

The Diver

Catherine Brentnall

Verse 1

Up on the diving board the diver waits,
Strikes his pose, anticipates.
He thinks of all that his trainer said,
Hears his voice inside his head:

Chorus

“Just take a moment, compose yourself.
Don’t let the nerves take a hold.
Keep your focus, it’s make or break.
This time you’re going for gold.”
The spectators fall silent, he leaps in the air
And they all watch his story unfold.

Verse 2

He executes his dive with poise and grace,
Twists and turns, all in their place.
But as he nears the end the diver knows,
He must achieve the perfect close.

Chorus

Just take a moment, compose yourself.
Don’t let the nerves take a hold.
Keep your focus, it’s make or break.
This time you’re going for gold.

And he enters the water exquisitely,
Ready to surface to glory untold.

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