

★ATHLETE SPOTLIGHTS★

FREESTYLE



Simone MANUEL

Simone has earned 4 Olympic Medals

2 Gold and 2 Silver

Watch her race:

https://www.youtube.com/watch?v=XFa_vr14DAs

★**NATHAN ADRIAN**

Nathan has earned 8 Olympic Medals

5 Gold, 1 Silver and 2 Bronze

Watch him race:

<https://www.youtube.com/watch?v=qsDTdEym3uE>



FREESTYLE QUESTIONS:

1. Are their feet moving fast or slow?
2. Do their feet stop kicking when they breathe?
3. When they breathe is it fast or slow? Do they lift their head?
4. Are Nathan's arms moving fast or slow? Is he making big circles or small ones?
5. Does Simone slow down into her flip turn?
6. After her turn how are her feet under water?