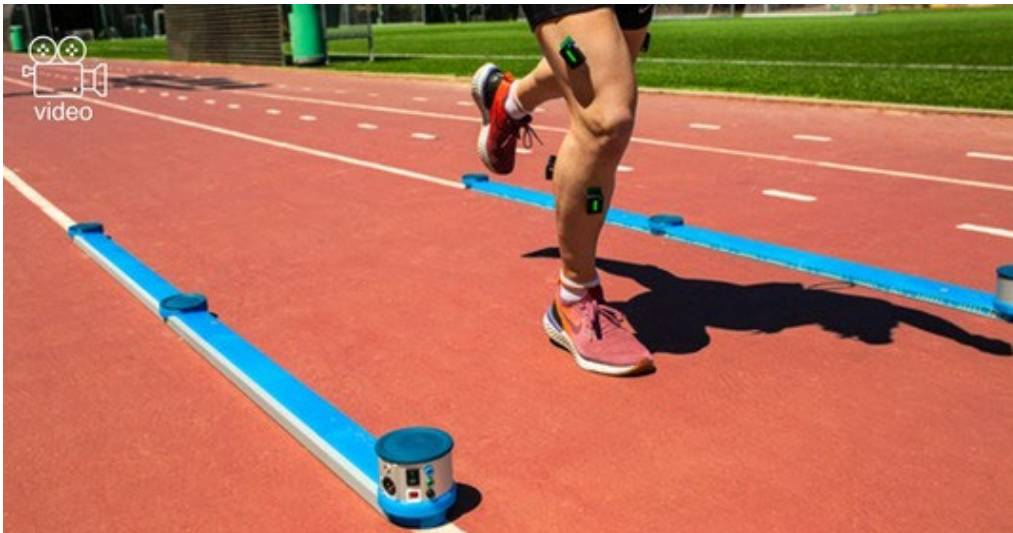
Stay safe and Shabbat Shalom,



Cara G. Case

Chief Executive

Research of the Week



Running on Research

What can you do to improve your long-distance running, other than 'just' training? How can science track down the little adjustments that makes a huge difference for an Olympic athlete? From biomechanic reports to a personalised diet, it's all about data.

[Learn More](#)

News and Updates



TAU Medical Student to Swim for Israel Olympic Team

“The medical path is a long and rigorous journey, which takes patience and delayed gratification—two things I have experienced as a swimmer”, says Andi Murez, who’ll represent Israel in the Olympic swimming pool this summer.

[Learn More](#)



Oldest Living Olympic Champion Gets Olympic Tribute

Agnes Keleti, the winner of 10 Olympic medals, celebrated her 100th birthday this year in Israel. The former TAU physical education instructor witnessed a century of change, as seen in this inspiring video by the IOC.

[Learn More](#)



How Will the Absence of Cheering Impact the Athletes?

External factors have a significant effect on physical abilities. Dr Yftach Gepner of TAU's Sylvan Adams Sports Institute explains who will gain and who will lose from an empty stadium.

[Learn More](#)

from **Our Webinar Library**



Injuries: A Physical and Mental Challenge

Watch the experts discuss injuries amongst both amateur and professional athletes, and what can be done to avoid long-term pain, in this Canadian Friends of Tel Aviv University webinar.

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