

**Listen to an interview with a young athlete who is talking about gymnastics. Which of these things does he talk about?**

- 1 what he finds difficult
- 2 the time he spends training
- 3 how gymnastics is affecting his school work
- 4 what made him start training
- 5 how gymnastics has changed him
- 6 another sport he'd like to try

**Listen again. For each question, choose the correct answer.**

1 How does Ryan feel about training at the gym?

- A He doesn't like having to work so hard.
- B He usually enjoys it even though it's not easy.
- C He'd prefer to stay in bed on weekdays.

2 What does Ryan find the most difficult about being a gymnast?

- A getting up early in the morning
- B eating a special diet
- C training under pressure

3 Ryan started gymnastics because

- A he saw a programme on television.
- B his mother made him do it.
- C his sister was a competitive gymnast.

4 What does Ryan say is his main motivation?

A winning

B becoming famous

C being as good as other athletes

5 Ryan says that the key to being a successful athlete is

A the time you put in.

B having a good coach.

C following certain rules.

6 Ryan feels that gymnastics has taught him

A to be more confident.

B to appreciate his family.

C to organize his time.