Usain Bolt

Biography

So, how do you become the best sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' Whilst at secondary school, Usain focused on sprinting, which led him to win his first High School Championships medal. Since then he has set new world records, overcome injuries, won many medals, become a hero in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica. As a child, he really enjoyed playing football and cricket.

Bolt took part in his first race whilst at primary school, however, at that time he preferred playing cricket. In an interview, he once said that if he hadn't become a sprinter, he would have loved to be a fast bowler like his cricketing hero, Waqar Younis.

At high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and liked playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals but he did set a new personal best in the 200m race. The World Junior Championships came next and it was here that Bolt became the youngest World Junior gold medallist.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold

Usain Bolt

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. It was then that he turned professional and was given a place on the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a leg injury stopped him from winning any medals.

As the years passed by, Usain took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records and won gold in the 100m, 200m and relay events. This was followed by the World Championships in Berlin, where he improved his times even more.

Bolt competed in the 100m, 200m and relay at the London 2012 Olympic Games and won gold in all three events again. After the races, a fellow runner said, 'There's no doubt he's the greatest sprinter of all time.'

Usain continues to be a successful sprinter but plans to retire in 2017. He is nicknamed 'Lightning Bolt'.

Usain Bolt Comprehension

Try to answer the questions using full sentences.

1. When and where was Usain born?

_____

2. True or False – Usain didn't win any medals at the 2001 World Youth Championships but he did set a personal best time in the 200m race.

True	False

3. What did Usain become the first junior sprinter to do in 2004?

_____

4. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

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_____

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_____

5. What is his nickname?

_____

6. How many gold medals did Usain win in the 2008 and 2012 Olympic Games?

_____

_____

7. How do you think Usain feels about competing in the 2016 Olympic Games in Rio?

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Usain Bolt Answers

1. When and where was Usain born?
   Usain was born in Jamaica on 21st August 1986.

2. True or False – Usain didn't win any medals at the 2001 World Youth Championships but he did set a personal best time in the 200m race.
   True

3. What did Usain become the first junior sprinter to do in 2004?
   In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds.

4. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?
   Answers will vary.

5. What is his nickname?
   Usain's nickname is 'Lightning Bolt'.

6. How many gold medals did Usain win in the 2008 and 2012 Olympic Games?
   Usain won three gold medals in the 100m, 200m and relay events at both the 2008 and 2012 Olympic Games, which makes six gold medals in total.

7. How do you think Usain feels about competing in the 2016 Olympic Games in Rio? Why?
   Answers could include: excited because he has a great chance of winning more medals, nervous because people have high expectations of him, worried that he may pick up another injury like the 2004 Games, and / or confident because he knows he is the fastest sprinter of all time.

Usain Bolt

Biography

So, how do you become the greatest sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then he has set new world records, overcome injuries, won many medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986 in Jamaica. He grew up with his brother and sister, and enjoyed playing football and cricket.

He took part in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former cricket player.

Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.

Photo courtesy of drcliffordchoi (@flickr.com) - granted under creative commons licence - attribution

Usain Bolt
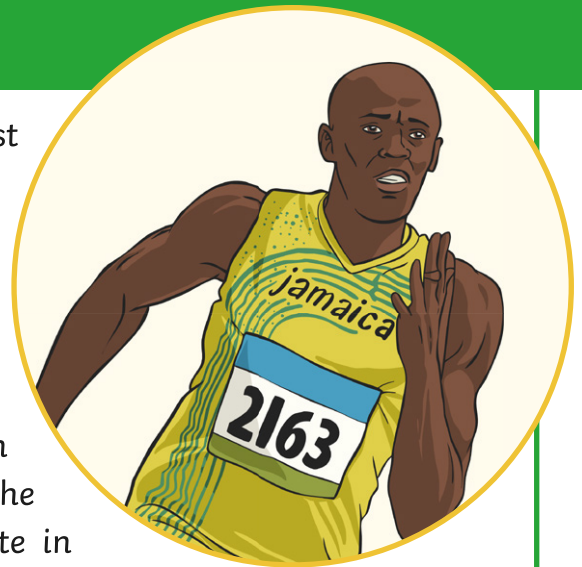
The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist.

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and he was also chosen to compete in the Jamaican Olympic team. Bolt went to the Olympic Games in Athens in 2004 but a leg injury ruled him out of winning any medals. He had offers to go and train in America but Usain wanted to stay true to his roots and even though the training facilities were basic, he stayed in Jamaica. For some time after that, injuries caused him problems but he always came back stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records and won gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin, where he improved his times even further.

Bolt competed in the 100m, 200m and relay at the London 2012 Olympic Games, where he won golds in each event once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow runner said, 'There's no doubt he's the greatest sprinter of all time.'

Usain is nicknamed 'Lightning Bolt' and continues to be widely regarded as being the fastest sprinter of all time. He plans to retire in 2017.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold

Usain Bolt Comprehension

Try to answer the questions using full sentences.

1. When and where was Usain born?

   _____

2. By what age had Bolt become the fastest 100m runner at this school?

   _____

3. Who is he inspired by?

   _____

4. Why did Pablo McNeil get frustrated with Bolt?

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5. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

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6. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?

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Usain Bolt Comprehension

7. Why is Usain nicknamed 'Lightning Bolt'?

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8. Which do you think is Usain's greatest achievement to date? Why?

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Usain Bolt Answers

1. When and where was Usain born?
    Usain was born in Jamaica on 21st August 1986.

2. By what age had Bolt become the fastest 100m runner at this school?
    He became the fastest 100m runner at his school by the age of 12.

3. Who is he inspired by?
    He is inspired by Waqar Younis, a former cricket player.

4. Why did Pablo McNeil get frustrated with Bolt?
    He got frustrated with Usain because he didn't always take his training seriously and enjoyed playing practical jokes.

5. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?
    Answers will vary.

6. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?
    Answers could include reference to: Usain realising his own potential, upcoming important sporting events were getting closer, not wanting to become injured again and/or that he felt the need to please people who had believed in him, like his trainer and the Jamaican president.

7. Why is Usain nicknamed 'Lightning Bolt'?
    It's a play on words because of his surname and also to signify his speed - as fast as lightning!

8. Which do you think is Usain's greatest achievement to date? Why?
    Answers will vary.

Usain Bolt
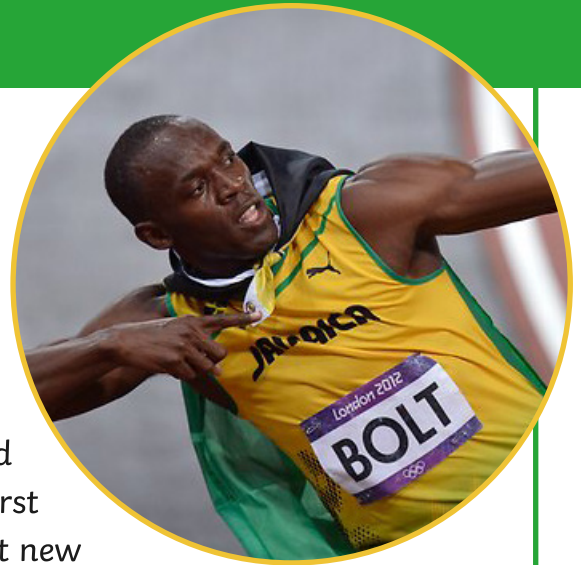
Biography

So, how do you become the greatest sprinter of all time?

Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then, he has set new world records, overcome injuries, won numerous medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica, to parents Wellesley and Jennifer Bolt. He grew up with his brother and sister, and adored playing football and cricket.

He competed in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former international cricket player.

Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The Jamaican Prime Minister recognised Bolt's talent and arranged for him to move to Kingston to train with the Jamaican Amateur Athletic Association.

Usain Bolt

The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist. He continued to win medals in 2003, when he competed at the World Youth Championships.

In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and was chosen to compete in the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a recurring leg injury ruled him out of winning any medals. He received offers to go and train in America but Bolt wanted to stay true to his roots and despite the basic facilities available to him, remained in Jamaica. For some time, injuries thwarted him, but he came back even stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records, winning gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin where he improved his times, running the 100m race in 9.58 seconds and the 200m in 19.19 seconds.

Bolt competed in the 100m, 200m and relay events at the London 2012 Olympic Games, where he won three golds once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow competitor said, 'There's no doubt he's the greatest sprinter of all time.'

Usain is nicknamed 'Lightning Bolt' and continues to be widely regarded as being the fastest sprinter of all time. He plans to retire in 2017.

Olympic Games	Event	Medals
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Usain Bolt Comprehension

Try to answer the questions using full sentences.

1. When and where was Usain born?

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2. By what age had Bolt become the fastest 100m runner at this school?

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3. Who is he inspired by??

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4. Why did Pablo McNeil get frustrated with Bolt?

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5. Why did Usain move to Kingston?

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6. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

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7. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?

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Usain Bolt Comprehension

8. Explain how Bolt has shown resilience in his professional career.

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9. Why is Usain nicknamed 'Lightning Bolt'?

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10. Which do you think is Usain's greatest achievement to date? Why?

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Usain Bolt Answers

1. When and where was Usain born?
Usain was born in Jamaica on 21st August 1986.

2. By what age had Bolt become the fastest 100m runner at this school?
He became the fastest 100m runner at his school by the age of 12.

3. Who is he inspired by?
He is inspired by Waqar Younis, a former international cricket player.

4. Why did Pablo McNeil get frustrated with Bolt?
He got frustrated with Usain because he didn't always take his training seriously and enjoyed playing practical jokes.

5. Why did Usain move to Kingston?
He moved to Kingston because the Prime Minister spotted his talent and wanted him to train with the Jamaican Amateur Athletic Association.

6. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?
Answers will vary.

7. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?
Answers could include reference to: Usain realising his own potential, upcoming important sporting events were getting closer, not wanting to become injured again and/or that he felt the need to please people who had believed in him, like his trainer and the Jamaican president.

8. Explain how Bolt has shown resilience in his professional career.
In 2004, Bolt went to the Olympic Games in Athens but a leg injury stopped him from winning any medals. He was injured for some time but came back stronger to win gold at the 2008 Olympic Games.

9. Why is Usain nicknamed 'Lightning Bolt'?
It's a play on words because of his surname and also to signify his speed - as fast as lightning!

10. Which do you think is Usain's greatest achievement to date? Why?
Answers will vary.