



Illinois Swimming Camp ~
Learnings from the
Mountain ~ The best
always change!

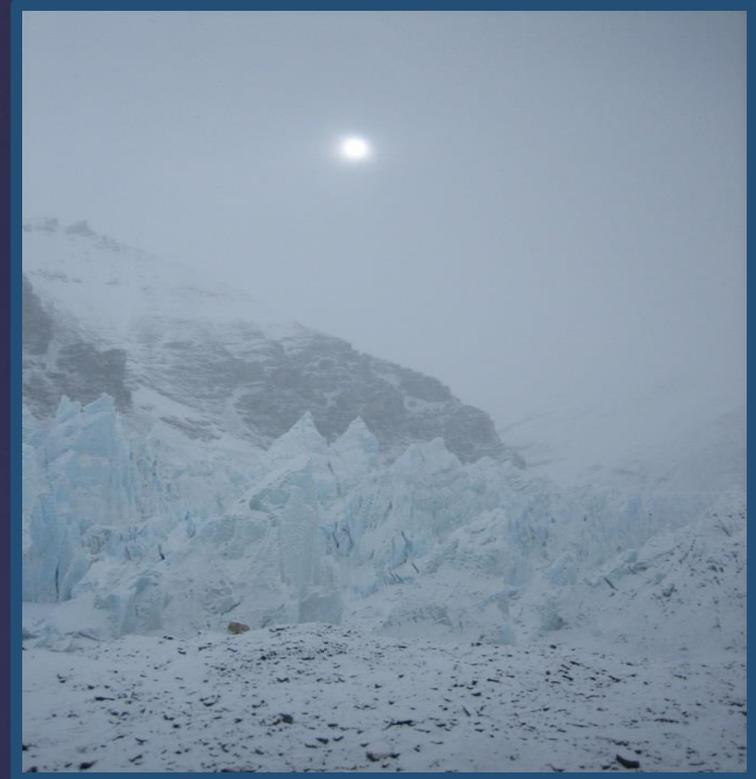
by Coach Doug Ingram 2017
Dedicated to Coach Jimi Flowers

& You wouldn't be here if you weren't already very good, which means it is even more important to keep seeking positive change.

& Go do something outside your comfort zone – after all that's what we as athletes and coaches must do every day of every season.

Miracles start to happen
when you give as much
energy to your dreams as
you do to your fears.





Some days you have Fun,
Some days you build
Character

↳ “Climbing Everest is not curing cancer. It is a narcissistic pursuit, not a noble one. But, there is grandeur in the endeavor. A common goal of magnificent difficulty, with everyone sharing in the brief moments of pleasure and extended periods of pain, binds heart to heart more strongly than the rope itself. Because Everest is so high and so indifferent, it calls upon every mountaineer, at some point during the climb, to rise to his or her better self—that person inside us all who has unquestioned courage, who will sacrifice without doubt, who will commit without complaint, who will put life on the line. This is the answer to the inevitable question: Why? Because: The highest mountain in the world, Mount Everest, expects of you, demands of you, to reach for the highest qualities inside yourself.”

Mark Jenkins

If your Dreams don't Scare
you, they are not Big Enough

Why climb Everest? Why compete for the Gold Medal? Why attempt challenges in any Arena?

- & Because it's hard
- & Because of what you learn about yourself
- & Because of what you can teach others
- & Because of the camaraderie
- & Ultimately - To test yourself

MEN WANTED...

For Hazardous Journey. Small wages, bitter cold, long months of complete darkness, constant danger. Safe return doubtful.

Honour and recognition in case of success..."

—Ernest Shackleton's 1914 Ad

- & "ah, but a man's reach should exceed his grasp, or what's a heaven for?" Robert Browning



Kilimanjaro Winter, 2007

Preparation, Preparation, Preparation -
*"Motivation gets you started, habits keep
you going."* -- Jim Ryun





"We choose to go to the Moon. We choose to go to the Moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win....."

President John F. Kennedy

⌘ “The most difficult thing is the decision to act, the rest is merely tenacity.”

Amelia Earhart

⌘ “ I want to get more confident being uncertain. I don't want to shrink back just because something isn't easy. I want to push back, and make more room in the area between I can't and I can!”

Kristin Armstrong

Decades of Dreaming,

Years of preparation,

Months of planning,

Weeks of pain,

Days of climbing,

Hours of waiting,

Minutes on the Summit?

“You either suffer the pain of Discipline or pain of Regret”

– Jim Rohn

Aconcagua ~
Highest Point
outside the
Himalayas ~
Teamwork takes
Courage and
Persistence



Training and Preparation -

& Get good at suffering -
physical training, in all
weather conditions

& Simulate situations you will
face on the mountain



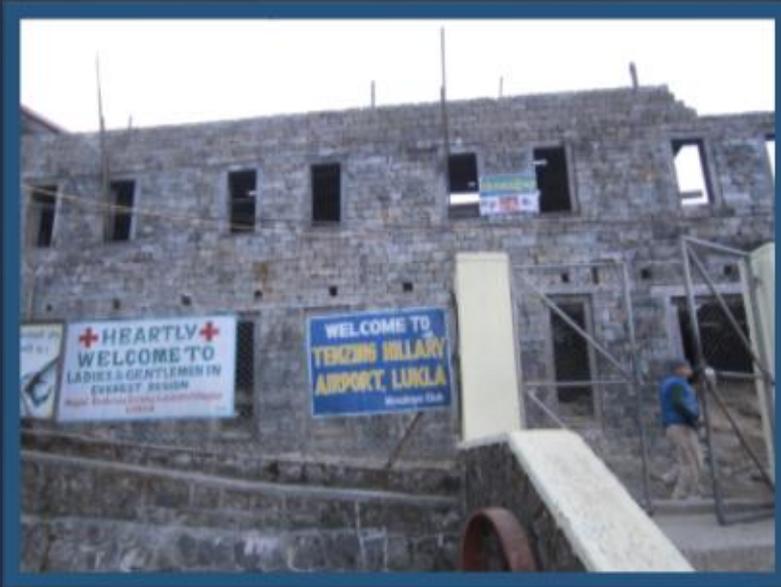


More
Training



Even More Training

LUKLA HILLARY AND TENZING AIRPORT





The Goal is Way Out There



↳ Everest is a true test of patience and logistics. A typical expedition requires tons of gear. Imagine feeding up to thirty people three meals a day for six weeks - all above 20,000 feet! Think about getting up in the morning and climbing several thousand feet to drop off gear and to get your body adjusted to the higher altitude just to return to where you started the next day.

Staying focused on the goal while managing the details is the issue.

Focus on the big picture
while keeping all the details
in mind.

Everything at a
Championship meet
is a performance
issue. Prepare for
that environment.

{ Protect performance
at all costs.
Everything on
Everest is a life or
death issue



All great endeavors have a spiritual element



“ Sherpa friend, Chhiring Dorje Sherpa, once said: ‘A mountain is a living Goddess. Climb with a pure heart.’ This is great advice. Those who climb for fame, fortune, recognition, or only to set or break records, are not climbing with a pure heart. Mountains should be climbed with respect, humility and concern for those who share these sacred realms, be they fellow mountaineers or support personnel. Selfish motives lead to selfish decisions, putting the lives and well being of others at risk.

My own belief is that journey to the finish line is where all the learning takes place and where happiness and growth are achieved. “

- Bill Burke



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Base Camp
Where we Taper
And Wait for
The "Green Light"
Be Patient/trust your training -
Eat, Rest, and Recover



Everest South Side Climbing Route



- & The human body is amazingly adaptable but to adjust to the effects of the extreme altitude on Everest takes time.
- & The best strategy for this is “climb high, sleep low”.
- & The rule of thumb is to increase your sleeping altitude by about 1200 feet at a time.
- & In addition, every 3rd day should be a rest day.
- & But keep in mind in the “Death Zone” (above 24,000 ft.) acclimatization is impossible.

The human body is amazingly
adaptable

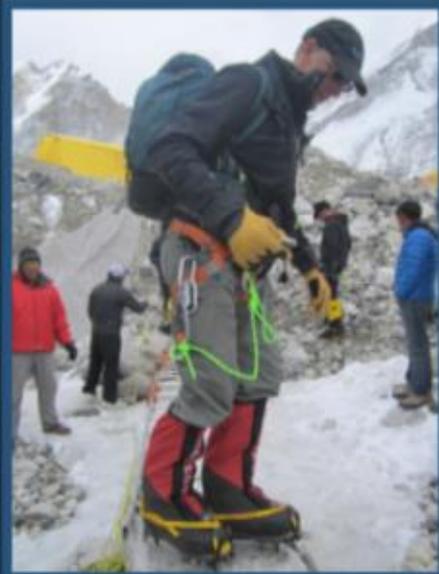
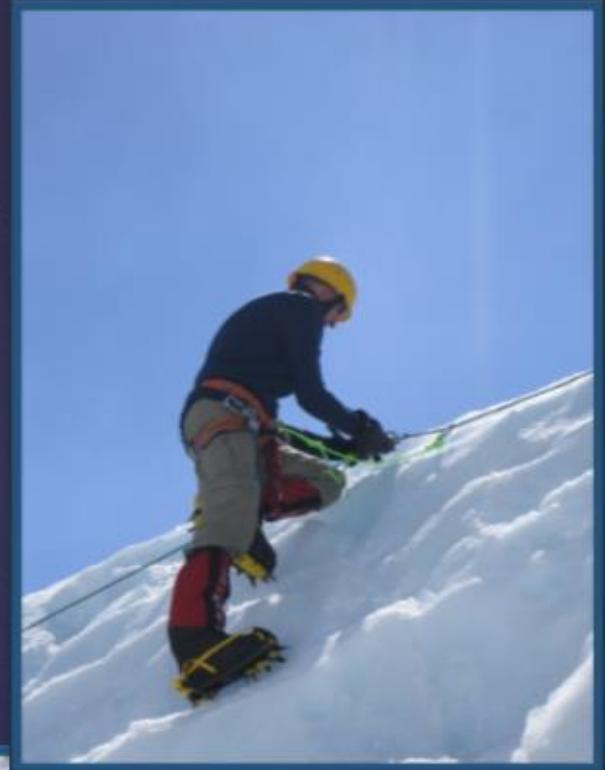
Simulate the Challenge



TRAINING for the
EVENT

Get outside your
comfort zone ~
way out!

Use stress without
over-stressing





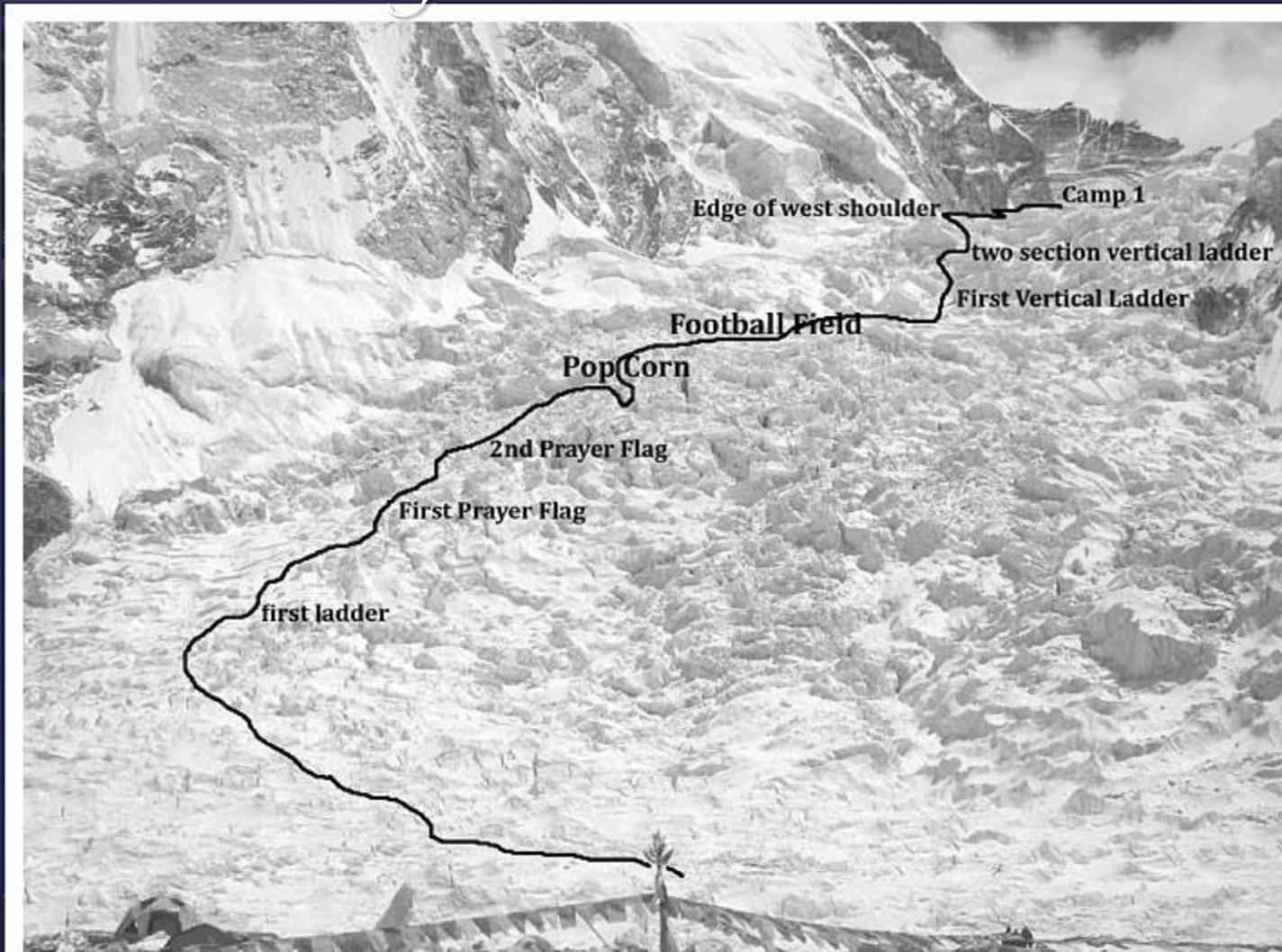
Nature Always Bats Last



INTO
THE
KHUMBU
ICE
FALL!!!



The Icefall - "Be quick but don't hurry" Coach Wooden





More icefall photos



& Are you hurt or hurting?

"I can't move my legs", Scott said quietly in his sleeping bag. I looked closely at the young man and asked him the obvious. He replied with a wince, "They sure are sore and it hurts to move . "With that I relaxed knowing that this young climber was learning the difference between being hurt and simply hurting.

We all go through this every day. Someone says something that bothers us. We say something we shouldn't. Business takes a turn for the worst, we lose when we thought we would win and everything looks bleak. Do we give up on it simply because we are hurting? Do we quit because we are hurting? Or do we learn from the pain and go on?

"To summit Everest, you must find that one reason. And it is unique and personal to you.

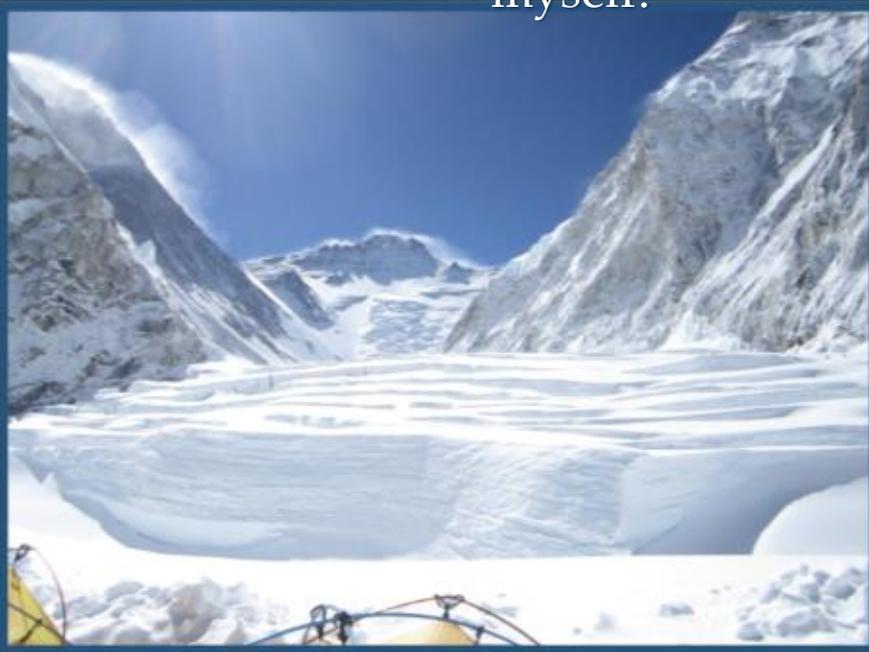
Perhaps no one else will understand your reason and that is OK. At 27,000 feet in the harsh winds, unbearable cold with the wind blowing against your goggles, there is no one else. You are alone on the mountain, in your own world, fighting your own demons. If you don't know why you are there, you will probably not summit; or perhaps return home."

– Alan Arnette

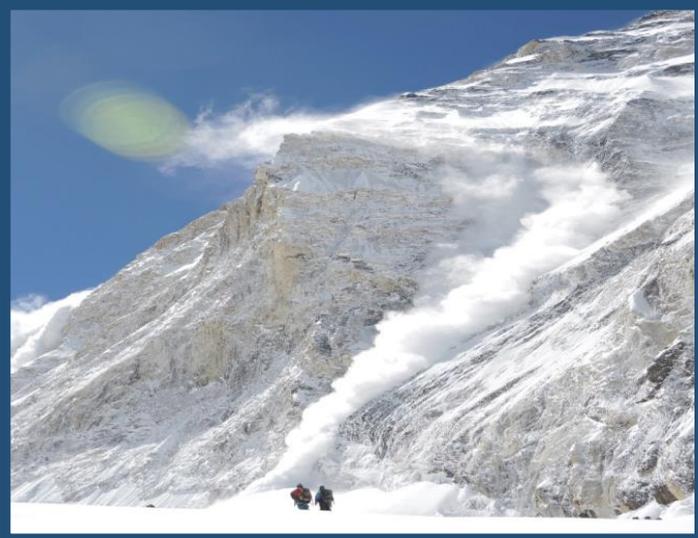
There are 1000 reasons to stop
and only 1 reason to keep going!



Camp 1 (19,700 ft.). Edge of the Western Cwm. I had to pinch myself!



Respect everything, Fear
nothing!



Choose your
attitude,
choose wisely



Camp 2
Advanced
Base Camp
21,500 Ft.





Watching
the Weather
From Camp 2

Lhotse Face



Camp 3 and the Lohtse Face
23,500 Ft.





Intermediate Goals
Through the Yellow Band to 26,300 Ft.

Is it hard or impossible?

In life we hit issues all the time that seem impossible to overcome. It seems like on a daily basis someone says, "This is impossible!" A goal. A schedule. A relationship. But is it impossible or is it just really hard?

Often when confronted with this simple question, we reflect on the goal. Is it still worthwhile? Do I really believe in it? Do I have the commitment and energy to stay with it until the end?

My right foot slips causing me to swing across the vertical rock wall at 23,000'. Smooth rock above, death below. As I settle against the wall, I look up and then I look down. Turn back? Quit? Is this impossible or simply really hard? The ultimate question during climbs to evaluate if I should turn back or keep going.

Coachable Moments – Embrace Feedback



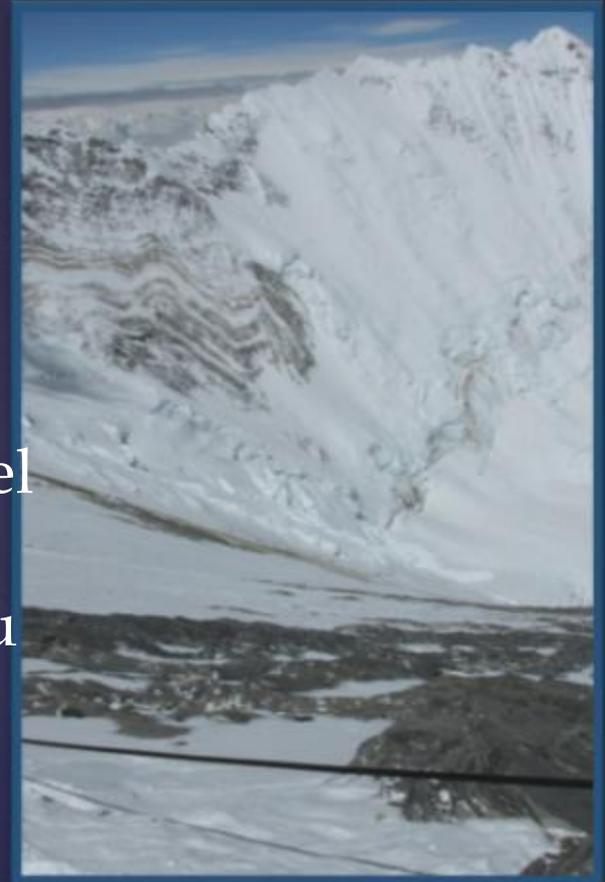
Efficiency is
more critical
than Effort.



Effectiveness
is more
important
than
Efficiency.



You climb from Camp 3, along the Geneva Spur to the South Col and deep into the "Death Zone". You feel strong, yet weak. Excited, yet afraid. You long to go higher, and to go home.



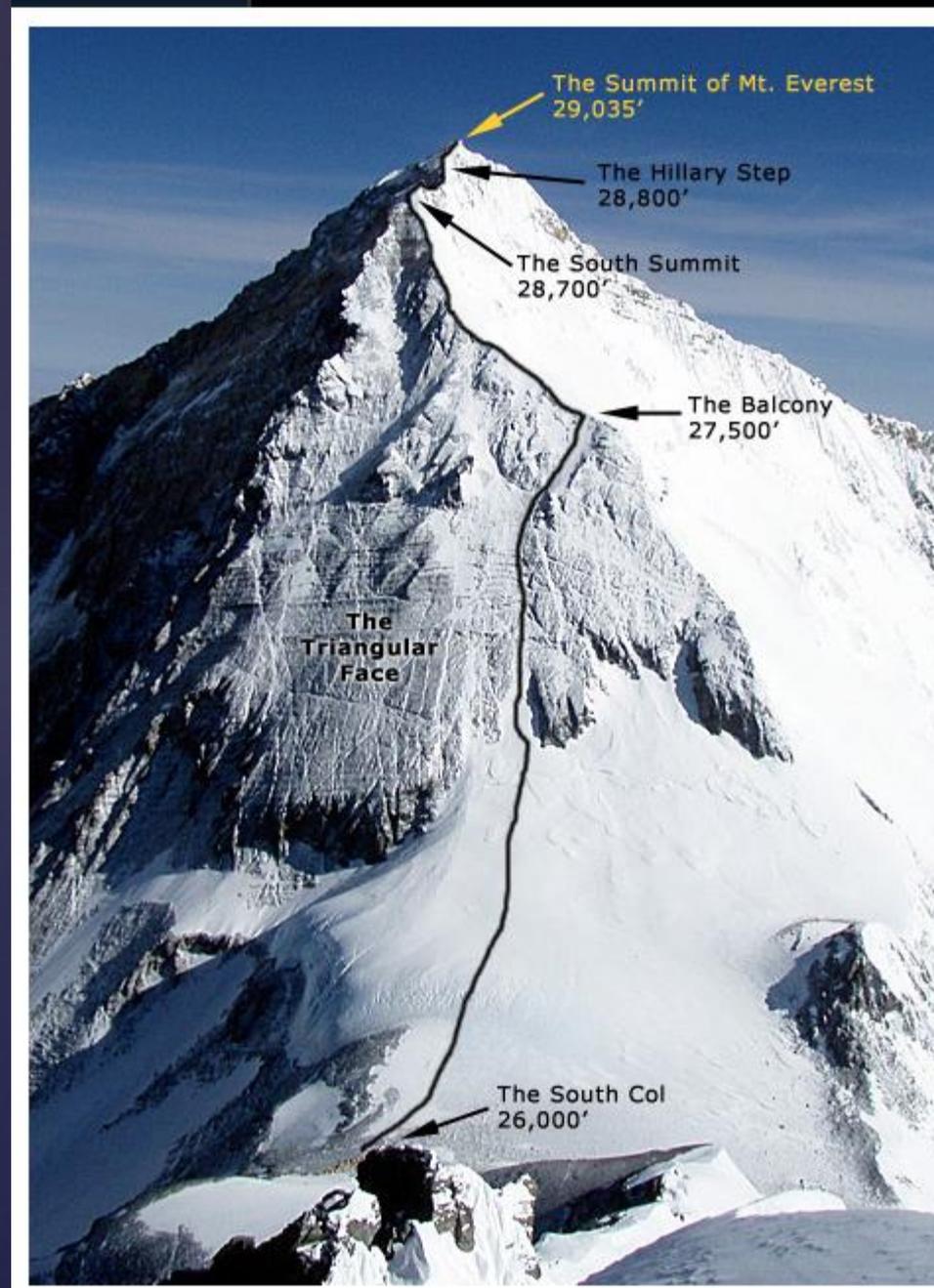
The contradictions are like nothing you have experienced in life.



Get comfortable
with being
uncomfortable

WINDY!!!
(Our Tent Was Being
Shredded Before Our
Eyes)
Adversity Training

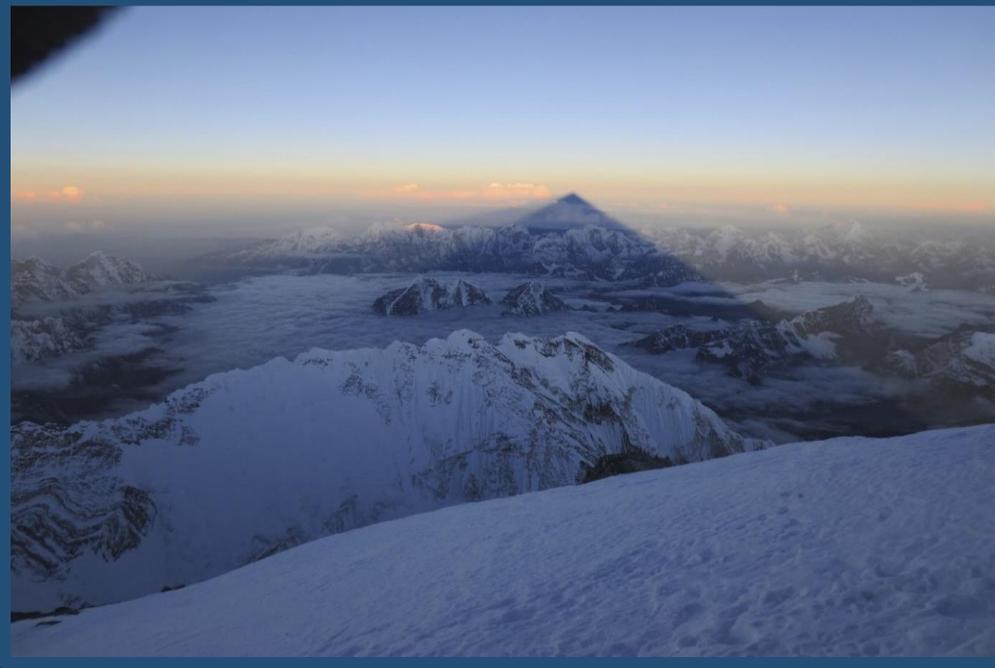
South Col to Summit
There are no shortcuts
to any place worth
going.

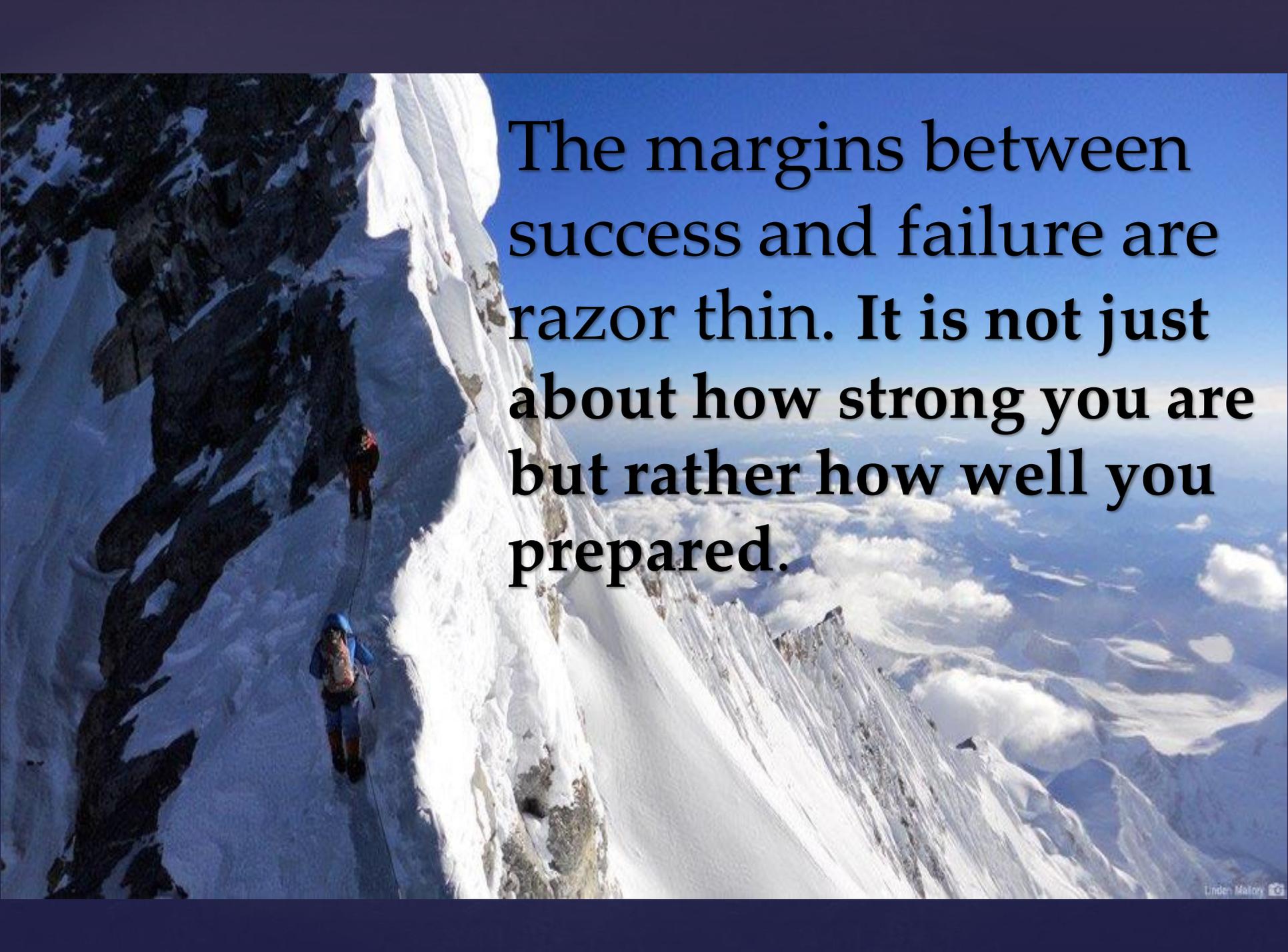




Climbing Everest is about balance. Just as it is in swimming. You prepare your body, you prepare your mind , but can you prepare for unexpected as well as your own mind games?

Shadow of Everest at Sunrise -Mind over matter -
if you don't mind then it doesn't matter.





The margins between success and failure are razor thin. It is not just about how strong you are but rather how well you prepared.

The mountain takes its physical toll. But just like in Sports and life, the mind is what keeps you moving in the difficult times.



“Strength does not come from physical capacity, it comes from an indomitable will.” - Mahatma Gandhi



Summit Ridge - You can always take one more step

“Risk something or forever
sit with your dreams.”

- Herb Brooks





The Highest Point on Earth!!! ~ 29,035 Ft.



Decades of Dreaming
Years of preparation
Months of planning
Weeks of pain
Days of climbing
Hours of waiting
Less than 10 Minutes on
the Summit

Getting To The
Top
Is Optional
Getting Down
Is Mandatory!

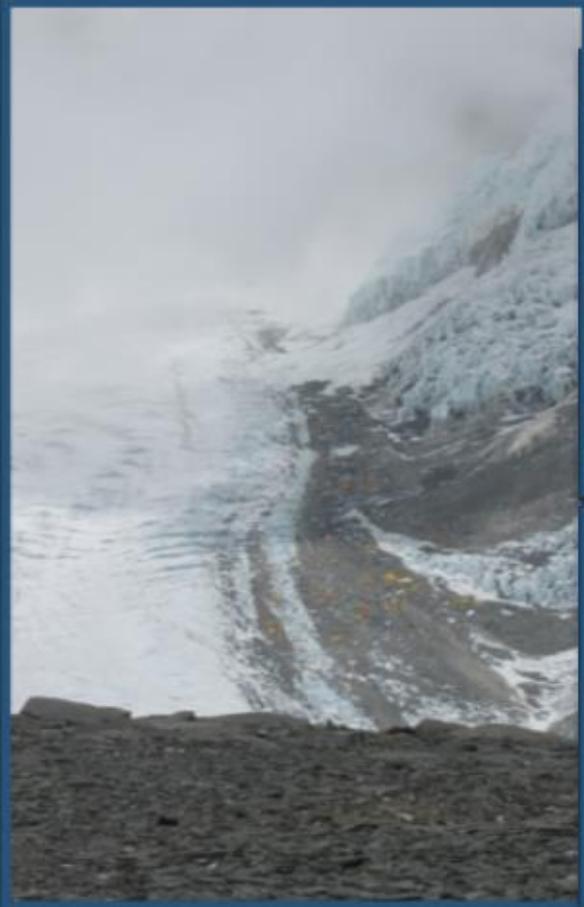
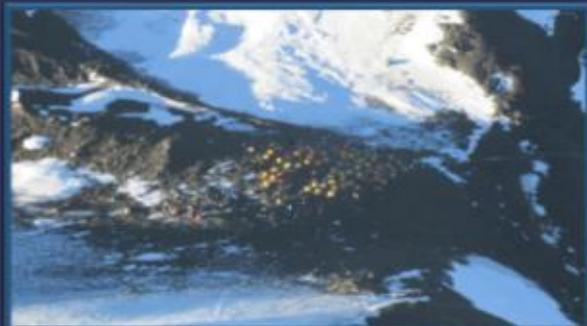
It doesn't have to be fun to be fun!





Focus, focus, focus ~

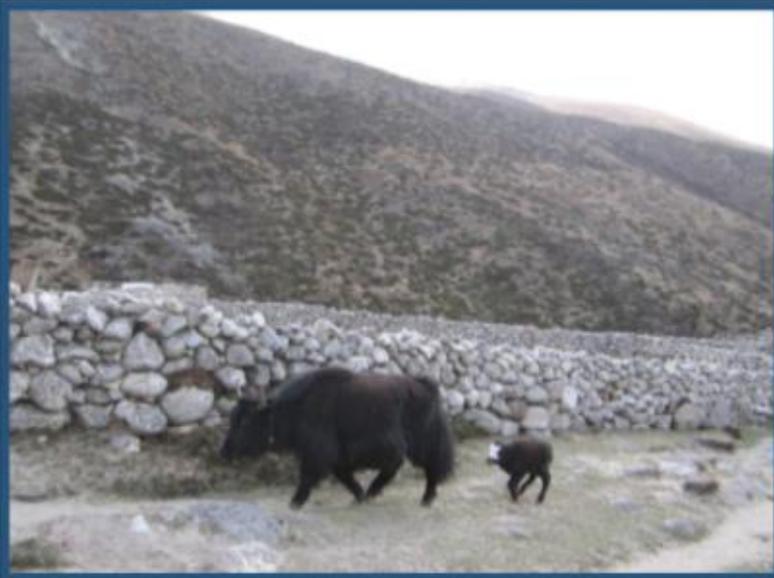
I was living in the moment, no thought of yesterday or tomorrow, no consideration of what to eat for dinner, or celebration of the summit. It was total concentration in a world of distractions. Just like at the championships, you need total concentration while surrounded by a world of distractions!



I needed to reach
to some place
I have never touched,
to feel something
I have never felt,
in order to do something
I have never done.

Find the mental toughness to push yourself to your absolute physical limit.





“The real measure is the success or failure of the climber to triumph, not over a lifeless mountain, but over himself.” - Sir John Hunt

“The greater the difficulty, the more glory in surmounting it.” - Epicurus

**What motivation, What innovation What
Passion....What Dream**

.... will lead to the next next Moon Shot?

What is the next Everest?

The answer lies with you in this room.

“Learn from yesterday, live for today, hope for tomorrow. The important thing is to not stop seeking, striving, improving.”



Doors are waiting for you to open,
thresholds wait for you to cross.
Mt. Everest is not for everyone,
but for everyone there is an Everest that
can be sought.
I wish you NAMASTE in that quest!