Create a database called sports_goods with a table called items containing information about sports goods:

```
CREATE DATABASE sports_goods;
USE sports_goods;
CREATE TABLE items (
id INTEGER PRIMARY KEY,
item_name TEXT NOT NULL,
cost NUMERIC NOT NULL,
product_quality INTEGER,
delivery_date DATE
);
```

To insert 10 records into the items table:

```
INSERT INTO items (item_name, cost, product_quality, delivery_date) VALUES ('Basketball', 20, 5, '2022-12-01'), ('Baseball bat', 30, 4, '2022-12-02'), ('Tennis racket', 50, 3, '2022-12-03'), ('Soccer ball', 15, 5, '2022-12-04'), ('Golf clubs', 100, 2, '2022-12-05'), ('Hockey stick', 40, 3, '2022-12-06'), ('Boxing gloves', 30, 4, '2022-12-07'), ('Weight lifting set', 50, 5, '2022-12-08'), ('Skiing equipment', 100, 2, '2022-12-09'), ('Bicycle', 150, 3, '2022-12-10');
```

To display all records from the items table:

SELECT * FROM items;