

学游泳演讲稿自查清单：八个常见毛病和改法

这份清单来自批改和旁听几十篇学游泳班会演讲后的归纳。八个毛病按写稿顺序排，改稿时从上往下逐条对照，每条都给了能直接动手的改法。

毛病一：开场自我介绍。「大家好，我叫某某某，我演讲的题目是」说了三句还没进故事。班会听众本来就认识你，题目也会写在黑板上。改法：称呼之后第一句直接扔出场景，把名字和题目都删掉。

毛病二：呛水写成流水账。「我先吸了一口气，然后头抬起来，接着水进来了，最后我很难受」，每一步都交代，却没有一个画面。自查方法：数一数这段里有几个名词是泳池里真实存在的东西。改法：删掉先、然后、接着这类连接词，换成水、鼻子、胸口、池底灯这些具体东西。

毛病三：坚持靠喊口号。「我下定决心，每天坚持，终于学会了」，三句话全是决心没有动作。自查方法：把这段的动词圈出来，如果全是想、决定、坚持这类心理动词，就是口号。改法：只写一个最小的动作，泡十分钟、吐七个泡都行，动作越小越可信。

毛病四：感悟空降。前文只写了呛水，结尾突然讲友谊和感恩。自查方法：把感悟句单独抄出来，回前文找它的依据，找不到就是贴上去的。改法：感悟只能从前文出现过的细节里挑，前文有七个泡，感悟就可以从吐泡讲起。

毛病五：形容词堆砌。「巨大的浪花、刺骨的冷水、无尽的恐惧」连着三个偏正短语，念起来像绕口令。自查方法：每个名词前最多留一个修饰语。改法：把形容词换成动作，水拍在脸上比巨大的浪花响得多。

毛病六：长句不断气。一句话四十多个字，台上读到一半没气，听众也跟不上。自查方法：出声读，读到需要偷气的地方画斜线，斜线太密的句子就超标。改法：一句只说一个信息，逗号超过三个就考虑断成两三句。

毛病七：结尾拖尾巴。说完谢谢大家又补一段「最后希望大家都能学会游泳」。致谢之后的话听众已经准备鼓掌，没人听。改法：谢谢大家单独成句，放在最后一行，后面一个字都不加。

毛病八：不排练。稿子改得再好，上台念得像背书也白搭。自查方法：出声完整读三遍，掐表，六到七分钟的稿子读顺后一般落在提纲要求的时长内。改法：对读不顺的句子只拆不改内容；在可能引发笑声或点头的地方标停顿记号，上台照着停。

A Self-Check List for Swimming Speeches: Eight Common Faults and Fixes

This list comes from marking and listening to dozens of class meeting speeches about learning to swim. The eight faults follow the order of drafting; go down the list one by one when revising, and each entry has a fix you can apply directly.

Fault one: introducing yourself at the opening. Hello everyone, my name is so-

and-so, the title of my speech is – three sentences gone and still no story. The class already knows you, and the title is on the blackboard anyway. Fix: after the greeting, throw the scene out as the first sentence, and delete both your name and the title.

Fault two: writing the choking as a running account. First I took a breath, then I lifted my head, then the water came in, and finally I felt terrible – every step reported, yet not one picture. Self-check: count how many nouns in the paragraph are things that really exist in a pool. Fix: delete connectives like first, then, next, and replace them with concrete things – water, nose, chest, the lamp at the bottom.

Fault three: persistence by slogan. I made up my mind, persisted every day, and finally learned – three sentences of pure determination, no action. Self-check: circle the verbs in this paragraph; if they are all mental verbs like wanted, decided, persisted, it is a slogan. Fix: write one smallest action – soaking ten minutes or blowing seven bubbles both work; the smaller the act, the more believable.

Fault four: the realization lands from the sky. The body only wrote about choking, yet the ending suddenly thanks friendship. Self-check: copy the realization sentence alone and hunt the earlier text for its evidence; if you cannot find it, it was pasted on. Fix: the realization may only grow from details that already appeared; if seven bubbles are in the text, the realization may start from bubbles.

Fault five: piling up adjectives. Huge waves, bone-chilling cold water, endless fear – three modified phrases in a row, sounding like a tongue twister. Self-check: keep at most one modifier before each noun. Fix: trade adjectives for action; water slapping the face is far louder than huge waves.

Fault six: sentences too long to breathe. One sentence runs past forty characters, the speaker gasps halfway and the audience loses the thread. Self-check: read aloud and slash the spot where you must steal a breath; paragraphs dense with slashes are over the limit. Fix: one sentence, one piece of information; if there are more than three commas, consider splitting into two or three sentences.

Fault seven: a tail on the ending. After thank you, the speaker adds I hope everyone learns to swim. After the thanks the audience is already getting ready to clap and hears nothing. Fix: make thank you all a standalone final line and add not one word after it.

Fault eight: no rehearsal. A perfect script read like reciting a textbook still fails. Self-check: read the whole thing aloud three times with a stopwatch; a smooth draft of six to seven minutes usually lands inside the time the outline expects. Fix: for stumbling sentences only split them, do not change the content; mark pause signs where laughter or nodding is likely, and pause there on stage as marked.