

Swimming

Three teenagers talk about their sport.

Becky

I've always loved swimming and a few years ago, I joined a swimming club with my older brother. Our mum drives us to the local pool every morning. It's not far in the car, but practice starts at 6 a.m., so we have to get up early. My brother does other sports and is fitter than me, but I'm hoping to improve and get faster. Maybe one day, I'll even win a competition!

Dom

My mum took me to the pool a lot when I was very young and I've belonged to a swimming club since I was about seven. I now swim for three hours every day except Monday. I need to stay fit, so I run and go to the gym as well. I've always been a fast swimmer and I'm lucky enough to have won a few competitions. I'd like other teenagers to do more sport, so I've started a blog about swimming and staying healthy.

Josie

I had to change my swimming club about a year ago because my family moved house. I like my new club, but the coach makes us work hard. In many ways, that's a good thing. I'm much fitter and my swim times have improved – for example, I can swim a length of the pool more quickly now. Unfortunately, our new house isn't close to the pool and it takes about an hour to get there. I'm sometimes glad when it's the weekend and I can stay at home!

- 1 Who travels a long way to a pool?
A Becky B Dom C Josie
- 2 Who has come first in a swimming race?
A Becky B Dom C Josie
- 3 Who does swimming practice daily?
A Becky B Dom C Josie
- 4 Who writes online about swimming?
A Becky B Dom C Josie
- 5 Who swims faster now than 12 months ago?
A Becky B Dom C Josie
- 6 Who does various sports?
A Becky B Dom C Josie
- 7 Who swims at the same club as a family member?
A Becky B Dom C Josie