

THE FEMALE SPORTS STARS GOING TO EXTREMES



Princess BMX maybe a work of fiction, but there are plenty of girls out there doing their BMX thing. Meet Dakota Rose Tucker. At seven-years-old, she's already more extreme than the Godfather's dress sense.



Photo Credit Natalie Tucker.

Read the interview with Dakota by following the link below and then answer the following questions.*

<https://bookloverjo.wordpress.com/2019/08/08/princess-bmx-marie-basting-illustrated-by-flavia-sorrentino/>

**If teachers prefer, they can use the hardcopy attached at the end. You can also find out more about Dakota on Instagram - @dakotarose44*

Questions

1. How old was Dakota when she started BMXing?
2. What is Dakota's home club called?

3. Which country did Dakota represent in the World Championships?
4. Why is being part of the BMX community enjoyable?
5. What are Dakota's goals for the future?
6. What makes a good BMXer?
7. How can you get involved in BMX?
8. Has Dakota ever met a BMXing Princess?

The Female Sporting Heroes Going to Extremes

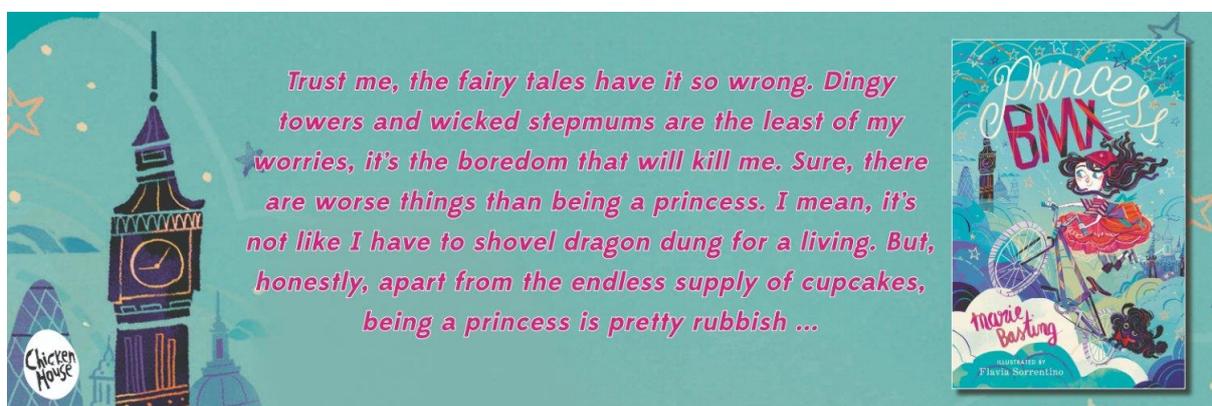
Dakota is just one of many girls and women pushing themselves to extreme sporting limits. Use your research skills to find out about other female extreme sports stars. Then choose the three sports stars that excite you the most and write a newspaper style article about each of them covering:

Who – name, age and where they are from.

What – tell us a little about their sport and their achievements.

Why – why you find them inspiring or interesting.

Wildcard – include any other facts you think are interesting.



1 Can you please tell me a little about yourself and how long you've been riding BMX?

My name is Dakota. I am 6 years old, nearly 7, and I started riding BMX just before I was 5.

2. How long have you been racing competitively? Can you tell us more about what this involves? (Are you part of a club? How often do you train and where? What does training involve?)

I started racing as a novice for one season before turning to expert. I race in the South West region for my home club 'Exeter Eagles', but also belong to a National Race Team called 'Absolute', where we attend the British Cycling National Series each year. I have also raced in Europe in their UEC European Cup, and travelled to Verona in Italy, Zolder in Belgium and Sarrians in France. This year I also qualified to race in the World Championships, a single, annual race held each year in a nominated country for the top riders in the World. I represented Team USA due to my dual nationality, whilst still being a bit too young to race under team GB. I train most days on a variety of tracks with a mixture of training regimes with riders of all ages.

3. Can you tell us more about the races and meets you attend?

We travel all across the country to different tracks, spanning from Cornwall to Glasgow, where almost every weekend a different race is on somewhere in the Country. Being part of a BMX community feels enjoyable because you have friends all around you, who look out for each other, and look after people. The BMX community is really special. It makes the world feel small with the amount of friends I have got all over the world. This year the racing has taken me to America and Europe, making new friends, learning of different cultures and making memorable adventures with my family.

4. Who are your BMXing heroes?

Stumbling along a YouTube video of Caroline Buchanan one day got my attention to want to be like her and started this whole journey. She kindly gave me a signed race plate for my fifth birthday which got me hooked. The great thing about this sport, which is unlike most others is how close you can get to your heroes. I have been lucky enough to meet my heroes; (Elite Riders) Alise Willoughby, Felicia Stancil, Bethany Shriever, Laura Smulders, Saya Sakakibara, (Local Riders) Freya Challice, Ruby Moore's and Betsy Bax.

5. What makes a good BMXer?

A good BMX rider is someone who is never afraid, who always makes moves and keeps strong. Racing will always have its challenges, but with persistence and hard work good results will come.

6. Why BMX racing and not freestyle?

I always enjoyed riding my bike from the age of 4. I love watching motorsport and racing, and the adrenalin I get from racing makes me want to always be faster. Freestyle is a bit different but I'm sure is just as fun.

7. What is your biggest BMXing achievement? What about your future goals?

My biggest achievement is qualifying for the World Championships in Zolder, Belgium in July 2019, and also being South West Number 1 and British Number 4. My future goals will be to improve on my results and develop my techniques and skills to become an even better rider.

8. How can someone who knows nothing about BMX get involved in the sport?

BMX is available for all abilities, and there are lots of tracks around the country. Join a club, hire a bike, give it a go, and the sky is the limit.

9. Is there anything else you'd like to share about yourself or BMX?

BMX has taken me to places I otherwise probably wouldn't have visited. It's taught me about courage, confidence and teamwork. The sport is so much more than just riding a bike. It brings people together, creates times of fun and laughter, and most of all memories that I'll cherish forever.

