假定你是李华，你的表弟Mike从小待在国外，他是个“旱鸭子（landlubber）”,最近在学游泳，请你给她写封信,内容包括：

1. 表达你的敬佩之情
2. 提醒注意安全事项：充分热身；勿涉深水区；佩戴泳帽泳镜

注意：

1. 词数100左右
2. 可以适当增加细节，以使行文连贯

Dear Mike,

You told me in your last letter you were learning to swim and I feel amazed that landlubber as you joke about yourself, you’ve in time gathered enough courage to start a fresh experience in water.

To ensure a pleasant learning process, I feel obliged to remind you of some safety tips. Please do adequate warming up on land before you start training in the pool. Once you’re practicing in water, follow the coach’s instructions and do not attempt to swim to the deep area before you are allowed to. Always wear a swimming cap and make sure the swimming lens do not leak.

Swimming is a fun sport which enhances physical health and brings spiritual enjoyment. However, both should be built on the top policy---safety.

Best wishes.

Yours

Li Hua