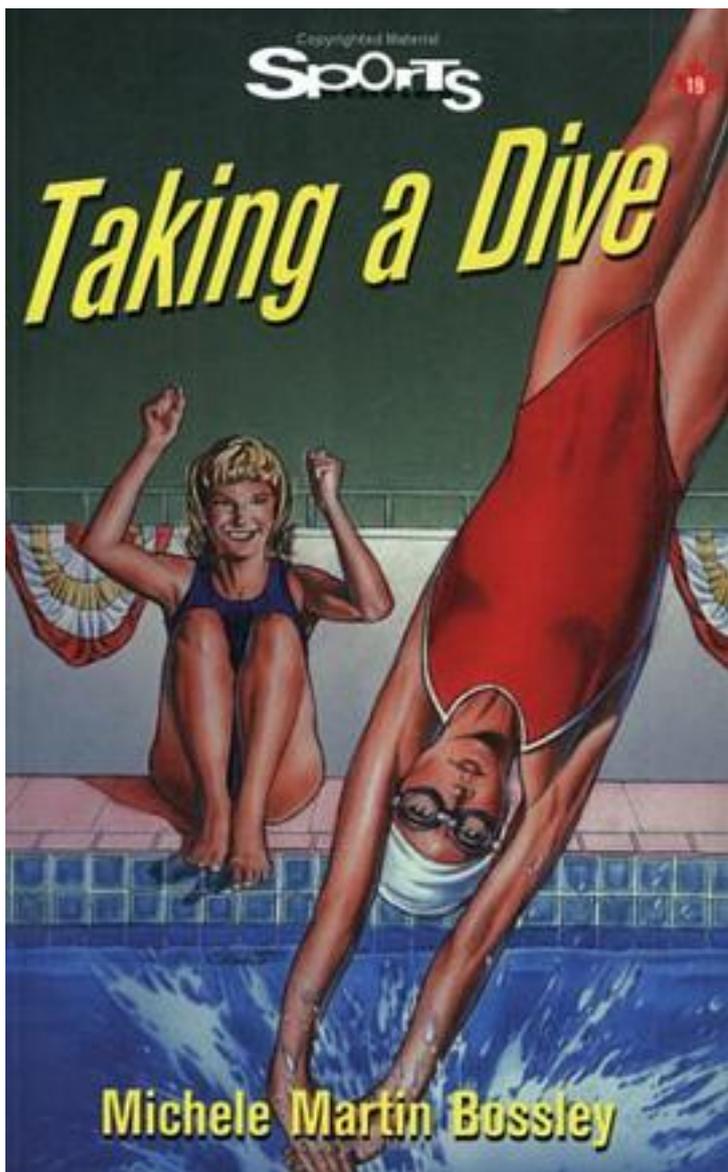


Taking A Dive (Sports Stories)



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Josie is afraid that her record-breaking swim in the 200-metre butterfly at the Alberta provincial championship was a fluke. As her Calgary swim team trains for a big meet, she can't come anywhere near her best time, and sees her dreams of national and Olympic glory slipping away. When she participates in her school's Athletic Challenge, however, she's forced to learn the meaning of "personal best" all over again. The insight she gains there spurs her on when she hits the water again. Taking a Dive uses the exciting world of competitive swimming to explore the links between self-confidence and success.

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