



**Can You Believe
It's True?**

True Facts on SPORTS



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**Crabtree
Branches**

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You're sitting down and reading a book now, right? But sometime soon, are you planning to stand up and run, jump, kick, throw, or climb?

Need some inspiration to get out on the playing field? Turn the page to learn some amazing sports facts!



Up to Speed

Fast action is needed for sports success. Speed comes from strong muscles that output plenty of energy.



Sprinter Usain Bolt may be the fastest person alive. In 2009, he broke world records by running 100 meters in 9.58 seconds and 200 meters in 19.19 seconds.

Events True?



Speed skaters usually reach speeds of more than 30 miles per hour (48 km/h). At these speeds, crashes are dangerous. And watch out for those sharp skate blades!





For smash shots, badminton players slam the **shuttlecock** down over the net. It can travel more than 248 miles per hour (399 km/h). That's faster than many high-speed trains.



What's the second-fastest moving object in sports, right behind a bullet from a sport-shooter's rifle?

The moving tip of a fencing blade!

At Full Strength

Being strong is one sure way to carry your team to victory. Muscles get stronger when you challenge them with higher levels of **resistance** and weight.



Is It True?



At the World's Strongest Man contest, competitors lift, throw, and pull unbelievable weights. In 2016, Brian Shaw lifted a 552-pound (252 kg) stone. That's heavier than a panda bear!

