

DINA PLAYING HANDBALL



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Twice a week, Dina plays handball.

She plays at the girls' team in Fjordvik,

and they have training on

Monday and Thursday.

They often play games on weekends.



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She likes to play at Fjordvik because

all the girls are very nice

and the coach is cool.

She has played handball for six years,

but Fjordvik is much better

than her previous team.

This season they have won

almost all of their games.

*Dina has always been active and has always kept fit.*

*She has tried different sports,  
but handball is the funniest sport.*

*In handball, she uses her whole body, and she likes it.*

*It's important to have strong and fast legs in handball  
because she has to run fast and jump high.*

*Therefore, she must also have strong lungs and good fitness.*



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SHE IS VERY GOOD AT THROWING THE BALL WITH HER RIGHT ARM, BUT  
HER LEFT ARM IS NOT SO GOOD.

SHE WANTS TO BE STRONGER TO THROW EVEN HARDER.

HANDBALL IS A TOUGH SPORT AND IT'S PRETTY EASY TO GET INJURED.

DINA HAS BEATEN HERSELF A FEW TIMES,

BUT FORTUNATELY IT HAS NEVER BEEN SERIOUS.

*“Maybe it’s because I’m in such good shape”, she thinks.*

*But handball is not just muscles and fitness.*

*Tactics are also important,*

*and Dina has to use her head when she plays.*

*She thinks it’s interesting.*

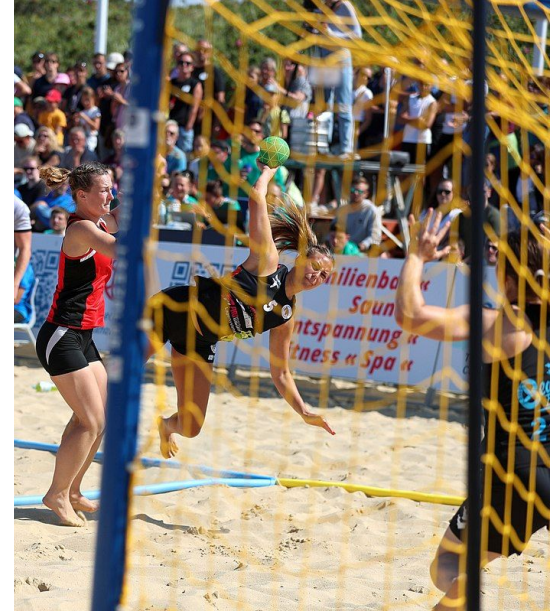


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Dina's biggest dream is to become a professional handball player.

She often watches the Norwegian national team on TV.

The Norwegian players are great. They have been even Olympic champions!

Perhaps she will be able to represent Norway in the Olympics in a few years?

That was Dina's story.  
Not everyone loves sports,  
but maybe you will one day  
or you do already?



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