ZOLATHLETICS

"A trophy carries dust. Memories last forever." - Mary Lou Retton

HORSE RACING: Russel Baze and his fantastic horse

Meet Christina Nielsen

GYMNASTICS: Mélanie de Jesus dos Santos, a determined champion

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CAR RACING:

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By Anja and Shanzay;)

THE KING OF SKATEBOARD?

Tony Hawk is a professional skater, he is 54 years old. He is American. He is also an actor. He acted in a lot of films like Skate Rider, Skate Gang...

He turned pro in 1982. He retired in 2003. He became popular because he invented a new trick the "900" in 1999.

Skateboarding was added to the Olympics Summer Games to attract young people.



RULES?

In the *first round* 20 skaters will compete in 4 heats of 5 competitors. Each skater performs 3 runs of 45 seconds.

Each of wich will be scored by 5 judges. The top 8 skaters will proceed to the final. The final will play out in the same way, with the highest scorer winning the GOLD medal.



He won 16 medals in the X Games? He won 73 titles

Tony Hawk said about skateboard: "Action sport would be the least offensive categorization."



EQUIPMENTS?

You must be equiped with:

- a skateboard
- a helmet
- gloves
- protection
- (ramp)
- skate park

Tony Hawk said: "I consider skateboarding an art form, a way of life and a sport."



Teams & Competitons ??

The best clubs are:

Santa Cruz (1973)

Power peralta (1973)

Girls skatboards

Anti Hera skateboard (1995)

Polar skate.co (2011)

The biggest competition are the Olympic Games and the X games.

Horse racing

The most famous teams are Grand National and Lad brokes trophy.



Riders must ride in a safe manner and follow the prescribed course jumping every hurdle (if present). To complete the race. A rider must cross the finishline on his/her horse depending upon the particular race.



Equipments

You must be equiped with boots, a helmet, gloves, a jacket, socks, leggings, glasses and racing saddles.

Players and Positions

There is the front runner. This is the foremost runner and the one at the front of the pack. He/She is at the front rank postiton.



Russel Baze



Russel Baze is 63 years old. He is a Canadian and English jockey. He started horse racing at 16 years old and he retired in July 2013. He was unstoppable.



He is one of the most talented jockey of all time. He won 12 842 medals.



His club is the United States Racing Hall of Fame. He is the first American rider to win 10 000 races!



"I've never been on a horse cooler than this horse. Nothing bothers him. The crowd was hooting and hollering and it didn't rattle him at all."



Butterfly Belle, one of his horses.



HANDBALL

Rules of Handball

A match consists of two periods of 30 minutes each. Each team consists of 7 players: a goalkeeper and 6 outfield players. Outfield players receives the ball they can pass hold possesion, they can dribble, shoot or take 3 steps for up to 3 second without dribbling. Only the goalkeeper is allowed to come into contact with the floor of the goal area. Goalkeepers are allowed out of the goal area but must not retain possession if they are oustide the goal area.



nikasa.

Equipement

There are: A line of 6 meters A line of 9 meters A line of middle of the field A floor of 20-40 meters A ball Two handball cages Fourteen jerseys



Players positions

The players positions are one line player, two back players, two wingers, one center-half and one goal.



Teams, Competitions

The Danemark win in 2021 the world men's Handball Championship.
The France win in 2021 Olympics Games.
The best competions are the World Cup and Olympics Games.

Nikola Karabatic

His name is Nikola Karabatic. He is 37 years old. He is from France and Serbia. His position is center-half and right winger.

Named best world handball player of the year in 2007, 2014, and 2016 by the IHF (the international Handball federation) he is considered one of the best players in the history of Hanbdball.



"I have the impression of having already lived several lives"

Vocabulary help:

Center-half= joueur placé dans le demi-terrain. Winger=ailier (deux joueurs) qui sont placés à côté de la ligne de touche.



He has four Olympic medals, three of which are gold and one silver.

He plays for the French team and Paris-Saint-Germain. He scored three hundred and six goals in forty-nine games.

He is number forty four at Paris-Saint-Germain and number thirteen in the France team.



Christina Nielsen is a Danish racing driver. She is from Denmark and she is 30 years old. Her father is Lars Erik Nielsen, a famous racing driver.



Christing Nielsen

She started her career with karting in 2007. In 2010 she made her formula racing debut.

At 13 years old she fell in love with the speed, adrenaline kick and intense competition.





Cups

She is the first female to win a professional Sports Car Championship and the first Danish **Woman to participate in Le Mans.**

In 2016 and 2017, she won 2 gold medals: one in Denmark and one in America at GT Championship.

CAR RACING

CLUBS

She raced for Scuderia Corsa, formula racing and Ab Motors.







She says "I'm not a female who's a sport car driver, I'm a sport car driver who is a female".



BADMINTON & GABBY ADCOK

Her name is Gabby Adcok. She is one of the best badminton players. Her team is England.



Passport



Date of brirth: 30th of September 1990

Place of birth: Leeds, The United kingdom

Height:5 ft 6

Weight:132 lb





Gabby Adcok before fame

She started playing badminton at the age of ten and was a full-time player at the age of sixteen



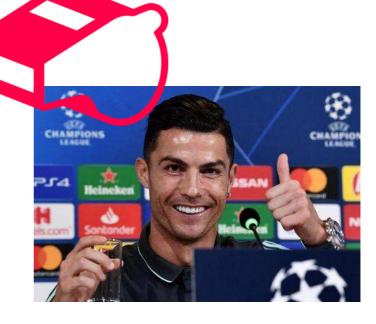
PROFESSIONAL

Professional badminton player who won the mixed doubles title at the 2017 European Championship.

She is well known for winning the 2014 Swiss Open and the 2015 Dubai World Superseries Final

I am Cristiano Ronaldo

His name is Cristiano Ronaldo and he is a professional soccer player. He is 37 years old and his nationality is Portuguese. He is calm, emotional and respectful. His team currently is Manchester United and Portugal. He is an attacker. All his sporting teams are Manchester United, Real Madrid and Juventus. His number of jersey is 7.





The equipement are: a ball, a jersey, cleats, shinpads, a long sock, shorts.

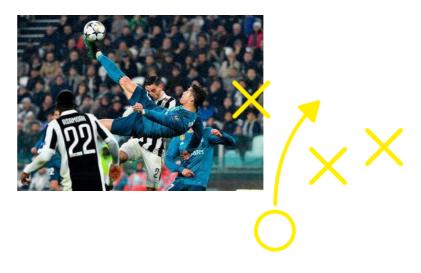
My Skills and my Prize List

He scored 807 goals and won 48 trophies: 5 championship leagues, 1 European championship, 1 national league, 4 world cups, 3 UEFA Super Cup, 2 league cups, 3 community shields, 1 international champion's cup, 1 super cup, 2 Spanish supercup, 1 Emirates cup, 1 coppa Italia, 2 king`s cup, 2 series, 2 Italian super cups, 2 leagues, 3 premier leagues, 5 golden balls, 4 golden bots and he was voted best player of the year 3 times.

"I`m living a dream I never want to wake up from."

The rules

The game lasts 90 minutes, after 45 minutes, there is one half-time that lasts 15 minutes. You cannot touch the ball except if you are the goalkeeper. There are 11 players by team



SNOWBOARDING

RULES

You must care for your equipment.

You must respect the other snowboarders.

You must master your speed.
You must overtake others prudently





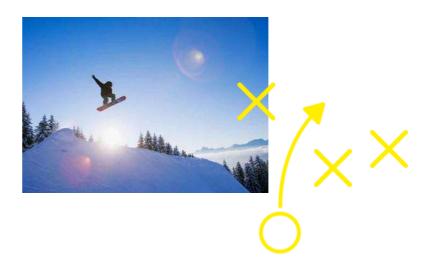
The best club is : Plancha Neve, Rank N°2, Points : 18,00 and Competition : snowboarding

THE SNOWBOARDING EQUIPMENT IS THE FOLLOWING

- 1. Snowboard and bindings
- 2. Snowboard boots
- 3. Snowboard socks
- 4. A snowboard helmet
- 5. Snowboard jackets and pants

PLAYERS POSITIONS

There are no individual player positions in snowboarding, although recent events require teams to decide the order in which each team member will perform.



ATHLETE INFORMATION



INFORMATION ON CHLOE KIM

Her name is Chloe Kim. She is 21. She is American and she loves her family. When she started, she faced a lot of hostillity.



Prowess / Medals

She won double gold medals at the 2016 teen winter olympics. She won at the world competition, the olympics, the youth olympic and is an x game champion in the halfpipe and the first to win the title at all.



RANK AND SKILLS

She became the youngest woman to win an olympic

at the winter olympics.

gold medal. Her ranking is 2,1



THE BEST CLUB OF SNOWBOARDING AND IMPORTANT NUMBERS

The best club is mamoth, mountain ski and snowboard. She is the first / she won the gold medal on the 2017 olympics winter



Quotation:

"The one thing I learned is to just give everything a shot you don't want to live in regret"

AMERICAN FOOTBALL

PLAYERS POSITIONS

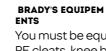
There are Quarterback, Running back, Wide receiver, center, Offensive guardand and Offensive tackle.





RULES

You must score goals in the goal posts. You must run with the ball until tackled on throw it down to a teammate.



You must be equibed with turf shoes, spine PE cleats, knee braces, shoulder pads and a speedflex helmet.



QUOTATIONS TOM BRADY

"Every quarterback can throw a ball. Every running back can run and tackle .Every receiver must be fast."



TOM BRADY



SOME IMPORTANT NUMBER

He hit 30 Touchdowns and played 11 full seasons.



BASIC INFORMATION
His name is Tom Brady. He is 44 years old. He is American.



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PERSONALITY

He is very competitive and fiery.



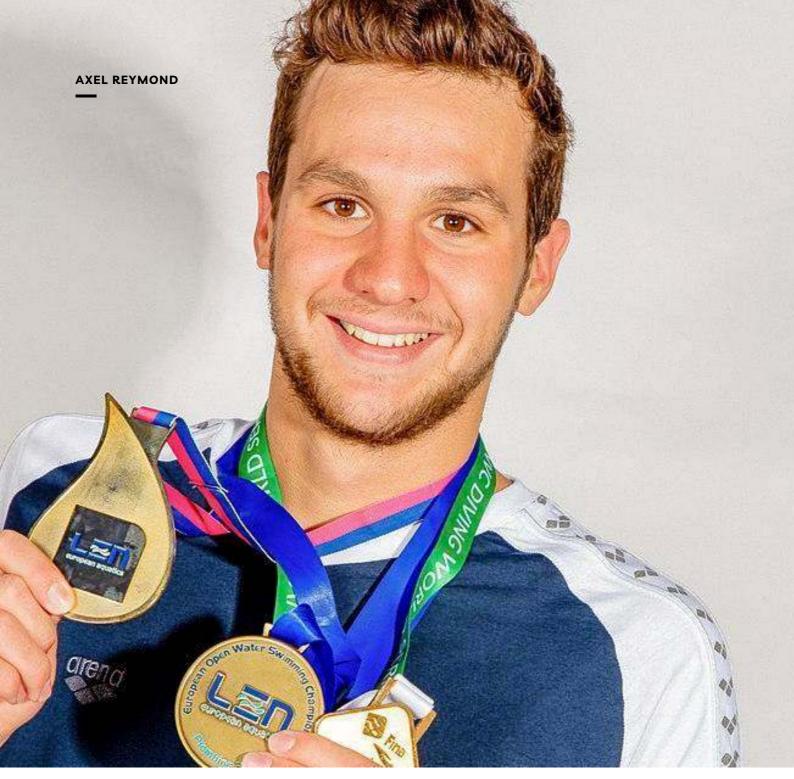
PROWESS AND MEDALS
He won at the Super Bowl six times.



NZ BOMB COMP LAKE TAUPO

You must compete individually. You score points with the heigth, the splash, the style and difficulty of the bomb. The winner wins \$5000 in cash.
You must be equiped with a swim suit.

*There are all skills and three age divisions : 45 and older 13 to 16 years old 12 years old and under.



AXEL REYMOND

His name is Axel Reymond. He is 28 years old. He is French. He swims at open water events. He is fast (5km in 3.1min).

He won 22 gold medals (in 2009,2010,,2012,2014,2015,2016,2018,2019,2020)

He is part of the French team
He scored 11min 56sec
"Learning how to swin is a priority for everbody's health".

Donnie Yen & Kung Fu





His name is Donnie Yen. He is 58 years old and he is from China. He started kuna fu in 1983.

The rules of kung fu are: you must be loyal to your instructors and you should know how to wear the proper uniform . You must be humble, not show off your skills. Students do not teach unless instructed to do so. You must salute with palm before open an competing, you must only complete against another in your skills level (based on experience).



Donnie Yen has displayed skills in an array of martial arts being well versed in tai chi, boxing ect... today in the world Donnie Yen is the most famous kung fu athlete.

The Hong Kong action star Donnie Yen has long held the reputation of being a difficult person to work with, but Teddy Chan, who directed him in bodyguards and assassins(2009) and more recently in Kung Fu Jungle describes him as "conscientious and verv mature person who simply wants to do the best works".

The biggest fights are Donnie Yen vs Jackie Chan, Donnie Yen vs Jet Ii, Michal jai, and white Bruce Lee.



He said: "for me shooting, editing and scoring rely on rhythme."
"action choreography is like talking.

You must be equiped with balance pole gloves leg wraps shoes sticks striking dummy swords throwing weapons The chinese martial arts can be practiced alone or in a group with an instructor.

ICE SKATING

ALEXANDRA TRUSOVA

Her name is Alexandra Trusova. She is 17 years old and Russian. Her date of birth is June 23rd, 2004.



PERSONALITY

She is gracious and she is focused.



PROWESS / MEDALS

She won 3 gold medals 2 silver medals and 4 bronze medals.



QUOTATIONS

"Figure skating is a sport and for me personnally, the technical component of the program is more important!"



TEAMS

Her team is the Russian team.



EQUIPMENT

The equipments are skates socks and skate guards, appopriate clothing gloves and pads, dresses, blades boods, skating bog.



RULES

Chewing gum is not allowed inside the ice rink. You must change your shoes with skates in the designated area. You must not push ice skaters, skate too quickly, skate recklessly or play tag. Figure skaters must perform gracefully on the ice.



TEAMS, COMPETITIONS

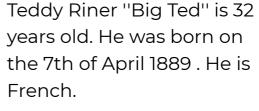
The famous teams are the USA, Norway and East Germany.



PERSONALITY AND SKILLS

Teddy Riner is unmovable and created a school.

Judo is a 2 by 2 sport.







PROWESS AND MEDALS

He won 10 gold medals.

CLUBS/TEAMS

The best clubs are Paris Saint-Germain and The Levallois Sporting.





QUOTATION

"we have nothing without working"

RULES

You must be 2 by 2 and athletes or judokas can win a match by either achieving ipon, gaining two scores of wazari (and hence ippon) or accumulating more points.

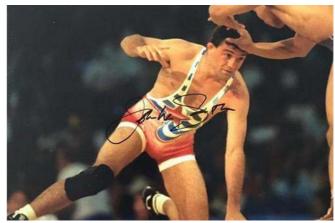




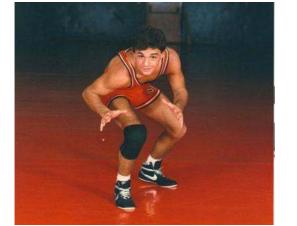
Wrestling & John Smith

John Smith is from The USA. He is 26 years old: The best club is South Africa.





World Cup Competition



John Smith is strong-willed and brave.

You score two point for taking your opponent down to the mat and controlling

two: you score one points for getting away or getting to a neutral position when your opponent has you down one the mat.

"Win or lose you will never regret working hard, making sacrifices being diciplined or focusing too much."



He lost 50 matches and won 50 matches.

There are two wrestlers inside the ring.



PRIZE LIST:

He won the gold medal at Category 62 kg in Seoul (1988) in Barcelona (1992) in Clermont-Ferrand (1987), in Martigny (1989) in Tokyo (1990) and Varna (1991).

The Rules of Gymnastics

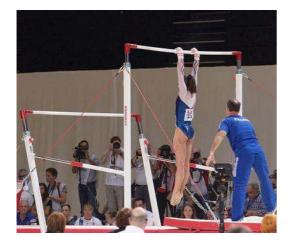
They put leotards on. They must create a move from a gymnastics book. There are two grades: one grade is for the difficulty of the figures (the more complicated the figure the more points you will win) and the second is a performance grade. They must present themselves at the beginning and at the end of the move. It's a sport by team and individual.



Equipments

The gym apparatus are vaulting board, beams, asymetric bars and floor.

There are palm protector, leotards, magnesia, springboard and practicable.



Source: Wikimédia

Source: Wikimédia



The Best clubs and The Biggest competitions

The 5 best teams are Russia, the USA, Great Britain, Italy and Japan. The 5 best players are Sunisa Lee, Rebecca Andrade, Angelina Melnikova, Vladislava Ura.

Source: Wikimédia



The French team

The name of the team is FF of female gymnastics.

There are Melanie De Jesus Dos Santos, Marine Boyer, Lorette Charpy, Coline Devillard and Carolann Héduit.

By Naïa&Lise



<u>Mélanie De Jesus Dos</u> <u>Santos</u>

Her name is Mélanie De Jesus Dos Santos. She is 22 years old. She's from Martinique.

Mélanie is determined, explosive and calm. <u>Compétences</u>; She is strong in asymetric bars, in beam and in floor.

Source: L'Equipe



Medals and Prowess

She was the youngest female champion of beam in 2021. She won the European Championship on floor in 2018 and in 2019.

Source: Unbloa.fr



Club and Team

Her club is FF of remale gymnastics. There are Mélanie De Jesus Dos Santos, Marine Boyer, Lorette Charpie and Carolann.

Source: FFGym



Quotations

Eric Hagard says " Mélanie is explosive ! But she remains calm and determined ! "



Some important numbers

She has won seven medals at the European Championship in all.

Source: International Gymnast Magazine Online

Source: FFGym

SNAIL RACING

MAIN RULES AND EQUIPMENTS

The snails must run and arrive at the finish line.
The snails must be equiped with the numbers painted on their shells or stickers are placed on them to distinguish each competitor.



sources: http://www.snailracing.net/ https://en.wikipedia.org/wiki/ Snail_racing

ATHLETE INFORMATIONS SAMMY

His name is Sammy (snail) he is from England. He is cool and brave.

He won the 2019 championships, Sammy raced in 2 minutes and 38 seconds(13 inches)

Maria Welby: Sammy's owner

"I am ecstatic. I went out this morning, an ordinary woman and now I'm the owner of a world champion."



BOXING



BOXING CHAMPION

Elie Konki is a professional boxer, born on the 06/ 04/1992. He is French. He is 29 years old.

CITATIONS

"I know I have no room for error"

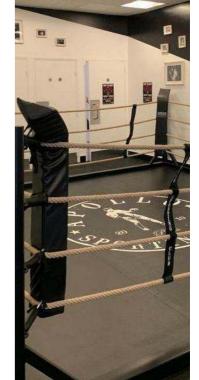


PLAYERS

Three main styles exist in boxing :outside fighter, brawler, and inside fighter swarmer.



EQUIPEMENTS



TEAMS COMPETITIONS

The biggest clubs are: the International Boxing Federation , The Repton Boxing Club, The Repton Boys.



He won 12 fights,1 fight by KO.



BOXING



The best
French clubs
are Bam
l'Héritage
and teams
Les Mureaux



Rules.

Boxing has many rules used to govern the sport in order to make it fair, safe, and competitine for fighters.

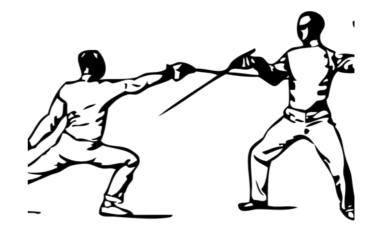
ELIE KONKI fought at the olympics and he was supported by his teammates



FENCING Pixabay.

PLAYER AND POSITIONS

There are two adversaries who confront each other. There are different positions of fencing.



Pixabay.

EQUIPMENTS

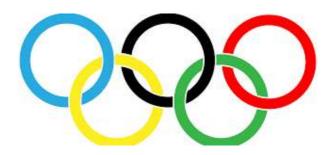
You must be equiped with headgears to protect your face, a jacket and plastron. The sword must touch your adversary. You must wear a chest protector to protect your bust, breeches and shoes.



RULES

You must greet your adversary. You must touch your adversary. You cannot kick your adversary.





TEAMS AND COMPETITION

Here are the four biggest fencing clubs in the world:

- 1.) Alliance Fencing Academy
- 2.) Medeo Fencing club
- 3.) New York Athletic Club
- 4.) Fencer Club Inc

The biggest competition is the Olympics Games.

ENZO LEFORT & FENCING

IDENTITY

NAME: His name is Enzo LEFORT.

AGE: He is 30 years old.

NATIONALITY: He is from France. Enzo LEFORT is very nice. He is a social mediator. He is a Great HFRO!

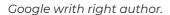


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PROWESS AND MEDALS

In 2019 and 2017, his club won the gold medal at the European championship. In 2018, 2017, 2015 and 2012, he won the gold medal at the French championship. In 2012, his won a medal at the French championship.





SKILLS AND IMPORTANT NUMBERS

Enzo LEFORT is very talented. His technique is offensive and physical.

He was born on the 29 <u>th</u>of September, 1999 Google writh right author.



QUOTATIONS AND CLUB

At the Olympics, after he won his gold medal, he said "I'd be happy to see the Melunais".

Enzo LEFORT plays for Melun Val-de-Seine.

SURFING & CARISSA MOORE

THE EQUIPMENTS FOR SURFING

YOU MUST BE EQUIPED WITH

- ~a surfboard
- ~a leash
- ~Surf wax
- ~ a wetsuit
- ~a surfboard bag...
- ~ a rash guord...
- ~ board shorts



HER QUOTATION:
" we all strive to find something unique and special that we are passionate about that separate us from the rest."

CARISSA MOORE

She is a champion of surfing.

She is 29 years old.

Her nationality is Hawaiian and American.

Her style is regular.

She surfs with her left foot in front of her.

she is maried to Luke Untermann



THE BASIC RULES OF SURFING

You have the right of wave: the surfer closest to the highest point of the wave (the peak) has the right of way on the wave...

You cannot drop in...

You cannot snake in anther's wave.

You cannot throw your board on another surfer.

You cannot communicate what you will do...

You must give respect to gain respect...

You cannot sail through the waves without the fins.

Around twenty-three million people surf in the world.



SURFING

CARISSA MOORE'S PRIZE LIST

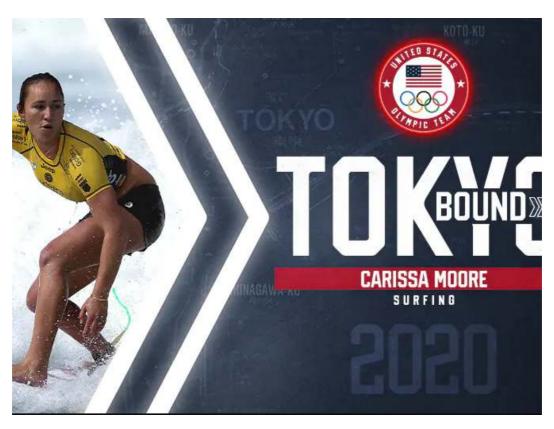
In two thousand eleven. She became the youngest surfing world champion.
In two thousand and twenty-one,

In two thousand and twenty-one, she won the gold medal at the Tokyo Olympic games. She also won the following years: 2011, 2013, 2015 and 2019...

LEXICAL TERMS

Wave=vague sail through=naviguer à travers fins=palmes the peak= le sommet drop=laisser tomber you cannot= tu ne peux pas





surfing

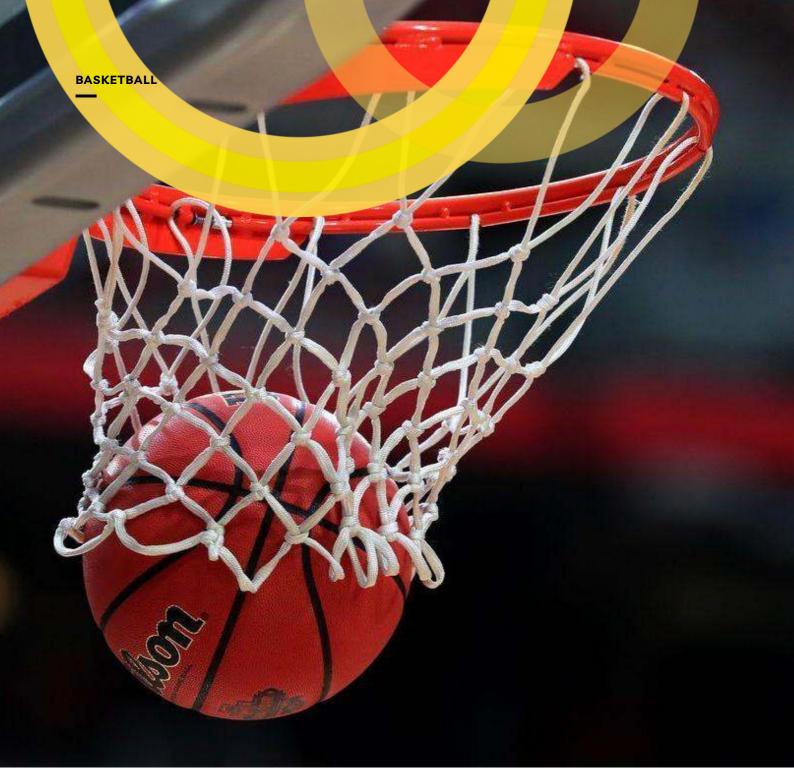
LEXICAL TERMS

leash=laisse around=environ quotation=citation following=suivante you must=tu dois(vous devez) wetsuit=combinaison

quiet=tranquille
it means=signifie
surfboard=planche
de surf
left=gauche
thousand=mille







Basketball is played according to 3 fundamental rules.

No physical contact: any contact between two opposing players leads to a sanction. A player must not block, hold, push, charge, hook an opponent.

You must not make more than 2 steps with the ball in your possession without dribbling: holding the ball with both hands is very limited, which has the effect of accelerating decision-making in attack.

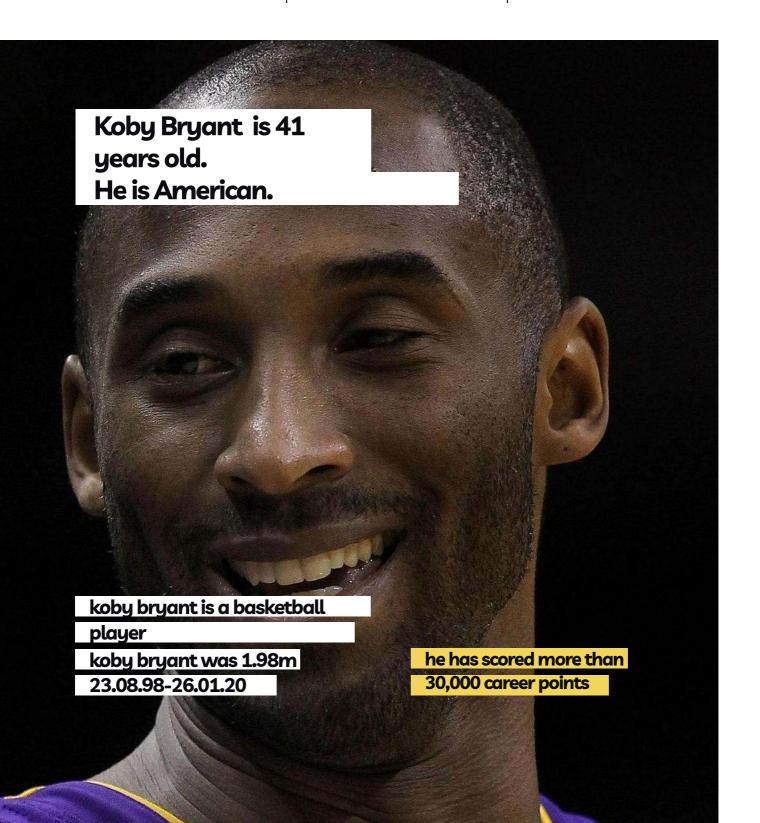
You cannot dribble again once it has stopped: the player's choices are then reduced to shooting a basket or passing the ball to a partner.



"Have a good time, enjoy life."

"Life is too short to let go, to get discouraged"

"We have to keep moving forward. Put one foot in front of the other, smile, and keep moving forward."



Koby Bryant's qualities

His ability to reinvent himself beyond basketball as a filmmaker, investor, keynote speaker and mentor to young athletes was a rare quality, and he could have shared his gifts beyond basketball for decades. We must always be ready to reinvent ourselves in life.



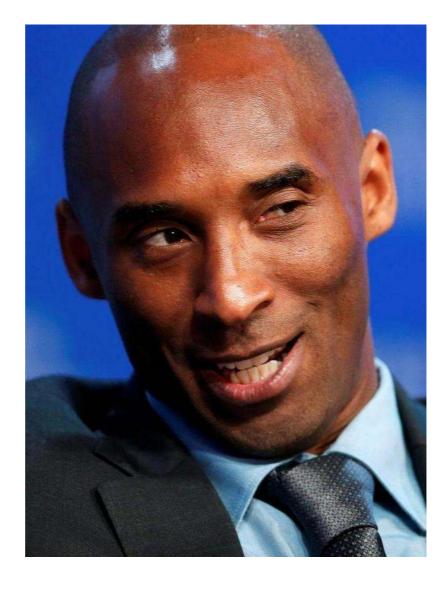
the death of koby bryant

The pilot of the helicopter that crashed in January 2020 near Los Angeles with NBA star Kobe Bryant on board made an "error in judgement" which led to his "disorientation" amid thick fog.



KOBY BRYANT

Koby Bryant was the 2nd best player in the world. His salary was 25 million usd.



HIS TEAM He played for the Lakers. In the NBA.



TENNIS

RULES and POSITIONS:

you must play in simple or in double. You must hit the ball onto the other side of the court. Tthe ball must not do 2 rebounds. Players cannot touch the net.

Skills: he plays right handed /he is a self described fan of languages;serbia,english,french,German,Italian.





(Famous) Team and Competitions: the most famous competitions are: Wimbledon and Rolland garros. He is currently ranked no 1/first in the world by the association of tennis professionals as of the 21st of March 2022.



THE THREE BEST MEN TENNIS PLAYERS ARE: Novak Djokovic Raphael Nadal Roger Federer

THE BEST WOMEN TENNIS PLAYERS ARE: Venus and Serena Williams

Prowess/Medals: At the age of, he began his international career , wining at the European championships in single , doubl , and team competions.

TENNIS



Name:His name is Novak Djokovic. Age:He was born in 1987. Nationality: He is Serbian.



Personality:He is calm, generous, and persevering.



Clubs/teams: his parents sent him to a tennis camp in novi sad . He won two Davis Cups , Hopman cups (2008,2013).



RULES



Quotation: "we only have one life and one body to care of and we better do it right"



EQUIPMENTS: You must play with a tennis ball and a racket.

The Cross Moto



motocross is an extreme sport of motorcycling competition consisting of speed racing on an offroad circuit.



it is mandatory to wear a helmet and to be on an express field to practice this activity!



S YAMAHA STORY BARINGS

The components of the motorcycle are - the footpegs-the engine -the brakes-the wheels-and the handlebars!





Stephan Evert is world champion with ten world titles!



Son of an ex-world motocross champion, Harry Everts, four times titled.

Charlotte Dujardin

Her name is Charlotte Dujardin. She is 36 years old. She is British.

She has precision and dressage.

She won 3 gold medals, and her club is the British dressage federation.



equipment for equestrian dressage

The rules of Equestrian Dressage

There are a maximum of seven judges, each team combining ride and the horse, is judged or scored between a scale of 0-10. In this scale 0 determines not exercuted movement while 10 is for excellent movement. The basic objective of the jumping event is that rider and horse pair completely through the cours and get theleast penalites and in a minmum of time.



The Equipment for Equestrian Dressage

You must have a bomb or a riding helmet, riding pants, riding boots, gloves for cool and cold weather, saddles, and a bridle.

a new record for charlotte dujardin and valegro



Presentation of Valegro

Valegro (born 5 July 2002) is a gelding ridden by the British equestrian Charlotte Dujardin in the sport of dressage. He is 168 cm and has the stable name of Blueberry. He is a double World Champion in Dressage. He won Grand Prix Special and Grand Prix Freestyle at the World Championship.

Charlotte dujardin said of her horse Valegro: "The king of horse you know will soon succeed in the arena".



This first edition of the sports magazine Zol'Athletics was made by the pupils from 6A and 6B, using Madmagz.

Coordinators: Mrs Le Meur & Mrs Authier

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