

Sample Outline - Narrative Essay

How Losing a Swim Meet Made Me a Better Swimmer

Introduction

Introduce the subject of your narrative essay using a thesis statement and a plan of development (POD).

Thesis: The first time I participated in a competitive swim meet, I finished in last place. With more focused training and coaching, I was able to finish 2nd in the State Championship meet.

Plan of development: I was very disappointed in my results from the first meet, so I improved my training and fitness. This helped me swim better and faster, which helped me to greatly improve my results.

Body Paragraph 1

Set the scene and provide supporting details.

Topic Sentence: I was embarrassed at finishing last in my first competitive swim meet, so I began working on ways to improve my performance.

- **Detail Sentence 1:** I spent extra time with my coach and the team captains learning how to improve my technique.
- **Detail Sentence 2:** I started running and lifting weights to increase my overall fitness level.

Body Paragraph 2

Provide additional supporting details, descriptions, and experiences.

Topic Sentence: Over time, my results began to improve and I was able to qualify for the state championship meet.

- **Detail Sentence 1:** My technique and fitness level made me faster and able to swim longer distances.
- **Detail Sentence 2:** I steadily got better, and I began winning or placing in the top 3 at most of my meets.
- **Detail Sentence 3:** My results improved to the point that I was able to qualify for the state championship meet.

Body Paragraph 3

Provide additional supporting details, descriptions, and experiences.

Topic Sentence: With my new confidence, techniques, and fitness level, I was able to finish 2nd at the state championship meet.

- **Detail Sentence 1:** I was able to swim well against a higher level of competition due to my training and technique.
- **Detail Sentence 2:** I was no longer embarrassed about my last-place finish, and was able to use it as motivation!

Conclusion

Conclude the essay with a recap of the events described or a reflection on the lesson learned in the story.

Concluding Sentence: I used my last-place finish in my first competitive swim meet as motivation to improve my performance.