

Coach Koehr's Swimming Awards Banquet Talk – March 6, 2005

Winning Is Not Important – Baloney!

1. **Swimmer told me I said “Winning wasn’t important**
 - If I said this, not sure what I was thinking
 - There are things more important – not many
 - Winning is very important – Let me tell you why
2. **Being a winner doesn’t always mean losers too**
 - **Sometimes it does**
 - Most of us don’t live in this world
 - Navy SEAL quote
 - War on Terror
 - Pro Sports
 - Who was second in last year’s superbowl?
 - Carolina, lost 32-29 – close
 - Presidential election
 - NARAL and the gay rights movement?
 - **Most times it doesn’t**
 - We live in a country where nearly everyone can win
 - Excellence, risk, individual ambition
 - Achieve anything you want
 - Start a company – fulfill a need
 - Invent something
 - Write a book
 - Start a Catholic school!
 - That’s why we
 - Highest standard of living
 - 40% of world aid
 - Amazon.com gave more than France
 - Other examples
 - Anytime you sacrifice to help someone else
 - Help an employee get promoted – winner!
 - Volunteer - My wife tells me that I get more from Seton than I give to Seton

- Anytime you work together to achieve a common goal
 - If you work together on Pre-Calc - both get an A – winners!
 - Team up for a Seton fashion show – winners!
 - Help someone with their flip turn – winners!
- Anytime you accomplish a new level of excellence
 - Hit your budget at work – winner!
 - Run Marathons almost an hour slower than Mrs. Dunn
 - Come to a Pre-Calc review session – figure how to graph a really hairy sine function
 - A PR – winner
 - Finishing the 500 Free for the 1st time – Kirstie, Katie Racine, and others
 - Girls Medley – 4th from 8th – Meg lead, Melissa and Jessie splits, Katie finish - winners!
 - Bryan Morch and Sean Koehr – On end of medley, swam a 25.5 and a 24.5 – winners
 - Kevin – getting 2nd in State with a PR
 - More impressive swim at States than at Nationals
- Winning is a daily struggle
 - Not just for the State Meet
 - “I won/lost today” when got home from work
 - “A’ for the day”
- **Winning matters!**
 - Called by God to get the most from our talents
 - Parable of talents
 - Meek – not Mediocre
 - Real life costs to losing
 - If our values lose

- Abortion on demand
 - Kids raised without a mother and father
- If you lose at Seton
 - Don't get into the college you want to
 - Don't get that scholarship
 - May be afraid to take a student loan because you are unwilling to bet on yourself
- If you have a family and you are losing
 - May not be able to
 - Keep a spouse home
 - Send kids to a good school
 - Give them a chance to go to Haiti
- If you are losing:
 - No position to help others
- **A loser is someone who, thru their own inattentiveness to excellence, has little choice to but to think of only themselves**
 - No better definition of loser in my book
- **What's stopping you from winning?**
 - Short Answer: You
 - I spent 45 minutes last year
 - "It's Not My Fault"
 - I respond poorly when I hear this
 - Never act like a victim, even if you are
 - Accepting defeat
 - Accepting mediocrity
 - Don't up in the face of adversity
 - God gives us crosses and talents and asks us to win
 - When you see the Master, are you going
 - Have a good return on the talents he gave you
 - Make excuses for not carrying your cross
 - Accept defeat by saying "It's wasn't my fault"

- **This should be one thing you learn in Swimming**
 - What it takes to win
 - Hard work
 - Desire
 - Perseverance to overcome adversity
 - And Yes, competition
 - That's why I push
 - I set expectations, you meet them
 - If you fail, I'll tell you
 - Will Never accept "It's Not My Fault"
 - Because I love you
 - I put you in competitive situations
 - You don't always like it
 - Need to get over that
 - Life is competitive
 - Have fun, but this is no social club
 - Training ground for life
 - In my book, You Are ALL Winners