

Why Swim if You Can't Win?

From News for Swim Parents

Published by The American Swimming Coaches Association
5101 NW 21 Ave., Suite 200
Fort Lauderdale FL 33309

By Noah Whiteman, Age 11

If I was told I would never win a race again, then I would still swim. Winning a race depends on who shows up, but one thing that will be there every time is the clock. Beating your times and dropping time is a great feeling. Winning feels nice and all, but so do four second drops in fifties, eight second drops in hundreds, and thirteen seconds in a two-hundred IM; if those aren't enough to make someone excited, then I'm not sure if winning could do it either.

Swimming is also a good way to stay in shape, without having any valid excuses. If it rains, who cares? When the pool is closed, we do dry land. If it's too hot, then take a cold shower. If it's too cold, then take a hot shower. Swimming can work all of your major muscle groups, and can help you perform well in other sports too. According to scientific studies, children who swim tend to do better in school. I believe that they are right. One person in my class, not counting myself, swims. That person and I got called out by our toughest teacher in front of the whole class about how well we did on our mid-terms.

In conclusion, I would rather swim than not swim. Swimming is a very well rounded sport, and it is great for staying in shape. It can also build self-confidence, it helps you perform well in other sports, and studies have shown it boosts brain power.

(Note from Coach David Wendkos: Noah is an active member of the SPRC Stingrays, a USA Swimming club team in Millersville, Maryland. He is 11 years old. He wrote this in response to a "homework assignment" given to the team, which was to answer the following question: If you knew you would not win another race, what are the reasons that you SHOULD still continue to swim competitively?)