

Coach Koehr's Swimming Awards Banquet Talk – March 4, 2007

Training Your Will

1. Who said this:
 - a. Sports is not merely the exercise of muscles, but it is the school of moral values and of training in courage, in perseverance, and in overcoming laziness and carelessness. There is no doubt that these values are of greatest interest for the formation of a personality which considering sports not an end in itself but as a means to total physical, social and moral development.
 - b. Pope John Paul II
2. Life lessons in swimming
 - a. Trains your will
 - b. Swimming, to a greater degree than many sports, is a sport of the will
 - i. Very often, the winner is the one with the strongest will
 1. Ask the Walsingham girl that got passed by Jessica Dunn in the last 5 yards of 200 IM at States
3. Definitions of success lie on a spectrum from completely secular to completely spiritual.
 - a. All definitions have one thing in common
 - b. A strong Will
4. What to be a successful _____ – you need will
 - a. Successful Athlete?
 - i. Do pushup and sit-ups late at night in your room (Sean)
 - ii. Get up at 3:45 for swimming practice (Mary-Kate, Bridget, Leslie, Danielle, Jessie and Nevin)
 - iii. Actually kick on the hard sections of a 500 Locomotive
 - iv. Only breath when you are supposed to on hypoxic sets, even though no one will catch you

- v. You win the close races
 - 1. I've seen Nevin get beat, but I've never seen him lose a close race
- vi. Exercise in the morning because you know it will never happen otherwise
- b. Successful Student?
 - i. Do your math homework!
 - ii. Seek help from friends at lunch when it would be easier to goof off outside
 - iii. Start your paper a little early so you have time to mull it around in your head
 - iv. Use the 30 minutes you are waiting to be picked up to get something done
 - v. Participate in class when it might be easier to slack off in the back row
- c. Successful Parent?
 - i. Get up to bring your kids to swimming practice
 - 1. Easy to say, my kid can't play that sport because I just can't drive them
 - ii. Stay up with a baby (so your husband doesn't have to ;-)
 - iii. Don't give in to child when it would be easier just to say "OK"
 - iv. Taking a 2nd job so your wife can stay home with the kids
- d. Successful Business Person?
 - i. Don't quit after you lose that big account
 - ii. Make one more sales call after a long day of "no's"
 - iii. Show up for work on a snow day when a customer is counting on you
- e. Successful Spiritually?
 - i. Seek grace thru prayer and the sacraments
 - ii. ACT
 - 1. Think of someone else before you think of yourself

2. Make a meal for the Koehr's when you have 10,000 other things to get done that day
3. You volunteer for something at Seton that no one else will do
 - a. Head of the Ad Campaign is going straight to heaven!
5. Seek opportunities to train your will
 - a. Very difficult concept for the average 16 year-old
 - i. Or adult for that matter
 - b. Train your will by:
 - i. Never quitting something you've begun
 1. Sport – don't play again next season
 2. Going to run a triathlon, run it
 3. Start a job, finish it
 4. Start a home project, finish it
 - ii. Never say "I can't"
 1. A variation of this is "I don't need to do this"
 2. "I don't need math"
 - a. Pretty arrogant for any of us to claim to know God's plan for us
 - b. What you're really saying is a "I can't"
 - c. Passing up an opportunity to train your will
 - c. Anyone here ever heard me call them a "slacker"?
 - i. It's usually because you're being one
 - ii. I don't want you to go to college and be one of those losers who just
 1. goes to class
 2. watches TV
 3. parties
 - iii. I don't want you to grow up to be one of those guys who does nothing but
 1. work 40 hours a week
 2. come home and watches TV
6. Why is it so important to have a finely trained Will?
 - a. Because doing God's will is not always easy
 - b. Your Will is the most powerful when it is aligned with God's

7. Treat the trials in your life as an opportunity to train your will
 - a. My mother always said “everything happens for a reason”
 - i. Maybe it is just to help you better align your will with God’s
 1. To remind you that there are things greater than your current problem
 - b. Anytime you quit, you’ve lost the opportunity
 - c. Anytime you say “I can’t”, you’ve lost the opportunity
 - d. It’s a lost opportunity to make yourself a better person
8. A couple great examples this year on the swim team:
 - a. Billy Corkery
 - i. You read about it on your e-mail
 - ii. Senior struggling to qualify for States
 1. times are getting faster
 - iii. Used the force of his will
 1. Joined the weight team
 2. Worked hard on every set at practice
 - iv. Still wasn’t happening
 - v. Went to Richmond shaved
 - vi. Wanted to qualify in the 50 while leading off the 200 Free
 - vii. Had to swim the 200 and 100 first
 - viii. Whammo – 2:06 in the 200!
 - ix. Just another great lesson in always doing your best, even when you think it doesn’t matter
 1. Your plan might be to qualify in the 50, but God might think you’re a 200 guy
 - x. For giving all of us such a great example of that lesson, I’m awarding our boys Coach’s Award to Billy Corkery
 - b. Katie Planchak
 - i. Had a tough year by anyone’s standards
 - ii. Senior
 - iii. Doing her best times early in the season
 - iv. Bam
 1. Hit with a pretty serious illness that would have knocked almost anyone else out for the year

2. Not Katie

- v. I was doing the Meet Sheet for States and got this e-mail:

From: ktswimlynn007@aol.com

[\[mailto:ktswimlynn007@aol.com\]](mailto:ktswimlynn007@aol.com)

Sent: Wednesday, January 31, 2007 7:32 PM

To: jkoehr@adelphia.net

Subject:

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Hey Mr. Koehr,

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Tonight I swam for the first time after receiving my IV injection treatment. I am feeling a lot better after the treatment and I want to be able to swim well at states. If I focus on getting my body used to the water again in practice I think it is possible. I know it seems a little unreasonable with only two weeks left but I think I can do it. I still want to swim the 50 and 100 freestyles. Swimming is 90 % mental and 10 % physical. I can do it.

- vi. She's was right, but not in the way she had hoped
- vii. At States
1. Swam the 50 in 27.40 versus 25.22
 2. Swam the 100 in over a minute versus sub :55
 3. Then she split over a minute in the 400 Free relay
 4. How many others would have quit at this point?
- viii. On the last night, she was swimming in the 400 Free relay
1. Goal to break a minute in 100 Free
 2. Not her usual goal to be sure
- ix. Swam :59.83 to help our girls finish 12th
- x. Might be hard for Katie to see the victory in that, but I sure do
- xi. Last week's readings when Jesus spent 40 days in the desert:

1. The priest in NC reminded us that, even Jesus, had to train his will
 2. The road to the promised land MUST go through the desert
- xii. For her courageous performance, I'm giving Katie Planchak the Girls Coach's Award