

SPORTS

b Which U.S. athlete won six medals at the 2012 Summer Olympics?
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You don't have to serve like Serena Williams or swim like Michael Phelps to enjoy playing sports. Indoors or out, there are plenty of ways to have fun and get a workout.



FAVORITE SPORTS*

In the U.S., these are the most popular sports played by high school students.

BOYS

Rank/Sport	Athletes
1. Football	1,095,993
2. Track and Field	575,628
3. Basketball	535,289
4. Baseball	474,219
5. Soccer	411,757
6. Wrestling	272,149
7. Cross Country	248,494
8. Tennis	159,800
9. Golf	152,725
10. Swimming and Diving	133,823

GIRLS

Rank/Sport	Athletes
1. Track and Field	468,747
2. Basketball	435,885
3. Volleyball	418,903
4. Soccer	370,975
5. Softball (Fast Pitch)	367,023
6. Cross Country	212,262
7. Tennis	180,870
8. Swimming and Diving	160,456
9. Competitive Spirit Squads	108,307
10. Lacrosse	74,993

Source: National Federation of State High School Associations

*In 2011–2012

Riding the Waves

Riding breaking waves as they move to shore is called surfing. It's usually done standing on a surfboard, and the goal is to remain upright on the board, riding a wave, for as long as you can and with as much flair as possible. A very skilled surfer is able to travel inside the curl of a wave. One of the world's fastest-growing water sports is stand-up paddle surfing, or boarding, in which boarders use a paddle to maneuver on the water. All surfing requires balance, strength, and excellent swimming skills.

Find out more about competitive surfing at www.isasurf.org



Olympic All-Stars

Here are just a few of the athletes who provided exciting moments at the 2012 Olympics.

Michael Phelps in 2012, became the most decorated Olympian in any sport. He got off to a slow start when he failed to qualify for his first Olympic event, the 400-meter individual medley. By the close of the games, however, Phelps had earned six medals, including four gold, to bring his record-setting career totals to 22 medals, 18 of which are gold. When he won the 200-meter individual medley in London, Phelps became the first male swimmer to claim gold in the same individual event at three consecutive Olympics. After the games, the 27-year-old from Maryland announced his retirement from competitive swimming.



Although **Gabrielle Douglas**, known as Gabby, was just 16 years old at her first Olympics in 2012, the gymnast from Virginia wowed the world by winning the prestigious women's individual all-around gold medal. This medal requires high scores in all four women's events: vault, uneven bars, balance beam, and floor exercise. Douglas and teammates Jordyn Wieber, Aly Raisman, McKayla Maroney, and Kyla Ross also earned a team gold for the U.S. As the first African American to win the all-around gold, Douglas serves as a role model to many. She was also the first American gymnast to win gold in team and individual all-around events.

It was hard for anyone watching the 2012 Olympics not to be electrified by the speed of the aptly named runner **Usain Bolt**. Many people call the Jamaican sprinter, who holds the world record in the 100-meter dash, the fastest man in the world. In 2012, Bolt repeated his 2008 gold-winning performances in the 100 meters, 200 meters, and 4x100 meter relay.

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