

CLEAT

Meaning: A cleat is a type of fastening or projection on the sole of a shoe, typically used in sports, to provide traction and stability.

1. The soccer player carefully adjusted the cleat on his right foot before the big match.
2. After a few intense laps around the track, she realized her cleat was starting to come loose.
3. He showcased his new running shoes, complete with a lightweight cleat design for better traction.
4. The coach instructed the team to check their cleats to ensure they had the proper grip on the field.
5. With a solid cleat, the mountain climber felt more secure as he tackled the steep terrain.
6. The soccer player adjusted his cleat before stepping onto the field.
7. She noticed the cleat had come loose during the game, causing her to trip.
8. After cleaning the muddy cleats, he placed them by the door to dry.
9. The coach emphasized the importance of wearing the right cleat for optimal performance.
10. He admired the colorful design of his new football cleats, eager to try them out.

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