



Making an IU Olympian

Video Transcript

[Video: The words "IU" on crimson banner left]

[Video: The word "DAY" on red banner right]

[Video: Two banners come together to form the IU DAY banner]

[Words appear and encircle top and bottom of IU Day banner: ALL IU. ALL DAY.]

[Words appear on black film strip with IU DAY banner at top: SPORTS SCIENCE: MAKING AN IU OLYMPIAN]

[Video: Underwater view of Olympic flag hanging from the rafters; Line of flags hanging from the rafters: USA, Olympic, IU, State of Indiana]

[Words appear: Counsilman-Billingsley Aquatic Center, Grand Opening: 1996, Location: Bloomington, IN]

Lilly King speaks: I think the thing that I love most about swimming is the competitive aspect.

[Video: Pool with red and white lane dividers; Swimmer walking to the edge of the pool]

With the team, we talk a lot about grit and how being the best swimmer you can be takes a lot of grit, and how you have to work hard and be tough and just hate losing.

[Video: Lilly King standing at the edge of the pool putting on swim cap]

[Words appear: Lilly King, Class of 2019, Hometown: Evansville, IN]

At that elite level, at the Olympic level, we're never satisfied.

[Video: Lilly King dives into the pool. Motion of water after she dives.]

We always want more.

[Video: Close-up of Olympic gold-medal.]

[Words appear: 100M BREASTSTROKE, 4 X 100 MEDLEY RELAY, GOLD 2016]

The school's just really helped me become this Olympic gold medalist and the best breaststroker in the world.

[Video: Lilly King smiling with her Olympic gold-medal around her neck standing next to the pool in the Counsilman-Billingsley Aquatic Center]

{Video: Michael Hixon walking toward the steps of the diving board}

[Words appear: Michael Hixon, Class of 2018, Hometown: Amherst, MA

Michael Hixon speaks: The thing I love the most about diving is the ability to push yourself on something.

[Video: Michael Hixon climbing the steps of the diving board; close-up of Olympic silver-medal.]

[Words appear: SYNCHRONIZED DIVING, 3M SPRINGBOARD, SILVER 2016

I found something that I can excel at, at a level that is very unique, that most people don't get to go to.

[Video: Michael Hixon with his Olympic silver-medal around his neck standing in Counsilman-Billingsley Aquatic Center with the diving boards in the background]

To become a competitive diver takes a long time.

[Video: Michael Hixon steps onto the diving board; Michael's feet walking to the end of the diving board; Michael performing a backward tuck]

[Video: Shows count of Michael's revolutions from 0 to 3.5 during the dive]

It takes a lot of time going over a lot of different fundamentals and the fundamentals are sort of the basis of what we do for everything, so as dives get harder and we get better at dives, it's always coming back to the same techniques that you learned when you were really young.

[Video: Lilly King poised on the starting block and dives into the pool]

[Video: Shows pounds of force throughout Lilly's dive from the starting block into the pool from 0 to 297 and back down to 0]

Lilly King speaks: Swimming in general is a lot harder than it looks. You see us just going up and down the pool, like no problem, and then you have a non-swimmer get in the water to work out or something and, like, "How much do you do a day?" and I'm like, "Oh, about 14,000 yards."

[Video: Wide angle view of Lilly swimming breast stroke in pool with red and white lane dividers]

[Words appear: 14,000 Yards per day equal to: 140 Football Fields, 7.95 miles, 3.3 Ironman Swims]

Michael Hixon speaks: At this point in my career, learning a new dive, it always starts out with a vision.

[Video: Close-up of Michael intensely focused as he prepares to dive; slow-motion dive starts on diving board over a pool]

[Words appear: 15,845 Dives preparing for Rio 2016, 9834 Flips, 2,425.5 Twists, 6 Hours of Airtime]

Either Coach or myself will come in and say, "Hey, I've been thinking a lot about ... Like, we really need this, or we really should be able to do this." A lot of it comes out of necessity now, because we have to compete with that next level. You need a certain level of, degree of difficulty.

[Video: Michael, using water belts, finishes the dive on dryland]

[Words appear: Indiana Indoor Dryland Facility, Location: Bloomington, IN]

We use water belts at IU which are tremendously important because you get to go through repetitions when physically you may not be able to do all those reps at a level you'd want to be able to do them.

[Video: Michael ties a water belt around his waist and performs a dive into the pool using the water belt]

[Video: Shows rotation count per minute throughout the dive from 0 to 176 back down to 22]

But you can still go through the motions and know where you are. I'd say that's the biggest thing is knowing where you are, how to come out, how to react to different tops.

[Video: Lilly's head popping up for a breath while swimming the breaststroke]

Lilly King speaks: I have 10 swim workouts a week and then I have three lifting sessions.

[Video: Lilly on her back in the weight room lifting a 40 pound weight in each arm, while her strength coach looks on]

[Words appear: W. Jay & Nancy Wilkinson Performance Center, Grand Opening: 2009, Location: Memorial Stadium]

The weight room is fantastic. One of the largest weight rooms in the country and our coaches are phenomenal.

[Video: Lilly holding a bar bell across her shoulders doing a squat; Lilly performing a turn in the pool lane]

We always, we're doing back squat, front squat, split squat. That's all a turn is, is a squat.

[Video: Michael practicing a dive on a trampoline]

[Video: Shows airtime count of Michael's dive in seconds from 0-2.59]

Michael Hixon speaks: A big reason why I use the trampoline is it's comparable to a diving board and you're practicing the same sort of thing, so it's connection in the air, it's come out in the air, it's adjust after you come out.

[Video: Alternating images of Lilly training with straps in weight room and swimming breaststroke in her pool lane]

Lilly King speaks: Coming out of high school, I walk in for an unofficial visit, I sit down with Ray, and he said, "What are your goals?" Simple question. I said, "Well, I want to make the Olympic team." At that point, he was like, "What?" But he didn't even say that. He's like, "Okay." He's like, "Yeah, we can do that." My coaches, they just believe in me so much and push me so hard, and it all kind of came together last year right at the right time.

[Video: Michael standing backwards on the tips of his toes on the springboard, preparing to dive]

Michael Hixon speaks: The biggest reason I'm at IU is because I really wanted to take my life to the next level, not only in diving but in academics.

[Michael listens to his coach, Drew Johansen, in the Dryland Facility; Close-up of Drew Johansen pulling on water belt guide ropes]

[Words appear: Drew Johansen, Team USA Olympic Diving Head Coach, London 2012, Rio 2016]

When I was looking around, I saw IU as a place where you had the reigning Olympic head coach, Drew Johansen, the best facilities around, and great academics.

[Video: Michael performing a backward tuck]

I was able to get in the Kelley School of Business, which is phenomenal education. I'm really happy pursuing both of those things at the same time.

[Video: Michael Hixon smiling with his Olympic silver-medal around his neck in Counsilman-Billingsley Aquatic Center with the diving boards in the background]

I'm Michael Hixon.

[Video: Lilly King smiling with her Olympic gold-medal around her neck, standing in the Counsilman-Billingsley Aquatic Center with pool in the background]

Lilly King speaks: I'm Lilly King.

Lilly and Michael speak: ... and I'm a Hoosier.

[Video: IU Day Banner]

[Words appear on black film strip with IU DAY banner at top: SPORTS SCIENCE: MAKING AN IU OLYMPIAN]

[Transcript ends]