

Coach Koehr's Swimming Awards Banquet Talk – March 15, 2009

How To Be Average

- I think swimming is a great application for the Parable of the Talents
 - Summarize the parable
 - Doesn't matter how many talents God gave you – it your responsibility to return them to him two-fold
- Imagine a continuum from **Complete Failure** to **Complete Success**
- In the center of the continuum is **Average**
 - Not where God wants us to be
- Formula for being Average
 - **Only do things that you like to do**
- Swimmers that experience success, don't follow that formula
 - You don't hear good swimmers say,
 - "I'm not a morning person"
 - They just get up
 - "I was saving it for the 2nd 50"
 - They give it all they have, even if it hurts
 - "I only like to swim the 50"
 - They learn to swim everything
- In this way, swimming is a training ground for your future success
 - When you **wake at 5:00**, you're training yourself to comfort that child afraid of the storm
 - When you **PR after a hard week of practice**, you're training yourself to pull society's wagon, not ride on it
 - When you **practice hard** on Monday **after some bad swims** on Saturday, you're training yourself to persevere if you ever lose your job
 - When you **try to negative split a 100** yard race, you are training yourself to take a risk, the kind of risk you will need to take if you ever want to own your own business
- So the next time you need to do something that you don't want to do, just remember that **you must do it** if you ever want to be anything more that "average"
- And "average" is a place where no one in this room should want to be

I like these last awards most because it gives me the opportunity to recognize people that have refused to settle for being “average”.