

LUCY TAYLOR is broken. Her older brother is dead, drowned. Everything inside her wants to scream. The water that used to be her solace seems to surround her and she is stuck, trapped in this tiny coastal town, water lapping at her door.

Swimming defined Lucy, now she can't look at the water without seeing her brother, without imaging his last breaths. She wants him back but the sea took him and held on.

Lucy can't bare to face her best friend and training partner, the inevitable sympathy and pity, worse, the constant reminder of swimming. Instead she seeks indifference with Steffi Greggson, a girl who can smell weakness like dogs can smell fear.

Steffi and her friends take Lucy to a party. At the party Lucy runs into her brother's best friend. Hurt that he hasn't been around since the funeral, Lucy confronts and makes him tell her what happened that night with her brother. He is hesitant but reveals that he doesn't think her brother's death was an accident but was suicide. Lucy yells at him to shut up! She tries to drown the thought but it gets stuck in her head.

Lucy wants to shutdown but she is pulled back by Steffi's infectious friends. Especially Evan Harris. Evan makes Lucy laugh; telling her bizarre facts and making up stories.

While at school Lucy receives a call from her auntie telling her that her mother has been taken to hospital. Lucy can't seem to comprehend that her mother almost died. Her auntie says it was a medication mix up and Lucy worries that her she may have tried to kill herself.

Evan and Lucy start dating. Evan keeps pushing Lucy to deal with things. He tries to get her to go back in the pool but it all blows up in his face. Lucy confronts him about trying to 'fix her'.

Lucy worries that she's opened up too much to Evan and he will always be connected to her grief. She tries to break up with him. Evan says he wants to be there for her even if she never gets over it.

The group goes on a road trip to Sydney for Lucy's birthday. While in Sydney Lucy notices a cigarette lighter that Steffi has that belonged to her brother. Lucy accuses Steffi of stealing it. Steffi says that brother gave it to her. Lucy asks why on earth he would give her anything? Steffi says it was because they were together. Lucy is sent into a tail-spin. Why would her brother do that? Is this why Steffi has been her friend?

Steffi explains that while she loved Lucy's brother he didn't love her back. She feels guilty for seeing how messed up he was and not doing anything to help him. Lucy tells her that they all saw it but no-one did anything. Steffi assures Lucy that she really is her friend. Lucy isn't over the shock but she does start to understand.

Though Lucy is still sad over the loss of her brother, with the help of her friends, she can take whatever comes next.