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Sapp  
Metaphor

### Competitive Swimming

Competitive swimming is like teaching. Gearing up for a race requires the same momentum for teaching a lesson. First of all, you need to prepare for a race. Practice, practice, practice is the key to winning the race. It is very important to come prepared to the race. If you do not bring the appropriate tools such as goggles, swim cap, and bathing suit you will have a decreased chance in performing to your best ability. To be a great swimmer you need perseverance, endurance, patience, outstanding work ethic, dedication, and determination. You prepare for many weeks before the race. Anticipation eats at you while getting up on the starting block; then the whistle blows, and you dive into the cool, crisp water. Everyone is watching you and expecting you to win. Your coach is recording your splits for each lap and you glance at him in the corner of your eye. You swim until you touch the wall. Relief and excitement consume your exhausted and fatigued limbs. You feel a sense of accomplishment for all the hard work you put into that race. Your coach congratulates you while you receive a big hug from your proud mother's arms. You feel unstoppable and strive to perform even better next race. On the way home, I reflect on my race and what I can improve for next time.

Just as you prepare for a race, you also need to prepare for teaching a class. Creating lesson plans, practicing them before hand, and being ready to teach is crucial. Teachers need to come prepared to class with plans for the day, supplies, a positive attitude, and energy. Endurance, patience, perseverance, dedication, determination, and an outstanding work ethic is the key for success in teaching. The students are the crowd of people watching your every move. They are expecting you to win and to teach them. All those emotions after winning a race is what

you feel after teaching in the classroom. You reflect on what worked and what you need to do better next time to intensify learning. For me, teaching is exactly like my experiences in competitive swimming.