

Dear students, happy New Year to all of you.

Wish you all the happiness and the best in this New Year.

Read the following and put the sentences in the order of an outline:

- Swimming is an important skill that can be used forever
- Competitive swimming provides same benefits as other sports
- There is a reduced risk of injury
- My personal experience as a competitive swimmer
- Each swimmer can easily chart his or her own progress
- I've made a lot of friends on the swim team
- It promotes cooperation among team members, especially in relays
- Competitive swimming provides some additional benefits
- It is good exercise and builds muscular strength
- I enjoy working with my coach