Swimming

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Do you know what it takes to become a good swimmer? Well to be a good swimmer you need to have an awareness of, being able to hold your breath, know a basic swim, and know how to be safe.

First you have to know how to hold your breath. If you train your lungs by practicing holding your breath (not in water) then you can last longer than before. One tip for staying under water for a while more. If you go under water calmly then you won’t be panicked and will be able to stay under longer, because if your heart rate is slow then you won’t need as much air. If your heart rate is fast then you will need more air. I once practiced holding my breath and it helped me stay under longer.

 In addition to holding your breath, you need to know a basic swim. You don’t have to be fancy and know all the things like, the frog swim or any of that. It doesn’t matter as long as you can swim. If you are in trouble do you want to be all fancy (like the frog swim) and drown, or do you want to do a basic swim and live. I was once in a situation where I chose to either to do a fancy swim and soon drown or do a basic swim and quickly get up to the surface and not drown. I chose basic, and here I am, proud of my choice.

 Lastly you need to be safe. If you go swimming with a friend and you’re under 18 you should be supervised by an adult. In case something bad happens the adult will be there to help you. For example the book On My Honor, two boys go swimming in a river (without supervision) and one of them drowns, and when the other boy needs help there’s no one there. Here’s two tips on being safe, Tip #1 make sure if you get tired go to shore, the side of the pool, or the shallow end of where ever you are. So you won’t go under. Tip #2 If your swimming with a younger child that is just learning to swim, (with a life jacket) if they start to get scared don’t let them grab on to you, they’ll push or pull you under, or make sure an adult is near. You could also grab the back of their life jacket and make them face the other way.

 That’s what it takes to become a good swimmer. You need to have an awareness of, being able to hold your breath, know a basic swim, and to be safe.