

400-Meter Free Style

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THE GUN full swing the swimmer catapults¹ and cracks
s
i
x
5 feet away onto that perfect glass he catches at **A**
a
n
d
throws behind him scoop after scoop cunningly moving
10 t
h
e
water back to move him forward. Thrift is his wonderful
s
15 e
c
ret; he has schooled out all extravagance. No muscle **B**
r
i
20 p
ples without compensation wrist cock to heel snap to
h
i
s
25 mobile mouth that siphons² in the air that nurtures
h
i
m
at half an inch above sea level so to speak.

A FORM

Would you say that the **lines** in this poem have endings, or does the poem consist of one long line? Explain.

B CONNECT

The swimmer is completely focused on moving through the water as quickly and efficiently as possible. Think about a time when all your attention was focused on a single goal. Did it help you attain the goal?

1. **catapults** (kăt'ə-pŭlts'): springs.

2. **siphons** (sī'fənz): draws in, as if with a tube.