Usain Bolt

...is a superstar sprinter

Usain grew up in Jamaica where he spent his days playing cricket and football with his friends. He was a fast runner but he dreamed of becoming a cricketer.

As he grew older, he ran faster and faster. Running became his main sport, and he started competing for Jamaica. Eventually, Usain became the fastest person in the world!

Usain celebrated his many wins by striking his famous pose – it's known as the "Lightning Bolt".

Usain liked lots of different sports when he was little. What are some of your favorite sports to play?

Suitable for 3-5 years

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Simone Biles

...is a record-breaking gymnast

As she grew up, Simone became a top tumbler and somersaulted her way into the record books. She won more World Championship gold medals than any other female gymnast in history.

When Simone was six, she saw a group of older girls doing gymnastics and couldn't wait to join in! She started training at the gym.

This proud American was picked to carry her country's flag at the big Olympic closing ceremony in Rio, Brazil.

Simone was inspired to try gymnastics when she saw others practicing. What inspires you?
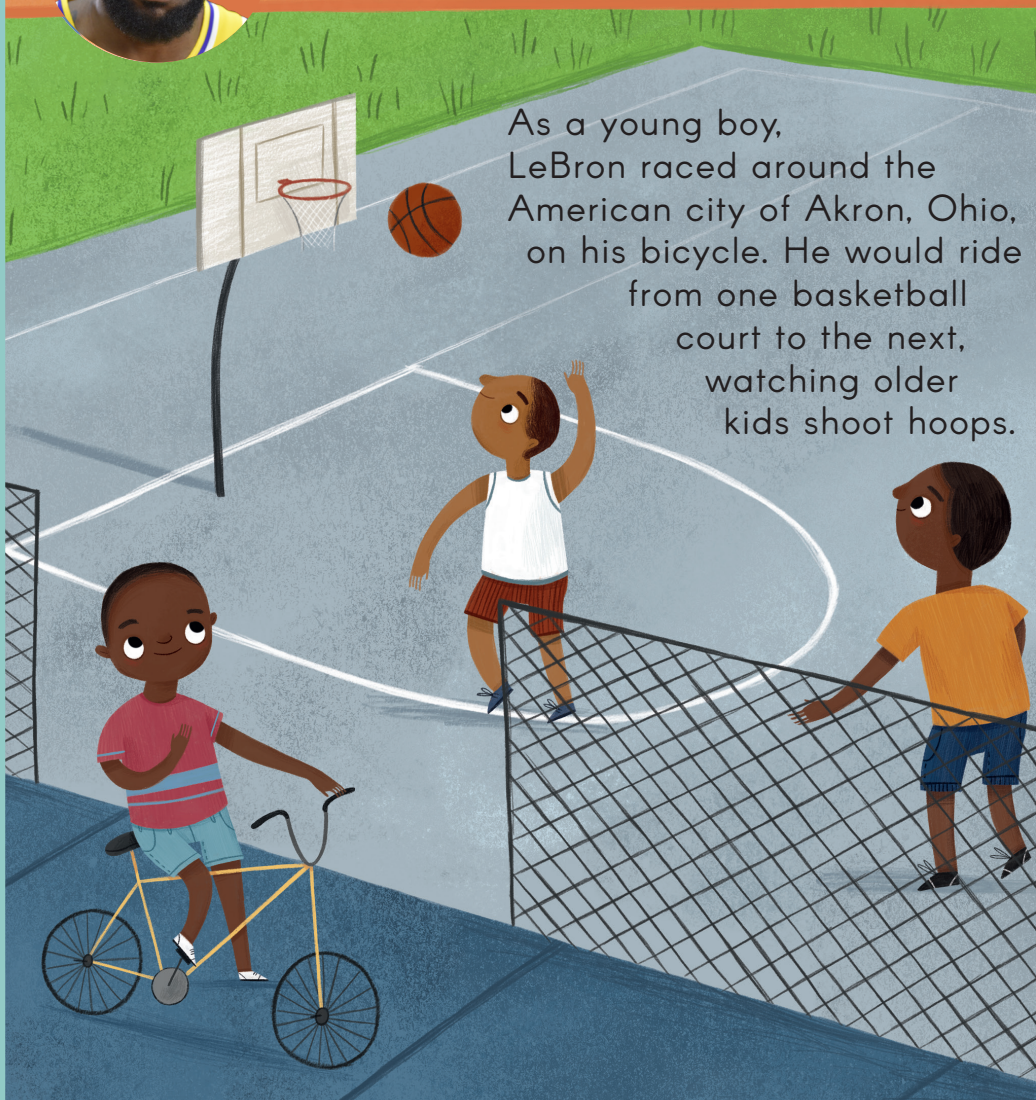
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LeBron James

...is a big basketball star

As a young boy, LeBron raced around the American city of Akron, Ohio, on his bicycle. He would ride from one basketball court to the next, watching older kids shoot hoops.

In high school, he joined a basketball team. He was so talented that everyone believed he could grow up to be a very special player— and that's exactly what happened!

LeBron uses his basketball success to help other kids achieve their dreams. He's even opened his own school!

Once you achieve your own dreams, use that success to help lift up those around you!

Suitable for 3-5 years

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