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Meet Alex, a freelance sports writer for Sky Sports News and the Mirror

We spoke with Alex about his job as a freelance sports writer. He outlines the challenges in his role and provides insightful advice for those keen to forge a career in the sports media industry.



Average Salary: £16,000 to £70,000 per year Weekly working hours:

35 to 39 irregular. You could work: evenings / weekends / events

Future need for this role: There will be 4% more Sports Journalist jobs in 2025.

Industry: Sports Media

What does your role as a sports writer involve?

As a sports writer I am responsible for breaking news stories, coming up with original ideas for articles, writing match reports and live blogging.

What are the biggest challenges in your role?

The consumption of news on a 24-hour basis means there is always competition with other outlets. I have regularly worked night shifts from 11pm-7am in order to keep the production of stories going and keep the numbers on the website ticking over, something which would have been unthinkable 25 years ago.

Entry level roles or internships are often poorly paid and difficult to get on.

What skills and knowledge do you need in your role as a sports writer?

You need a calm head and thick skin. You will inevitably make mistakes in this job and receive constructive criticism. You will also experience knock backs, rejections and the occasional feelings of inadequacy. You need a positive outlook. Every time you feel like you failed, you should try to take the positives out of it, move on and try again. There are a lot of learning curves, but they will all help in the long term.

One piece of advice for young people?

Don't be lazy! Take every opportunity even if it means doing something not so appealing at the time.