

# Swimming: micheal phelps essay



**ASSIGN  
BUSTER**

3 February 2012 English 3rd hour I. Introduction a. Attention getter: "Faster, higher, stronger." Michael Phelps motto b. Introductory info c. Thesis sentence: Michael Phelps is my role model because he is a swift swimmer, he has won fourteen Olympic gold medals, and he is a pothead. II. Body a. Swift swimmers b. Olympic gold medalists c. Pothead III. Conclusion a. Transition from last point b. Reword thesis sentence c. Refer back to attention getter

Mallory Davis 3 February 2012 English Mrs. Martin 3rd hour "Faster, higher, stronger," said by Michael Phelps. Michael Phelps is one of the greatest male swimmers in history. He swims in the summer Olympics. When he swam in China of 2011, he won four gold medals. Michael Phelps is my role model because he is a swift swimmer, he has won fourteen gold medals, and he is a pothead. In order to be a swift swimmer you must always practice. You also have to have a strict diet. In order to build muscle and endurance you always have to give one hundred percent in practice and during races.

You must always be dedicated to swimming in order to be an accomplished swimmer. Olympic gold medalists have to practice and stay healthy.

Swimming is one of the hardest sports both mentally and physically. America has some of the top swimmers ever. Michael Phelps has won the most medals in swimming ever. Swimming events are usually measured in meters. In the 1904 Olympics the swimming events were measured in yards. Michael Phelps is a pot head. He is a pothead because it stimulates the nerves in your legs and allows you to push your body to the extreme.

He does this because he wants to be the best he can be. "Pot" can also be called weed. Weed makes you "high". Being "high" makes you think differently. I do not agree with this. This is illegal in some states, and it

harms your body. Long term use can have many side effects. Michael Phelps is a swift swimmer, he has won fourteen gold medals, and he is a pothead. He is my role model. "Faster, higher, stronger." This statement is Michael Phelps's motto. He is the greatest swimmer in my opinion. I wish to be like him one day.