

CHECK

5 Read the text and answer the questions.

Tom Daley – British champion



Tom Daley

FACT FILE

Date of birth: 21st May 1994

Starts diving: seven years old

Becomes British under-18 champion: ten years old

Becomes European champion: years old

Competes in 2008 Beijing Olympics: 14 years old

Becomes world champion: years old

Competes in 2012 London Olympics: 18 years old
(bronze medal)

1 Has Tom Daley got an Olympic medal?



Tom Daley is one of the UK's most famous sportspeople. His sport is diving, and his career is incredible. European champion at the age of 13, and world champion at the age of 15 – he is a very talented young man!

Tom sometimes dives alone, and he sometimes dives with a partner in synchronised diving events. He dives from a very high platform, at ten metres. He confesses that he usually feels nervous before a dive. When he's on the platform, he concentrates only on the dive. At competitions, there is often a 30-minute wait between dives. Tom listens to music and tries to relax before his next turn.

2 What does he do between dives?

Tom trains at the Plymouth Diving School, in the south-west of England. He trains for six hours, six days a week. He wakes up at 7.30 a.m. and he has toast, eggs and cereal for breakfast.

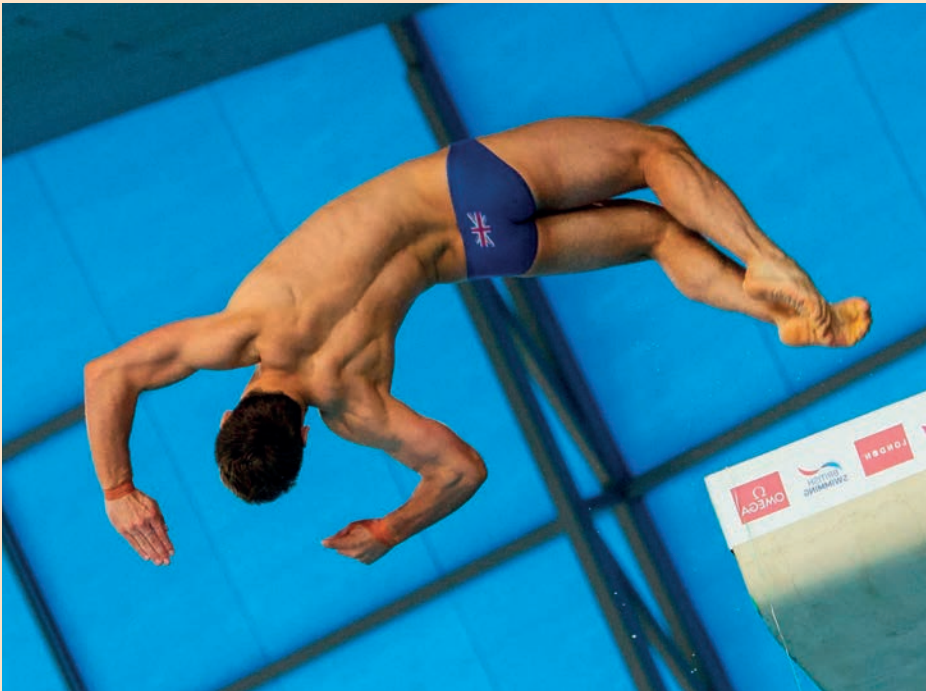
3 Where does Tom train?

4 How often does he train?

His training sessions don't all happen in a swimming pool. Tom does a lot of training in a gym. He does gymnastics and he practises his somersaults on a trampoline. There is a diving board at the gym, with crash mats under it! Tom also does exercises for his arms and shoulders. He uses weights and he walks on his hands.

5 What training does he do at the gym?





When he's at the pool, Tom practises dives from diving boards at one metre, three metres and five metres before he goes to his normal ten-metre platform.

During training, Tom has snacks of cereal bars, fruit and chocolate milk. For lunch, he always has food with a lot of protein, for example, chicken with potatoes. After training he sometimes has a massage. For his evening meal, he has more chicken, with rice or pasta and vegetables. He usually goes to bed at 10.30 p.m.

6 What does Tom eat at the gym and at the diving school?