

**Discussion Questions****Topic Talk**

1. Define the following words: *stamina*, *tolerance*, *Soviet*
2. In the article, what sport tested the Russian swimmers stamina?
3. What benefits does playing in cold water have according to one of the swimmers?
4. Where did the swimmers get the idea for cold-water chess?

Express Your Thoughts

1. Have you done any sport in ice-cold water? Would you like to try?
2. Do you think you would be able to stand playing in freezing water?
3. Can you think of a sport or a game that you think is bizarre or peculiar?
4. What physical activities have you tried that tested your stamina and tolerance?