

## Lecture 6: Writing Skills for Sports Professionals

Writing in sports is not limited to essays. It includes emails to athletes, training programs, incident reports, and press releases. This lecture focuses on functional writing skills.

### 6.1 Writing a Training Session Plan

A training plan must be clear, structured, and legible at a glance. It typically uses a tabular format and bullet points.

- **Header:** Date, Time, Venue, Equipment needed.
- **Objectives:** What is the goal? (e.g., "To improve aerobic capacity through interval training").
- **Warm-up:** Specific exercises with duration (e.g., "5 mins jogging," "Dynamic stretching").
- **Main Component:** The core drills.
  - *Language:* Imperatives and measurements. "3 sets of 10 reps," "Rest for 60 seconds."
- **Cool-down:** Static stretching and debrief.

### 6.2 The Incident/Injury Report

When an athlete is injured, a formal report is often required for insurance and medical purposes. This requires the **Passive Voice** to maintain objectivity and formality.<sup>37</sup>

#### Active vs. Passive in Reporting:

- *Active (Informal):* "Jones kicked Smith and broke his leg." (Sounds accusatory).
- *Passive (Formal):* "Smith **was struck** on the tibia during a tackle. A fracture **was suspected** and he **was removed** from the field." (Focuses on the medical fact).

#### Grammar Drill: Passive Voice Transformation

- *Source:* "The doctor examined the player."
- *Target:* "The player **was examined** by the doctor."
- *Source:* "We cancelled the match due to rain."
- *Target:* "The match **was cancelled** due to rain."

### 6.3 Writing a Coaching Philosophy Statement

For job applications, coaches must articulate their values. This writing is persuasive and personal.<sup>39</sup>

- *Structure:*

1. **Core Beliefs:** “I believe that sport is a vehicle for character development.”
  2. **Methodology:** “I prioritize athlete autonomy and decision-making.”
  3. **Goals:** “My goal is to develop not just better players, but better people.”
- *Useful Phrases:* “Centers around,” “Fosters,” “Cultivates,” “Empowers,” “Holistic approach”.<sup>39</sup>
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