Young athletes talk about their passion for sport and importance of being a role model.

SHOWS: BERN, SWITZERLAND (JUNE 29, 2017) (ACTUA PR- ACCESS ALL) NEWS EDIT

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46. SOUNDBITE (French) SACHA PROST, PILOT AND ENTREPENEUR, SAYING: "So I've always had this passion, to want to start something on my own, to work for myself, also this passion for motor sports. And at the moment when I wanted to start, because in our family, the rule was that you must finish your studies before being allowed to drive. And when the question came up, we had the idea to make the brand, and I weighed the pros and the cons, telling myself that I can go ahead and start the brand, and then be able to have fun driving by my own means later on."

47. SOUNDBITE (French) SACHA PROST, PILOT AND ENTREPENEUR, SAYING: "The principal value that I try to promote every day around myself is to always have a positive aspect. For me, a situation is never permanent, whether its good or bad, and I think that with a positive and winning mindset, you will always be able to turn things around to create something good and new."

48. SOUNDBITE (English) MORGAN HELLEN, WORLD UNIVERSITY ROWING CHAMPION, SAYING:

"My passion is in rowing, and it's what I spend all day everyday doing. Ever since I was a child, my biggest goal was always to win the Olympics, and not just a medal, gold is always the goal."

49. SOUNDBITE (English) MORGAN HELLEN, WORLD UNIVERSITY ROWING CHAMPION, SAYING:

"Yeah, I think the most important thing in sport, or just in life, you have to love what you do and to be able to spend every single day doing it, and wake up early mornings and spend a long day doing it, you have to have the passion for it, and really enjoy what you do."

50. SOUNDBITE (English) MORGAN HELLEN, WORLD UNIVERSITY ROWING CHAMPION, SAYING:

"I want to be a role model for kids growing up and junior athletes and people who aspire to be in my position. You know, I want to be the best I can be. And so, in sport and also outside of sport, so to put myself in front of the public, and to let people see me, like I want them to see the best version of myself, so it's definitely important to be a gentleman across in my sport and real life."

51. SOUNDBITE (French) GAUTIER FAYOLLE, FREESTYLE FOOTBALL WORLD CHAMPION. SAYING:

"So I started freestyle football at the age of 15 years old, and I discovered this discipline on the internet. It's a discipline that was born on the internet. I started practicing it simply, in front of my house, in my parents' garage, and little by little, by posting videos on the internet, I was invited to participate in different competitions, so first the national championships, and then continental, and finally the world championships. I won my first title at the age of 19, in Malaysia, in the show category, my first world championship title. And after that, it allowed me to travel, to be called out around the whole world to put on performances, be a part of competition juries, but also to participate in competitions."

52. SOUNDBITE (French) GAUTIER FAYOLLE, FREESTYLE FOOTBALL WORLD CHAMPION, SAYING:

"For me, what is most important in the career of a sportsman is longevity and basing his or her professionalism on solid and stable values, and with ethics. That means that for me, what is important is to pass on my discipline, to share my passion, and to have a very direct link to the public. In addition to that, I think it is important to always try and surpass yourself over the years, not to fall asleep and to not fall into a routine. And my goal is to renew myself every year, to suggest new gestures, new combinations of movement, so to always stay on alert, always on the lookout, and always keep up this passion, and this flame of creating and progressing."

53. SOUNDBITE (French) GAUTIER FAYOLLE, FREESTYLE FOOTBALL WORLD CHAMPION, SAYING:

"For me, it's logical to give back to the discipline and to be a model, and to try and inspire young people, and to help them practice this discipline. That's why I post many tutorials, or why I spend a lot of time helping young players become disciplined. And for me, it's really a central question, and it's really a principle that I put at the heart of my practice, and at the heart of my vision of discipline."

54. SOUNDBITE (French) PAUL VERGNAUD, POLO BIKE WORLD CHAMPION, SAYING:

"So, my name is Paul and I'm 29 years old and I've played bike polo for the past 8 years now. I discovered this sport through my passion for bikes, and especially for fixed-gear bicycles at the beginning of the emergence of this practice. And since then I succeeded at winning a few important titles, notably 2 world champion titles, 4 European champion titles, and 6 French champion titles." 55. SOUNDBITE (French) PAUL VERGNAUD, POLO BIKE WORLD CHAMPION, SAYING:

"What is the most important for me is to keep the passion for the sport that I practice, to always maintain a high level of team spirit, because it's a team sport. There are 3 of us on a bike polo team, and we have a pretty strong individual importance, but we can't do anything without our two other teammates. So for me, it's really the principal value. I've always done team sports in my life and I really like this concept of team spirit and to share group emotions instead of sharing them all alone."

56. SOUNDBITE (French) PAUL VERGNAUD, POLO BIKE WORLD CHAMPION, SAYING:

"The concept of respect is very important to me, and I think it's intimately linked to the idea of a gentleman. I think that's the way we can create strong links with people, and my role as model or gentleman, as you say, I take on with a lot of modesty because it allows me to present my sport to people, and it's a sport that's not really well known. I really find that great to be able to share it with spheres that are different from bike polo."

57. SOUNDBITE (English) PAT BURGENER, SWISS SNOWBAORDER, SAYING: "Snowboarding really saved my life. When I was a kid, I had troubles at school like most of the kids, and I needed something else to escape from that, and that was the thing that helped me actually grow and make my own life. To me that's passion, when you start doing it, and you just know it is what you want to do your entire life. You know, and when you have that moment in your life, it's when you found your passion and I had that in snowboarding when I was 9, 10 even." 58. SOUNDBITE (English) PAT BURGENER, SWISS SNOWBAORDER, SAYING: "First time I did the freestyle, cause I'm a freestyle snowboarder, and then I was riding down the slope, and there was a small jump and I did a 360, so it's like 1 turn over yourself. I remember when I stuck that, I knew I wanted to do that in my life."

59. SOUNDBITE (English) PAT BURGENER, SWISS SNOWBAORDER, SAYING: "You know, it's a life goal, it's even more important that anything. You know, doing the biggest concert of your life or doing the Olympics or even the reason we do that is you know to show people a way of living you know, and to me that's being a gentleman, just doing something your own way and doing it in a good way, you know?"

60. SOUNDBITE (English) ALEXANDRE PERALDI, DESIGN DIRECTOR AT BAUME & MERCIER, SAYING:

"This collection is dedicated to the Baume & Mercier client who plays sports. And more than the guys who play sports, it's for the guys who enjoy the sport and enjoy the time after the sport, the gentlesportsman."

61. SOUNDBITE (English) ALEXANDRE PERALDI, DESIGN DIRECTOR AT BAUME & MERCIER, SAYING:

"They are really, really the links that we can have with the young client who likes this kind of sport. Not the high competition, but the, it's a kind of sport of everyday, you know? When you see Paul who made the polo bike. It's a totally crazy sport, but everybody has a bicycle, everybody is able to do some bike sometime, ride a bike, and it's the same for the others, it's very simple guys, in the spirit of what I said before, the pleasure to practice something different, and to practice a sport for the fun."

Story:

The days when sport simply meant, sweat and competition, are over. Nowadays, people love participating in sports just as much for its health benefits and social dimension as for the positive values.

Young athletes play sports to share efforts, work out strategies and set personal and collaborative goals. But perhaps even more importantly they play sports because it's their true passion.

Young rower and British Olympic hopeful for Tokyo 2020 Morgan Hellen said for him rowing is the way of living.

"My passion is in rowing, and it's what I spend all day everyday doing. I spend 12h per day doing it roughly."

Hellen, who raced to gold at the 2016 World University Championships (FISU) in Britain's men's four boat, took part in an event organised by a Swiss watchmaker Baume & Mercier in Bern, Switzerland.

Together with other highly motivated and true athletes, many of whom also work with charities and remain accessible in their local communities and are often described as the new gentlesportsmen, he participated in the presentation of the watchmaker's latest watch collection, the Clifton Club collection.

The collection conveys the spirit of a "club" comprised of accomplished athletes who enjoy life and all it has to offer. From rowing, bike polo to freestyle football, the gathered athletes transmitted their knowledge to invited guests and media.

They all talked about the great passion they have towards their sports and the road that brought them to where they are now.

"Snowboarding really saved my life. When I was a kid, I had troubles at school like most of the kids, and I needed something else to escape from that, and that was the thing that helped me actually grow and make my own life," said Swiss snowboarder Pat Burgener who is aiming for an Olympic medal at the 2018 Winter Games.

"What is the most important for me is to keep the passion for the sport that I practice, to always maintain a high level of team spirit, because it's a team sport," explained Paul Verganud, former Polo Bike World Champion.

All eyes were on six-time world champion of freestyle football, Gautier Fayolle, who entertained the crowd with his routine from this emerging sport discipline. In addition to his passion for the sport, Fayolle enjoys working with young people and sharing the values that guide his life choices. He now works with the French youth sports league to host competitions and meetings.

"For me, what is most important in the career of a sportsman is longevity and basing his or her professionalism on solid and stable values, and with ethics. That means that for me, what is important is to pass on my discipline, to share my passion, and to have a very direct link to the public," he said.

"Yeah, I think the most important thing in sport, or just in life, you have to love what you do and to be able to spend every single day doing it, and wake up early mornings and spend a long day doing it, you have to have the passion for it, and really enjoy what you do," added Hellen.

Sacha Prost, the son of famous Formula One driver Alain Prost, has the essence and authenticity of racing running in its blood. After finishing his studies he had an idea of creating a clothing brand for racing enthusiasts. With his strong will he jumped into this venture with his sister-in-law Delphine Prost.

Even though Sacha didn't follow the footsteps of his dad, he most certainly has the winning mentality.

"For me, a situation is never permanent, whether its good or bad, and I think that with a positive and winning mindset, you will always be able to turn things around to create something good and new," he said.

Although still young, all these guys have true gentleman spirit in them. For them being a real sportsman, being successful, you first need to be a proper gentleman, in your sport and outside of it.

"I want to be a role model for kids growing up and junior athletes and people who aspire to be in my position," said Hellen.

"The reason we do that is you know to show people a way of living you know, and to me that's being a gentleman, just doing something your own way and doing it in a good way, you know," added Burgener.