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I'm proud that Carthage College participates in the [Ted Mullin Hour of Power](#). I'm also proud to be one of the Mullin family's Ted Reps, to talk about the great guy whose memory we're honoring.

Ted swam for Carleton College at the same time that I swam at Gustavus. Ted was also a friend of mine and has come to mind often in my 10 years of coaching since graduating from college. I like to tell people about how Ted was always just as excited as my own teammates when I swam well at our MIAC Championship meet. That really represents the kind of guy Ted was.

My first memory of Ted is from my senior year of high school. I swam for Evanston Township and had some good friends that swam for New Trier, where Ted went to school. New Trier had just won conference earlier in the day (no hard feelings though, Evanston went on to be state and national champions that year) and the New Trier captains had invited me and three of my teammates over for their post-conference family party. Now, if you don't understand the historic rivalry between Evanston and New Trier, you should imagine that it's 2008, and Jason Lezak just touched-out Alain Bernard in the 400 free relay. And Lezak just walked over to Bernard's grandma to give her the one-finger salute.

But we accepted the invite and arrived at the Hayden's house to some very curious looks. Fortunately, Mario Kart is a universal language and any awkwardness didn't last. We felt very welcome over the course of a great evening. That was the first time I met Ted and from that point on, almost every time I saw him, he would remind me of how absurd it was that we were there that night.

When we were swimming against each other in college he was the classiest guy in the pool. He was always so genuinely excited to find and congratulate me after my swims. That enthusiasm was there when I was first starting to coach and I would see Ted at age group meets. Even as he was going through his various phases of treatment he was still helping coach for the New Trier Swim Club. He had such a positive affect on people, which was reflected in the inspiring time I spent waiting in line at his funeral.

I love seeing the Hour of Power continue to grow. It's a special way to honor not just a person, but a way of living and enjoying life. We know that it was a highlight of Ted's swimming career and now it's a highlight of ours. Ted is certainly deserving of the honor and all participants are fortunate to be part of it.