

写游泳随笔最容易掉进去的五个坑

第一个坑：把三个规定素材写成三张打卡照。呛水一段、教练一段、游起来一段，段与段之间没有任何关系，像交作业。自查方法：把三段的第一句单独抽出来读，如果三句话之间看不出关联，就中了这个坑。改法是给三段找一根线，可以是一个反复出现的物件，比如那副起雾的泳镜在每段都出现一次；也可以是一个悬念，比如教练那句没说完的话，第一段埋下，第三段回应。

第二个坑：议论比叙事长。提纲要求夹叙夹议，很多人就每段后面加一段感想，感想越写越长，最后叙事三百字、议论四百字，随笔变成了演讲稿。自查：数一数带我明白、我懂得、这让我这类词的句子，超过五句就超标。改法：留下最有力的一句，其余感想全部删掉，把省下的字数还给叙事，给呛水段补动作，给游起来段补过程。

第三个坑：教练变成符号。教练一开口就是语重心长，说的话像励志海报，坚持就是胜利之类的口号从教练嘴里说出来，假。真实的教练说话短、糙、带口头禅，可能一边说一边看表，可能话说到一半被别的学员打断。改法：回忆或假设一个具体的教练动作，先写动作再写原话，原话控制在十五字以内。

第四个坑：呛水段全是套话。鼻子一酸、眼泪夺眶而出、心想我是不是不是这块料，这三句在范文里出现太多次，读者已经免疫。自查：把自己写的呛水段读出声，凡是听起来像别人作文的句子都标出来。改法：只写你自己的那一次，池子里当时有什么声音、谁在你旁边、你抓到了什么，把这些别人没有的东西写进去，套话自然站不住。

第五个坑：结尾强行升华。游起来之后一定要接一段这件事告诉我一个道理，人生就像游泳之类的句子，把前面积累的真实感一次性泄掉。改法：结尾停在具体的画面上，比如上岸时腿还在抖、泳镜里有一片水雾看不清教练的脸。画面收束，道理让读者自己得出。随笔的夹叙夹议，议在过程中点到为止，不在结尾集中补课。

Five Traps When Writing a Swimming Essay

Trap one: the three required moments read like three check-in photos. A choking paragraph, a coach paragraph, a swimming paragraph, with nothing connecting them, like homework. Self-check: pull out the first sentence of each paragraph and read the three together; if you cannot see any link, you are in this trap. Fix: find one thread for the three paragraphs. It can be a recurring object, say fogged goggles appearing once in each paragraph; or a small suspense, like the coach's unfinished sentence planted in paragraph one and answered in paragraph three.

Trap two: reflection longer than narration. The outline asks for narration with reflection, and many people append a moral after every paragraph until the story is three hundred words and the moral four hundred, turning an essay into a speech. Self-check: count sentences containing I realized, I understood, this taught me. More than five is over budget. Fix: keep the single strongest line, delete the rest, and spend the saved words on narration: more action in the choking scene, more process in the

swimming scene.

Trap three: the coach becomes a symbol. He speaks earnestly and his lines look like motivational posters; slogans from a coach's mouth ring false. Real coaches speak short and blunt, with catchphrases, checking their watch mid-sentence, interrupted by another student. Fix: recall or invent one concrete coach action, write the action before the quote, and keep the quote under fifteen words.

Trap four: the choking paragraph is all stock phrases. A stinging nose, tears welling up, wondering if I have no talent for this, three lines every model essay has used to death. Self-check: read your choking paragraph aloud and mark every line that sounds like someone else's composition. Fix: write only your own time in the water: what sounds were in the hall, who was next to you, what you grabbed. Put in what nobody else has, and cliches cannot survive.

Trap five: a forced uplift at the end. After swimming at last, a paragraph must follow about what this experience taught me, life is like swimming, and all the built-up realism leaks out at once. Fix: stop the ending on a concrete image: legs still trembling on the deck, a blur inside the goggles hiding the coach's face. Close on the picture and let the reader draw the lesson. In an essay, reflection appears lightly inside the moments, not as a final lecture.