Tutorial: mongoDB

Using the JSON-Server setup and test mongoDB backend server. Confirm REST commands on the JSON data listed

Using `mongoDB` create the front and backend to demonstrate the standard CRUD operation on the JSON data.

```json
{
    "athlete": [
        {
            "id": 1,
            "name": "Seamus Coleman",
            "country": "Ireland",
            "bio": " Ireland and Everton footballer",
            "age": 33,
            "pic": "coleman.png"
        },
        {
            "id": 2,
            "name": "Rafa Nadal",
            "country": "Spain",
            "bio": " Tennis player ",
            "age": 30,
            "pic": "rafa.png"
        },
        {
            "id": 3,
            "name": "Shane Lowery",
            "country": "Ireland",
            "bio": "Golfer from offaly",
            "age": 35,
            "pic": "shane.png"
        }
    ]
}
```