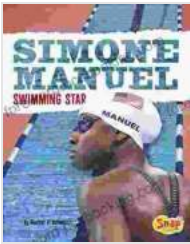


# Simone Manuel: Swimming Star and Inspiration



## Simone Manuel: Swimming Star (Women Sports Stars)

by Heather E. Schwartz

★★★★☆ 4.6 out of 5

Language : English

File size : 5794 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 30 pages

Screen Reader : Supported



Simone Manuel is an American swimmer who specializes in the freestyle and butterfly events. She is the first African-American woman to win an individual Olympic gold medal in swimming. She won the gold medal in the 100-meter freestyle at the 2016 Summer Olympics in Rio de Janeiro, and also won a silver medal in the 4x100-meter medley relay.

Manuel was born in Sugar Land, Texas, on April 2, 1996. She began swimming at the age of six, and quickly showed a talent for the sport. She won her first national championship at the age of 13, and went on to win multiple NCAA championships while swimming for Stanford University.

Manuel made her Olympic debut at the 2016 Summer Olympics in Rio de Janeiro. She entered the Olympics as one of the favorites in the 100-meter freestyle, and she did not disappoint. She won the gold medal in a time of

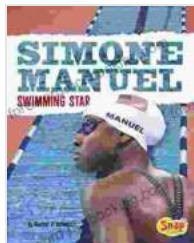
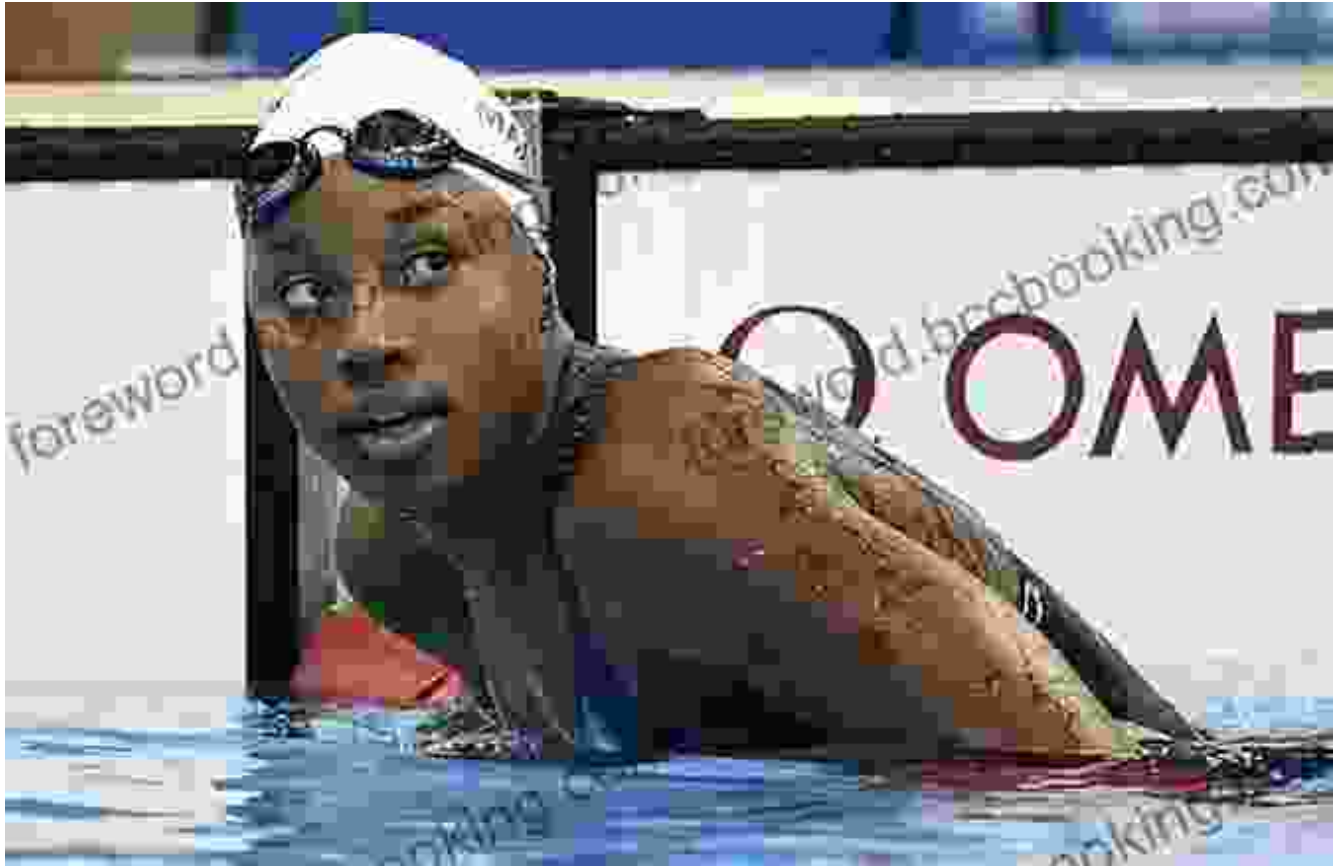
52.70 seconds, becoming the first African-American woman to win an individual Olympic gold medal in swimming.

Manuel's victory was a historic moment for American swimming. It showed that African-Americans could compete and win at the highest level of the sport. Her victory also inspired a new generation of swimmers, and helped to break down barriers in the sport.

Manuel has continued to be a successful swimmer since winning her Olympic gold medal. She won the gold medal in the 100-meter freestyle at the 2017 World Championships, and also won a silver medal in the 4x100-meter freestyle relay. She is currently training for the 2020 Summer Olympics in Tokyo, where she hopes to defend her Olympic title in the 100-meter freestyle.

Manuel is not only a successful swimmer, but she is also a role model and an inspiration. She has shown that anything is possible if you work hard and believe in yourself. She is a role model for young people of all races and backgrounds, and she shows that anything is possible if you set your mind to it.

Simone Manuel is a true champion, both in and out of the pool. She is an inspiration to young people everywhere, and she shows that anything is possible if you work hard and believe in yourself.



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