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It's Never Too Late

Posted by Xtreme Dream Team on Jan 24, 2012 in Blog | 5 comments



This is my close, dear friend of 35 years, Candace Hogan. Candace grew up a land athlete. Quick on the track, great on the softball field, agile in a soccer game. But she never had exposure to pools or the ocean and thus never learned how to swim.

When we were both about 40, living in NYC, we used to go upstate New York to those idyllic warm lakes and ponds where Candace was determined to do something about NOT spending the rest of her life a non-swimmer. I taught her (and our buddy LeAnne Schreiber, another land beast) the basic freestyle stroke. They worked at it every summer and lo and behold, some 20-plus years later, Candace can swim across those lakes. She can stroke miles off the coast out into the deep ocean. A swimmer (two swimmers...Le Anne the same success story!!!) is born.

Yet another living example of **"It's Never Too Late"**.

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Diana's Tweets



- If you haven't yet sipped the @TEDMED Kool-Aid, get yourself a straw & take a look at the video they released this wk <http://t.co/JTWomGWF> about 7 hours ago from HootSuite
- Drinking the Kool-Aid That Is TEDMED <http://t.co/cPjAv1Wg> @HuffingtonPost 07:15:08 PM January 28, 2012 from HootSuite
- Tim Tebow: Separation of Church and Sport <http://t.co/Coq9d5Qp> 07:03:10 PM January 27, 2012 from HootSuite
- @boulderada Thanks for the FF. Hope you have a magnificent Friday. What's your favorite inspirational quote? 03:54:37 PM January 27, 2012 from HootSuite in reply to Boulderada
- I'm looking for a new quote for my website. What's your favorite inspirational quote? 03:44:50 PM January 27, 2012 from HootSuite

5 Comments



Terri Mrozak

January 24, 2012

Yay Candace!! Woot-woot!!

Reply



Lynda Beth

January 24, 2012

Teaching adults to swim is one of the most inspiring "jobs" I do! It happens when a person is willing to take a risk and move beyond their comfort zone...

Congratulations to you Candace!

Reply



Joanne

January 24, 2012

Took swimming classes for a whole year at University without learning to open my eyes and breathe correctly. (Even took AND PASSED synchronized swimming.)

Years later I put my young kids in swimming lessons, sat and watched, then went to the pool the next morning while they were in preschool and practiced. Finally got comfortable enough to swim laps up to a mile a day. What a victory! It's never too late, more adults should do this.

Reply



Chris B

January 25, 2012

Great inspirations coming thru.

Reply



Dee Dee

January 28, 2012

How amazing for Candace! I remember thinking I wouldn't even learn to float, and this after having been raised on the beaches of San Diego!

Learning to swim as an adult can be challenging, but oh so rewarding!

But Candace and Le Anne can attest to that! 😊

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Diana Nyad's Xtreme Dream

"Diana is more than a swimmer. She's a beacon of hope to us all that we can dream big, live life large, and look back at all of it with no regrets whatsoever."

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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian