

Section 1:

#1 "Welcome to Australia! You are officially part of the next Olympics in 2032 in Brisbane. You should arrive 4 hours before the race and pack plenty of water, swimming gear, snacks and a towel."

Strengths:

- Clear welcome message with specific location details
- Practical packing suggestions for swimmers

Weakness: Missing essential Olympic athlete information → Your opening lacks detailed venue information and registration requirements. The phrase "arrive 4 hours before the race" needs more context about check-in procedures and warm-up protocols that Olympic swimmers must follow.

Exemplar: ***Welcome to Australia! As a qualifier for the 2032 Brisbane Olympics, please note that all swimmers must complete registration at the Aquatic Centre's Athlete Check-in Desk. Remember to arrive 4 hours before your event for mandatory pre-race procedures.***

#2 "The race will start at 5pm on the 29th of July, make sure you come at this time or you might miss the race."

Strengths:

- Clear date and time provided
- Emphasis on punctuality

Weakness: Incomplete competition schedule details → Your timing information needs more depth about the different swimming events and heats. The phrase "might miss the race" understates the Olympics' strict scheduling policies.

Exemplar: ***The qualifying heats begin at 5pm sharp on 29th July. According to Olympic regulations, swimmers must report to the marshalling area 30 minutes before their scheduled heat time.***

#3 "Other contestants would be terrified and nervous in the race. I know that you see a light at the end of a tunnel."

Strengths:

- Attempts to provide emotional support
- Uses metaphorical language

Weakness: Inappropriate competition mindset → Your advice about other contestants being "terrified" doesn't align with Olympic sportsmanship. The tunnel metaphor needs more context about athletic perseverance.

Exemplar: ***Focus on your personal best while respecting your fellow Olympic athletes. Your dedicated training and preparation will shine through on race day.***

■ Your advice sheet needs more specific details about Olympic swimming protocols and athlete responsibilities. Include information about accreditation, training schedules, and competition rules. Add a section about local facilities and support services available to Olympic swimmers in Brisbane. Make your guidance more comprehensive by mentioning recovery times between heats and finals.

Actionable Task: Rewrite your advice sheet by creating a structured timeline of events from arrival at the Olympic village to competition day, including specific details about registration, training access, and competition procedures.

Score: 37/50

Section 2:

Dear Swimmer

Welcome to Australia! ~~You~~ [As you] are officially part of the next Olympics in 2032 in Brisbane. ~~You~~ [Athletes] should arrive 4 hours before the race and pack plenty of water, swimming gear, snacks and a towel. #1 The location is Brisbane Roma Street Parklands. In the stadium there will be thousands of people watching you succeed. Don't get nervous, ~~just think it's~~ [imagine] only you competing in the race. Swim your hardest, you're definitely making it to the next race. The Olympics will start on the 23rd of July-8 of August. You will need enough sleep and a warm up before you enter because you will not have enough time to have a warm up before the race.

#2 The race will start at 5pm on the 29th of July, ~~make sure you come at this time or you might miss the race~~ [arrival at the venue is mandatory 4 hours before the scheduled start time]. You will swim as fast as a bullet travelling in the air. You're like a driving force, you should be sure that you do your best at the stadium. #3 Other contestants would be terrified and nervous in the race. I

know that you see a light at the end of a tunnel. Just make sure you have a lot of stamina. ~~Break a~~
~~leg!!!~~ [Best of luck!]

Sincerely [,]

~~From~~ Youjun