

Text 1: American football

Transcript

For a long time, baseball was the most popular sport in the United States. But now, football is probably the most popular sport. It is also very popular in Canada. In the fall, students in high schools and colleges and professional players all over the country play football. Football players wear strange looking **uniforms** to protect them because it is a rough game, which can be dangerous.

The object, or goal of the game, is to carry the football from one end of the field to the other. Players can run with the ball, throw it, or sometimes even kick it to **score points**. Now, most good high school football players can enter an American university easily. The best college football players often become professional players.

Many professional players are rich and famous, but they usually don't play for more than six or eight years. Football might be hard for most people to play, but it's certainly fun to watch. From September through January, people all over the country spend weekends and Monday nights in front of the TV set.

Football **widows** are wives who don't like to watch football. Of course, these women hate this time of year.

Word Bank

1. **uniform**: *[n.]* 制服，特定的衣服，主要用于某些职业或活动中，例如运动员在比赛中穿的特定服装
 - Football players wear strange looking **uniforms** to protect them because it is a rough game, which can be dangerous.
2. **score points**: *[v.]* 得分，通过某种方式（如运球、传球或踢球）在比赛中赢得分数
 - Players can run with the ball, throw it, or sometimes even kick it to **score points**.
3. **widow**: *[n.]* 遗孀，这里特指那些因丈夫喜欢看橄榄球而感到孤独的妇女
 - Football **widows** are wives who don't like to watch football.

Text 2: Mike Tyson in the news

Transcript

Tyson has earned 300 million dollars since becoming world **heavyweight** champion in 1986, but his **outrageously lavish** lifestyle forced him to declare **bankruptcy** just last week. ABC's Robert Crullwich explains how the former champ **squandered** his fortune. To spend 300 million dollars in 17 years, you've got to spend 48, 348 bucks every day.

How did he do that? Robin Givens and Mike Tyson! Well, starting with the ladies, his first divorce from Robin Givens cost 10. 5 million dollars. His second from Monica Turner cost another 6. 5 million, plus she got a house. His houses were **high maintenance**. This one, for example, has 61 rooms. 18 bedrooms, 38 bathrooms, 7 kitchens, a disco, indoor **racquetball**, indoor pool, **gym**, private **screening room**, and a **master bedroom** with 5 televisions.

Lawn care alone at 3 of these homes, he says, costs 748, 000. He liked pets, unusual pets. He bought 2 Siberian tigers, these aren't his, but they cost 70, 000 each and required a **trainer**. He liked cars. He had five of these **Bentley convertibles** at 320, 000 each. In the late 1980s, he bought 110 cars for himself and his friends.

Then there's Don King, the fight **promoter**, who he now **accuses of** stealing tens of millions of his **earnings**. The two are **suing** each other, which means, of course, that Tyson has had to hire lawyers. Lots of lawyers 'cause he keeps getting into trouble - What happened here? for **biting** Evander Holyfield's ear, for **being convicted of rape**, for getting into fights at bars and hotels for **non-payment** of taxes for **filing bankruptcy**.

Lawyers have cost Tyson millions, but is he embarrassed or regretful a year ago? Anyway, he told ESPN Not at all. I never dreamed of living this long. I never dreamed of **fornicating** with as many as beautiful women as I did, or having as much money as I did. And having as beautiful and intelligent kids as I did, so if I was to die tomorrow, I've won. I've won. Even if the money's gone, he said then, I've won.

- Robert Krulwich, ABC News.

Word Bank

1. **heavyweight**: *[n.]* 重量级, 特指重量级拳击手
 - Tyson has earned 300 million dollars since becoming world **heavyweight** champion in 1986, but his outrageously lavish lifestyle forced him to declare bankruptcy just last week.
2. **outrageously**: *[adv.]* 过度地, 令人难以置信地
 - Tyson has earned 300 million dollars since becoming world heavyweight champion in 1986, but his **outrageously** lavish lifestyle forced him to declare bankruptcy just last week.
3. **lavish**: *[adj.]* 奢侈的, 过度的, 大手大脚的
 - Tyson has earned 300 million dollars since becoming world heavyweight champion in 1986, but his outrageously **lavish** lifestyle forced him to declare bankruptcy just last week.
4. **bankruptcy**: *[n.]* 破产
 - Tyson has earned 300 million dollars since becoming world heavyweight champion in 1986, but his outrageously lavish lifestyle forced him to declare **bankruptcy** just last week.
5. **squander**: *[v.]* 挥霍, 浪费
 - ABC's Robert Crullwich explains how the former champ **squandered** his fortune.
6. **high maintenance**: *[adj.]* 高维护的, 需要大量花费维护的
 - His houses were **high maintenance**.
7. **racquetball**: *[n.]* 壁球, 一种室内球类运动
 - 18 bedrooms, 38 bathrooms, 7 kitchens, a disco, indoor **racquetball**, indoor pool, gym, private screening room, and a master bedroom with 5 televisions.
8. **gym**: *[n.]* 健身房
 - 18 bedrooms, 38 bathrooms, 7 kitchens, a disco, indoor racquetball, indoor pool, **gym**, private screening room, and a master bedroom with 5 televisions.
9. **screening room**: *[n.]* 放映室, 专用于观看电影的房间
 - 18 bedrooms, 38 bathrooms, 7 kitchens, a disco, indoor racquetball, indoor pool, gym, private **screening room**, and a master bedroom with 5 televisions.

10. **master bedroom**: [n.] 主卧室, 主要的卧室
 - 18 bedrooms, 38 bathrooms, 7 kitchens, a disco, indoor racquetball, indoor pool, gym, private screening room, and a **master bedroom** with 5 televisions.
11. **lawn care**: [n.] 草坪护理, 草地维护
 - **Lawn care** alone at 3 of these homes, he says, costs 748, 000.
12. **trainer**: [n.] 训练师, 教练
 - He bought 2 Siberian tigers, these aren't his, but they cost 70, 000 each and required a **trainer**.
13. **Bentley convertible**: [n.] 宾利敞篷车
 - He had five of these **Bentley convertibles** at 320, 000 each.
14. **promoter**: [n.] 推广者, 促进者, 特指拳击比赛的推广者
 - Then there's Don King, the fight **promoter**, who he now accuses of stealing tens of millions of his earnings.
15. **accuse of**: [v.] 指责, 控告
 - Then there's Don King, the fight promoter, who he now **accuses of** stealing tens of millions of his earnings.
16. **earning**: [n.] 收益, 收入
 - Then there's Don King, the fight promoter, who he now accuses of stealing tens of millions of his **earnings**.
17. **sue**: [v.] 起诉, 控告
 - The two are **suing** each other, which means, of course, that Tyson has had to hire lawyers.
18. **bite**: [v.] 咬
 - for **biting** Evander Holyfield's ear, for being convicted of rape, for getting into fights at bars and hotels for non-payment of taxes for filing bankruptcy.
19. **be convicted of**: [v.] 被定罪, 被判有罪
 - for biting Evander Holyfield's ear, for **being convicted of** rape, for getting into fights at bars and hotels for non-payment of taxes for filing bankruptcy.
20. **rape**: [n.] 强奸, 性侵犯
 - for biting Evander Holyfield's ear, for being convicted of **rape**, for getting into fights at bars and hotels for non-payment of taxes for filing bankruptcy.
21. **nonpayment**: [n.] 未支付, 拖欠
 - for biting Evander Holyfield's ear, for being convicted of rape, for getting into fights at bars and hotels for **non-payment** of taxes for filing bankruptcy.

22. **file bankruptcy**: [v.] 申请破产

- for biting Evander Holyfield's ear, for being convicted of rape, for getting into fights at bars and hotels for non-payment of taxes for **filing bankruptcy**.

23. **fornicate**: [v.] 通奸, 淫乱

- I never dreamed of **fornicating** with as many as beautiful women as I did, or having as much money as I did.

Text 3

Transcript

The victory of the **underdog** over the favored team, the last minute **penalty shot** that wins the **tournament**, the high energy training **montages**. Many people love to **glorify** victory on the playing field, cheer for favorite teams and play sports. But here's a question. Should we be so **obsessed** with sports? Is playing sports actually as good for us as we make it out to be?

Or just a fun and entertaining **pastime**? What does science have to say? First of all, it's well accepted that exercise is good for our bodies and minds, and that's definitely true. Exercising, especially when we're young, has all sorts of health benefits, like **strengthening** our bones, clearing out bad **cholesterol** from our **arteries**, and decreasing the risk of **stroke**, high blood pressure, and **diabetes**. Our brains also release a number of chemicals when we work out, including **endorphins**. These natural **hormones**, which control pain and pleasure responses in the central **nervous system**, can lead to feelings of **euphoria**, or what's often called **a runner's high**. Increased endorphins and consistent physical activity in general can **sharpen** your focus and improve your mood and memory.

So does that mean we'd get just as much benefit going to the gym five days a week as we would joining a team and competing? Well, here's where it gets interesting. Because it turns out... That if you can find a sport and a team you like, studies show that there are all sorts of benefits that go beyond the physical and mental benefits of exercise alone.

Some of the most significant are psychological benefits, both in the short and long term. Some of those come from the **communal** experience of being on a team. For instance, learning to trust and depend on others, to accept help, to give help, and to work together towards a common goal. In addition, **commitment** to a team and doing something fun can also make it easier to establish a regular habit of exercise. School sport participation has also been shown to reduce the risk of suffering from depression for up to four years. Meanwhile, your **self-esteem** and confidence can get a big **boost**. There are a few reasons for that. One is found in training. Just by working and working at skills, especially with a good coach, you **reinforce** a **growth mindset** within yourself.

That's when you say, even if I can't do something today, I can improve myself through practice and achieve it eventually. That mindset is useful in all walks of life.

And then there's learning through failure. One of the most **transformative** long term benefits of playing sports. The experience of coming to terms with defeat can build the **resilience** and **self-awareness** necessary to manage academic, social, and physical **hurdles**.

So even if your team isn't winning all the time, or at all, There is a real benefit to your experience. Now, not everyone will enjoy every sport. Perhaps one team is too **competitive** or not competitive enough. It can also take time to find the sport that plays to your **strengths**. That's completely okay. But if you spend some time looking, you'll be able to find a sport that fits your individual needs.

And if you do. There are so many benefits. You'll be a part of a supportive community. You'll be building your confidence. You'll be exercising your body and you'll be **nurturing** your mind. Not to mention having fun.

Word Bank

1. **underdog**: [n.] 处于劣势的一方;非热门团队或个人
 - The victory of the **underdog** over the favored team, the last minute penalty shot that wins the tournament, the high energy training montages.
2. **penalty shot**: [n.] 罚球机会;违规后的得分机会
 - The victory of the underdog over the favored team, the last minute **penalty shot** that wins the tournament, the high energy training montages.
3. **tournament**: [n.] 锦标赛;比赛
 - The victory of the underdog over the favored team, the last minute penalty shot that wins the **tournament**, the high energy training montages.
4. **montage**: [n.] 蒙太奇;通过拼接的片段组合成的影片或画面
 - The victory of the underdog over the favored team, the last minute penalty shot that wins the tournament, the high energy training **montages**.
5. **glorify**: [v.] 赞美;歌颂
 - Many people love to **glorify** victory on the playing field, cheer for favorite teams and play sports.
6. **obsessed**: [adj.] 着迷的;沉迷的
 - Should we be so **obsessed** with sports?
7. **pastime**: [n.] 消遣;娱乐活动
 - Or just a fun and entertaining **pastime**?
8. **strengthen**: [v.] 加强;使变得更强大
 - Exercising, especially when we're young, has all sorts of health benefits, like **strengthening** our bones, clearing out bad cholesterol from our arteries, and decreasing the risk of stroke, high blood pressure, and diabetes.
9. **cholesterol**: [n.] 胆固醇
 - Exercising, especially when we're young, has all sorts of health benefits, like strengthening our bones, clearing out bad **cholesterol** from our arteries, and decreasing the risk of stroke, high blood pressure, and diabetes.
10. **artery**: [n.] 动脉
 - Exercising, especially when we're young, has all sorts of health benefits, like strengthening our bones, clearing out bad cholesterol from our **arteries**, and decreasing the risk of stroke, high blood pressure, and diabetes.

11. **stroke**: [n.] 中风;脑卒中

- Exercising, especially when we're young, has all sorts of health benefits, like strengthening our bones, clearing out bad cholesterol from our arteries, and decreasing the risk of **stroke**, high blood pressure, and diabetes.

12. **diabetes**: [n.] 糖尿病

- Exercising, especially when we're young, has all sorts of health benefits, like strengthening our bones, clearing out bad cholesterol from our arteries, and decreasing the risk of stroke, high blood pressure, and **diabetes**.

13. **endorphin**: [n.] 内啡肽;一种能减轻痛感并引起愉悦的脑内物质

- Our brains also release a number of chemicals when we work out, including **endorphins**.

14. **hormone**: [n.] 荷尔蒙;体内分泌的调节物质

- These natural **hormones**, which control pain and pleasure responses in the central nervous system, can lead to feelings of euphoria, or what's often called a runner's high.

15. **nervous system**: [n.] 神经系统

- These natural hormones, which control pain and pleasure responses in the central **nervous system**, can lead to feelings of euphoria, or what's often called a runner's high.

16. **euphoria**: [n.] 欣快感;极度愉悦

- These natural hormones, which control pain and pleasure responses in the central nervous system, can lead to feelings of **euphoria**, or what's often called a runner's high.

17. **a runner's high**: [n.] 跑者的愉悦感;长跑后产生的愉快体验

- These natural hormones, which control pain and pleasure responses in the central nervous system, can lead to feelings of euphoria, or what's often called **a runner's high**.

18. **sharpen**: [v.] 提高;使更为敏锐

- Increased endorphins and consistent physical activity in general can **sharpen** your focus and improve your mood and memory.

19. **communal**: [adj.] 公共的;社区的

- Some of those come from the **communal** experience of being on a team.

20. **commitment**: [n.] 承诺;献身

- In addition, **commitment** to a team and doing something fun can also make it easier to establish a regular habit of exercise.

21. **self-esteem**: [n.] 自尊;自我评价
- Meanwhile, your **self-esteem** and confidence can get a big boost.
22. **boost**: [n.] 提升;增强
- Meanwhile, your self-esteem and confidence can get a big **boost**.
23. **reinforce**: [v.] 加强;强化
- Just by working and working at skills, especially with a good coach, you **reinforce** a growth mindset within yourself.
24. **growth**: [n.] 增长;发展
- Just by working and working at skills, especially with a good coach, you reinforce a **growth** mindset within yourself.
25. **mindset**: [n.] 思维模式;心态
- Just by working and working at skills, especially with a good coach, you reinforce a growth **mindset** within yourself.
26. **transformative**: [adj.] 具有变革性的;有深刻影响的
- One of the most **transformative** long term benefits of playing sports.
27. **resilience**: [n.] 适应力;恢复力
- The experience of coming to terms with defeat can build the **resilience** and self-awareness necessary to manage academic, social, and physical hurdles.
28. **self-awareness**: [n.] 自我意识;自知之明
- The experience of coming to terms with defeat can build the resilience and **self-awareness** necessary to manage academic, social, and physical hurdles.
29. **hurdle**: [n.] 障碍;困难
- The experience of coming to terms with defeat can build the resilience and self-awareness necessary to manage academic, social, and physical **hurdles**.
30. **competitive**: [adj.] 竞争的;好竞争的
- Perhaps one team is too **competitive** or not competitive enough.
31. **strength**: [n.] 优势;长处
- It can also take time to find the sport that plays to your **strengths**.
32. **nurture**: [v.] 养育;培养
- You'll be exercising your body and you'll be **nurturing** your mind.

The Dedication Needed to Become an Olympic Athlete

Transcript

It's unbelievable how much effort and how much work, not just over any one day, but over the **course** of a lifetime these athletes put into it. I mean, I can't imagine how they can have normal jobs. I mean, you're talking about training 6, 7, 8 hours a day, sometimes longer, over, you know, years, sometimes decades.

I mean, a lot of these... Most of these athletes have started at six, seven, eight years old in whatever that sport is. So, the **dedication** is **tremendous**. But you also have to remember that these are the **cream of the crop**. I mean, most athletes don't get to that point. It's a **combination** of skill, you know, having the **innate** ability to do whatever that sport is, and then having the **work ethic** on top of that. Work ethic alone isn't going to get you there. You have to be a naturally gifted athlete. So, the combination of those two is really incredible.

I think it's amazing how much of an **entourage** has gone into professional sports. Not just at the Olympic level, but at all levels. Teams now travel with athletic trainers and **strength and conditioning coaches**. Really, like you say, usually **have access** at least to a **nutritionist** and people like that. I think it really depends. A lot of times the teams, such as say the U. S. Olympic teams, each sport, U. S. swimming, U. S. A. They're all going to have their own trainers, their own strength and conditioning coaches, things like that. When you get to the athletes that are well paid, the professional athletes that make a lot of money, they may have their own personal strength and conditioning coach and personal athletic trainer and **massage therapist**.

It really just depends, but at least in the United States, at the national level, almost all of the sports now have a very **dedicated sports medicine staff** that usually travels with the team.

It's really difficult to say how much training because it's not the same for every person and it's not the same for every sport. Typically, some of these athletes especially can go six to twelve hours a day doing what it is they do. One of the problems you get into though with that long and that **intensive** training is that if it's in the same activity, the same, say, uh, butterfly swimmer, uh, doing the same **motion** over and over and over again for hours and hours and hours, um, That can start to be **detrimental**.

Whereas if they **vary it up** a little bit, maybe not so much. It really depends also,

you know, how good a **cardiovascular** shape they're in, how, um, strong they are, how good their muscle strength is to support their bodies.

I think, you know, the professional athletes, the Olympic athletes, have the benefit of having done whatever their sport is for so long. They know their bodies. They know that pain is normal. I can just run through it or I can just swim through it or whatever. They also know what's not normal, what really hurts and they have access to the top **physicians**, the top trainers in the world.

I think what you can take out of that is one, you know, know that you can really push yourself most of the time and do... Great, do really well, but you have to listen to your body and know when, you know, pain is unusual or really uncomfortable, you know, to **seek advice**. You don't have your own personal **orthopedic surgeon**, obviously, but just know that, you know, this is not normal and I need to stop and re evaluate.

Word Bank

1. **course**: [n.] 过程, 进程
 - It's unbelievable how much effort and how much work, not just over any one day, but over the **course** of a lifetime these athletes put into it.
2. **dedication**: [n.] 奉献, 致力, 执着
 - So, the **dedication** is tremendous.
3. **tremendous**: [adj.] 巨大的, 极其的, 惊人的
 - So, the dedication is **tremendous**.
4. **cream of the crop**: [n.] 最优秀的一部分, 精英, 佼佼者
 - But you also have to remember that these are the **cream of the crop**.
5. **combination**: [n.] 组合, 结合
 - It's a **combination** of skill, you know, having the innate ability to do whatever that sport is, and then having the work ethic on top of that.
6. **innate**: [adj.] 天生的, 固有的
 - It's a combination of skill, you know, having the **innate** ability to do whatever that sport is, and then having the work ethic on top of that.
7. **work ethic**: [n.] 工作态度 (通过勤奋换取回报的态度)
 - It's a combination of skill, you know, having the innate ability to do whatever that sport is, and then having the **work ethic** on top of that.
8. **entourage**: [n.] 随行人员, 团队, 随员
 - I think it's amazing how much of an **entourage** has gone into professional sports.
9. **strength and conditioning coach**: [n.] 力量和体能教练
 - Teams now travel with athletic trainers and **strength and conditioning coaches**.
10. **have access to**: [v.] 有权使用, 可以接触
 - Really, like you say, usually **have access** at least to a nutritionist and people like that.
11. **nutritionist**: [n.] 营养学家, 营养师
 - Really, like you say, usually have access at least to a **nutritionist** and people like that.
12. **massage therapist**: [n.] 按摩师, 推拿治疗师
 - When you get to the athletes that are well paid, the professional athletes that make a lot of money, they may have their own personal strength and conditioning coach and personal athletic trainer and **massage therapist**.

13. **dedicated**: [adj.] 专用的, 专注的, 忠诚的
- It really just depends, but at least in the United States, at the national level, almost all of the sports now have a very **dedicated** sports medicine staff that usually travels with the team.
14. **sports medicine staff**: [n.] 运动医学团队, 运动医疗人员
- It really just depends, but at least in the United States, at the national level, almost all of the sports now have a very dedicated **sports medicine staff** that usually travels with the team.
15. **intense**: [adj.] 密集的, 强度高的
- One of the problems you get into though with that long and that **intensive** training is that if it's in the same activity, the same, say, uh, butterfly swimmer, uh, doing the same motion over and over and over again for hours and hours and hours, um, That can start to be detrimental.
16. **motion**: [n.] 动作, 运动
- One of the problems you get into though with that long and that intensive training is that if it's in the same activity, the same, say, uh, butterfly swimmer, uh, doing the same **motion** over and over and over again for hours and hours and hours, um, That can start to be detrimental.
17. **detrimental**: [adj.] 有害的, 不利的
- One of the problems you get into though with that long and that intensive training is that if it's in the same activity, the same, say, uh, butterfly swimmer, uh, doing the same motion over and over and over again for hours and hours and hours, um, That can start to be **detrimental**.
18. **vary up**: [v.] 变化, 使多样化
- Whereas if they **vary it up** a little bit, maybe not so much.
19. **cardiovascular**: [adj.] 心血管的
- It really depends also, you know, how good a **cardiovascular** shape they're in, how, um, strong they are, how good their muscle strength is to support their bodies.
20. **physician**: [n.] 医生, 内科医师
- They also know what's not normal, what really hurts and they have access to the top **physicians**, the top trainers in the world.
21. **seek advice**: [v.] 寻求建议, 征询意见
- I think what you can take out of that is one, you know, know that you can really push yourself most of the time and do... Great, do really well, but you have to listen to your body and know when, you know, pain is unusual or really uncomfortable, you know, to **seek advice**.

22. **orthopedic surgeon**: *[n.]* 骨科医生, 骨科外科医师

- You don't have your own personal **orthopedic surgeon**, obviously, but just know that, you know, this is not normal and I need to stop and re evaluate.

An interview with Kobe Bryant

Transcript

Next guest is **a true man of his word**. Last time he was here, it was our first show. And he said he would return with the NBA championship **trophy**. Here today, it's our 100th show!

From your 2010 world champion Los Angeles Lakers, **the NBA Finals MVP**, number 24, Kobe Bryant!

If you guys don't know, George is at Game 7 going crazy. I want to give you a shirt that **symbolizes** our **Cinco** titles. Ahhhhh! you we're right, man. Told you we were right. How are we doing? Cinco! I can't believe that, man. Alright. Let's move on. Where do I put this? Just put it right there. Okay. First of all, Harvey gave everybody in our audience a Nike All Together Now t shirt created especially for the NBA Finals, so everybody's...

I got... Listen, I've been a Laker fan my whole life. I'm older than you from before you were born. First of all, I never thought that I would see my **reflection** in **the Larry O'Brien trophy** in all of my life. That's what it is, man. That's it. That's what it's all about. That's what it. I've seen Wilt Chamberlain play. I saw Kareem Abdul Jabbar play. I was in high school when Magic was a **rookie**. Through the 80s, through the 90s, and I want to say something because we're friends, but as a fan, you are... The greatest Laker who has ever played.

Okay. Cinco. Tu sabes cinco. Cinco. To you, what is this one? This one **rank**? It's, uh, to me, it's number one.

The challenge that the Celtics presented to us. I mean, they were an incredible team and then, you know, to **beatdown** 3-2, and then and then just be one game away from getting that championship. And then us getting the last two of them, it just, it just makes everything worthwhile.

And, and, game seven at home, you've been playing, you've never heard, **Staple center** like that right here. No, no, you know, you know, it's funny is that for the first three and a half **quarters**. I mean the whole place I mean you can actually this is not a sound but if you actually hear this.

That makes any sense that's what the place sounded like it was just. And then we **made a run** and the place just **blew up** and uh, I've never quite heard it like that. Did you see my crazy ass running around? I did. You know what? I, I saw it. We're up on a, we're up on a, you know, the little platform that they put up.

And you know, you got the **commissioner** there, you got Bill Russell there, and I look over to my left. And I see George Thurgood over there like this.

Yeah! That was awesome. That was awesome. I tell you, I cried three times. I was crying, man. I had my hands in my head. I had my crazy ass pants on. You saw my pants? Dude, I was going to bring that up. I didn't want to, but you know, it's all good. It's all good. So, so, um, uh, when, when the ball came to our side of the **court**, and you were running after it as time was, was **winding down**, how was, what's that like?

Uh, that, that right there is the greatest feeling in the world. I mean, Lamar threw the ball and then at that point you just know that there's no chance for him to win and you're just running after the ball. And I'm just like, I just felt, I swear I felt like a little kid, like, you know what I'm saying? It was just like...

It was amazing. It was absolutely amazing. Oh, man, it's such an incredible feeling. And you talk about, you know, people play for a lot of money, but in that **instant**, you were a little kid running after that ball. You know, at heart, you still have to keep that. Because, you know, you come to the NBA, you're surrounded by all this **hype** and all this pressure.

If you lose that **innocence**, you know, that you had when you were a kid to play the game, then you lose everything. You know, so it's the joy of just playing the game that really fulfills me, and that's just, that's incredible. I love that. I love that about you. I love, I love, you know. I love everything about you.

Speaking of keeping it, staying **boyish** here. You took Vanessa and the kids to Disneyland, right? Let's take a picture. Check this out. Paul Pierce still on them. Now, when you, you, you love, you love **amusement parks**. Oh, yeah, I love it. You love Disneyland. Absolutely. Now, do you go on the **rides**? Every single one of them. Every single one. **Matterhorn**? Uh, Matterhorn. Um, I actually, I'm, I'm scared of the **teacups** though. I know, I'm like really like. But tell everybody why. That **spinning** around stuff, man. You know, my, my kid, she wanted to get on it, our youngest one. Let's go on the teacups, teacups. You know, they don't like teacups. No, we gotta do the teacups. Okay, let's go. So, I'm looking at Miha, I'm just looking her right in the face. I'm just spinning the thing around, I'm just doing this.

I don't know, I'm trying not to look at any place else, I'm just staying focused, you know what I mean? Do you **fit in** the teacup or are you all like this I fit.

No, let's do it, it's the rides later, let's see, what's the... The most uncomfortable ride is **Space Mountain**. I'm sitting there like, Oh, yeah. Oh, exactly. Right. Yeah.

Okay. Everybody's wondering, will Phil Jackson stay as **coach**, Kobe? You know, I hope so. I talked to him a little bit, um, since. And, um, he's gotta make sure he's healthy and ready to go. I mean, he's been doing this for a long, long time. For a long, long time. So, uh, I think if he feels like he's, you know, physically fit to be able to go at it again, I'm sure he will be.

He has 11 championships. So, you know, I tell him, come on, what's One more! What's one more season? Like, come on, come on. You can do one more. When he stands up, he looks a little bit like **Dracula** getting out of the **coffin**. You ever see that? right, you're right. It's his whole, that's his whole **mystique**. That's his whole, you know, that's his whole **Zen** thing. You know what I mean? He really, when you see Phil really walk, you know, he's in practice. You're walking around. How great is that? How great is that? So, so, um, your plans, part of the plans is, you love, uh, soccer.

Oh yeah. You grew up in Italy. Absolutely, yeah. So, you're going to the World Cup. I'm going to the World Cup and, uh, I'm excited to see our USA team. Yes.

And, uh, I'm excited to see them and, uh, yeah, I can't wait, man. I've been a soccer fan forever. So this is like a, this is a big deal for me. This is a big deal for you. This we don't have to tell you is a big deal for every Laker fan.

Thank you for the hundredth show. Congratulations. Enjoy your summer. Now for you all to get your chance to win a Nike all together. The t shirt your NBA. NBA Finals MVP!

Word Bank

1. **a man of his word**: [n.] 信守承诺的人
 - Next guest is **a true man of his word**.
2. **trophy**: [n.] 奖杯, 荣誉的象征
 - And he said he would return with the NBA championship **trophy**.
3. **the NBA Finals MVP**: [n.] NBA总决赛最有价值球员
 - From your 2010 world champion Los Angeles Lakers, **the NBA Finals MVP**, number 24, Kobe Bryant!
4. **symbolize**: [v.] 象征, 代表
 - I want to give you a shirt that **symbolizes** our Cinco titles.
5. **Cinco**: [n.] 五 (西班牙文)
 - I want to give you a shirt that symbolizes our **Cinco** titles.
6. **reflection**: [n.] 倒影, 映像
 - First of all, I never thought that I would see my **reflection** in the Larry O'Brien trophy in all of my life.
7. **the Larry O'Brien trophy**: [n.] 拉里·奥布莱恩奖杯 (NBA总冠军奖杯)
 - First of all, I never thought that I would see my reflection in **the Larry O'Brien trophy** in all of my life.
8. **rookie**: [n.] 新手, 初出茅庐的运动员
 - I was in high school when Magic was a **rookie**.
9. **rank**: [n.] 排名, 级别
 - This one **rank**?
10. **beatdown**: [n.] 击败
 - I mean, they were an incredible team and then, you know, to **beatdown** 3-2, and them and them just be one game away from getting that championship.
11. **Staples Center**: [n.] 斯台普斯中心 (体育馆)
 - And, and, game seven at home, you've been playing, you've never heard, **Staple center** like that right here.
12. **quarter**: [n.] 四分之一 (这里指篮球比赛的四分之一时间)
 - No, no, you know, you know, it's funny is that for the first three and a half **quarters**.
13. **make a run**: [v.] 连续得分, 发起攻势
 - And then we **made a run** and the place just blew up and uh, I've never quite heard it like that.

14. **blow up**: [v.] 爆发, 突然沸腾、发出很大声音
- And then we made a run and the place just **blew up** and uh, I've never quite heard it like that.
15. **commissioner**: [n.] 专员, 委员 (这里指NBA总裁)
- And you know, you got the **commissioner** there, you got Bill Russell there, and I look over to my left.
16. **court**: [n.] 球场
- So, so, um, uh, when, when the ball came to our side of the **court**, and you were running after it as time was, was winding down, how was, what's that like?
17. **wind down**: [v.] 逐渐结束
- So, so, um, uh, when, when the ball came to our side of the court, and you were running after it as time was, was **winding down**, how was, what's that like?
18. **instant**: [n.] 瞬间, 片刻
- And you talk about, you know, people play for a lot of money, but in that **instant**, you were a little kid running after that ball.
19. **hype**: [n.] 大肆宣传, 炒作
- Because, you know, you come to the NBA, you're surrounded by all this **hype** and all this pressure.
20. **innocence**: [n.] 纯真, 天真
- If you lose that **innocence**, you know, that you had when you were a kid to play the game, then you lose everything.
21. **boyish**: [adj.] 孩子气的, 像男孩的
- Speaking of keeping it, staying **boyish** here.
22. **amusement park**: [n.] 游乐园
- Now, when you, you, you love, you love **amusement parks**.
23. **ride**: [n.] 游乐设施
- Now, do you go on the **rides**?
24. **Matterhorn**: [n.] 马特洪峰 (游乐设施名)
- **Matterhorn**?
25. **teacup**: [n.] 茶杯旋转游戏
- Um, I actually, I'm, I'm scared of the **teacups** though.
26. **spinning**: [v.] 旋转
- That **spinning** around stuff, man.

27. **fit in**: [v.] 能良好融入
- Do you **fit in** the teacup or are you all like this I fit.
28. **Space Mountain**: [n.] 太空山 (游乐设施名)
- The most uncomfortable ride is **Space Mountain**.
29. **coach**: [n.] 教练
- Everybody's wondering, will Phil Jackson stay as **coach**, Kobe?
30. **Dracula**: [n.] 德古拉, 吸血鬼角色
- When he stands up, he looks a little bit like **Dracula** getting out of the coffin.
31. **coffin**: [n.] 棺材
- When he stands up, he looks a little bit like Dracula getting out of the **coffin**.
32. **mystique**: [n.] 神秘性
- It's his whole, that's his whole **mystique**.
33. **Zen**: [n.] 禅宗
- That's his whole, you know, that's his whole **Zen** thing.