

10A Teamwork

Reading (Paper 1 Part 8)

Before you read

- 1 Read the title and introduction to the article. What kinds of contribution would be needed from a support team? Why would teamwork be essential?

Multiple matching

- 2 Complete the task.

You are going to read a magazine article about the team which supports the Formula 1 driver Sebastian Vettel. For questions 1–10, choose from the sections of the article (A–D). The sections may be chosen more than once.

Which team member

admits getting a sense of personal satisfaction from Vettel's success?

 1

appreciates Vettel's unusual willingness to be honest?

 2

feels he occasionally needs to restrain Vettel from being over-ambitious?

 3

has encouraged Vettel to analyse his own performance?

 4

appreciates Vettel's mental strength?

 5

admits that there was only a limited amount he could teach Vettel?

 6

mentions how crucial it was to generate funds for Vettel?

 7

sees one of his roles as preparing Vettel for sudden emergencies?

 8

believes Vettel is aware of how vital teamwork is to achieving victory?

 9

praises Vettel's emotional maturity?

 10

Task analysis

- 3 Read the strategy on page 169. Tick the advice about the multiple matching reading test that is correct.

1 Read the text before the options.

☐

2 Skim the text quickly the first time.

☐

3 Underline key words in the options.

☐

4 Similar ideas may come up in more than one text, so be careful.

☐

Discussion

- 4 Discuss this question.

What sort of team support is necessary for professional individual sports (e.g. tennis, cycling)? How does this compare with team sports such as football, ice hockey, water polo?

EXPERT WORD CHECK

awash (in) data dimension lap (n) nail down refreshing
sponsor (n) stall (v) unflappable worn (tyres)

Team Vettel

Even a racing driver as talented as Sebastian Vettel has to learn and be nurtured. We talk to members of Sebastian Vettel's support team.



A The special adviser

'It wasn't until 2004 that I nailed down seventeen-year-old Sebastian with a contract and went on to guide his career. In his first year at Formula BMW, he won 18 out of 20 races before going into Formula 3. He had a difficult first half-season, but the second half was good after we'd made quite big changes in the team on Sebastian's insistence. He can be extremely determined when he feels he needs to be. Sebastian always knew that driving is only a part of motor racing and that if you don't have the right knowledge and the right support, then you won't be a regular winner. Over the years, I've had to slow him down a bit because he's wanted to do too much too soon. But we've always had a very good working relationship and I'm a great admirer of his courage and powers of concentration, which are unbelievable.'

B The race engineer

'They call me his "second brain". At the track, I'm the team's "face" for him. During a race weekend, essentially I make sure the car is set up to his liking. There's also the human dimension, as I help him with motivation and how to deal with the inevitable ups and downs. When his car blew up while he was leading in the final stages, he was able to deal with it because we'd rehearsed exactly that type of scenario. To do my job, you have to be as unflappable and confident as possible. If the highs are too high and the lows are too low, then it can become difficult. Generally an understanding of the phrase "There's only so much you can control," and an ability to rationalise things, only comes with age, but Seb has that already. It helps that we talk a lot; what you see at a race track is the putting into place of everything we've discussed by phone and email since the last race.'

C The technical director

'Nobody made Vettel. He made himself. But I remember when I was watching him once, I saw him do a lap which was extraordinarily fast even with worn tyres and a heavy fuel load. When we spoke about it and he looked at the data, he wasn't quite sure how he'd done this, so I told him to go away and give it some thought. The next day he told me "I know what I did." But I didn't ask him exactly what that was. That's for him to know. It's his secret of being fast, if you like. I just wanted him to think about how he actually did it and register it mentally. Something else that we gave him as a team was our complete trust, and that enabled him to trust us too. In his first race for us, he made a mistake in qualifying and immediately said, "I made a mistake." Normally, the racing driver's book of excuses is longer than *War and Peace*, so this was refreshing.'

D The mentor

'He caught my attention even as a toddler on my go-kart track because he was very good at what he was doing. The Vettel family wasn't awash in cash – quite the contrary – and I felt I had to try and prevent his career from stalling in the event of him running out of money, so I helped find him sponsors. I rented out my go-kart business so I could have time to fully support his career, when he was only 10. When he entered Formula 3, I realised it was time for me to step aside. As soon as he got involved in bigger teams, I wasn't able to actively contribute anymore so I went back to karts. I knew he was in good hands. When he took his first Formula 1 title, it was the greatest gift to me I could think of because it was the perfect acknowledgement that I hadn't been wrong about him.'

Vocabulary: health and fitness

Word formation, similar words, etc.

- 1 Quickly skim the extracts in Exercises 2a–c, which are all connected to Formula 1 driving. Match these headings to the extracts.

Diet Why do drivers have to be fit? Physical training

- 2a Complete the extract with the correct form of the words in brackets.

People new to F1 racing are (1)____ (vary) astonished to learn that its drivers are some of the most highly conditioned athletes on Earth, their bodies (2)____ (specify) adapted to its exacting requirements. The stamina required is greater than in any other type of motor racing, as (3)____ (endure) driving for two hours puts an (4)____ (exception) strain on the body. Added to this is the amount of adrenalin being pumped around the body, which causes an (5)____ (expect) high heart rate, equivalent to a marathon runner crossing the finishing line. Because of cornering in a race, drivers must (6)____ (sure) that their neck has the strength to support 24 kg. To (7)____ (able) them to control the car during longer races, powerful arm muscles are also (8)____ (essence).

- b Circle the correct alternative to complete the extract.

In order to (1) *build* / *raise* up physical strength drivers have to (2) *undergo* / *go under* a personalised fitness (3) *event* / *programme*. This centres on (4) *tense* / *intensive* cardiovascular training over a period of time – usually running or swimming. Core strength and resistance work, using (5) *actions* / *activities* such as rowing and weightlifting, is also incorporated into their exercise regime, (6) *despite* / *moreover* the danger that the drivers will get too big. F1 cockpits are very small and don't (7) *accommodate* / *fit* someone with the (8) *figure* / *build* of a weightlifter.

- c Complete the extract with one appropriate word in each gap.

In terms (1)____ nutrition, F1 drivers eat much (2)____ athletes, carefully regulating their protein and carbohydrate intake to keep their weight (3)____ check. (4)____, in the lead-up to a big race they'll usually stuff (5)____ with a huge bowl of carbohydrate, such as pasta, for energy. Just before the race, and sometimes (6)____ the race itself, drivers absorb large (7)____ of water, without (8)____ they could suffer dehydration through sweating and through the extreme heat in an F1 cockpit.

- 3 Use words and expressions from Exercise 2 to discuss how you could improve your health and fitness.

Sport and fitness metaphors

- 4a Explain what you think the expressions in *italics* mean in the context.

- 1 Julia *skated around* the subject of her marriage, obviously trying to avoid mentioning it.
- 2 Tim *sailed through* his exam as effortlessly as ever.
- 3 I had to *rein in* her spending – it was getting out of control.
- 4 It *took the wind out of her sails* when I admitted straightaway what I'd done.
- 5 Carly is very much *on the ball* at work and knows exactly what's going on.
- 6 I thought I was right to leave at five, but they'd *moved the goalposts* – we were expected to work until six.

- b Use the metaphors to talk about events in your own life.

Use of English 1 (Paper 1 Part 1)

Lead-in

- 1 Discuss these questions.
- 1 What is meant by team spirit? Can teams succeed without talented individuals?
 - 2 When can individuals with outstanding talent ruin a team performance?

Multiple-choice cloze

- 2a Read the text below. Do you agree with what it says?
- b For questions 1–8, decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Team spirit



Doing sport obviously has a (0) B number of health benefits for young people. It is also an ideal opportunity to (1) C technology aside for a while. In addition, team sports such as rugby have an excellent (2) D for encouraging youngsters to work with others towards achieving a common goal. Many schools acknowledge that such sports encourage transferable abilities. For example, players often need to be (3) C of making a decision on the spur of the moment and learn to (4) D with conflict.

Then there are the social benefits: team sports continue to play an important role throughout many people's lives, helping them to relax and form friendships that may (5) D a lifetime.

One of the most interesting facts about team sports is that (6) C successful teams tend to be those which work really well together. When joining a team, it is essential that people make a strong (7) C to give their all; any personal differences have to be (8) D for the good of the team.

- 0 A wide
- 1 A put
- 2 A distinction
- 3 A skilled
- 4 A deal
- 5 A keep
- 6 A greatly
- 7 A dedication
- 8 A put away

- B great
- B place
- B esteem
- B competent
- B handle
- B last
- B deeply
- B allegiance
- B set aside

- C heavy
- C forget
- C respect
- C capable
- C treat
- C live
- C fully
- C commitment
- C left out

- D broad
- D stand
- D reputation
- D qualified
- D concern
- D remain
- D highly
- D assurance
- D given up

Task analysis


- 3 Which of these language areas are NOT a main test focus in a multiple-choice cloze?
- 1 fixed expressions (e.g. phrasal verbs/collocations)
 - 2 grammatical words such as relative clauses, auxiliary verbs, articles
 - 3 linking words
 - 4 words with similar meanings
 - 5 idioms

Discussion

- 4 Do you prefer doing team sports or individual sports? Why?

Listening 1 (Paper 4 Part 1)

Multiple choice:
short extracts

- 1 Read questions 1–6 below.
- 2  59 Listen and do the task below.

You will hear three different extracts in which people are talking about stories or experiences connected to teamwork. For questions 1–6, choose the answer (A, B or C) which fits best according to what you hear. There are two questions for each extract.

Extract One

You hear two friends talking about a group of miners who were trapped underground for 70 days.

- 1 The woman thinks the main reason for the miners' survival was
 - A their willingness to co-operate with one another.
 - B a determination to save as much food as possible.
 - C the fact that they were able to remain optimistic.
- 2 When talking about the miners' leader, the man is
 - A reinforcing the woman's opinion.
 - B justifying his previous viewpoint.
 - C admitting he misunderstood the situation.

Extract Two

You hear part of an interview with a member of a ballet company.

- 3 How does she feel about always being part of a group?
 - A She wishes there was a greater variety of people to dance with.
 - B She accepts she's not ambitious enough to become a principal dancer.
 - C She says there are both advantages and disadvantages.
- 4 She admits that she likes the idea of
 - A being the centre of attention.
 - B being given more demanding roles.
 - C being appreciated more by the company.

Extract Three

You hear a doctor telling a colleague about some advice his hospital received.

- 5 The hospital was seeking advice about
 - A how to improve patient safety during operations.
 - B how surgical teams could work better together.
 - C how to select the best staff to support surgeons.
- 6 What main failing was identified in the hospital's procedures?
 - A basic mistakes were not being noticed.
 - B there was inadequate staff training.
 - C nobody had overall responsibility.

Discussion

- 3 In which other jobs or situations is it essential to work as a team? Would you say you were a team player or more of an individualist? Give reasons.

EXPERT WORD CHECK

bond (v) come to terms with fatal (7 seconds) flat
glamorous maintain stuck with thereabouts typecast
unity