Get Up & Go After It

Coach Matt Scoggin shares with us today the pursuit of his dream to be involved in the Olympic games so we may take his advice to follow our own. “You’re going to have a lot of work to do, there are times you will be knocked down, but you must get up and go for it.”

“He shows us an inspiring video of past Olympians taking charge of their dreams.”

“If you don’t give up, something great will happen for you.”
dreams at the Olympic games!]

“I am still that young kid in my heart,” He says as he describes his pure passion and love for swimming.

Speaking about an Australian winner, “I believe that she let that scream out because she remember the tens of thousands of hours that she put in. She broke that world record. All the times she had to go up and congratulate a different competitor who won instead of her. All the times people told her to quit. She remembers all the humble moments, and that is why she screamed”

At a young age of 8 or 9 he watched past Olympic Medalist and said, “I want to do that.” He tried all olympic sports and stuck with diving. At the end of his first round of competitions out of 28, he got 27th out of the best of the nation in his age group. He was so excited. He started cutting out pictures of the greatest divers in the nation and beyond, and put it everywhere in his life so he had constant reminders of what he was looking for. The next year he was 8th, then next year he was 2nd. That same year he was 8th in the US National team. He worked extremely hard to dive here at UT on Scholarship. After just finishing his junior year at UT, he was at a US nationals and he was in the final. However, this time he was in unfamiliar territory, he was in 12th place.

“I was in dead to last place. I was 83 points behind the first leader.”

He went up to his Coach once he graduated, after receiving advice to keep attacking his next dive, he continued and got nines across the board. “Man you have nothing to lose. Keep going,” His Coach encouraged him.

“Great, I'll keep going, I have nothing to lose, I'll just get another pair of National Sweats.[we chuckle]”

He kept going, and got nines and multiple nine in a half scores.

Coach: “Get after this next dive”

He is now in second place after receiving more 9 and 9.5s!

“Now I am in a good mood.”

He took off his next dive, and with clear memory of his dive.

“Swimming up to the surface, I heard something I had never heard before, the roar of the crowd. I couldn’t help but scream few feet from the surface. Because I

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**Biography:**

Now in his 21st season as Texas head diving coach, Matt Scoggin has clearly established Texas as one of the nation's premier diving programs. A former U.S. Olympic diver and a 2008 and 2000 USA Olympic diving coach, Scoggin has been recognized nationally for his outstanding efforts. In 2009 and 2010, Scoggin was selected as the United States Olympic Committee's National Diving Coach of the Year.

As director of the Longhorns’ men’s and women’s diving program, Scoggin’s divers have claimed 19 individual NCAA championships, 35 individual Big 12 titles, while also producing a four-time Big 12 Conference Women’s Diver of the Year, three SWC champions and a two-time SWC Diver of the Year.
remembered, all that pain. All that work.”

He beat up 83 points and beat his greatest idol, to win his first national title.

At his second Olympic trial, he is in second place. However after getting 6’s, he didn’t get it.

He continued to work full-time after the trials to reach his next third trial. He was still that little boy, excited to be there. He continued to dive in the Olympics.

“It sure pays to dream big, and cut pictures out of magazines and put them all over as reminders. You never really want to give up, even when you are second to last place, or last. If you keep working hard and you want it bad enough, it doesn’t matter all the hurtles you have faced. If you don’t give up, something great will happen for you. The pursuit of my olympic dreams taught me that if you don’t give up, if you dream big, that one day you will deserve to scream like the Australian sprinter, and like I did under water. My hope for you all, is that one day, that you all deserve to scream!”

Questions:

How important did you prioritize your relationship with your coach?

It was crucial to have a very good relationship with my coach. Almost every day my coach would say hey, let’s sit down and watch some film. He kept the dream in front of me.

What did you do when you felt like giving up, or when you lost motivation. How did you stay motivated?

When I got a defeat, which was quite often, I got in a habit as using it as fuel for the fire for motivation. I would work even harder. Then soon enough I had great success. You know, I would also watch my bad dives on a VHS, then watch my competitors drill his dive and him and his coach celebrate. Anytime I experienced something negative I turned it around.

How did you not let your fire over consume you?

It didn’t over consume, because I was a student and you had to multitask, and have a social life. Keep people in your life who keep you grounded.

What are some of the things you had to sacrifice to reach your goal?

A big sacrifice was that I had to move away from my family and friends to go dive in California. Not going out that much, but it was worth it.