

## Reading

An online magazine article

- Who is the athlete in the picture?  
What do you know about him?
-  3.09 Read and listen. The article mentions different kinds of athletes. Find them and write them in your notebook.  
*tennis player*
- Read the article again and choose the correct answers.
  - For Tiger Woods, it is sometimes important to play golf ...
    - on a particular day.
    - in a particular colour.
  - Michael Jordan always wore ...
    - two different pairs of shorts.
    - one long pair of shorts.
  - In the past, athletes ...
    - weren't superstitious.
    - were as superstitious as athletes today.
  - The writer of the article ...
    - isn't superstitious about anything.
    - is a bit superstitious.
  - People sometimes repeat the same behaviour because ...
    - they are scared of changing it.
    - they want to be like athletes.
  - The word *them* in blue refers to ...
    - footballers.
    - athletes.
- Are you superstitious? Have you got any particular habits you have to do when you do sport? What do you do?

### SUPERSTITION *and* SPORT



Many sportspeople are superstitious. Did you know that tennis player, Rafa Nadal always takes two identical bottles of water with him to a tennis match? He puts them next to the court before he plays. Golfer, Tiger Woods always wears red on the last day of a golf tournament. And what about the famous basketball player Michael Jordan? He always wore his old college basketball shorts under his team shorts for luck, so the team shorts on top had to be very long!

Superstitions like these have been part of sport since it began. The superstitions don't make much sense, but many sports champions believe they bring them luck and help them succeed in competitions.

When it comes to superstition, athletes aren't the only ones, of course. Many of us have our own little habits. Personally, I always have to drink my coffee from the same cup, which drives my family crazy!

According to psychologists, following the same routine makes people feel safe. When we do something and everything goes OK, it seems like a good idea to do it the same way next time – we don't want to behave differently in case things go wrong! Another possible explanation for the athletes' behaviour is that following the same routine helps them relax before a game. Some of them go too far, however. There are stories of footballers who have worn the same pair of socks for many weeks because they thought they were lucky! Yuck!



**Word check**  
superstition identical habit drive someone crazy behaviour routine

**DID YOU KNOW?**

- During a tournament, Croatian tennis star Goran Ivanisevic ate the same meal at the same restaurant every night for two weeks!