

# Lady IN THE WATER

## SWIMMING FROM EUROPE TO AFRICA



Lucie Leišová (19) lives in the water. She is a long-distance swimmer (= plavkyně na dlouhé vzdálenosti). You will not find her in a swimming pool because she loves the open sea and rivers. Last summer Lucie swam across the Strait (= úžina) of Gibraltar. She became the second youngest European to make it between Europe and Africa. She spoke to Gate about her sport.

Patrick Phillips (USA), Megan LeBoeuf (USA)

### Why do you swim long distances?

When I was six years old, I started swimming in swimming pools. It got boring, and I wanted to try something different. Long-distance swimming was the next logical step (= krok).

### What do you need for this sport?

You need endurance (= vytrvalost) and a strong will (= vůle). We get up at five o'clock in the morning for practice. That's difficult to do without discipline.

### How do you feel about water?

I love water. When I was little, I wanted to jump into any water I saw.

### Why did you decide to swim across the Strait of Gibraltar (26 km)?

I was doing long-distance races (= závody) in the Czech Republic and I needed a real challenge (= výzva). Gibraltar was interesting because not many people try it and it is hard.

## UNDER AND ABOVE the water

Do you love the water? Are you bored sometimes with just swimming? Then here are some new things you might want to try. But be careful, and never do these things alone!



### Stand-up paddle<sup>1</sup> boarding

This is a sport for people who like surfing, but don't want the waves to take them all over the place.

#### What you need

You need a paddle board, which is like a surf board, and a long paddle (= pádlo). If you are in a cold or windy area, bring a **wetsuit**<sup>2</sup>!

#### What you do

The idea is to stand on your paddle board and paddle, of course! And when you are tired, you can just sit down.

### Kitesurfing

Do you like to fly **kites**<sup>3</sup>? Do you like to surf? Did you know you can do both (= obě) at the same time? You can, and it is called kitesurfing.

#### What you need:

You need a big kite, called a power kite, and a kiteboard. The kiteboard is like a big snowboard. You also need things to **connect**<sup>4</sup> you to the kite.

#### What you do

To kitesurf you go to the sea or a lake, put your feet in your kiteboard, put the power kite in the air, and hang!

#### Attention!

This sport is dangerous because the kite is very strong, and you could finish far away from land. Some people like to take long kiteboarding trips. The record is a 2,000-kilometre trip from El Salvador to Brazil.





### Underwater

#### Free Diving<sup>5</sup>

If you can **hold your breath**<sup>6</sup> for a long time, then free diving is for you! This sport is like diving, but you do it without an **oxygen tank**<sup>7</sup>.

#### What you need

The best thing about free diving is that it is cheap. The only thing you really need is your lungs (= plíce)! And if you are good at free diving, there are some fun games you can play. Just remember to come up for air!

### Underwater Hockey

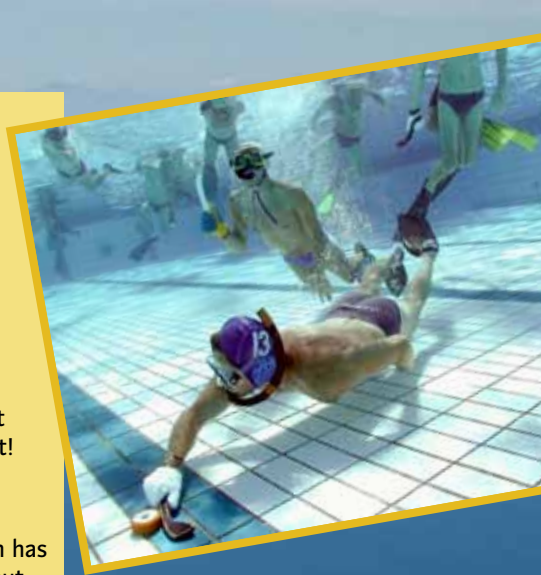
Free divers love this sport! Like the name says, underwater hockey is hockey played underwater.

#### What you need

To play you need a **snorkel**<sup>8</sup>, **fins**<sup>9</sup>, and of course a **puck**<sup>10</sup>. The puck is similar to an ice hockey puck, but made of lead (= olovo). Oh, and don't forget to wear your swimsuit!

#### What you do

The game is played in a swimming pool. Each team has six players, and they try to put the puck into the other team's net. They don't use a normal hockey **stick**<sup>11</sup> though. Instead they use a very short stick.



### Which swimming style did you use?

I swam freestyle (= kraulem).

### Is it possible to relax in the water when you swim?

You cannot really rest in the water. There are many undertows (= proudy) which pull you.

### What are the dangers of swimming in the open sea?

There are many things: tankers, ships, sharks (= žraloci) and very high waves (= vlny).

### Is there a boat with you when you swim?

There are two boats. One boat shows the swimmer where to go and the second boat gives out food, drinks and checks the swimmer's health.

### Can you tell us about your next swimming project, the English Channel? Is there a time limit you give yourself?

I would like to swim across the English Channel (La Manche) in August. I don't want to break a record (= překonat rekord).

When I swam across the Gibraltar Strait, I wanted to do it in under five hours but I couldn't. I just want to make it in good health.

### You are not only swimming for records but also for charity. What is the Vltava Tour?

That's my new charity project. I am going to swim from České Budějovice to Prague (180 km). People can send money to the swimming project. We will give the money to people who need it. People can also join me swimming.

## LONG-DISTANCE swimming

Winning a race in long-distance swimming is not really about going fast. It's about swimming for a long time without getting too tired. The swimmers go for hours. Some people swim for 24 hours or more! The longest swim so far, by Martin Strel from Slovenia, was 5,268 kilometres and took 66 days! A boat helped him get food and water, but he was swimming for more than two months.



## Question:

Which summer sport do you like?

### TASK

Label this equipment for the water sports



### VOCABULARY

- <sup>1</sup> **paddle** ['pæd(ə)l] – pádlo, pádlování
- <sup>2</sup> **wetsuit** ['wet'su:t] – neoprén
- <sup>3</sup> **kite** ['kaɪt] – drak na lítání
- <sup>4</sup> **to connect** ['kə'nekt] – spojit
- <sup>5</sup> **diving** ['dɑ:vɪŋ] – potápění
- <sup>6</sup> **to hold breath** ['həʊld breθ] – držet dech
- <sup>7</sup> **oxygen tank** ['ɒksɪdʒ(ə)n tæŋk] – kyslíková bomba
- <sup>8</sup> **snorkel** ['snɔ:k(ə)] – šnorkl
- <sup>9</sup> **fin** [fɪn] – ploutev
- <sup>10</sup> **puck** [pʌk] – puk
- <sup>11</sup> **stick** [stɪk] – hůlka