Sports in Russia

Stepan Shevyakov

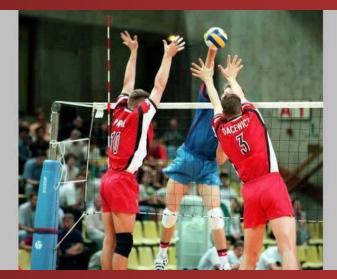
It's very important for people to have some regular exercises. In Russia a lot of people go in for sports. We can say that Russia is a nation of sports-lovers.

Many sports are popular in our country:



football

volleyball





basketball

3

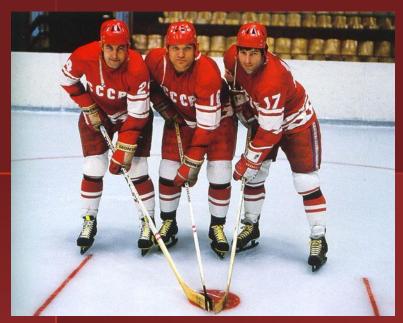




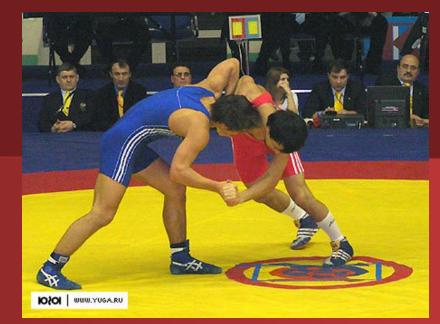
figure skating

hockey



skiing





tennis

wrestling



shooting

All water sports are widely spread in our country :

diving

swimming

water skiing



sailing

6

Some people are fond of extreme sports such as rock climbing, potholing or white-water rafting.

potholing

rock climbing

white-water rafting



Russia's ethnic minorities also have their own traditional forms of exercise.

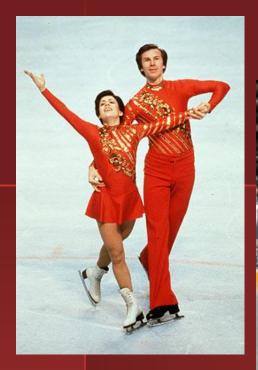
- The Yakuts of central Siberia are skilled reindeer-sled racers.
- Archery is popular with the Buryats of eastern Siberia.
- On the Amur River in southeastern Russia canoeing is also a popular sport.



Sports in Russia have traditionally been divided into amateur and professional. That's why there are different sports clubs in the country.

A lot of sportsmen take part in international competitions and win medals.

A great number of sportsmen take part in the Olympic Games and show excellent results. Hundreds of athletes have become Olympic medalists and record-setters. The names of Russian sportsmen are famous all over the world.



Irina Rodnina and Aleksander Zaytsev



Tatyana Navka and narov



Yevgeniy Plyushchenko

> Irina Slutskaya





Nikolay Valuyev

Konstantin Tszu

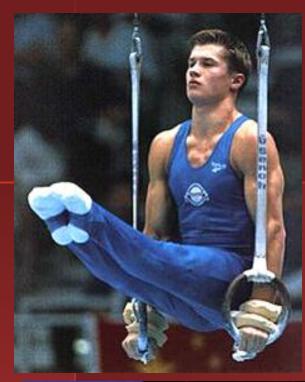
Maksim Chudov



Ivan Cherezov







Aleksey Nemov

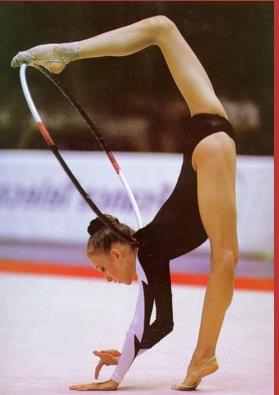
Yelena Isimbayeva



Alina Kabayeva

> Lyaisan Utyasheva







Yevgeniy Kafelnikov

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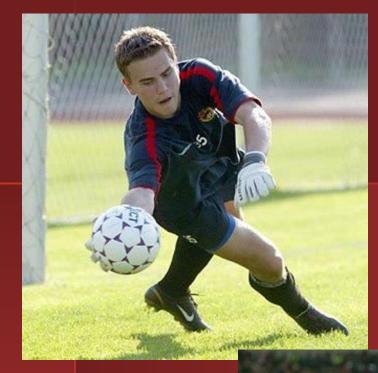
Yelena Dementyeva



Marat Safin







Igor Akinfeyev

Roman Pavlyuchenko

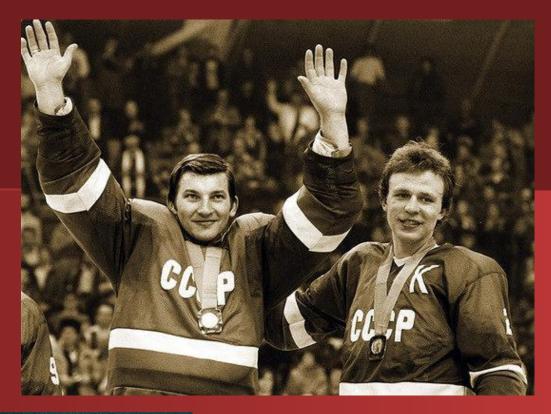


Andrey Arshavin

WØFF

14

Vladislav Tretyak and Vyacheslav Fetisov





Aleksander Ovechking

During the last years there was a great increase in keeping fit and staying healthy in Russia.

- A lot of people started jogging and going to fitness clubs in their spare time.
- Aerobics classes and fitness clubs were opened in every town, and the number of recreation centres greatly increased.





Doing sports prevents us from getting too fat and helps to stay healthy.

But despite the increase in the number of people participating in sports, the majority of them still prefer to be spectators. Thousands of people go to the stadiums to support their favourite teams and sportsmen. Most of the important competitions are televised and people enjoy watching sports programmes on TV.

But certainly watching sports events and going in for sports are two different things.