

## **The Importance of Nutrition and Conditioning**

1. What does the body use to power the muscles?
2. How and why does a stronger athlete have an advantage over a weaker athlete?
3. What part of the body is a natural shock absorber? How does it work?

## **Sportswomen of Colorado**

1. What is the Sportswomen of Colorado organization?
2. What are the 5 goals of the Sportswomen of Colorado organization?
3. Who are 3 of the featured honorees and what are their accomplishments?
4. What year were the following athletes Sportswoman of the Year, and for which sports?

Amy Van Dyken

Tanya Haave

Yolanda Johnson

Alison Dunlap

5. In what year were the first track and field events held in the Olympics?

## **The Colorado Sports Hall of Fame Museum**

1. When was the first Colorado Sports Hall of Fame Banquet held?
2. How many inductees are in the Colorado Sports Hall of Fame? Who is your favorite and why?

3. In 1966, who won her third consecutive National Figure Skating Championship and World Championship?

4. What sporting event, played in 1999, attracted the largest crowd (over 90,000) in history to see a women's sporting event?

### **Sports Today**

1. Why are sports an important part of our culture?

2. What is your favorite sport and why?