

Section 1:

#1 (First paragraph): Strengths:

- Creates an immersive atmosphere through vivid description of the Olympic environment
- Effectively establishes a personal connection with the reader through direct address

Weaknesses: Inconsistent Tone → Your opening shifts abruptly between formal and casual tones. The phrase "But most importantly, are you ready for the event you have been waiting for?" disrupts the professional flow established in the previous sentences.

Exemplar: "As you arrive at the Sydney 2000 Olympics, you'll find yourself amid bustling streets filled with enthusiastic spectators who recognise you. Athletes from across the globe have gathered for this monumental event, and now it's your moment to shine."

#2 (Preparation and Skill paragraph): Strengths:

- Clear sequential instructions that are easy to follow
- Effective use of technical performance terminology

Weaknesses: Choppy Sentence Structure → Your sentences follow a repetitive pattern that creates a mechanical rhythm. Phrases like "Follow the X on the stage" and "Begin your cue" appear as isolated commands rather than flowing guidance.

Exemplar: "Position yourself on the marked X when you reach the stage, then prepare to begin your routine at the sound of the whistle, maintaining a steady internal rhythm throughout your performance."

#3 (Emergencies paragraph): Strengths:

- Comprehensive coverage of safety protocols
- Practical, actionable advice for emergency situations

Weaknesses: Disorganised Information Flow → Your emergency information jumps between different scenarios without clear transitions. The sudden shift from evacuation procedures to "Something Goes Wrong in the Game" creates confusion in the information hierarchy.

Exemplar: "In the event of an emergency requiring evacuation, remain calm and proceed to your nearest exit. Keep your emergency bag containing essential items within reach, and familiarise yourself with all evacuation routes before the event begins."

Actionable Task: Rewrite the emergency procedures paragraph by creating distinct subsections with clear headings for different types of emergencies (e.g., "Evacuation Procedures,"

"Performance Issues," "Medical Emergencies"), ensuring each section flows logically into the next.

Score: 41/50

Section 2:

Dear performer, welcome to the Sydney 2000 Olympics! Streets are bustling, full of strangers who recognise you, waiting for you to perform. People have flown to Sydney to attend this huge event. ~~But most importantly, are you ready for the event you have been waiting for?~~ [As you prepare for this momentous event, take a moment to consider your readiness.] No matter if you are or not, you must keep reading this advice sheet.

#1 Luggage

You do not want to come to the Olympics empty-handed! Use a good-quality suitcase for your luggage. Pack your uniform, a towel and a spare change of clothes. Bring recyclable-packaged items or a reusable bag to meet conditions. Take a small item that reminds you of home to remove homesickness from all your anxiety bubbles. Remember to pack a reusable water bottle that is handy to carry so you stay hydrated. Most importantly, pack a small, clear emergency bag that contains all your emergency needs such as: backup uniforms, a spare water bottle and hygienic products such as sanitary pads.

~~#2 The most dreadful feeling at the Olympics is when you forget what you're meant to do.~~ [One of the most challenging situations at the Olympics is momentarily forgetting your routine.] Follow the X on the stage and position yourself on it. Begin your cue as the whistle blows. Follow a beat in your head. Align your body to the assigned movements. If you lose track, use your skills of awareness and adaptation and follow other performers. Keep the precision of your movements high as you follow the timing to the end of the performance.

Keeping Energy Levels High During the Performance

When you get tired, your body is not in Olympic condition. You may have race after race after race, with only a five-to ten minute break in between. But how do you keep in the endurance for all those races? Take frequent water breaks but don't drink too much water in one sitting. Take a few food breaks, but not too many. Meditate and relax your body before a race, but don't make it too relaxed that you will fall asleep. Don't tense it either, or you will use up all your energy. Do not skip essential breaks such as breakfast, lunch and dinner, and sleeping.

~~#3 It is easy to overlook the fact that there may be an emergency where you need to evacuate.~~ [Being prepared for potential emergencies, including evacuation scenarios, is crucial.] Remember

all the emergency exits and know the exit closest to you. Keep an emergency bag with all your essentials near you. Recognise the sound of the alarm and follow safety protocols. Drop unnecessary items such as ribbons and equipment. Something Goes Wrong in the Game Oh no! What if your team is on the losing side of soccer? Or somebody doesn't swim fast enough to keep up? Be aware of your teammates, and follow the crowd just ~~in case~~ [in case] you need to step in. Sacrifice your position to fill in another's absent one. Don't just remember your cue, but be a backup to others who may be absent on the day.

I hope this guide helps you and your team strive for success and win a medal or two. Good luck, performer!