

Circle the best answer:

20 questions .. do your best; awards to be announced



Great Moments in Sport

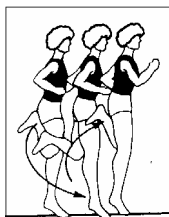
1. Identify the Runner

- A Michael Johnson
- B Roger Bannister
- C Carl Lewis
- D Sergey Bubka

Bonus: What was the *Great Moment*?

The questions are related to athletics, swimming, all sports, or, are sports general knowledge

2. Identify the drill:



- A A-Skip
- B Fast Claw
- C B-Skip
- D Butt Kicks

3. Identify the drill:



- A Catch-Up drill
- B Titanic drill
- C Penguin drill
- D One-Arm F-S drill

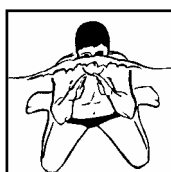
4. Young runners should beware of “*over training*”; which of the following best helps you plan your training?

- A Always train on a Friday, especially before Saturday competitions.
- B Run / train every second day, and especially the day before a major competition.
- C Run / train 5 days a week; rest every 8 weeks.
- D Run / train when you feel you want to, aiming for 2-3 sessions per week.

5. Which of the following is NOT an important cue in freestyle?

- A Both feet turned outward on the kick.
- B Fingers always point to the bottom of the pool.
- C Strong continuous kick with extended legs - pointed toes.
- D Bent arm recovery with a slight elbow lead.

6. Breaststroke .. which, of the following, is the **best cue** for B-R kick?



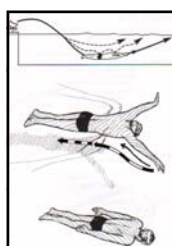
- A Kick back together .. fast, outside the knee.
- B Kick back, fast, left leg first.
- C Kick back together .. slowly, outside the knee.
- D Kick back, slow, right leg first.

7. Identify the athlete:



- A Carl Lewis
- B Craig Mottram
- C Hicham El Guerrouj
- D Kenenisa Bekele

8. Identify the stroke the swimmer appears about to commence:



- A Freestyle
- B Backstroke
- C Breaststroke
- D Dog Paddle

9. Which Australian athlete has won Gold at an Olympics?

- A Debbie Flintoff-King
- B Ron Clarke
- C Steve Moneghetti
- D Joshua Ross

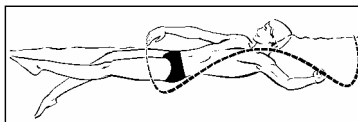
10. Which of the following is the best coaching cue if you are trying to swim fast(er):

- A Faster strokes, faster kick.
- B Don't wait for the gun .. just GO!
- C More force on the water; same force for longer.
- D Slower strokes, faster kick.

Bonus
which Olympics?
which event?
(either or both)

11. Which of the following is **NOT** an important cue in **backstroke**?

- A Hip high position.
- B Breath just prior to arm recovery.
- C Continuous arm movement.
- D Continuous kick, knees under water and extended legs.



12. Which of the following best describes a sound activity sequence for the **early stages** of a running training session?

- A Spikes on and into it.
- B Jog►Stretch►Fast Sprints.
- C Jog►Stretch►General & Specific Drills.
- D Jog►Bounds►Sprints.

13. In **Backstroke**, swimmers strive for:

- A Big Splash on entry
- B Fast Arms, Slow Kick
- C Fast Arms, Fast Kick
- D Slow Arms, Fast Kick

14. Identify the swimmer:



- A Libby Lenton
- B Jodie Henry
- C Molly Parkinson
- D Giann Rooney

15. Identify the event:



- A High Jump
- B Long Jump
- C Triple Jump
- D Hurdles

16. **Tennis:** Which of the following has not won the Wimbledon Singles crown (yet)?



- A Lleyton Hewitt
- B Andy Roddick
- C Roger Federer
- D Rod Laver

Bonus Question: True (T) or False (F)

Quality is more important than Quantity

17. What is the maximum number of bounds a **young athlete** (<15 years) should complete in a session?

- A 200
- B 50
- C 100
- D 10

18. In general, the **maximum number of sessions** within which bounding should be included each week, is:

- A 6
- B 4
- C 2
- D 0

19. Which of the following statements is true:

- A *What does not kill us, makes us stronger.*
- B *Rest (recovery) is a very critical factor in training programs .*
- C *Winning is Everything.*
- D *Training harder always produces improved performance.*

20. In an Olympic Triathlon, in what order do the athletes complete their tasks:



- A Swim – Cycle – Run
- B Cycle – Run – Swim
- C Run – Cycle – Swim
- D Swim – Run - Cycle

Work together
to get the greatest number of
“best” answers.

The team(s) with the highest score
will win a prize,

e.g. hand shake from your coach
or
a rotten banana peel
or
something even better

Bonus Questions score 1 mark each