

Coach Koehr's Swimming Awards Banquet Talk – March 7, 2004

It's Not My Fault

1. It's Not My Fault – write on blackboard
 - Said this?
 - Marketing fat products
 - 1. Example for some of you
 - a. Ad Campaign announcement – 19% - laughed
 - i. Laughters who sold ads?
 - b. Bad teacher?
 - i. In future, will anyone care?
 - ii. To professor, ..”having trouble – my HS math teacher was bad”?
 - c. ADD – No doubt
 - i. Glad there was no such thing as ridalyn
 - ii. To boss – “....sorry I missed that meeting, I have ADD”
 - d. Why does Government take more control over our children?
 - i. Too many parents are saying this
 - e. A whole political party has bet their fortune on the fact that people think this way
2. Why “It's Not My Fault? Why complain?
 - a. Feeling helpless
 - I am not a victim.
- Lance Armstrong
 - i. Ad campaign – afraid to start
 1. Haven't yet learned to push yourself
 - ii. Future – your kid having trouble in school?
 1. Act like your child is a victim
 2. What are you going to do? Teach it yourself?
 - iii. Always a 1000 reasons – none of which involve you

- b. St. Peter - it was someone else's fault?
 - i. My child didn't get to heaven – it was someone else's fault?

c. Look to Yourself First

- 3. Takes more than faith to be a good catholic – takes CHARACTER
 - a. CHARACTER is LEARNED
 - b. Swimming teaches us this
 - c. Lunch with Rob – “They don't get it. Soccer is about Life Lessons”
- 4. I coach swimming to teach life lessons
 - a. Lessons:
 - i. YOU are in control
 - ii. Wherever you are, YOU can work hard and improve
 - iii. You CAN do so much more than you think you can
 - b. Playing victim doesn't help, even if you are!**
 - c. Swimming examples:
 - i. Brittany Rosato – 500 Free
 - ii. Dan Quinan swimming 100 Fly
 - 1. It was great!
 - iii. We complain about various health issues, then we meet Mark Manley. Doesn't mean the problems aren't legitimate – just don't make them excuses
 - iv. Kevin at Sr. Champs – works both ways
 - 1. Not a “quirk” that you added 3 seconds to your time.
 - 2. Kevin has learned the key lesson
 - 3. YOU MAKE CHOICES – YOU DEAL WITH THE CONSEQUENCES
 - a. Used to travel for biz
 - b. Don't read Hardy Boys
 - d. Other Life Examples
 - i. How many homeschooled?
 - 1. Think of the courage!

- 2. Easier just to complain about the school or teacher
- ii. What if: Dad told me I had ADD
 - 1. Lowered expectations?
 - 2. Compensated for me?
 - 3. I wouldn't have learned to compensate myself
 - a. Franklin-Covey poster child
 - b. Only leave my car keys in 4 places
 - 4. I WOULD be the victim
 - 5. As an adult, no one cares – expected to carry your cross
- e. Biblical Examples
 - i. What if Peter had been a swimmer
 - 1. He failed learned succeeded
 - ii. Mary to Jesus
 - 1. Can't run to mommy whenever it gets tough

I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is the moment when he has worked his heart out in a good cause and lies exhausted on the field of battle-victorious.
 - Vince Lombardi

- iii. We think he was talking about Football – No!
 - 1. Think of that when you watch The Passion!
- 5. Not COMPASSIONATE to deny you these lessons
 - a. Learn these lessons in a tough environment where people still love you
 - b. It's not love to:
 - i. Let you off easy
 - ii. Tell you that you did well when you didn't
 - iii. Let you languish below your maximum potential
 - c. It's the easy thing to do though
 - i. Like giving a child candy to be quiet

- d. I'm hard on you BECAUSE I love you
- 6. The fun of swimming lies in these lessons
 - a. Think of the times that were the most fun:
 - i. Kirstin Kleb getting a PR
 - ii. Amanda Byers finishing the 500
 - iii. Stephanie – qualifying for States in 200 IM
 - iv. Beating Highland's girls 200 Free relay after they beat us
 - v. Knocking the FA boys medley relay off of the DAC record board
 - vi. Breaking 1:00 in 100 Fly
 - b. Excellence feels really good!
 - i. Aristotle said it is the key to happiness.
 - c. It's fun because:
 - i. You know you earned it
 - d. Source of true confidence and self-esteem
 - i. No one can give you self-esteem – You earn it
 - ii. Vital for all of your future relationships
 - 1. Most important one – you and your spouse
 - a. Yes, wives are supposed to be submissive to their husbands
 - In the biblical sense
 - b. Not in the mental, physical or even emotional sense
 - c. That's how women get into trouble
 - 2. Getting your spouse to heaven
 - a. Takes a strong women to tell you directly without being mean
 - Childish
 - Selfish
 - iii. Will give courage to step up and be a problem solver, not just a problem identifier
 - 1. Not complainer
 - 2. Impact your world with your values
 - e. That is why we swim – that is why I coach

- i. To help develop the CHARACTER it takes to never say, “It’s not my fault”

7. Conclusion

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat.

- Theodore Roosevelt

8. If you are a swimmer, you know victory and defeat. I’ll see you all next year – in the arena!