



# My idol – Usain Bolt

**Sport is an important part of our lives. Sport makes us healthy, to teach us to be strong, staunch, hardy and hardworking.**

**In my understanding, the idol is a positive ideal to which one should strive, try to do the same deeds, reach the same heights. It should be a person purposeful, confident in himself, in his power, ready to come to the aid of people, to sacrifice himself to save another. They try to look and act like them. It is useful when a person looks up to someone with positive qualities or to someone who has done lots of good and worthy things.**





**Usain Bolt ... Why he, and not others? He is king of athletics! And his nickname is Lightning. Bolt is an eight-time Olympic champion and eleven-time world champion. During the performances, he set 8 world records. The fastest sprinter in history at 100 and 200 meters.**



**Usain Bolt is the only athlete who managed to win sprint distances at three consecutive Olympics (Beijing 2008. London 2012 and Rio de Janeiro 2016). The owner of the largest number of Olympic gold medals in the history of Jamaican sports.**







**This person is my idol. I think you can take even you need to take an example from any professionally and successful athlete. But I admire this man. He knows how to run, not only beautifully and quickly, but he also knows how to motivate. Each of his performances was something special for fans.**

**His professional sports career began in 2001 with a victory at the junior games of the Caribbean level. A year later at the world junior Championships, Usain Bolt won and became the youngest world – class junior gold winner.**





**Now Usain Bolt lives in Kingston. Trains at the track and field athletics stadium of the University of the West Indies. He is one of the highest paid athletes in the world. In 2011, he opened his own restaurant called "Tracks & Records" in Kingston. Is a fan of the football club Manchester United.**



# Thank you for attention!

