

Camila Stefanin



What is parkour?

The basic movements of Parkour have been used by human beings since the dawn of humanity, but the practice began in the 1980s in Lisses, France.

The "Parkour" emerged from an adaptation of the military method "parcours du combattent" used by firefighters at the time, the same principle was to use the body's abilities to overcome obstacles quickly and efficiently.

Over the years and the development of the sport, the plurality of movements in parkour increased, and currently to parkour came and currently we can notice the presence of acrobatics, techniques and different styles of movement within the practice, which consist of exploring the urban or natural environment at your own way. Currently, the athletes of the modality have a wider range of abilities and physical capacities to be trained, since the focus is not only trained on being fast, but in a certain way, re-signifying the environment around us.

My story with Parkour

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In 2011, at age 8 Camila had her first contact with Parkour after watching a documentary about the sport. At that time, information was limited, but that didn't stop Camila and her brother Hugo from finding some websites/videos about the sport.

Through research, Camila became more and more interested in this world. One detail is that, even practicing and competing in other sports, only with Parkour she managed to convey her essence.

However, difficulties did not take long to appear. In 2016, some colleagues no longer showed up to train and in the same year, her brother Hugo moved, being one of Camila's partners in sport. If she wanted to follow her dream, she would need to train alone from there.

In 2017, Camila participated for the first time in two international competitions, and the dream of conquering the world with the sport broke another barrier.

Camila returns to Brazil with a gold medal won and when she arrived in the country, her decision was already made:
TO SEEK BETTER TRAINING STRUCTURES AND NEW OPPORTUNITIES.

At the age of 15 she moves to Curitiba-PR and alone goes through one of her biggest transformations. From then on sport was her life in the midst of a difficult, but also rewarding, adaptation to her new life.

In 2020 comes your new challenge and that of the rest of the world: the covid-19. Camila returns to her hometown, where she keeps her focus on training and together with her family, she plans her next steps.



That same year, she was invited to be part of the group “the Motus Projects” (one of the first and most important parkour-clothing brands in England and the world).

While traveling through different countries, Camila realized that the level of structure for training and the amount of large events, workshops and competitions taking place in Europe is surreal compared to Brazil and South America in general, it is the center of parkour in the world. The proximity to more people from different countries, larger communities, more opportunities was so tempting that the young woman moved to Lisbon-Portugal in September of the same year in search of a new life.

During the year, she worked on video production and took on new challenges incessantly, all of which led to her receiving the “Best Female of the year” Storrer Awards in 2020.



Awards and competitions around the world

1° Lugar

WFPP Jump Off Vegas

(Las Vegas, NV, 2017)

1° Lugar

USA parkour Cup - Tampa Pro

(Tampa, FL, 2018)

3° Lugar

Categoria "speed" NAPC

(North American parkour championships)
(Vancouver, BC, 2018)

1° Lugar

"Own the Spot" 2019

(Eindhoven, Netherlands)

1° Lugar

**Categoria Speed,
2° Skill e 3° Style NAPC**

(Vancouver, BC, 2019)

1° Lugar

**Cwb Parkour Challenge
(3 categorias)**

(Curitiba, PR, 2019)

4° Lugar

Redbull "art of motion"

(Matera, Italy, 2019)

"Best Female" of 2020

(STORROR award)

**Invited Athlete for 4 the Love
of movement jam (4tlom) 2019**

(den haag , Netherlands)

"Best Female" of 2019

(Bartrick parkour award)

**Represented parkour on
Team "Americas" during
Aurora Games 2019**

(Albany, NY)

Workshops/classes at Parkour Hal 5

(Leuven, Belgium, 2021)

**Workshop/parkour Coach
during International
Gathering - Denmark**

(Gerlev sports school, 2021)

VISIBILITY



**22k followers
on instagram**



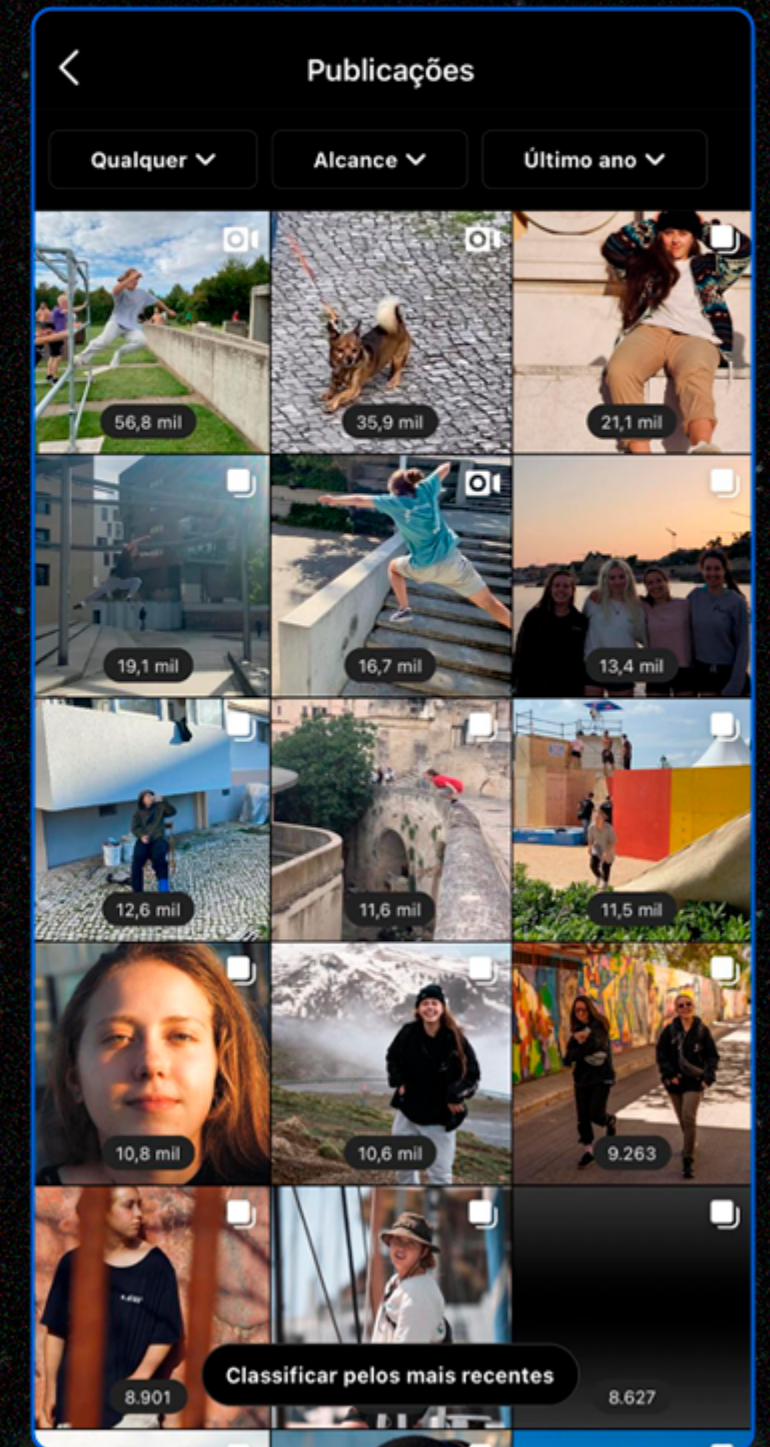
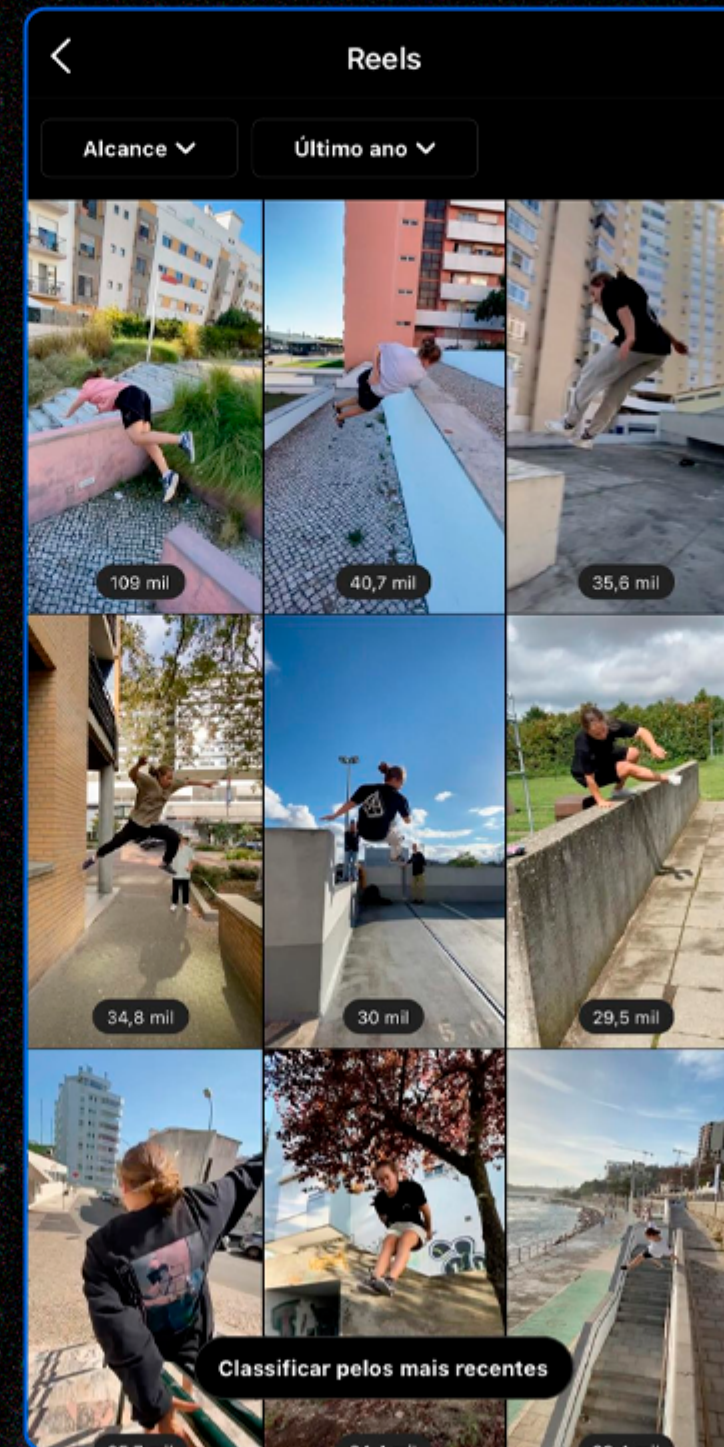
**290 thousand people
reached by social networks**



**11 competitions
around the world**




**5 years competing
professionally**



THANK YOU
abrigada

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