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Subject: English

Failure is the Mother of Success

A lot of local athletes have gotten better performances in international competitions as time goes on. But despite their current status of success, fame and fortune, they have had their ups and downs in life, and it wasn't always a smooth ride. And even to this day, they still have to face a lot of bumps on the road.

First of all, being a full-time professional athlete is a "ride or die career". Aspiring athletes spend their whole life training, yet only limited amount of job opening are offered. Studies have shown that only 20% of local athletes have successfully made a career, 70% have changed professions to make a living and build a family, and 10% of local athletes turn homeless because they were so focused on sports. They neglected their academics, and when they failed in the sports profession, they weren't able to find other jobs either.

Second of all, being an athlete can have an emotional and psychological toll. The majority would always focus on the physical side of athletes, but seldom shed light on their emotion side. For example, a lot of athletes spend practically all of their time on sports, so they don't really have much of a social life, and they might even be isolated from their friends. Some won't even bother inviting the athletes anymore because they expected that they were occupied with sports training, making them feel left out. A lot of athletes might also have severe anxiety, being anxious of failure, scared of disappointing their parents and coaches. It can lead to mental illness and maybe even suicide.

And lastly, local athletes also face social limitations. For example, there are not enough sports facilities around the area for athletes to train. They are not financially supported nor are they supported from the government in general, and they are also looked down upon. The Chief Executive of Hong Kong once stated that sports sectors don't have any economic values which greatly undermined athletes' morale.

So in conclusion, a lot of problems athletes face are originated from their mind-set. Also different factors like the influence of society at general norm are crucial. So one of the greatest ways to help athletes is to support them, accept them, instead of discriminating against and degrading them.