

Swimming with the Sharks



Interview

Rebeca has been with the Sharks swim team since her first year of high school. She describes the Sharks as both competitive and popular. According to her, during the competition season, the team is more focused on being competitive, while in the off-season, it feels more like a popular sport. She feels it's the perfect mix of both.

Rebeca says that the Sharks are suitable for sporty and motivated people who want a balance to school or who enjoy working out.

So far, she has learned a lot from being on the team. Her swimming technique has improved, and she's developed teamwork skills. She's learned to handle both successes and failures, discovered her own limits, gotten to know her body better, and realized the importance of listening to it.

When asked if she was nervous about her first training, Rebeca admitted that she was very nervous. She was anxious about meeting new people, finding her way to the swimming hall, and even felt sweaty while talking non-stop to her mom. But once she arrived and saw the team playing a fun game together, her excitement eased. From that moment, she felt like a true part of the Sharks.

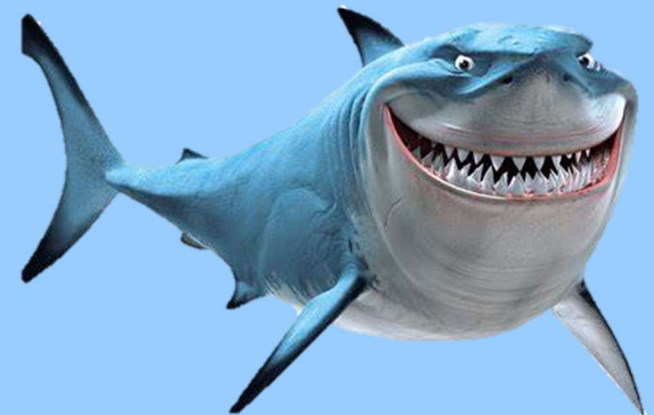
Program/ Description

We are a motivated and popular swim group. We train twice a week at the swimming hall in Lucerne Allmend with three experienced coaches. Our training plan includes preparation for three mandatory competitions each year, but we also enjoy playing fun games in the pool. Our swim team is open to motivated individuals who love to swim.

- Time: Monday and Thursday at 6:30 pm
- Where: in the swimming hall Allmend, by the slide.
- Take along: swimsuit, swimming goggles, swim cap and a lot of motivation and good mood

If you interested, write to us at:

Shark.Luzern@gmail.com



Advantages

- You will learn how to swim better
- Sport is a good balance to your school life.
- You'll meet nice people your age
- You will get fitter.
- It's beneficial for your body
- Regular exercise can improve your sleep and help manage your weight.
- Swimming also boosts the immune system, which can reduce the risk of illness.



Application Letter

Dear Mr. D'Inca

As part of our group, we would like to propose the create of a swimming club at our school. As part of our group, we would like to propose the founding of a swimming club at our school.

We have been keen swimmers for many years and regularly visit the swimming pool. We are convinced that a swimming club at our school would be good for the student body.

Through our research, we discovered that our school currently lacks an opportunity for students to share and develop their passion for swimming. We are convinced that a swimming club could fill this gap. We imagine that the swimming club would be a great activity for the students.

We would be happy to present our findings and ideas as part of our group and get actively involved in the planning and organization of a swimming club.

We look forward to discussing our proposal with you and exploring the next steps.

Yours sincerely,

Lou Müller, Valentina Felder and Josephine Meyer

Calling Young Swimmers!

- If you are 12-16 years old, come and join the Sharks.
- The price is 70 Fr. a year without the entrance.
- You should already have some swimming experience and be in good health.

Join us if you're not afraid of the water!

