

Budgeting

Training to become a world class Olympic athlete is a big challenge, both physically and financially. Olympians must train for years and years before they are in with a chance to compete in their sport.

Olympians still need enough money to cover their living costs, like rent or mortgage, electricity/gas, food and other household bills. However finding a job that leaves them enough time for training and competing can be very difficult.

Think about what other costs are involved:

- Coaching
- Equipment
- Training facilities
- Travel e.g. flights, hotels, trains, etc.
- Competition costs
- Special foods and supplements

Do you play a sport? Do you know how much you or your parents spend on it? Think about all the things you need to play your sport.

Meet Sophie



She loves to swim and her mum takes her to swimming lessons and she goes to a swimming club on a Saturday. Her mum has to pay for the lessons (£40 for a group of 10 lessons) and the cost of travelling on the bus to get to the pool. But she doesn't have expensive equipment; she just needs her swimsuit and goggles.

Meet Jamie

His dad drives him to his class each week and has to pay for parking. His lesson costs £4 each time and he will soon need a special uniform to wear, which will cost nearly £30. Later when he is ready to do grades there will be fees to pay.



Remember: It is really good to take part in sports. It helps keep us active, fit and healthy.