




Gal Fridman

Olympic medalist			
			
Gal Fridman in action			
Medal record			
Men's sailing			
Competitor for Israel			
Gold	2004 Athens	mistral	
Bronze	1996 Atlanta	mistral	

Gal Fridman born **September 16, 1975**, is an **Israeli windsurfer and Olympic gold medalist**.

He was born in Hadera, Israel and is living in nearby Karkur.

Fridman won a bronze medal at the Atlanta 1996 Summer Olympics, and a gold medal at the Athens 2004 Summer Olympics.

He is the only Israeli athlete to win two olympic medals, and the first gold medalist in Israeli history.

Fittingly, his first name, Gal, means "wave" in Hebrew.

Early life & windsurfing career

Fridman started sailing at age 7, and racing at age 11. His earliest international competitions were in youth categories during his school years (1989, 1991), after which he served in the IDF and began competing in adult categories.

In 1995 he won the ASA Boardsailing Championship in Eilat, Israel.

In 1999 he won the International ASA Windsurfing Championship in Eilat.

He did not participate in the Sydney 2000 Olympics, due to illness.

In 2002, he won the Mistral World Championship in Pattaya, Thailand.

In February 2003, Fridman was listed # 1 on the International Surfing Association Federation rankings.

In 2004, he won silver medal at the European Championships.

Athletic achievements

Medal	Event	Year
Silver	European Championship	1995
Silver	World Championship	1996
Bronze	Atlanta Olympics	1996
Bronze	European Championship	1997
Gold	International ASA Windsurfing Championship	1999
Silver	Mistral European Championship	2002
Gold	Mistral World Championship	2002
Bronze	ISAF World Championship	2003
Gold	Athens Olympics	2004

Atlanta 1996

In 1996, Gal won an Olympic bronze medal for windsurfing, and was named Israeli Sportsman of the Year.

Athens 2004

Fridman was one of Israel's Olympic team favorites to win a medal (along with judoka Ariel Zeevi and athlete Alex Averbukh), and prepared for the Olympic games for two years prior to the event.

In Athens, Fridman competed in Mistral windsurfer sailing, a discipline that included 11 races. Fridman's results were:

Fridman earned first place and received the first gold medal ever won for Israel.

Final positions:

1. Gal Fridman - Israel (gold medal)
2. Nikolaos Kaklamanakis - Greece (silver medal)
3. Nick Dempsey - Great Britain (bronze medal)

The President of Israel, the Israeli Prime Minister, and other senior Israeli officials and politicians called Fridman to congratulate him. Minister of Sport Limor Livnat flew to Athens for the awards ceremony.

He dedicated his medal to the memory of the 11 Israeli athletes assassinated by members of the Black September organization, during the Munich Olympics (1972).

Career after 2004 Olympics

Fridman won a gold medal in the Israeli cycling championship in 2005

In 2007, he won the Men's Windsurfer New Year International Regatta in Limassol, Cyprus.

Hall of Fame

Fridman was inducted into the International Jewish Sports Hall of Fame in 2005

