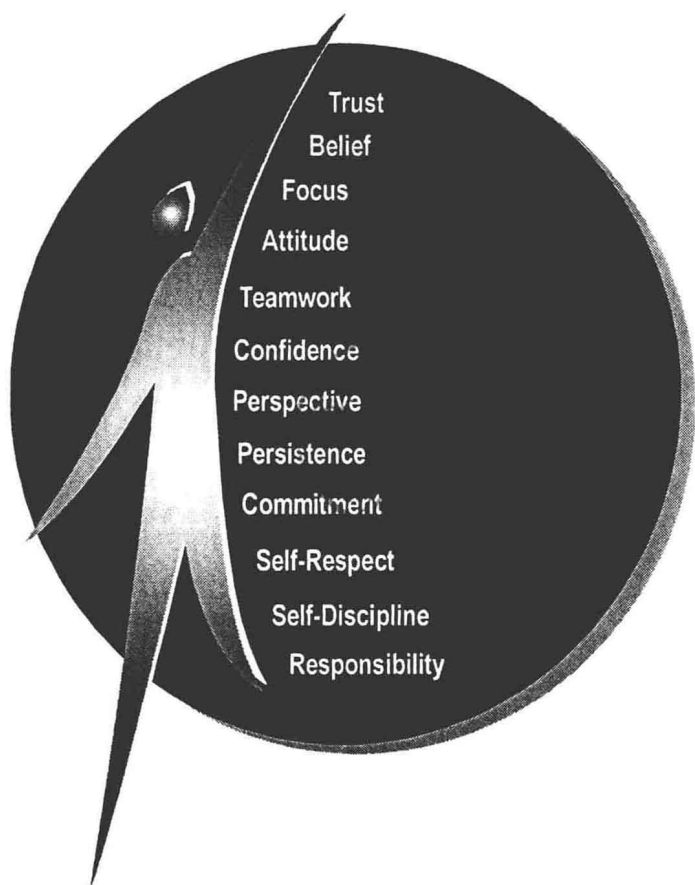


# Circle *of* SUCCESS

*Lessons From  
A Lifetime  
Of Sport*

**Bill Leach & Ted Newland  
with  
Lesley Bindloss**

# Circle of Success



Bill Leach & Ted Newland  
with  
Lesley Bindloss

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## *Dedication*

*To my daughter Alisha and my son Bill, who have grown into responsible and loving adults, and to my younger sons Shane and Hayden, who still have the transition to adulthood ahead of them. May this book, in whatever small way, assist you in your journey.*

*BL*

*To my mother, Joyce, who worked hard to make me tough physically, mentally, and emotionally, so I could survive in this world.*

*EHN*

*To my Dad, who inspired me with "Betsy" stories, and to my Mum, for her love.*

*LHB*



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## *Foreword*

Most of us would like to change something about our lives. So we buy a book, join a gym, or go on a diet. We are a resolution-making people. Unfortunately, we are also a resolution-breaking people, so the book sits on the shelf, we can't seem to make it to the gym, and we abandon the diet. It's the American way.

But not for all of us. There are exceptions. The exceptions deserve our attention.

I know the two exceptions that wrote this book.

Bill Leach has been a friend for many years. I heard his story in small parts - like these chapters. Bill would rather go to the dentist than tell you his accomplishments. Eventually I learned that he is an Olympian, and in 1996 he won the World Championship in triathlon for men over 50. This surprised me on a couple of fronts. First, he looks around 40. Second, he had to swim in Cleveland Harbor to win the triathlon title. That's amazing in itself. I'm from Northeastern Ohio. I know how polluted the water used to be.

Ted Newland's a different story.

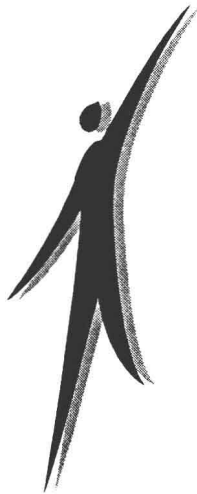
A reporter friend - newspaper, not my world of television and radio- told me that Newland was an interesting guy. In fact, my buddy told me Newland was the most interesting guy he'd ever met. That's the kind of statement that gets a reporter's attention. So we set up a lunch with Newland, and before long I had cameramen following him around for a full season. Newland, I learned, is the water polo coach with the most wins in the history of the NCAA.

It also turned out that Leach and Newland knew each other. In fact, they've been working out together for over 40 years, first as player-coach, and then as best friends. Together they have probably logged more hours in training than any two people their combined age in the world. Just a guess, but a very good guess, I think.

I thought the two would have something to say to anyone who has ever wondered what it's like to be a world-class athlete, or a championship coach. Actually, they have something important to say to everyone who values success in their lives. They know about training the body, but they speak about training one's life.

No matter what you do, if you do it haphazardly, the results will disappoint. Leach and Newland have had their share of disappointments, and they discuss them in this book. But their triumphs are far more numerous. Read this book, discover what they've learned from their world of sport, and apply it to your life. You'll be happy you did.

~ *Hugh Hewitt, author of **Searching For God In America** and **The Embarrassed Believer**; Emmy award-winning broadcast journalist.*





## *Acknowledgements*

Special thanks to coach Al Irwin for taking Bill Leach with him to UCI, and later for bringing Ted Newland over to be swimming and water polo coach. His confidence in us shaped our lives.

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Thanks to Hugh Hewitt for first pointing us in the right direction, and later for taking the time to keep us on track.

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Thanks to Zanzibar, Java City, Diedrich’s, and Starbucks Coffee Houses in Irvine, our favorite places for coffee and inspiration.

And, to anybody we’ve forgotten, sorry! We appreciate you too.

## *Introduction*

In 1986 I turned forty, and Ted Newland was nearing sixty. I was working out every day, and so was he. We both enjoyed sport and knew that our lives were richer and our bodies healthier because of it, and it occurred to us that it was time to write a book explaining Newland's philosophy. If others knew what we knew, their lives could be enhanced too. Full of optimism, we wrote a couple of chapters of what was basically a "how to" book. I spoke with some publishers, and although they were polite, they showed little interest. In their words, "the fitness boom was over".

Time passed. For ten years, "the book" sat on a shelf. I turned fifty, and won a Triathlon World Championship for my age group. Newland had his sixty-ninth birthday, and won another NCAA Water Polo Championship. We were still working out every day. The fitness boom was still booming. In fact, fitness oriented recreation was exploding, and we realized that now we had even more to say about fitness than we had ten years before. Only this time, instead of a fitness manual, we would explain how sport had helped us develop the emotional qualities necessary for success in all areas of life. We believe that the lessons we have learned in over a hundred years of athletic experience are universal lessons. It doesn't matter that we learned most of them through a career in sports, because they apply as much to business, marriage or any other endeavor you decide to pursue.

With the assistance of Lesley Bindloss, whose writing and editing skills helped us form and express our ideas, the book began to take shape. Ironically, the strengths we acquired over many years in athletics, which we wanted to explain in the book, were the very qualities we needed to write it. We started with a dream, and then worked as a team to achieve it. We persevered in finding the right format, and did many re-writes. We used self-discipline to find the time week after week to fit the book into our busy schedules. Above all, we believed in ourselves, and we did not give up.

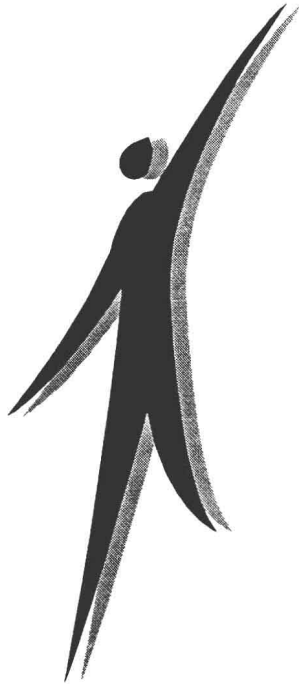
We have reached the finish line. We hope you enjoy the book.

~ *Bill Leach*



# *Chapter One*

## **Belief**



.....  
*They are able because they think they are able.*

*~ Virgil*

.....  
*In the long run, men hit only what they aim at. Therefore, though they should fail immediately, they had better aim at something high.*

*~ Henry David Thoreau*

.....  
*You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind.*

*~ Darwin P. Kingsley*  
.....



## *Shoot for the Moon*

*If I accept you as you are, I will make you worse; however, if I treat you as though you are what you are capable of becoming,*

*I help you become that.*

*~ Johann Wolfgang von Goethe*

Before I joined Newland's program, it was hard to imagine that I'd ever be successful in athletics. In junior high school I was definitely a second-string "wannabe", clumsy and overweight and usually one of the last to be picked for a team. The most logical sport for me to try in high school seemed to be swimming, for as well as growing up with a pool in the back yard, I had spent long summer days body surfing at the beach. My closest friends had decided to play water polo, and I figured it would be good preparation for the swimming season, so I signed up too. I knew nothing about the sport, or the coach.

A few days into practice a tall, bronzed, muscular man in a white t-shirt with Newport Harbor Athletics emblazoned on it strode onto the pool deck. His aura of quiet confidence and strength could not be ignored, and as a gangly group of fourteen-year-old boys we were in awe. This was Newland: tough, hard to please, brilliantly charismatic.

These were the '60s, and week after week we would hear John F. Kennedy on the radio and TV, talking about the space program as if it were a reality. "We choose to go to the moon in this decade not because it is easy, but because it is 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," he said in a 1962 speech at Rice University in Houston. We understood. We had chosen to stay on Newland's team, certainly not because it was easy, but because we had accepted the challenge. Day after day we would listen to his voice booming out across the water, urging us to work harder, get tougher,

.....

***Deep within man dwell those slumbering powers; powers that would astonish him, that he never dreamed of possessing; forces that would revolutionize his life if aroused and put into action.***

*~ Orison Swett Marden*

.....

***It is the awareness of unfulfilled desires which gives a nation the feeling that it has a mission and a destiny.***

*~ Eric Hoffer*

.....

***Confidence and belief in your own abilities will get you about 85% of the distance to your goal. The coach that has confidence in those same abilities will push you the added 15% of your journey.***

*~ Chuck Bittick*

.....

and achieve what we never thought possible.

Newland didn't always start with the most talented athletes, either in high school or later at the college level, but he had an incredible ability to squeeze from his players every last drop of potential. His belief that we could develop into a dominant water polo team was so strong, that eventually we too caught the vision. If it was uncomfortable to do 500 sit-ups, we took it as a challenge and did not give up. If it seemed impossible to bench press 300lbs, we learned to build up gradually, and we usually achieved our goal. Newland inspired us; we burned to live up to his expectations.

I realized early on that the only way I could develop my athletic ability was through the one talent I possessed: the ability to work hard. Newland's formula for success: hard work, belief, and a passion for excellence, helped me break through my physical and mental limitations and I became a High School All-American, then Athlete of the Year, and ultimately an Olympian. There is no question in my mind that without Newland none of these accomplishments would have occurred. Kennedy inspired us as Americans, but Newland inspired us as athletes. Both believed in us, both taught us to shoot for the moon. *BL*

*Newland wouldn't have had the kind of response and loyalty from his players that he had if the program was only about working hard. There was a shared sense among us that here was a man who stood for what he believed in, and he believed in us, and our potential. It meant a great deal to know that Newland had faith in me. It made me believe in myself.*

*~ Michael Martin Sherrill, U.C.I. water polo team 1967-71*





.....  
***I don't think that anything is unrealistic if you  
believe you can do it.***

*~ Mike Ditka*

.....  
***Courage is the capacity to confirm what  
can be imagined.***

*~ Leo Rosten*

.....  
***And what he greatly thought, he nobly dared.***

*~ Homer*

.....