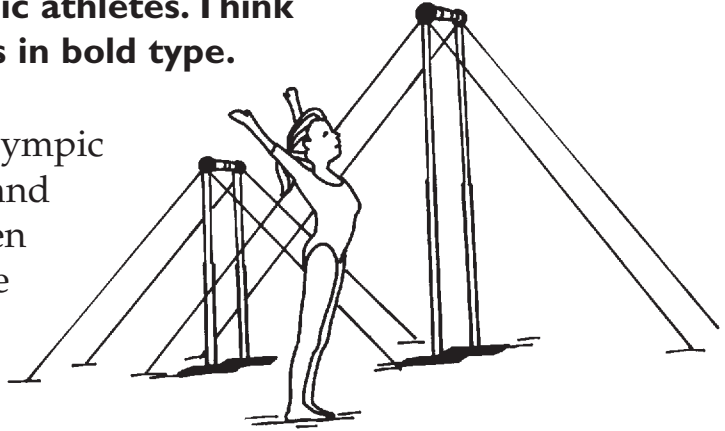


Olympic Athletes

Read this selection about **Olympic athletes**. Think about the meanings of the words in bold type.

What does it take to become an Olympic athlete? It takes years of learning and practice. Girls and boys begin when they are very young. They must be willing to spend years practicing to be the best in their sport. To be an Olympic athlete requires **commitment**, a kind of promise or pledge to work toward a goal.



Athletes and their families follow a **schedule**, or plan, for practice time. Every day of the week, they go to practice. There is much **sacrifice**, or giving up what one likes to do. Athletes must give up many school activities. They keep up with school work by studying before and after practice. Parents also sacrifice. Sometimes they drive their children many miles to practice before sunrise and late at night.

Before athletes can **compete**, or try out, in the Olympics, they compete in their state or country contests. When they lose, athletes work hard to overcome their disappointments. The most successful athletes are those who keep working toward their goal even when they lose contests.

We know that athletes must have strong minds as well as strong bodies. The best athletes believe they can win. They think **positive** thoughts which give them the **energy**, or the push, they need to win. Athletes **concentrate** on, or put all their attention or thought into, their **routines**. They picture in their minds each action or step they will take in their routines. And they picture themselves winning!

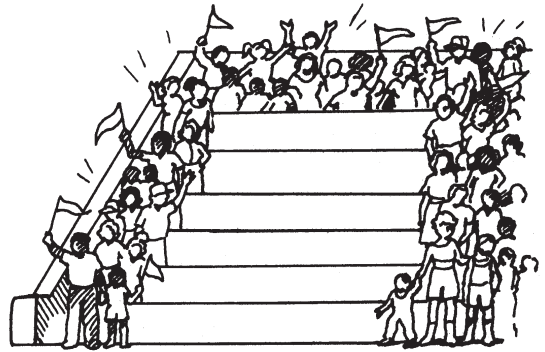
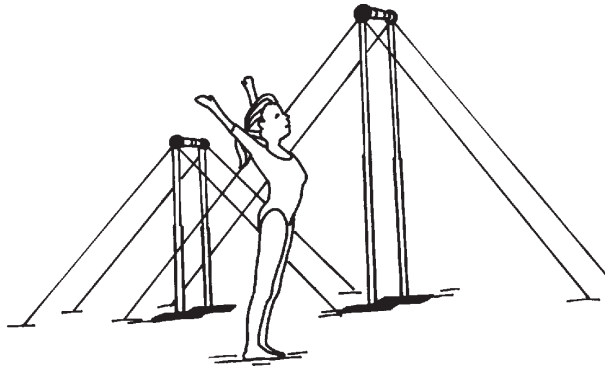
Athletes see their dreams come true when they receive the gold, silver, or bronze medal. Few athletes achieve what all athletes work so hard for—the prizes and rewards of being an Olympic athlete!

Go for the Gold!

Edit **Create** **Identify**

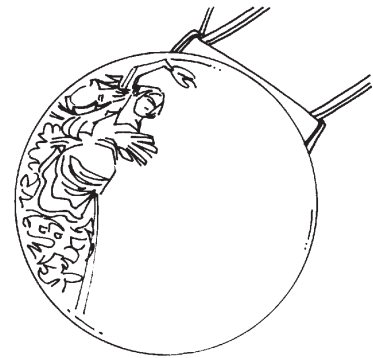
Classify
Find
Match

Classify the words that describe athletes.



energy sacrifice
schedule commitment
concentrate compete
positive routines

Athletes have...



Athletes do...

Also . . .

1. Describe how an athlete can win by thinking *positive* thoughts.
2. Draw a picture of yourself competing in your favorite Olympic sport.

Go for the Gold!, p. 2

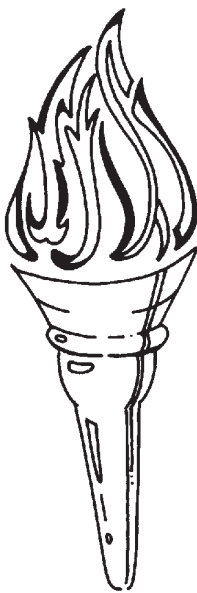
- Create
- Apply
- Process

- Define
- Order
- Match

Define the words. Use the clues in the selection.

Meet the Challenge

1. routines _____
2. positive _____
3. energy _____
4. compete _____
5. sacrifice _____
6. commitment _____
7. concentrate _____
8. schedule _____



U

D

L R

Making News!

An Olympic athlete has set a world's record. Write a newspaper article. Use the vocabulary words.

U

D

L R

Go for the Gold

Answer Key

Possible answers are:

energy

commitment

schedule

routines

concentrate

compete

sacrifice

1.–2. Answers will vary.

1. the steps they will take
2. thoughts which give them the push they need to win
3. the push they need to win
4. try out
5. giving up what one likes to do
6. a kind of promise, or pledge, to work toward a goal
7. put all their attention or thought into
8. plan



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