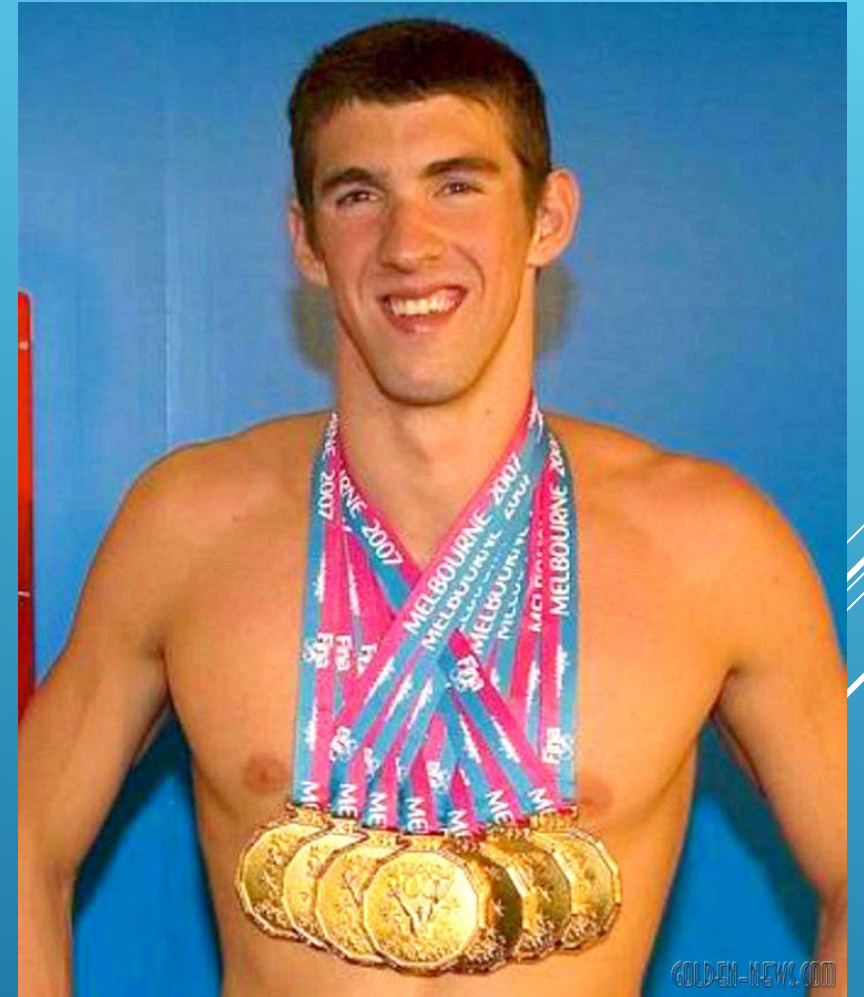


MY IDOL MICHAEL PHELPS.

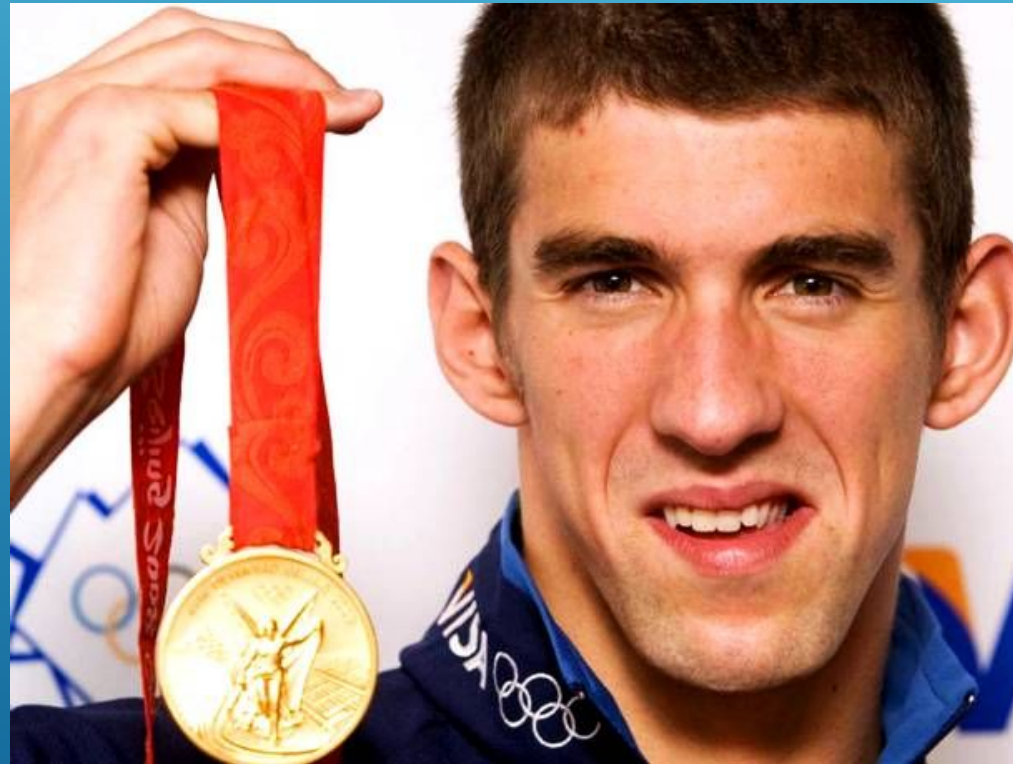
A decorative graphic consisting of several parallel white lines of varying thicknesses, slanted diagonally from the bottom-left towards the top-right, crossing the text area.

Michael Phelps (1985) is a swimmer, was born on June 30, 1985 in the city of Baltimore, State of Maryland. Michael Phelps's biography is most known as history of the athlete who won eight gold medals at the Olympic Games in Beijing in 2008.

The American swimmer Phelps won 14 gold Olympic medals, than someone is more another. For all career he earned 16 gold medals: 8 of them at the Beijing Olympic Games (having broken the record of 1972 from seven medals of Mark Spitz), six gold, two bronze medals at the Olympic Games of 2004 in Athens.



When the athlete was only 15, he was already a member of American team at the Olympic Games in Sydney. It became butterfly stroke, the fifth at a distance of 200 m. Phelps's appearance at those competitions made him the youngest Olympic athlete since 1932. Then the 14-year-old Japanese Katsuo Kitamura won a heat in freestyle on 1500 m.



Phelps specializes in short distances – 100, 400 meters. The records, world records and awards established and received during Phelps's biography are numerous. The athlete set the first world record at the age of 15 years (200 meters butterfly stroke at competitions of the USA of 2001). Six times Phelps was called the best swimmer of year: from 2001 to 2007.

In the championship of 2003 in Barcelona it set directly five world records. At the Olympic Games of 2008 Phelps participated in eight various categories, in everyone having won a gold medal.



Among them there were heats on 400 m (complex), 200 m in freestyle.

Additional data: Michael's growth constitutes 193 cm, at the same time it has the 47th size of a leg. In 2003 in Michael Phelps's biography Sullivan's award was won. Then he was called the best amateur athlete in the USA. The gymnast Larisa Latynina holds a record by quantity of the Olympic medals (18). She won 6 medals at the Olympic Games 1956, 1960, 1964 of years.



Phelps entered the university of Michigan, but couldn't do swimming there, it signed the sponsor's contract with producer company of suits for Speedo swimming. A bit later he earned the monetary reward in the amount of 1 million dollars from Speedo for the earned 8 medals at the Beijing Olympic Games. According to "The San Francisco Chronicle" fans in Beijing nicknamed Phelps "the semi-person, semi-fish".



Swimming is useful both from the point of view of mentality, and for a body. Besides in water injuries are almost impossible. loading during swimming is regularly distributed on muscles and joints of a body. Injury rate level at swimmers one of the lowest among all sports.

Than still swimming is useful? It:

- reduces stress;**
- burns excess fat;**
- creates a beautiful, harmonious figure;**
- develops respiratory system;**
- prevents cardiovascular diseases;**
- has no side effects.**



My idol Michael Phelps, at the same time it masterly owns all types of swimming. Now I precisely know what sport forever will remain in my life. Swimming gives me forces and health, helps to breathe correctly, and the most important disciplines and does stronger. Everyone is free to make the choice itself, for me swimming even if I won't achieve any progress was and will remain the best sport.



Thank you for your attention!

