TIME FOR KIDS

Showdown

Players Around the World



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Who Is an Athlete?

A woman runs as fast as she can on a track. A man hits a baseball with a bat. A girl kicks a soccer ball through a goal. These people are athletes. Athletes play sports and compete.

Many athletes compete because they like to work out. Others like the feeling they get when they win. Some play sports because they like to work together with others. These people like to compete on teams. Whether you want to play on a team or alone, there is a sport for everyone!

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Imani Lansiquot competes in the 2016 British Championships.

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Preparation

Athletes practice the same moves over and over again. They do this to work on their **skills**. This is how they prepare for their next match. Soccer players run to build muscle. Skiers race down snowy mountains to find faster routes. Swimmers spend all day doing laps in a pool.

Beside each athlete is a coach. The coach's job is to help the athlete. The athlete's job is to listen to the coach. They depend on each other to succeed.



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A skier practices to find faster routes.

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Athletes also prepare by watching what they eat. They have to make sure to eat healthy. This means they eat a lot of fruits and vegetables and drink plenty of water. Eating healthy is one way they keep their bodies in shape.

Sleep is also important. Sleep helps fix tired muscles. Studies show that the more sleep you get, the more prepared you are to take on the day. So, snooze your way to success!



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Drinking water is a great way to stay healthy.