

For each question, choose the correct answer.

Karina Moore – teenage high diver!

Several times a week, teenager Karina Moore trains at her local pool to jump from the high-diving board into the water – in an attempt to become a national diving champion.

Karina first learned about diving during a family break in Spain, where the resort's pool had a high-diving board. Young people were diving off it, and it looked fun, but Karina didn't join in, even though she was a strong swimmer. Then after returning home, she discovered a long-distance runner she'd always admired had started diving for relaxation – so she became more interested.

Karina joined a beginners' diving class at her local pool. They had several sessions jumping onto soft materials before trying the high board. 'The water looked a long way down,' says Karina, 'but after our training, I felt I'd handle it – without injuring myself? They'd warned me I'd land in the water fast – at around 60 kph – but I was prepared. I couldn't wait to get started – although the others weren't so keen! Anyway, I wasn't disappointed by the experience.'

In Karina's area, there's now lots of interest in high diving, but it's sometimes difficult for swimmers to find suitable practice facilities.

Although the pools are deep enough, they're in use so often by diving clubs that other people don't get opportunities to practise. Fortunately, though, Karina's coach noticed her talent and helped her develop her techniques. After also two years, she's winning competitions in her area.

But what's it like to concentrate so much on diving? 'I train 20 hours a week' says Karina, 'and I won't pretend it's easy – you have to enjoy it to spend so much time doing it! It's not easy for my parents either, though – they drive me to training sessions early in the morning, and that costs money. But they're had financial help from sports

organisations, luckily. And my schoolwork and social life are good. I still meet my mates – and there's always the phone! The only thing I hadn't realised was that the pool water would damage my hair – I used to love my long hair, but I've had to cut it short because it looked awful! But I'll definitely keep on diving!

- 1 What made Karina keen to take up diving?
 - A She wanted to repeat her holiday experience.
 - B She found out her athletics hero had taken it up.
 - C She'd visited a pool where some teenagers were doing it.
 - D She wanted a new challenge after her success at swimming.
- 2 How did Karina feel the first time she used the high board?
 - A worried about how far it was above the pool
 - B pleased to experience it with other beginners
 - C confident that she wouldn't get hurt
 - D shocked to hit the water at such speed
- 3 What does the writer suggest about diving facilities in Karina's area?
 - A They're not used as much as they could be.
 - B There aren't enough coaches teaching people to use them.
 - C There aren't as many boards as there used to be.
 - D They're not available to the public for long enough each day.
- 4 How does Karina feel about spending so much time diving?
 - A surprised by one effect it has had on her
 - B sorry she no longer sees her friends so much
 - C anxious about the amount of money it costs
 - D grateful to be able to focus on something she loves
- 5 What would the writer say about Karina?
 - A She's a young girl who's achieved a lot by becoming a national diving champion – and all with very little support.
 - B She's made enormous progress in a very short time – after only a couple of years, she's already showing great signs of success.
 - C She has a lot of natural talent, but she's already thinking of having a break from the high board for a while.
 - D She's sad that she's given up almost everything for her sport – and her lifestyle really sounds quite hard.