

SWIMMING ESSAY IN ENGLISH

*swimming essays*Swimming is a recommendable sport in practical aspects. First of all, it is necessary to learn how to swim in case of the emergency. There are.

There was controversy after the Beijing Olympic Games in when many Olympic swimmers broke records an unprecedented number of times using revolutionary swimsuits that covered their entire legs. A timid boy or girl fears o learn swimming for he may get drowned into the water. People swim for exercise , for fun , [1] and as a sport. An athlete goes through several stages of training. Regular swimwear is easier to put on and more comfortable for leisure activities. Front crawl Swimming is the movement of the body through water using arms and legs. A variant of the sport is the water polo and diving. Trying little tricks like underwater handstands and flips also puts a big smile on my face. Adding swimming equipment like flippers, a snorkel or a noodle a flexible cylindrical piece of foam changes the experience yet again and can help you develop your swimming technique. In addition, swimming can make you stay healthy. The mechanics and the turns are strictly regulated in these three strokes. This enables the swimmer to adopt a crouched position at a 90 degrees angle and push off quicker with the rear leg to increase their launch power. The competitor with the fastest entry time is assigned the lane on the right of the centre line. Image Source: fadedseasidemama. On the other hand, it can also be a fast-paced competitive sport which raises your heartbeat. First of all, it is necessary to learn how to swim in case of the emergency. He can save a drowning person. Pull buoy Often used at the same time as hand paddles, pull buoys support swimmers' legs and prevent them from kicking while they focus on pulling. Now off the start and turns, breaststrokers are allowed one butterfly kick to help increase their speed. Women[edit] Women wear one-piece suits with thicker and higher backs for competition, though two-piece suits can also be worn during practice.