

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.