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學生
專欄



泳不放棄

Growth is a process, not an event.

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游泳是所有年齡層的人在夏季都喜歡的典型活動，但在海軍官校，我很榮幸能夠成為大家庭的一員，尤其是 116 年班。我們在泳池的一端排成一排，從這一端到另一端進行蛙泳技術訓練，然後教練會分發不同的帽子，假設技術高於平均水平，會收到一頂黃帽子，平均水平是藍色，低於平均水平是紅色。

我們四個人入水，進行蛙泳技術練習。

我害怕和第一組一起進去並做錯，所以我在等待兩組後建立了信心。當我完成任務時，得到了黃帽子，但我誤解了帽子之間的差異，坐在那裡想知道我做錯了什麼而沒有得到藍帽子，因為我認為藍帽子是給那些盡力而為的學生。所以我站著，看著他們一組接著一組地進行，有人得到了黃帽子，他的技術對我來說是他們之中最好的。然後我請「馬克」解釋一下帽子之間

的區別，他告訴我藍色帽子是最好的，不幸的是他錯了，這對我來說是個好消息，因為我總是想成為最好的。

我們分組給不同的教練授課，幾天過去了，聽到有關週五進行測試的消息。我知道自己還沒準備好，但別無選擇，只能盡力做好準備。週五到了，我們的確做好了準備。聽同學說，這一天過關的學生提前去參加救生員培訓。我非常有信心能通過這次考試，而且做到了，時間是二十三分鐘，不是吹牛，但這對所有外國人來說是最好的，我們大多數人都通過了，但令我驚訝的是我的同學游十七分鐘，接下來一週，另一個女孩還在十五分鐘內做到了，我不敢相信，所以她帶我去找教練，給我看了她的紀錄，當時心裡滿是敬佩。

休閒游泳與學習如何專業游泳有很大的不同，作為救生員，需要了解不同泳姿以及練習操縱它們，我們在每個項目中都

投入了艱苦的練習。這次經歷很棒，我很享受，儘管過程中有舊傷導致疼痛。雖然不太懂中文，但非常感謝我的教練，我們有時會用英語進行交流。另外，我的同學也幫助我了解在做什麼以及如何做，但最重要的是教練的耐心，能使我感覺自己有進入狀況，深入訓練後，我就能理解其中的大部分內容，而且儘管我的腳接受了手術，表現並不會太差，我很榮幸能成為海軍官校的一員。

Swimming is a typical activity that people of all ages enjoy in the summer, but at R.O.C.N.A., it's a privilege to be part of the NAVY family, especially the class of 116. We started our course by issuing hats to different individuals. We lined up on one end of the pool and swam to the other. We were supposed to use the breaststroke technique,



and then the coach would distribute the respective hat. If your technique was above average, you could receive a yellow hat; average was blue, and below average was red.

We entered the water in groups of four and practiced the breaststroke technique. I was afraid of being in the first group and making mistakes, so I waited for two sets to build my confidence. When I completed the task, I was given a yellow hat. However, I misunderstood the meaning of the hats. I wondered what I had done wrong to not receive a blue hat, as I thought the blue hat was for those who did their best. I watched others receive yellow hats, and one person from that group had the best technique in my opinion.

I asked Mark to explain the difference between the hats. He mistakenly told me that the blue hat was the best, which was actually good news for me because I always wanted to be part of the best group.

We were then assigned to different coaches. Days passed, and I heard a rumor about a test on Friday. I knew I wasn't fully prepared but had no choice but to get ready. On Friday, I prepared and learned from a classmate that those who passed the test would advance to lifeguard training. I was highly motivated to pass, and I did. My time was twenty-three minutes, and not to brag, but it was the best among all the foreigners. Most of us passed, but I was surprised when one classmate

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completed it in seventeen minutes, and the following week, a girl did it in fifteen minutes. I didn't believe her, so she took me to the coach and showed me her record. I was speechless and had to agree.

Swimming for leisure is very different from learning how to swim professionally. Lifeguard training requires knowledge of different strokes and how to use them for drills. Despite the hard days of practice, the experience was wonderful. I enjoyed it, even though I experienced some pain along the way. The coach was knowledgeable and helpful in many ways. I appreciated him despite not understanding Chinese. We communicated in English, and the

coach helped me get into training quickly. My classmates also played a significant role in helping me understand the techniques. My performance was good despite my foot surgery. I'm honored to be part of the R.O.C.N.A. 🇹🇼