

advise - verb  
advice - noun

assist ( verb) = help -> verb, noun  
assistance - noun  
assistant - noun (person)  
athlete - noun / pro-athlete = sportsman

avoid = stay away

beggar - a person who begs for...

break a record - set a new best result / record

can't stand = hate, really dislike something/someone

complete = finish

delay = do later, postpone, put off

admit <-> deny  
accept <-> refuse, reject

hoop  
shoot the hoop = play basketball

exact - adjective = correct, precise, accurate  
exactly - adverb = correctly, precisely, accurately

fail - don't do successfully

individual sport = solo sport  
team sport

gold, silver, bronze

pace = speed  
Do it at your own pace.

professional <-> amateur

grow up - grow from baby to adult  
raise = bring up a child  
I was raised/brought up in a friendly family.

rumour = gossip

5 senses: see, hear, taste, smell, touch

sixth sense = intuition / gut feeling

snooker = billiard = pool