

Swimming isn't hobby, swimming is diagnosis!



The project was made by Fedorinova Tanya

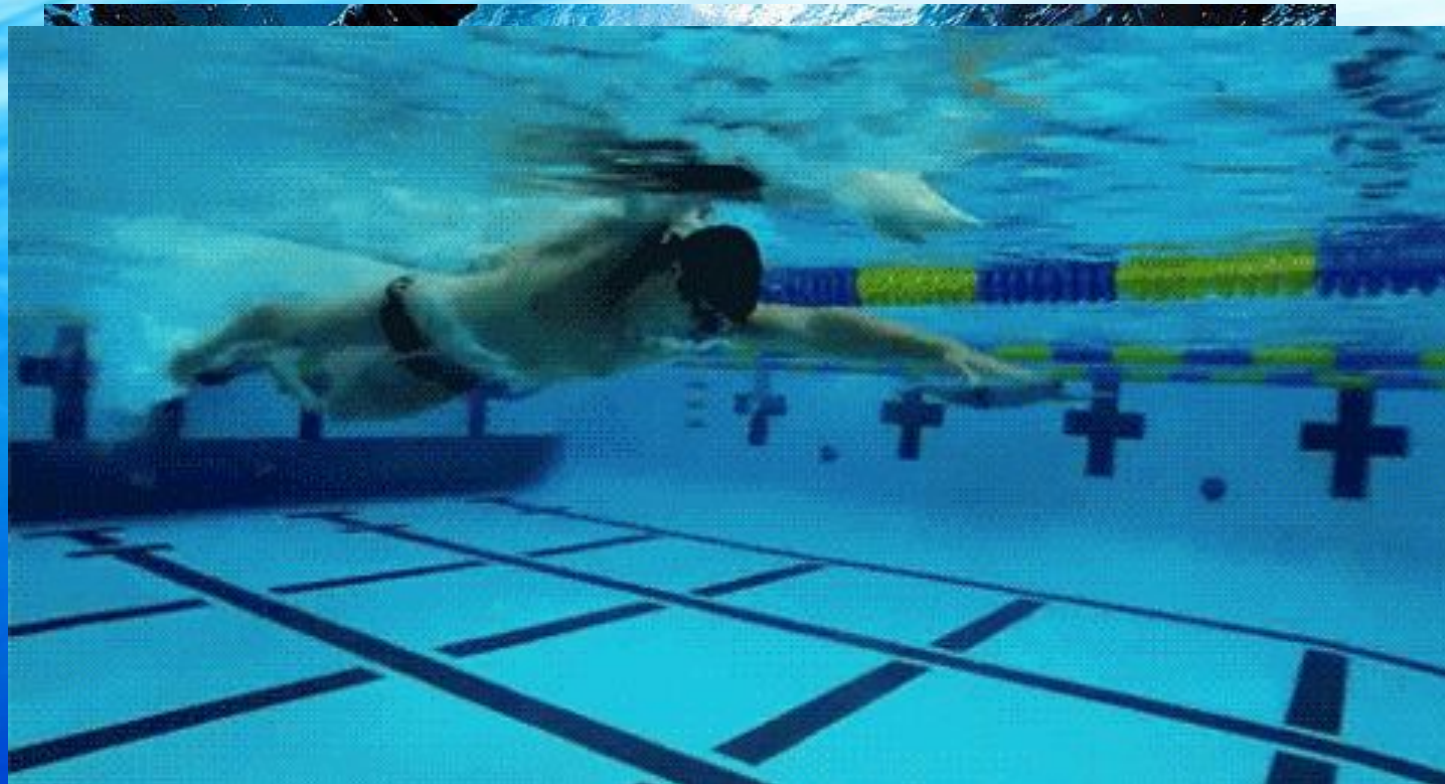
- Sport helps us to stay strong and healthy. Nowadays there are so many different kinds of sports that everyone can find something to suit their taste.
- My favorite sport is swimming. I took up swimming when I was six. And now I'm making progress in this sport.



It's part of my awards.



- Swimming is a diagnosis! - Swimmers are haven't time to do homework and go on dates. Because we have a trainings! Every day you kick, how you do not want to go to the training, but you're still going. Before work mode you think you can't handle the load, you will «die», but after you pass a task, you feel happiness in your soul. You train in the gym while others are walking, having fun. Are you dissatisfied with it, but terribly proud.



Sea?? In the summer?? Vacation for you - it is only in 2 times more trainings in a day! After a training, you stand and blankly look at the floor in a hot shower. But how nice to fall asleep after a training, when you are very tired and when no thoughts in your head.



- You hate it when relatives say: «Well, will we soon see you on TV?» ...or... «Will you go to the next Olympic games?» When you're ill... You terrible miss about it. - Your arms, back and legs are sore during trainings . And you endure! After all, swimming is a skill that needs to constantly maintain and sharpen for best results.





- -When the trainer says: "I allow you to relax, but only for a minute", you're glad and you try to completely restore energy in this minute. But when the trainer comes to you with a stopwatch around his neck and a smile on his face, you realize that today you'll get power training in the special belt, and that you've hardly come home.



- And it is the final run, you're really worried about all the turns and start, but in the end, doing everything right, and after run you come the trainer, and he said, "Good job! You can, if you want!" And at this moment you are very proud of yourself!



- At the competitions you're a bit nervous. But when your trainer comes and says, "YOU CAN do anything! Now show your "teeth" and do it!" and all the excitement suddenly disappears and you realize: «now I will win all!» And you go to the start and show your best score, ahead of all your rivals. And then award, first place, gold medal and you're once again on the podium.



- But how difficult to perform discharge for swimmers ! You prepare, train, give everything to the fullest in training. But you are missing some hundredths to the first adult category. And you can throw off its at least a year. But when, after the race timekeeper says your time and you realize that you swam the distance with a margin of 3 hundredths and performed discharge, you're insufferably proud of yourself! Feeling overwhelm you and you want to scream! All come up and congratulate you, and the trainer says, "that's my girl!" and you realize that you did it! you could!



- And then starts all over again. Preparation for competition, power and speed trainings... And you say you'll give up... for the hundredth time that **YOU GIVE UP!** But don't give up. Because if you give up it, you will tear part of your soul. And as if swimmers do not find it difficult at competitions, trips to other cities, in training, they remember these moments as the best that was in their life!!



- I love swimming because it gives me an incredible feeling of freedom!

