

Section 1:

#1: Training and Emergency Protocol Paragraph Strengths:

- You've effectively highlighted the importance of following a coach's guidance
- Clear emphasis on safety protocols, showing consideration for athlete welfare

Weaknesses: Emergency Protocol Inconsistency → Your sudden shift from training discussion to emergency evacuation procedures disrupts the flow. "Stop whatever you are doing and run to the nearest exit" appears disconnected from the Olympic preparation context.

Exemplar: "Follow your coach's carefully designed training plan, which should include proper safety protocols and emergency procedures specific to your sport and training venue."

#2: Sleep Requirements Paragraph Strengths:

- Good recognition of sleep's impact on performance
- Clear connection between rest and athletic success

Weaknesses: Imprecise Time Reference → Your suggestion of "twelve hours of rest" lacks scientific backing and context. The phrase "Having a good sleep means that you will not disrupt your awareness" needs clearer articulation.

Exemplar: "Maintain a consistent sleep schedule of 7-9 hours nightly, ensuring you're well-rested at least 24 hours before your Olympic event."

#3: Goal Setting Paragraph Strengths:

- Effective use of the SMART goal framework
- Good incorporation of practical examples

Weaknesses: Sport Specificity Limitation → Your example "if you play soccer, know all your tips and tricks" is too vague and doesn't provide actionable guidance for Olympic-level athletes.

Exemplar: "For football players, set specific technical goals such as 'Improve free-kick accuracy to 80% success rate in training sessions by practicing 50 kicks daily.'"

Actionable Task: Rewrite your emergency protocol paragraph by creating a clear connection between training preparation and safety measures, ensuring each point flows logically into the next.

Score: 40/50

Section 2:

Preparing for Peak Performance: An Advice Sheet for Olympic Athletes

To all Olympic Athletes, if you need help for preparation, this is for you. ~~This text will tell you all about the preparation before performing or playing.~~ [This guide outlines essential preparation strategies before competing.] Think about the training, sleep, stress and confidence, equipment and goals.

~~#1 To begin, think about the training, follow a training plan designed by your coach.~~ [First, commit to following a comprehensive training plan designed by your coach.] This will help as your coach knows better about training, ~~have protocols just in case there is an emergency so you will know what to do.~~ [ensure you understand all safety protocols and emergency procedures.] ~~Stop whatever you are doing and run to the nearest exit.~~ [These protocols should include venue-specific safety guidelines.]

~~#2 Make sure you have a good sleep or else you will be too tired or drowsy to be able to perform well.~~ [Prioritise quality sleep to maintain optimal performance levels.] This could make you or your team eliminated and no one would want that to happen to them right. ~~Having a good sleep means that you will not disrupt your awareness and having at least twelve hours of rest before the Olympics.~~ [Establish a consistent sleep schedule that ensures adequate rest, particularly in the days leading up to competition.]

~~I know that sometimes people have too much stress or no confidence to perform in front of over a million people.~~ [Many athletes experience stress and confidence issues when performing before large audiences.] To stop this from happening, you can get ~~stress toy~~ [stress-relief toys] where you can release all of your stress onto it. If you have lack of confidence, practice in front of a lot [of] people like your family or your friends.

Be sure that you pack enough things that will last you the whole day. Bring your own lunch ~~unless~~ [and] snacks to eat or you will get tired out in the first minute. Bring lots of water along with you as a long day of sports may make you dehydrated and thirsty. If you have to wear any gear or different clothing, pack extra things that you might lose.

~~#3 Set meaningful goals so you will know what to do. For example, if you play soccer, know all your tips and tricks so you can play at your absolute best.~~ [For example, if you play football, develop specific performance targets for each aspect of your game.] Break down all of your larger goals into smaller manageable ~~goal~~ [goals] and celebrate each accomplishment along the way. Make your goals SMART meaning specific, measurable, achievable, relevant and time-bound so you can win a medal.

Hopefully, this advice sheet has taught you about the preparation needed before a game. Check that you have everything you need before leaving the house and Good Luck in winning.