2016 ASCA COACH OF THE YEAR

DAVE DURDEN

University of California
Congratulations to Coach of the Year winner Dave Durden and all of the 2016 ASCA Coach of the Year finalists!

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ON THE COVER:

2016 ASCA Coach of the Year Dave Durden

Ryan Murphy - Olympics
100 BA 51.85 WR 50 FR 21.49 Bronze
100 BA 51.97 Gold 100 FR 47.85 Bronze
200 BA 1:53.64 Gold 400 FR 3:09.92 Gold
400 M.R. 3:27.95 Gold 400 M.R. 3:27.95 Gold

Nathan Adrian - Olympics
200 BR 2:07.53 Silver 50 FR 21.40 Gold

Congratulations to Coach of the Year winner Dave Durden and all of the 2016 ASCA Coach of the Year finalists!
The maestro behind the greatest medals movement in Olympic history is Machiavelli with a stopwatch.

Michael Phelps, 31 and 20 years into his partnership with Bob Bowman, was not far wide of the mark when he described as “insane” his 23 golds atop 28 medals in all at four Olympics 2004-2016 after it all began with a fifth place in the 200m butterfly final for a 15-year-old at Sydney 2000.

Planet Phelps ranks 5th among nations on the all-time swimming medals table at the Olympics since it all began in 1896. Stretch it to all sports and he makes the top 40 nations.

The grin of a mad scientist breaks out Bowman’s face as he revealed the terrible truth the day after Phelps had past Spitzean heights with an eighth gold medal at Beijing 2008: “At the Melbourne World Cup in 2003 I stepped on his goggles – deliberately. He said ‘hey, someone stepped on my goggles’. I said ‘Oh … well, you’re just gonna have to go without them’.”

In Phelps, Bowman found the raw materials that he had been looking for at the North Baltimore Swim Club. “At 11, he was so fast, he had to swim with older swimmers … but by the end of the practice, and at the most difficult part of the session, I saw a little cap moving up forward to the front of the line with each repeat swim. It was so remarkable, I’d never seen anything like it and when I went home that night I couldn’t sleep I was so excited, but of course I didn’t tell him that.”

Instead, Bowman piled on the metres and challenges. After one particularly bruising practice, Phelps leapt out of the water and started splashing water at some of the girls watching nearby. “I said ‘you should be very tired, that’s the hardest practice you’ve ever done’”, Bowman recalled.

“I’ll never forget, he looked me straight in the eye and said ‘I don’t get tired’, so I made that my life goal to see if I could accomplish that.”

Bowman set about teaching the Baltimore Bullet how to keep loading his gun even as enemy fire keeps raining in, as it does in the Olympic cauldron.

When a scrawny, gangly 12-year-old raced at his first national junior meet in the United States, Bowman noticed he had left his goggles behind just before he walked out to the blocks. “I saw them sitting in our team area, I could have taken the goggles to him but I decided to keep them and see what he could do,” Bowman said.

“So he swam and won the race without the goggles just like he would do in Beijing in the 200 butterfly when his goggles filled with water. He was ready years before.”

Bowman build barriers for the young Phelps to find his way over. “I’ve always tried to find ways to give him adversity in either meets or practice and have him overcome it,” said the coach. When Phelps was 14, Bowman sought out a competition where racing was held late evening. As Phelps raced, Bowman had a word in the driver’s ear: “Make sure we get to the hotel 10 minutes late.”

“Well, guess what,” says Bowman with a chuckle. “That way there was no dinner – he had to deal with it. He’s used to handling pressure situations in training, where that pressure comes from me.

“We have often put him in a situation where practice is not over until he achieves a certain time. Things have to be done absolutely correctly or we do them over.”

Bowman learned some of his tricks and tactics from former Britain performance director Bill Sweetenham. “I was at the AIS [Australian Institute of Sport] when Bill was there training a squad of juniors. After one session, they all complained that the water in the water fountain was too hot. So the next day, there was no water fountain.” Sweetenham has had a builder remove it overnight. “I wouldn’t want you drinking water that’s a little bit too warm,” he told the swimmers. From then, they had to bring their own bottles “and be responsible for that”.

Bowman took Phelps to junior meets where “he would race three times in the morning, three in the afternoon and then I’d say to him, ‘that’s not quite right, you could go again’. Every time he got out and said ‘I’m tired’, I said ‘no, no, look, let’s just try that again, go on now’, and every time he’d get back in and go again.”

In Rio at the last press conference of his career as a racer, Phelps was asked to explain his success. He said:

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How BOB BOWMAN Built The Score To PLANET PHELPS

IT’S PANTEHON SYMPHONY & STARS

By Craig Lord, SwimVortex.com

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“My success is nothing out of the ordinary: goal-setting, believing in myself and not giving up until I get there. Sure, I went through ups and downs, and in and out of the pool, but not giving up was instilled in me at a very young age. I was in a pretty good physical shape for these Games but I had to get my mind right. I said to Bob, I will never let myself get to 210 pounds (10kg) again. I will stay in some kind of shape. The last two Olympics it hasn’t worked, hopefully this time it’s a triumph.”

You can read more about that in The Golden Rules:

• A Book For All Season
• The Maturing Of Bob Bowman, A Mentor ‘Mellowed, Softer’
• A Book For All Season

You can read more about that in The Golden Rules:

“You're only as good as your closest once ones. As a whole, I don't think, every Olympics has been so different.”

It was five golds, one silver behind Joe Schooling, the pupil who became the master and one of the greatest swimmers in the world. The menu includes 23 golds. Which one to pick as the standout? “This Games hands down was the 200 fly. That might be one of the greatest races of my life. How deep I had to dig, and how bad I wanted it back after 2012. I’ve been on the good side of some of the worst days just like everybody else.”

He may not be ready to face that at that time and I make him do it or get him to a situation where it happens. There’s a lot of work that goes into it. There are a lot of ups and downs. He has bad days just like everybody else.

Canadian medley ace Marianne Limpert trained in Baltimore for Bowman. She says: “I’m so glad I’m training here… I just though Michael was like a little swimming robot but now I see he’s a real person, he has good moods and bad moods. Even when he’s in a bad mood he channels it into effort.”

“Without Bob, I would not be in this ball park. He’s been with me throughout the times he wanted to achieve in three favourite races. He was just 11 but six months later he swam those exact times, and how he stands today in relation to that. That’s where that whole thing comes in.”

Phelps said: “Australia have always had fast swimmers. I guess I want to be there every step of the way, I don’t want to miss a thing.”

“Phelps is moving on, no coming back this time: “I’m in the best place of my life. It was a mental thing.” He had a tip to give: “Without Bob, I would not be in this ball park. He’s been with me throughout the times he wanted to achieve in three favourite races. He was just 11 but six months later he swam those exact times, and how he stands today in relation to that. That’s where that whole thing comes in.”

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He needed rest. Even with a February 2009 return on the cards, Bowman believed that Phelps would be back in time for Rome 2009 world titles. "He can't sit still for long," Bowman told me in his last interview before he boarded a plane for home. "I'll be like his welcome back meet, a little like Montreal (2005)," he added, dreaming of sunny days in the Eternal City.

We'd seen the sun the day before inside the Water Cube. And the moon and the stars and all the planets on a tour of the aquatic orbit of a truly unique human being, a man whose achievements come straight from the book of comic-strip super-heroes. Spirits soared at the sight of it all.

Michael Phelps referred to being "almost half way through my races" after taking the 200m freestyle crown in a world record of 1:42.96, the pace of a panel or two of polyurethane on the way to a full shiny crisis.

Bowman had told him that he should and could get his feet on the wall at 30sec half-way. Yes, sir – will do. We'd seen it before, at Melbourne 2007 worlds in particular, but the sight of Phelps on the wall at 50sec half-way. Yes, sir – will do. We'd seen it before, and the call was closer than the eye can count and the clock is paddling.

Bowman, a grandad figure to Boomer Bob Phelps, 3 months, was asked if he could find another Phelps out there. He guffawed and said: "Absolutely not. I'm not even looking."

"It's not even in a generation. It's sure in every 10 generations that someone like Michael comes along. He just had so many things going for him – he had the physical skills, the mental outlook, the family that supported swimming, he was in a great swimming club. He had the emotional ability to get up for big races, and be able to perform better under pressure. I don't think you'll be seeing another Michael. There is only one Michael."

The Eighth Symphony

And for your next trick? That was the question for the aquatic maestro and magician back on August 22, 2008. In the wake of conducting his 8th Swimming Symphony with Phelps in Beijing, a corner of Bob Bowman's mind was already at work. It might be February 1, 2009 before the swimmer got back in the water, said the coach, Phelps having been promised a long break if all went well. All had gone exceedingly well. Better, indeed, than any other Olympic campaign in history.
theories suggested that Omega had stopped the clock themselves in favour of its poster boy. The truth was to be found elsewhere, while the controversy required Phelps to stay focussed, his job not yet one. Bowman listed noted that Phelps “can focus like no other athlete.” Phelps stars down Caele” and one headline and accompanying photo-caption. Not so, said Bowman: “if you were watching the 100m butterfly final, the Serbiam swimmer and Michael were facing each other standing behind the blocks and it looked like they were trying to stare each other down. After the race I asked Michael if that was what he was doing, and he said ‘I didn’t even know he was there’. That’s how focussed Michael is on what he wants to do. ”The 100m butterfly result flicked a switch for the coach.

“The biggest moment of relief for me was after the 100m butterfly [final]. I’d convinced myself that seven was the number. It wasn’t the 1.42.96 that I thought maybe it [eight] would happen. One thing Michael does better than anyone else is to use the right amount of emotional energy for every race he stands up for.”

And stand up he did, teammates with him to deliver the eight. The water whipped, the gold coat bowing, the symphony complete, Bowman said that Phelps would branch out into more sprints, more backstroke, some more breaststroke at national events, no 400m, as agreed with Phelps, and while the 400m free and a shot at Thorpey’s standard was not on the cards, the signature 200 ‘fly would remain all the way back to the blocks at London 2012.

In Beijing, Bowman had witnessed the very thing he did not expect to see but had, nonetheless, prepared his pupil for many moons before result turned to robotic response just when it was needed needed at the biggest of occasions. Phelps’ goggles had filled with water at the start, and he had been quick to react. The result was still a world record of 51.80. The suit, perhaps, having made up for the loss of vision. Bowman had thought a time “in the 49s” had been possible that day.

The impact of suits had not yet become clear and Bowman was thinking of a 50-55 200 ‘fly, as being in the realms of possibilities for Phelps. It would happen, in a LZR Racer, too, in a home Circuit that would sink the many swimmers for London, a January 1, 2008 deadline for death to buoyancy set after Bowman said his boy would not be coming to the FINA party unless the host got back to swim and swimming, not industry and impostor.

Even so, Bowman was among those who would later say that much had been learned from the experience of suits and the catch up with the clock might be swifter because of the knowledge gained from the artificial aid had been lost. The role of coach and impostor was well with the thought of George Bernard Shaw

“People who say it cannot be done should not interrupt those who are doing it.”

By Craig Lord, SwimVortex.com

My Favourite Solo Medal Moments

More on Planet Phelps in the days and weeks ahead. All of Phelps’ wins were tremendous, of course, Here’s my ranking of favourite medal moments – and a brief why:

1. 200m butterfly, Rio 2016 – Gold. As Phelps poked his head through a transparent stage left and flick started to wonder whether he might be a boy fit to grab Ian. Thorpe's headline-grabbing power away, Talbot said: “Well, he hasn’t achieved anything yet. Longevity is the key to greatness.” Phelps stopped a pointer of Thorpe on his wall and stared it down every day until the job was done. Rio after reclaiming the crown – the very spike of his return – he said: “Just to be able to see the No t next to my name again in the 200 ‘fly, one more time: couldn’t have been scripted any better. I told Bob when I came back how bad I wanted that 200 ‘fly. I came in on a mission and that mission was accomplished.”

2. 200m medley, Athens 2004 – Gold. First gold, first WR in the Olympics – at 18. It was thrilling, a herald for the greatest haul – and how – in Olympic history. The biggest winning margin in history. Here was the evidence that we were looking at the versatile swimmer to end them all.

3. 200m freestyle, Beijing 2008 – Gold: we all know that the suits made a difference, to Phelps, too, and most of you know how I felt about those suits. And then there was a 1:43.16 on the clock – and then there was a 1:42.96 on the clock. It was a part of those pieces of eight. We will never know where the clock might have been. We do know he would have won. We do know that he would have done so convincingly. And we know that he swam that race as masterly as they come four years after enduring so that progress could be made.

4. 200m freestyle Athens 2004 – Bronze: the ‘race of the century’. Well, it won’t be by the time the century is up, four years into 100 years not the best of moments to dismiss 96 years of achievement to come. Still, what a race and with Ian Thorpe and Pieter Van Den Hoogenband ahead of him, Phelps had the best gift he could have had in terms of the next four years in pursuit of those pieces of eight.

5. 200m butterfly, London 2012 – Silver. Some upsets as above. It is because Chad Le Clos got his hand to the wall a touch ahead in London that we were all able to witness the wonder of Rio 2016.

6. 100m butterfly, Beijing 2008 – Gold.0.1. Nothing the finals knowing where he must be relative to Michael Caele if her was going to keep the dream of eight alive. So memorable that Phelps and Bowman remain a thoroughbred racehorse they co-owned by A Hundredth’s just quite a bit but you can’t win ‘em all

7. 200m medley, Beijing 2008 – Gold: gain, the bloody suits get in the way. We will never know where he would have been on the clock. Chances see it would have been equally impressive. As things stood, it was 4:03.84. Mind-boggling. The top speed of Evans and Adlington when claimed 400m free Olympic gold, with breaststroke in the mix. Take a time-warp and place Phelps, 2008, at the height of his powers in a lane next to Brad Cooper, Steve Genter, Tom McLean and Graham Windeatt, 1972 – and he’s right on their tale using all four strokes.

8. 200m medley, Beijing 2008 – Gold: the world record may have reflected the suit a touch, such was the season but look at the dominance: 2:29 up on Ian Crocker, 2:30 up on Ryan Lochte (who’d just won the 200 back). Phelps led from go to gold. Another master-class.


10. 200m butterfly, Beijing 2008 – Gold: looked not at the clock though it was a WR that will stand for some while yet; look at the goggles filled with water; see a mind blind but able to see his way to each wall by counting his strokes and tailing his walls and keeping Cash at bay once more.

11. 100m butterfly, Athens 2004 – Gold: 100m ahead of Ian Crocker. Stunnning for that alone but sensationaly so for how it unfolded – and then part of a lore when Phelps said “I’d like Ian to go in the medley relay final”.

12. 100m butterfly, London 2012 – Gold: he hadn’t put the work in didn’t find the right spike to get what he wanted out of the 200m in London but the 100m he was not prepared to give up, under any circumstances. Knocked bunt not out. Never ever.

13. 200m medley, London 2012 – Gold: The 200m – ah. Knocked up from the ground, Phelps rose, shook em off the dust, licked the wound and took stock. Not again, and not again in the face of Ryan Lochte as a medley man on a roll, the first shiny suit standard downed by his gun.

14. 200m butterfly, Athens 2004 – Gold: It was the first of his 200m butterfly wins after he had taken the world record at 16 in 2001 and then the world title in 2003. An Olympic record, the Mural Touch with him.
A morning to begin reflecting on all that I learned from Forbes Carlile. One lesson comes immediately to mind. And its not from something he ever said...

It’s the way he lived his life. And that was always his “best teaching moment.”

When times were tough (and they often were, early in his career and less so, later, but still, he had plenty of challenges and “lost causes”) he REDOUBLED HIS EFFORTS. The bank rejected him for a loan once. He retaliated by saving his money and NEVER EVER doing anything with a loan again. He paid Cash to build his swimming pools.

Think about the discipline it takes to do that.

He did not back-off. He did not take time to reflect; he didn’t become reasonable. He went HARDER. And STRONGER. And SMARTER. And especially, he doubled down on all he believed in. He could fight like the devil and never dislike those he argued with. He knew how to argue.

He stuck to his guns and worked harder, fought harder. And usually won. But even when he lost, he’d gone down fighting for what he believed in. And he NEVER gave up on any battle EVER.

So he could always hold his head up high. All his personal disciplines, he redoubled. He went to work even earlier, demanding even more and left no stones unturned in the quest to overcome whatever disasters loomed.

I so admire him that I have tried to make it a part of me. He was RESOLUTE, DETERMINED AND INDOMITABLE.

One thing I did hear him say and have in writing from the Great Man...

What I learned:

BELIEVE IN WHAT YOU BELIEVE IN,
PERSEVERE, HARDER LONGER.

With more passion, not less.

What Levels of TRAINING Result in National Team Level PERFORMANCE?

One of the vital pieces of data that coaches need to know is a simple one. How much work is required to excel—specifically to the level of being a successful NATIONAL TEAM ATHLETE for the USA?

We put two simple measures of that to our National Team Coaches. 4 Coaches Responded. We asked for the number of hours per week required and then the number of weeks per year.

So, what does this MEAN? Good question.

The NCAA limit is 20 hours per week. Clearly, OUR COACHES think that this is at least 5 hours per week short of a load. Clear conflict here. Now, an athlete can “train more” but it has to be “on their own”. Anecdotally, computer students who want to be Great, and Musicians who want to be Great, and Thespians who want to be Great, have NO LIMITS imposed by their universities on how much they can practice. In fact, it appears that ONLY IN SPORTS, does the University system (NCAA) feel the need to act “In Loco Parentis” and reduce the adult athletes to children by putting limits on them. If this had been the case in an earlier era, I doubt anyone would have accepted such paternalism. You’re old enough to attend college, pay a ridiculous amount for an education, but not old enough to make your own decisions on your time expenditure? But you can do all the video games you want all night if you want to? Or play your violin till your fingers bleed?

But not swim? Really?

Some athletes of course, want to know the MINIMUM requirements to be a part of their college team...these athletes will also be the ones with MINIMUM results, because that’s what they will accept. For those who want to Excel (in any field of endeavour) should they not be allowed to do as much as they want? (as they would be in any activity OTHER than athletics?)

For the high school age athlete who aspires to the National Team, there are your targets. 25 hours and 49 weeks per year. Doing more will probably give you the ability to perform even better. No one ever got better by doing LESS than they did previously...in some way, you have to do MORE and BETTER. Hard truth of LIFE, not swimming.

Of course, if you’re at 15 hours and 45 weeks, you don’t jump to 25/49. You build up to it, as you would in any physical or mental discipline. 15 becomes 17. A few months later, it becomes 18, then 19, then 20, etc.

No one knows better or has a more informed opinion of what it takes than the men and women who currently put athletes on our National Team. Thanks to those coaches for sharing this valuable information. Thanks to National Team Director Frank Busch and staff for assisting in our request for information.
FRAGILE ATHLETES?

by Bill Sweetenham, AM

I have heard this question asked many times and suggested many times by coaches not just in swimming but across all sports. Let me try to add my views.

I grew up in poverty where nothing was given out for free and anything that you were given (whether material things or advice, inaccurate or accurate), you were taught to thank the person who gave whatever it was to you. My neighbourhood was one where many of the people living there had items that were of value to you or your family. Due to loyalty, family support and neighbourhood teamwork you purchased locally, sometimes these items were even slightly over-priced but you did it to help and support your neighbours. They in return did the same for you. Because of the environment I grew up in, we supported the neighbourhood without asking for a discount or a cheaper rate because the people living around us were neighbours. Because of this, we were prepared to pay a little extra even though we had little to offer and money was tight. Nowadays, after checking with many of my current neighbours who own businesses, they feel that some of their neighbours befriended them only in order to ask them for something from their business “on the cheap”. The neighbourhood “team” and the culture has changed, ie. if you can’t give me something at a discounted price, I really don’t want to know you when compared with my earlier description of the neighbourhood.

After reading the story “Are we creating fragile athletes?”, perhaps the question should be “are we creating fragile people?” There is no question as the body of evidence is beyond dispute that we ARE creating fragile people with compromise from coaches who do not understand the value of overcoming adversity and challenge. I was lucky that for a misdemeanour that I did while I was young, my father FORCED me to teach a young handicapped boy with one half size leg how to swim. This is my greatest memory (and perhaps even my greatest achievement) in a 40+ year coaching career. This boy taught me so much about adversity and overcoming any deficiencies that he had. He learned to swim 50m of the pool in less than 6 weeks in both freestyle and backstroke, going from not even being able to put his face underwater on Day 1. It was his determination and character than achieved this feat, not my teaching ability. Every single great person I have worked with, not just in coaching has had to face and conquer difficult periods in their lives. They have learnt the value of commitment, persistence and more often than not in coaching, they have endured a failed life as an athlete themselves. Great coaches have achieved as a result of failing as an athlete or conquering disadvantage and adversity. Great athletes have not always had to face this. This is the difference between great athletes and great coaches.

The ability of the coach to sell a vision, celebrate success and defeat insurmountable odds is what makes them great. For some reason, the vast majority of coaches then teach compromise and the pursuit of early success versus long term and lifelong commitment. We have only ourselves to blame for this if the athletes are getting soft and/ or fragile. It is all about standards! It is my vision to grow strong people who, due to their commitment achieve optimal performance.

“It is my vision to grow strong people who, due to their commitment achieve optimal performance.”
There is a price to pay if you stick to high standards but the end result is well worth the commitment. In swimming, we are lucky. To be successful as a World Championship (long course) or Olympic Games coach, you will be required due to your commitment and the standard of the competition to deliver coaching at an Olympic level and standard at least 6 days per week for 6 hours per day on deck for 48 weeks of the year and for at least a period of 15 years. No compromise will be accepted or tolerated to achieve success on the world stage in the 210 metres and up events. Support staff who can help must live to these same standards as both the coach and the athlete in this regard.

Most sports science people are attracted to the much less demanding sports where 12-20 hours per week of practice can achieve the above standard and success.How many coaches and leadership courses address this fact of what it takes to win? Our coaching courses do not accurately address “winning” as part of coach education. For those who have worked with me, they will understand it to be a negative issue for me, and I have been part of that system in several countries and I know it well. I worked with an outstanding coach at the AIS named Rheinold Batschi who made a statement once that the “athletes who have never done this, and only view sports science as extended period of time, like tremendous people for an individual sports, you must develop the individual and in team sports, you must develop the team concept. I would hope that by now, you have got my message that I hold coach education without including coach development in a practical sense as the main reasons why our sport today is fragile in developing the good, best and right people to achieve at and beyond their potential. Anything in sport that has the government involved has been a negative issue for me, and I think it is wrong to blame the athlete for being fragile. It is us who create the environment where this fragility will flourish.

I hope this helps.

Kind regards,
Bill Sweetenham, AM

There is a price to pay if you stick to high standards but the end result is well worth the commitment. In swimming, we are lucky. To be successful as a World Championship (long course) or Olympic Games coach, you will be required due to your commitment and the standard of the competition to deliver coaching at an Olympic level and standard at least 6 days per week for 6 hours per day on deck for 48 weeks of the year and for at least a period of 15 years. No compromise will be accepted or tolerated to achieve success on the world stage in the 210 metres and up events. Support staff who can help must live to these same standards as both the coach and the athlete in this regard.

Most sports science people are attracted to the much less demanding sports where 12-20 hours per week of practice can achieve the above standard and success. How many coaches and leadership courses address this fact of what it takes to win? Our coaching courses do not accurately address “winning” as part of coach education. For those who have worked with me, they will understand it to be a negative issue for me, and I have been part of that system in several countries and I know it well. I worked with an outstanding coach at the AIS named Rheinold Batschi who made a statement once that the “athletes who have never done this, and only view sports science as extended period of time, like tremendous people for an individual sports, you must develop the individual and in team sports, you must develop the team concept. I would hope that by now, you have got my message that I hold coach education without including coach development in a practical sense as the main reasons why our sport today is fragile in developing the good, best and right people to achieve at and beyond their potential. Anything in sport that has the government involved has been a negative issue for me, and I think it is wrong to blame the athlete for being fragile. It is us who create the environment where this fragility will flourish.

I hope this helps.

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Given that the International Olympic Committee is the WORLD CHAMPION when it comes to Hypocrisy, the question we all want to know is ... Who is Second?

Actually, I suppose no one wants to know that. But I want to nominate the collective administrators of the American Universities who make up the NCAA. And let’s toss into the same bowl, the administrators of the various collegiate conferences.

The REASON they “win” second place? Then spend huge amounts of time and money promoting the excellence of their product in the media and on television and to parents, then they do everything they possibly can to deny and even take away the REASON for any excellence accidentally produced.

Specifically, the NCAA itself, with the advice and consent of its university members, runs ads all the time touting how “X percentage of these athletes will lead their future lives outside of sports.” The implication being that the NCAA “prepares athletes for life.”

While their rules restrict the amount of time and effort that any athlete can invest with their coaches, in working hard to create that very excellence.

It’s especially interesting that SPORTS is the only university activity where the administrators have decided that they must act “in loco parentis” and restrict how an individual spends their time!

Music major, thespians, computer students, entrepreneurs...all are ENCOURAGED by their university and its teachers (if there still ARE teachers...) to spend as much time as possible practicing their art or craft! (ask any music major sometime what they are asked to do! It makes the NCAA 20 hours a week for sports look like child’s play.)

Meanwhile some administrators at major conferences propose NCAA Rules that would award 4 year scholarships! Imagine that! A guaranteed four year job, regardless of what you produce! That will be very popular with students who would like a free ride without having to perform at any point. But they have four sure years on easy street. Very popular, just not part main-stream American society, where you are actually expected to perform if you want to keep your job. Great recruitment tool for the Conference, yes?

The same set of Conferences, are creating all sorts of rules that restrict the amount and type of time that “counts” towards the 20 hour rule. When you analyze the net result, there are long periods of time where the lazy person can do damn near nothing and keep their scholarships even if the four year rule doesn’t pass.

Now the real issue. Most athletes come in two kind... the Warrior and the Reluctant Dragon. The Reluctant Dragon wants the scholarship, wants the perks, wants the “belong to the team” feeling, wants the prestige, and wants TO KNOW HOW LITTLE THEY ARE “REQUIRED” TO DO, TO MAINTAIN THIS SUCCESSFUL- LY. Truthfully, that’s probably the majority of athletes at the majority of Colleges and Universities. Sad but true.

Then there are the Warriors. They aspire high. They want to be an Olympian. They want to be a Pro.

They don’t want restriction on how much time some 50 year old administrator wants them to be improving at their sport. They want to run their own life, like every other 18-23 year old, to make their own decisions...often in consultation with their coaches, the only ones at the University who ACTUALLY KNOW what it takes to achieve Excellence. They’re not looking for minimums. They’re looking for “optimums” to ACHIEVE.

And they are often on the same team. And our coaches are asked to accommodate both of them. An impossible task. Same scholarship, different people, different “everything”. Part of your team wanting to know the minimums, part of your team wan tot achieve.

And your “administrator” SAYS they want you to create excellence. BUT, don’t have anyone come into the administrator’s office saying your (the coach) are asking the athlete to work hard. We want great on-time graduation rates WHILE YOU WIN! AND have all your athletes “be happy.”

And of course, we add MORE ADMINISTRATORS all the time to oversee the proliferation of rules designed to restrict the Warriors and support the Reluctant Dragons. And the Budgets go up and up and up...and...up. Sports is too expensive? No, administration is too expensive. And to all those Administrators out there that are not part of this problem, I apologize. I know you are there. Somewhere

and the runner up is

by John Leonard

NOW the REAL Issue. Most Athletes come in two kinds...
More NCAA Nonsense to Promote MEDIOCRITY

By John Leonard

When you have those who have never achieved in their lives mandating and dictating to those who HAVE and DO achieve, you have a recipe to bring everyone down to the lowest common denominator.

Those in the NCAA offices and those in the Committee Structure are those who have “never done” but want to tell whose who HAVE, what to do.

“Wouldn’t you like to go to Italy for a semester abroad” YES! (NCAA Survey Question.) (any moron going to say NO?)

What goes unstated is below………..

“If you go for a semester abroad, you can’t train for the Olympic Games”. Uh, NO!”

1) Clearly the NCAA still cannot differentiate between football players and swimmers.
2) Clearly the NCAA staff and volunteer structure of committees cannot understand that SOME swimmers, like SOME piano players, computer geeks and thespians, want to spend as much time as possible becoming the best they can be. (with apologies to the US Army.)
3) Clearly the same NCAA minions prefer the concept of uniform mediocrity to excellence. (of course, they promote the excellence, but they think it can be done on a limited number of hours per week, unlike ANYTHING ELSE IN WORLD HISTORY, which was achieved by lunatics devoting EVERYTHING to their craft.)
4) Clearly the NCAA and its member institutions feel like they can’t trust people to make their own decisions and thus they must act paternalistically. Apparently feeling no paternalism towards said Piano Players, Computer Geeks and Thespians. Perhaps athletes are too stupid to control their own lives.

Ooops, forgot to look at the GPA’s…so much for that argument.)

JL
2016 Olympic Games USA Swimming

Stats Overview

- Mike Unger, USA Swimming

- 26 first time Olympic medalist
- The U.S. won 50% of the gold medals possible in swimming (16 of 32)
- The U.S. had a finalist in 25 of 26 individual events
- The U.S. had two finalists in 20 of 26 individual events
- 3 World Records broken by the U.S. (Katie Ledecky 400, 800 Free and Ryan Murphy 100 Back)

- 7 American Records broken:
  1. Ryan Murphy 100 Backstroke
  2. Cody Miller 100 Breaststroke
  3. Connor Jaeger 1500 Freestyle
  4. Simone Manuel 100 Freestyle
  5. Katie Ledecky 400 Freestyle
  6. Katie Ledecky 800 Freestyle
  7. Simone Manuel, Abbey Weitzeil, Dana Vollmer, Katie Ledecky 4x100 Freestyle

-35 years 2 months, 17 days Anthony Ervin becomes oldest swimmer to win a gold medal in an individual event (50 Freestyle)

- 34.8% USA Swimming won 16 of 46 total Team USA gold medals
- 27.3% USA Swimming won 33 of 121 total Team USA medals.

- If USA Swimming was it’s own country it would have finished 8th amongst all countries in total medals won. (7th was JPN and 9th was Australia)
- 33 medals won of 62 opportunities 53% conversion rate

The USA did not win a medal in 3 events:
- W 200 Breast (no finalist)
- M 400 Free (4th and 5th place)
- W 200 Fly (4th and 7th place)

Medal Milestones
- The women’s 4x100 Medley relay earned Team USA 1,000 gold medal in the Summer Olympics since their inception in 1896.
- The men won their 300 swimming medal at these games (ended the games with 314 all time)
- The women won the 100 swimming gold medal at these games (ended the games with 103 all time)
- The team won their 550 swimming medal at these games (ended the games with 553 all time)

Interesting point here…
- 12 of the 33 medals were won by a small margin. If our athletes had been slightly slower, that would have made a huge difference.

In those 12 events, if the USA swimmers had been 2.51 seconds slower (collectively), the medal count would have been 21 (not 33).

They are:
- M 50 Free .20 (would have dropped Nathan from 3rd to 4th)
- M 100 Free .04 (would have dropped Nathan from 3rd to 4th)**
- M 200 Free .27 (would have dropped Conor from 3rd to 4th)
- M 100 Back .04 (would have dropped Plummer from 3rd to 4th)**
- M 200 Breast .26 (would have dropped Prenot from 2nd to 4th)
- M 100 Fly .01 (would have dropped MP from T2nd to 4th)**
- M 200 Fly .71 (would have dropped MP from 1st to 4th)
- W 50 Free .05 (would have dropped Simone from 2nd to 4th)**
- W 100 Free .35 (would have dropped Simone from 1st to 4th)
- W 400 Free .46 (would have dropped Leah Smith from 3rd to 4th)
- W 100 Back .02 (would have dropped Kathleen from 2nd to 4th)**
- W 100 Fly .10 (would have dropped Dana from 3rd to 4th)**

** The combined margin was 0.26!!!

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