**Good morning**, ladies and gentlemen. **Let me** introduce myself. **My name** Is Vladislav Kostylev and I am a student of MIPT. **Today I** **am going to say** **some words** about the sport I play. And if you have any questions, don’t **hesitate to interrupt me**.

My favorite sport is volleyball. I have been playing it for 6 years, since I was 12 years old. I participated in **many competitions**, including from school, where we took first place.

I play volleyball for a number of reasons. Firstly, thanks to volleyball, I stay in good **physical fit** and **rarely get sick**, as scientists have shown that playing volleyball improves the **circulatory** system, **respiratory** system, improves **endurance** (выносливость). Volleyball also trains **almost all muscle groups.**

Secondly, playing volleyball is a great time to **forget about all your problems**, about studying for example, just relax and **reduce the stress**.

And the last reason, because I just enjoy the process of this game, I enjoy **ball receptions** and teamwork.

**In the next part of my talk**, I want to say interesting fact about volleyball. In 1988, Brazil decided to **combine the two games** of football and volleyball - this was called sepak takraw. You must move the ball over the net using only your feet, head and body, but you cannot use your hands. The **rules** of this game are **very similar** to volleyball, the only difference is that each team has **3 people** and each game **lasts up to 15 points.**

Today, volleyball is ranked 5th position in the world among estimated global fans.

That’s probably all I wanted to tell you today about the volleyball. I enjoy so much. To sum up, I’d like to quote the Ikkei Ukai, anime volleyball player: “There is no better pass than one that is easier to hit.”

Thank you for your attention. If you have any questions, I would be happy to answer them.