

Section 1:

#1 (First paragraph) Strengths:

- Shows care and support through well-wishes
- Opens with a clear personal address to Simone

Weakness: Oversimplified success factors → You've listed basic requirements as guaranteed paths to success. "All of these things will definitely happen" suggests winning is certain if basic needs are met, which overlooks the complexity of competition.

Exemplar: *I wish you the very best in your upcoming competition. Your dedication and hard work have prepared you well. While success depends on many factors, having your equipment ready and arriving on time will help you perform at your best.*

#2 (Second paragraph) Strengths:

- Provides specific timing advice
- Shows understanding of preparation needs

Weakness: Vague exercise guidance → Your advice about exercise lacks specific details. The phrase "Don't exercise too much" is too general and doesn't help Simone understand proper warm-up routines.

Exemplar: *I suggest arriving 4 hours before the competition to allow time for registration, equipment checks, and a proper warm-up routine. Follow your coach's guidance on warm-up exercises to prepare your body while conserving energy.*

#3 (Fourth paragraph) Strengths:

- Includes practical advice about breaks
- Considers energy management

Weakness: Misguided performance advice → Your suggestion about taking fruit breaks every 30 minutes during exercise isn't practical for competition preparation. "This makes it a higher chance for you to win" oversimplifies what leads to winning.

Exemplar: *Managing your energy is crucial. Follow your usual competition nutrition plan and take brief rest periods as needed during warm-up. Stay hydrated and maintain your focus.*

■ Your advice sheet needs more specific guidance based on competition experience. Rather than focusing on basic requirements like bringing equipment, try including tips about managing competition nerves, following established routines, and maintaining focus. You could also add encouragement about Simone's specific strengths and achievements.

Actionable task: Rewrite the fourth paragraph focusing on practical competition-day nutrition and energy management tips, including specific examples of appropriate pre-competition meals and snacks.

Score: 37/50

Section 2:

Dear Simone Biles,

~~Your big day starts soon. I wish you a successful competition. I hope you earn a gold medal. All of these things will definitely happen if you come on time, you got everything you need and have energy.~~ [Your big day starts soon. I wish you a successful competition and hope you earn a gold medal. Being prepared, punctual and energised will help you perform your best.] #1

~~Simone, I would suggest arriving at the stadium 4 hours before your competition. This gives you enough time to check if you got everything and exercise. Don't exercise too much. Otherwise you will be too tired to compete.~~ [Simone, I suggest arriving at the stadium 4 hours before your competition. This gives you enough time to check your equipment and warm up properly. Follow your usual warm-up routine to prepare without overtiring yourself.] #2

~~I hope you bring everything you need to the stadium. If you need your leotard for gymnastics and you did not bring it, you can't compete with your clothes on. It would be embarrassing in front of the audience.~~ [Please ensure you bring all your competition equipment to the stadium, especially your leotard, as competing without proper attire isn't permitted.]

~~For your competition, you will need energy to win a gold medal. If you want that to happen, I would suggest you exercise. Every 30 minutes, take a fruit break or rest. This makes it a higher chance for you to win a gold medal.~~ [For your competition, maintaining energy is essential.]

Follow your pre-competition routine and nutrition plan carefully. Take brief rest periods as needed during warm-up to conserve energy for your performance.] #3

Always try your best Simone and you will never fail. Break a leg!

Sincerely,
Sophie