



{jcomments off} **Valentin Egorov**, Master of Sports of world class (Rybinsk, [Russia](#)). Born in 1985.

In 1996 came to the nearest weightlifting club, he just wanted to be stronger. He met there Sergey Dubov - his first coach. Sergey advised him to try kettlebell sport. Since that time, Valentin began its athletic career.

Training, skills improved and sports character formed along with it. He had learned the most important thing from Sergey Dubov: "Work till the end!". If kettlebell lifter does not use all dedicated time it means the same as athlete does not reach the final distance.

After six months of training Valentin won the second place in the municipal junior tournaments and in 1999 (at the age of 14) he achieved his CMS rank.

The first success - bronze in the Russian championship of 2000 among youths.

In 2001, at age the of 16 he achieved Master of Sports rank and won the Russian championship and the World championship among youths. The next goal is MSWC rank.

In spring 2001, Valentin went to Yaroslav Nelekhov, his new coach. He continued training hard and improving his technical skills. Now his technique is one of the best techniques in the World. Since 2006 Valentin has been training by himself without coach and he teaches his students. A lot of his students are CMS and MS.



There is a chronological list of competitions:

2002 - 1st place Youth Championship in Russia.

2003, 2004 - 2nd place in championship of Russia among juniors.

2005, 2006, 2007 - 1st place in championship of Russia among juniors.

2003 - 2nd place at the Junior World Championships.

2004, 2005 - 1st place in Junior World Championships.

2006 - 1st place in the European Cup

2004, 2005, 2006, 2007, 2008, 2010.2011 - winner of the championship of Russia.

2010 - 1st place in the tournament Ventspils Atlants

The best results with kettlebells 32 kg (weight category up to 60kg): jerk 90, snatch 59+56, biathlon 136.

March 16, 2006 on the Cup of Russia in Smolensk Valentin achieved his master of sports of world class.

Valentin has two higher educations:

- Software of computers and automated systems (Rybinsk State Aviation Technological Academy)

- Management Organization (Yaroslavl Branch of the International Institute of Management)

Please, enjoy Valentin's blog: www.onlinekettlebellcoach.com

