

# How to perform the perfect Olympic victory lap

A National Literacy Trust resource

A handy step-by-step guide for any athlete who has just won their first Olympic athletics title.

## You will need:

- 1 Olympic-winning performance
- 1 flag
- 1 big smile!

1. First, shake hands with your fellow competitors.
2. Next, kneel down and kiss the track.
3. Look out for your friends, family in the crowd and give them a wave. If you have a signature pose (like Mo Farah's "Mobot" or Usain Bolt's "lightning pose"), you might like to do it at this point.
4. Then, run towards the crowd where your coach will be waiting and collect your country's flag. Be careful not to get mobbed by hordes of excited fans.
5. Drape the flag around your shoulders and begin a slow jog around the track for one lap, stopping along the way to pose for photos. Make sure you smile and wave all the way round.
6. Finally, once you have completed the lap, head to the press area to give a couple of interviews to the big TV channels.

**So that's it. Now you are ready to go and celebrate being Olympic Champion!**

