Summer Is For Sports

Try some of these sports this summer.

MGNIWMIS	-=
DMNBTAION	=-=
NIRKASTGEIW	
BLLAOTFS	=-
IKGIHN	
IFSHNIG	
KSNLORIGEN	=
BLLAAESB	<u>=</u>
ISRFNUG	=
NNSETI	
NIIALNGGGDH	=
ISILNAG	- <u>-</u>
BONUS WORD:	
	(form bonus word from the marked letters in the other answers)

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