

CHAPTER 13 – SENIOR ATHLETES



BEFORE YOU READ. Look at the picture and read the title of the story.

1. Write your answers on the lines.

What are these people doing? _____

How old are these people? _____

What is your favorite sport? _____

Why do you like it? _____

2. Circle your answer and write it on the line.

What is an athlete? _____

1. A person who works in a restaurant.
2. A person who writes books.
3. A person who plays sports.

SENIOR ATHLETES

Every Saturday morning, Mavis Albin puts on her basketball shoes and goes to the gym. She practices for a few hours with other players. Mavis is captain of her basketball team, the Tigerettes. Mavis, the oldest player on her team, is 64 years old. The Tigerettes play in the Senior Olympics for people who are over 50 years old.

Mavis retired from her job a few years ago. She wanted to be busy, but she didn't know what to do. Then one day she read a story in the newspaper about the Tigerettes, a senior basketball team. She wanted to learn more about it. Mavis loved basketball when she was a student in high school. Then she got married and had a business career and three sons. She didn't have time to play basketball anymore.

After Mavis learned more about the Tigerettes, she practiced with them a few times. Then they asked her to join the team. Soon, she became the captain. Mavis says, "When I started, I was exhausted after two minutes. Now I can run the whole game without getting tired."

All across the country, more and more seniors are playing sports. Today, people live longer. Doctors say that exercise is important for all people, including seniors. And they know that seniors must exercise and eat right to stay healthy. Now there are 18 different sports in the Senior Olympics. These include running, swimming, and basketball. Mavis's team won three gold medals at the last Senior Olympics. And Mavis is having a lot of fun.

1. **MAIN IDEA.** What is the most important idea of the story? Circle the letter.

1. Mavis Albin is captain of her basketball team.
2. Mavis Albin plays basketball in the Senior Olympics.
3. Mavis Albin retired from her job a few years ago.

2. **JUST THE FACTS.** Circle Yes, No, or I don't know.

- | | | | |
|--|--------------------------------------|--------------------------|------------------------------------|
| 1. Some people on Mavis's team are older than Mavis. | <input checked="" type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
| 2. Mavis played basketball in high school. | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
| 3. Mavis's husband plays basketball. | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
| 4. Mavis is the captain of the basketball team. | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
| 5. The Senior Olympics is only for seniors. | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
| 6. Exercise is not important for seniors. | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |
| 7. Mavis's team practices only on Saturday mornings. | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> I don't know |

3. **LEARN NEW WORDS.** Choose the correct words. Write them on the lines.

Career exercise exhausted join ~~practices~~ retired

1. On Saturday mornings, Mavis practices for a few hours with other players.
2. Mavis got married, had a business _____ and three sons.
3. Mavis _____ from her job a few years ago. She stopped working.
4. The Tigerettes asked Mavis to _____ the team, and she became the captain.
5. When Mavis started, she was _____ after two minutes. Now she can run the whole game without getting tired.
6. Doctors say that _____ is important for all people, including seniors. Everyone should walk, run, or play a sport.

4. **FINISH THE SENTENCES.** With a partner, draw lines from the words on the left to the words on the right to complete the sentences.

- | | |
|---|------------------------------------|
| 1. Mavis practices with the Tigerettes | a. when she first started to play. |
| 2. Mavis loved basketball | b. every Saturday morning. |
| 3. Mavis was exhausted | c. after she retired. |
| 4. Mavis joined the Tigerettes | d. when she had a business career. |
| 5. Mavis did not have time for basketball | e. when she was in high school. |

5. **THINK IT OVER.** Complete the activity with a partner.

1. Mavis read about the Tigerettes in the newspaper. She wanted to learn more about them. What do you think she wanted to know? Write three questions that Mavis asked.

- a) Who? _____?
- b) When? _____?
- c) Where? _____?

2. Trade your questions with another pair of students. Write answers for the other pair's questions.

- d) _____
- e) _____
- f) _____

6. **TALK IT OVER.** What are some activities that seniors do? Write them on the chart. Then talk about your answers with a group.

ACTIVITIES
<i>Ride bicycles</i>

7. **WRITE IT DOWN.** Pretend that Mavis Albin is your mother. Write three to four sentences about her.

Mavis Albin is my mother. She _____

