



12 Months of Swimming
(Sung to 12 days of Christmas)

On the first day of swimming my coach reminded me, my goals are the secret to success.

On the second day of swimming my coach reminded me- legs are for kicking and my goals are the secret to success.

On the third day of swimming my coach reminded me- three deep breaths, legs are for kicking, and my goals are the secret to success.

On the fourth day of swimming my coach reminded me- four strokes to race in, three deep breaths, legs are for kicking and my goals are the secret to success.

On the fifth day of swimming my coach truly wished for me:

Five Olympic Rings.

**Four strokes to race in, three deep breaths, always kicking legs
and my goals are the secret to success.**

On the sixth day of swimming my coach reminded me, sprint to the wall for,

On the seventh day of swimming my coach reminded me, seven kicks off each turn, sprint to the wall for,

On the eighth day of swimming my coach reminded me, eight hours of sleeping, seven kicks off each turn,
sprint to the wall for,

On the ninth day of swimming my coach reminded me, any lane will due, eight hours of sleeping, seven
kicks off each turn, sprint to the wall for,

On the tenth day of swimming my coach reminded me, tighten my streamline, any lane will due, eight
hours of sleeping, seven kicks off each turn, sprint to the wall for,

On the eleventh day of swimming my coach reminded me, two pairs for backup, tighten my streamline,
any lane will due, eight hours of sleeping, seven kicks off each turn, sprint to the wall for,

On the twelfth day of swimming my coach reminded me, twelve months for swim'n, two pairs for backup,
tighten my streamline, any lane will due, eight hours of sleeping, seven kicks off each turn, sprint to the
wall for,

Lyrics by Coach Chris