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Diana The Swim Coach

Posted by Diana Nyad on Aug 29, 2010 in Blog | 0 comments



Diana coached the Barnard Swim Team for several years beginning in 1975. It was a total mismatch of styles hard work and a lot of fun. Diana was a professional athlete who took her training very seriously. The Barnard team was relatively newly formed and made up of "scholar/athletes" who's primary goals in life were more along the lines of office corridors rather than pool lanes. Nevertheless, being coached by Diana with her enthusiasm and commitment made it an enormous growth experience for all involved.

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Diana's Tweets



- @GeoSocietyPhila Thank you for giving me the opportunity to be a part of an event like this. Looking forward to the fun and the Cuban food. [about 1 hour ago](#) from [HootSuite](#) in reply to [GeoSocietyPhila](#)
- The first annual GEOfest is bringing renowned explorers and filmmakers to the Philadelphia Area - <http://t.co/nWo8aT3u> [about 8 hours ago](#) from [HootSuite](#)
- @brkfastattiffys Thanks so much for the follow back.. make sure to check out my facebook page! <http://t.co/nf0JK8HG> 06:45:02 PM October 13, 2011 from [HootSuite](#) in reply to [BrkfastAtTiffys](#)
- @janetober Don't let anything stand in the way of your dreams- courage is never stopping!! 06:40:07 PM October 13, 2011 from [HootSuite](#) in reply to [JanetOber](#)

I was thinking about a trip made by some of the swim team over winter break to the International Swimming Hall of Fame Pool in Ft. Lauderdale to "train" with Diana. For scholar/athletes who had had many of our practices in Barnard's 20 yard pool the switch to a 50 meter pool was a real struggle - the shorter the pool, the more rest your arms and legs get on the turns. When I think about Diana making a 1 mile swim with no rest (turns) my arms ache. She continues to inspire.

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Here are a couple of pictures of some of the Barnard swim team over winter break to the International Swimming Hall of Fame Pool in Ft. Lauderdale in 1976 or 1977.

Margie



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Your message...

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- [@slatefree1](#) I'm happy to have followers! The next adventure is whatever jumps out at me next in life.

06:35:09 SEP 14 NOV 011 from HootSuite

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About this capture

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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