

# Leggere Nuoto. Storia E Regole EBook Gratuito PDF/EPUB/mobi - Redazioni Garzanti



**leggere Nuoto. Storia e regole EBook gratuito PDF/EPUB/mobi Redazioni Garzanti** , Insieme con l'atletica, il nuoto è una delle discipline cardine dei Giochi olimpici moderni, del cui programma fa parte sin dall'edizione inaugurale di Atene 1896. Ai suoi albori, questo sport è praticato in acque aperte e la sfida più affascinante e pericolosa è rappresentata dall'attraversamento della Manica: tanti tentano la sorte con esito negativo e spesso tragico. Il primo a riuscire nell'impresa è Matthew Webb, che nel 1875 compie la traversata in 21 ore e 45 minuti nuotando sempre a rana: per tenersi sveglio parla e canta rivolgendosi alla sua barca di appoggio, facendo frequenti soste per mangiare carne e bere birra. Solo agli inizi del Novecento il nuoto si trasferisce in piscina e vengono codificati i vari stili. In questa guida, ricca di dati e notizie sulla storia di questo sport, la sua organizzazione agonistica, i suoi campioni, oltre al nuoto, vengono illustrate anche altre discipline acquatiche, individuali e di squadra: il nuoto sincronizzato, i tuffi, la pallanuoto.

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