**Paralympics**

Basic information

The Paralympics are the international multi-sport event, which take a place every four years after Olympic games. Athletes with range of disabilities compete here. We can see here disabilities like impaired muscle power, impaired passive range of movement, limb deficiency, vision impairment, intellectual impairment and more. There are two types of Paralympics, it is like winter and summer Paralympic games. The Paralympics are governed by the International paralympic committee.

The mission of International paralympic committee is: to lead Paralympic movement, oversee the delivery of Paralympic games and support members enable to Para athletes to achieve sporting excellence.

Paralympic symbols

The Paralympics have four symbols. It is a flag, an anthem, an oath, a flame.

The flag consists of three stripes. Stripes are called „agitos“, that mean „I move“ in latin. The agitos have different colors. It is blue, red and green. This colors are the most often represented in national flags around the world. The agitos are symbols of movement. The new flag was first used in Toronto in 2006 at winter Paralympic games.

The oath is a promise made by one athlete for all. It is symbol of respect and fairplay. There are more Paralympic oaths for example for judges or coaches. *In the name of all the competitors I promise that we shall take part in these Paralympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.*

The anthem was composed by Thierry Darnis in 1996. The name of the anthem is “Anthem of the future”.

History

Everything started after WW2, when at the request of the British government, Dr. Ludwig Guttmann opened in 1944 a spinal injuries centre at the Stoke Mandeville hospital in Great Britain. Here the sport was used for rehabilitation and then envolved to competitive sport. Then on 29th July in 1948 Dr. Guttmann organized the first competition for wheelchair athletes, which he named the Stoke Mandeville games. It was the basis for the Paralympic games. There were competing 16 injured servicemen in archery. From the Stoke Mandeville games were made Paralympic games, which first took a place in Rome in 1960. There were 400 athletes from 23 countries. Since then, Paralympics have taken place every four years.

In 1976 the first winter Paralympics were held in Sweden.

Since the summer Olympic games in Korea in 1988 the Paralympics also taken part in the same cities as the Olympics.

Until the 22th September 1989 was Paralympics without international coordination organization. There were a lot of organizations for the different types of disability of athletes, but not the one central. So, in 1989 was founded International paralympic committee.

Paralympic sports

There are 23 sports in summer Paralympics. It is athletics, boccia, cycling, equestrian, goalball, powerlifting, shooting, table tennis, triathlon, wheelchair rugby/archery/fencing/basketball/tennis/badminton, canoe, dance sport, football 5 a side, judo, taekwondo, rowing, sitting volleyball, swimming.

And 5 winter sports. It is alpine skiing, nordic skiing, snowboard, para ice hockey, wheelchair curling.

Para athletes are grouped into ten categories based on their type of disability. It is physical impairment, which consists of 8 different types of impairment – impaired muscle power, impaired passive range of movement, loss of limb or limb deficiency, leg – length difference, short stature, hypertonia, ataxia, athetosis

- visual impairment

- intelectuall disability

Para athletes

Franz Nietlishpach is the swizerlands multitalented athlete, who competed in nine Paralympics between 1976–2008. Across athletics, handcycling and table tennis he collected 14 gold medals.

Verona Bentele is the most successful german female biathlete of all time. In four games she won 12 gold, two silver and two bronze medals. In 2011 she won the Laureaus world sportperson of the year.

Trisha Zorn is the most successful para athlete of all time. She competed for USAs swim team. In seven Paralympic games, she won 55 medals, including 44 golds. She held many world records, two of them still stand today.

Arnošt Petráček is the our paralympic swimmer. He won gold medal in Rio in 2016.

Ivo Koblasa is the our paralympic cyclist. He is multiple European champion and he represented us in Paralympics in Rio.

**Tennis**

Basic information

Tennis is rocket sport. It can be played one against one or between two teams of two players. It is called doubles. The tennis is played with tennis rocket and special rubber ball. Tennis is played on court. Courts can have many surfaces like grass, clay and the special rubber. The dimensions of the court are 24 m x 8 m for individual game and for doubles the width is 11 m. There is a net in the middle of the court. The net is 1.07 m high. There are many lines too. The centre mark, service lines and the singles sidelines.

Tennis match consists of sequence of sets and sets consists of sequence of games. The game consists of sequence of points and only the one player is serving during this game. Following game serves the second player.

The player have to win at least four points in total and at least two points more than the opponent. Points from zero to 3 points are counted like zero, 15, 30, 40. If the score is 40:40, than the players have to win another point called advantage and then another point and then the player win the game.

Ussually a player wins a set by winning 6 games and two more than the opponent.

There are two systems „best of three sets“, which is played for max 3 sets and „best of five sets“, which is played for max 5 sets.

History

The first mention about the game similar to the tennis is from 12th century from France. Here was Louis the 10th on the throne and he really loved play this game. He called it „real tennis“. Then tennis evolved into present form and becoming more and more popular. So, in 1874 was invented first rules. It was in London and the main rule in it has the major Wingfield. Three years later was organized the oldest tennis tournament Wimbledon. The first winner is S.W.Gore. Then in 1913 was founded the first International tennis federation.

Players

Players are playing tournaments called Grand slams. If the player win some of these tournaments he gets the points. Based on this points is sorted the ATP ranking. There are four Grand slams. It is US open, French open, Australian open and Wimbledon. The most successful players in tennis history are Rafael Nadal, Roger Federer and Margaret Court.