



WHAT DOES IT TAKE TO BE THE BEST? WINNING FROM THE PORTFOLIO TO PODIUM

Announcer 00:01

Please welcome the panel on “What Does It Take to Be the Best? Winning from the Portfolio to Podium,” moderated by Curtis Chin, senior advisor and chair, Senior Fellows, Milken Institute

Curtis Chin 00:26

Good morning, everyone. I'm so delighted that we're all together—and I'm going to say together again—I was just with these four superstar athletes at a WorldQuant—you're going to hear more about it—competition, and we have the winner with us today. For those of you who don't know them, we're going to show a beautiful video that actually WorldQuant shared with us about these star athletes. And why they're here is because we think about competition, we have people in business and finance. What are the skill sets that help us succeed as an investor or businessperson? We have so much to learn also from athletes. But can we show that videotape that gives you a quick intro of each of the people here on stage with me?

[Video plays]

Curtis Chin 02:28

Wow. How about a round of applause for our athletes as well? So, what we're going to do, hopefully it's a little bit of fun for you all. I know you've been doing this with me now twice. We're going to mix it up a little bit. The Milken Institute audience, I have to be embarrassed to say, is actually older than those WorldQuant dynamic 20-something amazing people. We even talked about different phases of life, including after all your great success as athletes. Actually, right here on my left, Patty, just for those of you who don't know, Patty Collins, US Paralympian, para-athlete, former director of the Bureau of Engraving and Printing, part of our US Treasury, and a 24-year army veteran. You competed for Team USA at the 2016 Rio Paralympic Games and won gold at the 2012 ITU Para Triathlon World Championships, among many national titles and records. As we talked over these last couple of days about, what is really also very unique about you, you became a superstar elite athlete later in life, and it's almost about reinvention. I know so many of our Milken audience, they're reinventing themselves. They're overcoming something by, “Yeah, that business didn't work, but look at me now. Superstar.” Tell us about that aspect of your career, and actually how it happened. We were talking about the issues of disability, of transition, of transformation. Tell us about your career.

Patricia Collins 03:59

Thank you, yeah. So, a 24-year military career. About 15 years into my career, I returned home from a deployment, and I was struck by a car bicycling to work. And so, for 10 months, I struggled with potentially the loss of my military career and also my loss of physical mobility. And so, I made the decision to amputate my leg below the knee, which I initially thought would give me less opportunity. In actuality, it gave me more opportunity. I was a decent athlete, but it opened my eyes to a whole new world of sport, which led to nine more years in the military continuing to serve, because people were so supportive and accommodating. And then sort of reaching the next level of elite athletics as a triathlete at 47 years old, so that was a little bit daunting. And then, obviously, that doesn't really pay the bills, so when that career ended, looking for something else. So, remaining dedicated to public service and leading a bureau that manufactured and designed all US currency.

Curtis Chin 05:04

Wow. But how does that even come about? Really a life-changing moment. I would be depressed. I know earlier we talked about mental health issues, perseverance, and all. But how did you just—is it just you have that will that said, “I’m going to transform and compete here?” Really, what made you think—because people go through a lot of tough times—“My business didn’t do so well.” But how do you stick through and move on?

Patricia Collins 05:31

Yeah. Thank you. I think—and Igor talked about this a lot throughout the IQC championships—talent is everywhere, but opportunity maybe is not. And so, there were some resources and nonprofit organizations in the United States that provided an opportunity for me, and really pushed me to pursue and set bigger goals than I would have set previously. So, that opportunity reached out to me in a very big way. And then success in sport led to where else can you have success in your life, and don’t limit your goals upon your performance.

Curtis Chin 06:07

She mentioned a name—Igor. Although you can’t see it if you’re watching online—Igor Tulchinsky, founder, head of WorldQuant. And throughout this week together—there’s this great quote, which I thought that was Michael Milken’s quote, but maybe it’s Igor—just this notion that really talent is everywhere, but opportunity is not. One great thing about what WorldQuant does—the competition we’ll talk a little bit about—is how do you identify talent, but also how do you also provide opportunity, expand opportunity to places where it might not be. Miklós, tell us a little about you. I’m going to read again a sentence or two about your amazing career. Hungarian, water polo player and sports executive. You won the World Championship title in Barcelona with Hungary’s national team a year after a shoulder injury derailed your push for the 2012 London Olympics. You hold degrees in both business and law, and since retiring from professional sports in 2019, you’ve built a second career—we talked about this—in diplomacy as really an ambassador for Hungary. You were Hungary’s commercial and trade attaché in New York until 2023, and now you’re involved as director for formation and cohesion at—you have to help me pronounce this—Mathias Corvinus Collegium. But if I were trying to sum up what all that sounded like to me, it’s resilience in a way. You were so focused on the 2012 London Olympics. Share that story. The doctor said to you—but you said, “I’m going to do something else then.”

Miklós Górnagy 07:47

Yeah. It’s great to be here. It’s an honor for me. It sounds a lot. I consider myself young, but such an old man story. Yeah, resilience. It’s an important word. We emphasize it a lot. And it’s interesting that I participated in five world championships. I have many losses. I was at least—I don’t know, three Europeans and lots of other ones, but I have a gold from the World Championships since 2013, and I’m considered as a world champion. So, it means that

losses don't define us. But the important lesson is that wins neither, because they didn't last forever. The most important thing there is the character itself. We have lots of champions in Hungary, lots of champions all over the world, but we are honored that we are the ones who are sitting here because of the character, because of other aspects in our lives. The story you asked me, yes, it's a—it could be a sad story, but it's not. It was real evidence of motivation and dedication. During Olympics preparation in 2012, I felt a small crack in my left shoulder, and I felt something is wrong. But since in Olympics preparation you never ask for a sub, it's just not possible. You are part of a team, and you get subbed when the coach tells you, or there's one way—if you score, then it's okay to ask for a sub. So, I decided, whatever it takes, the next time I will get the ball, I will shoot to the goal. And as I remember, it was a huge goal from 10 meters, but who counted? And I asked for a sub. I went to a doctor, and he asked me to raise my left arm, and I wasn't able to at all. And he just nodded to the head coach, just like, "It's over," and then this was the point I realized that it's over for me for that summer. I remember sitting on a curb. I spoke with my physiotherapist on the same day, waiting for MRI, and she told me that 100 percent recovery is possible. You need some patience and dedication. But now, Micky, it's over now. Get a beer. Get yourself comfortable and yeah, that's it. The next year I was part of the team, and it was a wonderful journey.

Curtis Chin 10:26

I love that story. It also shows you in terms of goals, right? There's a lot of gold out there. It's not just the Olympics. But it still takes that resilience, that persistence to achieve that. I'm going to move to Saina next. You are a particularly well-known superstar in India. I always laugh because I'm like, how do I learn social media? I got to learn from young people. Saina is like a social media star, in India, I think, because she's tracked our walking through the kitchen, and everything. But for me, that's reinvention too. And earlier when we had talked about—first let me give you a sentence or two again about your career. Saina's one of India's most accomplished badminton players. I would say most accomplished. And the first Indian badminton athlete to win an Olympic medal, taking bronze in the women's singles at the 2012 London games, former world number one, and only the second Indian player ever to reach that ranking. You also won the first BWF Super Series title by any Indian player back in 2019, reached the 2015 World Championship finals as the first Indian to do so, and won two Commonwealth Games gold medals. Kudos to that. It's always interesting here in Asia, we just had the Asian Games. And at the top, it's just like China, Japan, Korea. And then you think, why isn't India there? And India—kudos—was number four, but there's a huge gap for this nation of over a billion people. And so, you are particularly a breakout star, overcoming, "Ah, we're not going to do so well." Tell us about that, how you overcame those expectations and even the challenge—even with you moving to a place, language is maybe not exactly what sometimes you're used to. But tell us about that career, the beginnings.

Saina Nehwal 12:22

Everything changed when I started winning, I guess. All the sports were doing fantastically well. In 1999, when we moved to Hyderabad, South India, from North India, I hardly knew any sportsperson's name because obviously social media was not there then. And my father used to tell me a lot about hockey because he used to love hockey and they used to play badminton, so, a little bit about badminton. But one thing which really was, I think, in me that I should love sports. I should love playing any kind of sport. And that made me introduced to, I think, badminton. And the first shot which I hit was a smash, and the coach was really surprised, "How is she able to hit so hard?" Because initially you hit a toss or a drop, which is easier, and smash it like, it gets a lot of power from you. But within two, three years, I was big fan of someone from Indonesia who also used to look very good on court, but he was a very talented Olympic gold medalist called Taufik Hidayat, and I was like, I will become like him. I will definitely want to copy his style or play like him. And my mom, I don't know how she already made her mind, fighting with my dad, everything happened, and she's like, "No, she's not going to be a scientist or doctor. For me, she's going to be a player. We have enough scientists and doctors in India, but I want her to be a player." And I

used to laugh at her, is she serious about it? Because India is full of Bollywood and cricket, and I used to love Shah Rukh Khan, our Bollywood actor. Listening to music, dancing on that. I was a little bit against cricket when we started performing well, because cricket used to get all the attention. And what I felt, after winning so many titles, is that still, it's not just performing well in India. Until you win, nobody cares. That's still a very stupid thing after we are achieving so much. Still, we are doing so well, but people only notice you when you win the titles, when you're there in the newspaper every day. And still, we are coming fourth is, I think, it's a huge thing. People ask us, "Why don't you get medals? Why don't you get number one after having so many fundings and support from the government?" But it is only for the top 20 players, top 25 players.

Saina Nehwal 15:00

What about the other players who are talented and want to continue playing? They don't get any funding, and they stop because they also want to earn something in future. We don't have a salary system in India, and why will anyone think about continuing it if you are thinking about, how will we earn? Finally, it's about money. The leagues which used to happen in India all stopped. It's only Cricket League, again. It's only the Kabaddi League—one other sport which is doing well. But the other sports don't have any amount of money which they can think that, "Yes, it's going to be in my savings. And the rest, maybe I can travel the world, play tournaments." So, still, after all this, we are able to be fourth in Asian Games, I think it's a great sign. China, Japan, Korea—although I mentioned yesterday, I hate these countries because they're so good in sports. But they have that system. They have everything which you need to be a superstar player. They start playing at the age of three, four. When some parent comes to me and asks me, "Saina, my kid wants to be a sportsperson, but he's only nine." And I'm like, "Nine? In China, Russia, they start at three." Professionally. And nine is not young anymore. And the parents look at me and they're saying like, "No, I don't want to be harsh with the kid," or, "I don't want to push them. If they like it, they can continue." And I said, "Then don't ask me how to be a champion," because there are a lot of people in India. They are all sitting, having coffee, having fun. But if you want to represent your country, wear the shirt with India—Saina Nehwal, India—carry that pride, not many get that opportunity. You can definitely be there clapping. But to be at the top, be those two, three outstanding people out there who are playing for the country, it's not going to happen this way. You have to sacrifice a lot of things. It's a challenge, I know. But not many are doing this because of a lot of factors, I'm sure. But China does this, Russia does this, US does this. They have a lot of good support. Good system as well, which I think we are still like—

Curtis Chin 17:17

No, thank you for that. And there's a couple things I pulled out from that when we talked earlier. Just the first part in terms of the support, one is, of course, your own mindset, but you have the support of your parents. Two of us, we can see, on this stage are Asian. We talk about Asian parents, like, "Yeah, you have my support if you want to be an engineer or a quant superstar or a mathematician, but I don't know if you should be an actor or badminton player and all." So, that was important. And I said to each of our superstar athletes, when I listen to them, part of it is also—countries need to think through if they take great pride and, wow, we're at the top of these ranking lists, how we build it up from the grassroots through the school systems to the top, and what could countries—and for this audience, what should businesses do to support sports at that grassroots level as it builds up and up? I want to come next to Cristina. Again, a quick synopsis. Former Team USA Olympic swimming captain. You won gold in the 4 x 200 meters freestyle relay at the 1996 Atlanta games, swimming the fastest leg of the race, and bronze in the 200 meter individual medley at the 2000 Sydney games, while serving as team captain. A multiple World Championships and Pan Pacific Championships medalist. You also won 12 Ivy League titles and never, ever, ever lost an individual dual meet race in four years at Columbia. How incredible. You later went on to get your MBA from INSEAD and coached the Yale women's swimming team and currently run Sweet Blue Swim Academy, where you teach youth to swim. Also fascinating because that medalist both at the team level and also the individual

level. And as you think through also our audience, is it about the individuals, about the team? Was there a different mindset than even with a team? It's four people, and we talked earlier about water polo. Maybe you don't get to be the first one or the last one because your role is in the middle, your role is that. Share with us what you think about—you competed in many ways—individual and winning medals in both.

Cristina Teuscher 19:34

Well, first, it's great to be here, and I love being able to see people's faces sometimes. It creates more connection. But for me, I think there's a part, too, about my personality, I have to say. When I was 18 years old, I made the 1996 Olympics, and we, in the US, had been number one in the sport for 75 years. So, we had this immense pressure on us of like, "You've got to be number one. We've got to bring home the gold medals." And I remember feeling this profound sense of pressure and feeling alone in that process. I think if you guys have watched the Olympics, one of the best examples I saw from these past winter Olympics is the contrast between the Quad God, who talked about that immense pressure, and then Alysia Liu, who just stuck within herself, just hunkering down and saying, "I'm just going to enjoy this process." And my individual races didn't go as well. I went into them trying to control things I couldn't control and not remembering the things that had got me there in the first place. I was 18. And that affected my swims. So, 17,000 people watching you, they're cheering for you because you're wearing an American cap, and then you finish the race and nobody's cheering. So, I felt failure in a profound way, I think on a stage, on a world stage. And I had two days to regroup and rethink about. But I think the blessing of being in a team environment in that respect—so it was for the 4 x 200-meter relay. The Germans were supposed to win it. Franzi van Almsick, world record holder in the 200-meter free, was basically set to give them a lead. With that in mind, I spent a lot of time with my teammates. And we all have very different backgrounds. The beauty, I think, of the American team is very individual characters, all walks of life, and we all just happen to have this about the pool in common. One of the veterans of the team literally grabbed me by the lapels of my jacket and said, "You better get me a lead." And it was one of those things where I typically had one of the fastest splits in the US. They weren't going to put me to lead off or to anchor, which are the coveted spots. They were nervous that I was going to lose it. And it was one of those things—I was just—take my spot where I knew it was going to help the team the best. And it actually set me up in a great way because I did, I had to catch up two body lengths to pass to lead it to the next person so that we would be competitive. And that energy of reminding, it was a grounding to be in that team environment. And so that was one of those lessons I took from those first Olympics, in the service of others is profoundly impactful for me. That piece is what really harnessed and reminded me of why I'm there, why and how I perform best. And that's what I took to the 2000 Olympics.

Cristina Teuscher 22:46

So at 22, being a veteran, I was voted captain with two of my teammates, and that was my job. I focused a lot on the younger swimmers there. It's funny, because the bronze medal I'm probably most proud of, that was actually one of my best races. I swam a best time, and I stayed in my own space, right? It was a reminder of the things that matter. I focused a lot of attention on the younger swimmers and keeping their energy up, and this is just like any other swimming. Don't worry about the 20,000 people in the stands. That's why the team environment for me is especially important and grounding.

Curtis Chin 23:26

You know I love data. That's why I love WorldQuant. I said, "You all claim you're winners. I want to see proof." And so, Cristina gave me her gold medal. And your bronze medal. And you're most proud of the—they're heavy, right?

Cristina Teuscher 23:49

The bronze.

Curtis Chin 23:50

So, these are real. I didn't buy them in some little market. Tell me, what am I holding? What's this one?

Cristina Teuscher 23:55

So, fun fact. That's the 200-meter IM, the Sydney one. For the Olympics, the country that's hosting gets to decide the design of the ribbon. It's usually the logo of the Olympics. The medals actually go in weight order, so the gold is always generally heaviest, then the silver, and then the bronze. I like to tell people it's real bronze. The gold—this is one of the last years they actually did real gold, so they're gold-plated. This one is.

Curtis Chin 24:24

This is Atlanta.

Cristina Teuscher 24:26

Yes, this is Atlanta. They always have the goddess Olympia. I forget the building in Athens. It looks like the Roman Colosseum. But I forgot the building in Greece.

Curtis Chin 24:38

Anyway, how cool is that, guys? People are like, "We always love your panels with Curtis. We don't know what's going to happen," right? This is probably the first ever in Milken's history we've got some real Olympic medals on stage. But your story also resonated, because—I'm not going to lose these—that whole issue of when you're a leader, sometimes it's about leading a team. But other times it's about the individual, what you overcome. When does one come to the forefront more than others? And in this discussion of team versus the individual tonight, I'm going to actually come to someone—get ready. Earlier this week I was at the launch of WorldQuant's International Quant Championship. And I think, what, 16 hours ago, they named, after 150,000 people around the world, your biggest ever—this kind of contest that really tries to democratize access to finance education. And it all came down to 13 finalists. And last night they named the winner. And I'm going to call on the winner to actually stand up, but let me tell you a little bit about him. This year's International Quant Championship winner is Victor Ayebameru from Adekunle Ajasin University in Nigeria. Victor is an economics graduate based in Lagos. His background is in data analytics and self-taught—and remember that individual power—quantitative finance, and he's been building algorithmic trading systems independently using Python and machine learning before discovering the WorldQuant BRAIN world. And it's funny, we're reading about all these things about you. One, it says you've moved mountains to persevere and adapt throughout the International Quant Championship. You overcame challenges—and it's so funny when it was written, it says including maybe a biggest challenge, which is securing his first passport ever to come to Singapore. So, congratulations to Victor. Stand up. And you're not just a coder. You all were there when he received the big announcement last night. If you can turn and look at the audience, Victor, and just tell us.

[Applause]

Curtis Chin 27:12

Victor, share with the audience. In from Nigeria, first passport ever. You've come to Singapore, down to the 13 finalists, and a bunch of the other finalists were teams—but an individual one! Tell us, how did you win? What was that about? Explain to people how that felt last night.

Victor Ayebameru 27:29

First, I want to thank Igor and Nitish for making everything possible. I think what actually helped me was my approach, which is involved in the competition, where I started on creating individual offers. Not just that, it went beyond individual signal. I have to ask how will it work, how robust they should be, and how to pull it together in my portfolio and make it work. I think that's what's actually involved in this competition. It feels nice. Thank you.

Curtis Chin 28:11

Victor, how old are you?

Victor Ayebameru 28:12

I'm 26.

Curtis Chin 28:13

26! And then, when I was together with you all, what, two days ago, you heard our athletes. Is there a word or something that you thought, "Wow, I really admire them," or a takeaway from them, that skillset that's remarkable?

Victor Ayebameru 28:26

I think resilience. Resilience. Yeah.

Curtis Chin 28:28

Right. And I think resilience, again, no matter what we're doing. We're in quant, we're in finance, because there's ups and downs in this crazy world of ours. How do you survive and how do you move forward? I just want to ask you, before you sit back down: if you were here instead of me, what question would you ask any or all of these people, and what can we learn from these athletes? What's your question?

Victor Ayebameru 28:51

I think they have achieved a lot. A few people have achieved. I would just ask them, how do they stay hungry? That fire. In the highest level, how do they stay hungry and want to stay in the highest level.

Curtis Chin 29:11

Okay. Thank you again. Thank you. Congratulations.

Victor Ayebameru 29:13

Thank you.

Curtis Chin 29:16

So, Victor asked—and I'll go to any or all of you—you've achieved things that so few people in the world have achieved. And now we're at different phases of careers doing different things. How do you, though, keep staying hungry year after year? As you hear that question, what are you thinking? Any of you. You can talk about any aspect of your—being an athlete through tough times, post-athletes. How does one stay hungry and keep going? Anyone? Okay, Saina.

Saina Nehwal 29:49

I think once you start winning, once you get that money, fame, the standing on the podium, so many people are cheering for you. You're carrying the Indian flag and your flag, and you're going around the stadium. Nothing is more bigger than that feeling. You're just more hungry to do well, train more harder. You reach a stage where you

actually feel that, if I have that extra sweet, my opponent is not having that. Or if I'm having that extra drink, maybe my opponent is not having that. So, I have to be really careful with everything, the sleep, eating, or anything which will make me better than the world number one because everyone is trying to be the best in the world. They're winning so many Super Series. If they have one Olympic medal, they want to go for the second Olympic medal. They want to go for the third one. And I think it's after the winning, you just get that hunger. It's crazy. Sometimes the coaches tell you, you can train a little bit less, but I don't know. For example, Michael Phelps, he even trained on Sundays to get those eight Olympic medals, and I was like, how? Even on Sundays, eight hours, recovering very well and no holidays, nothing, just the training. So, I think hunger comes with if you really want to win and achieve a lot more. After winning you see. Yesterday you won and you want to win more I'm sure. That hunger comes with winning.

Curtis Chin 31:26

So, a question, and for the others, too. At some point—I think I'm the oldest person here—your body kind of falls apart. And you're like, but I can't win anymore. I'm saying to someone, I don't know, maybe do I need to be hungry? I just want to go to the beach. Other days you want—

Saina Nehwal 31:43

You can play pickleball all day.

Curtis Chin 31:45

Well, different parts of your life—maybe it's the word hunger—you interpret it differently. Anyone, if you think, well, to be honest, I'm not winning a gold medal anymore, but how do I stay hungry for whatever it is that I want to—Cristina, you're nodding at me.

Cristina Teuscher 31:58

Yes. I think that's a big thing of the self-reflection with each of us. You have to follow yourself. Know thyself, right? I love that. To me, I've even noticed it. When I'm swimming, like that part of my career, I think there's a personality. Michael Phelps is the exception. He's that outlier, if you look at statistics. Katie Ledecky, too. They can continue with the same goal, the same trajectory, day in, day out, not changing much. They're still fed by just more and more with the same routine. I was one of the other side. I needed to keep changing, adding a little bit of creativity. So, I would try different things. I got into Pilates, adding different pieces to change how I was viewing my own swimming. Age, that also plays a part, and I think as we get later in life, you focus more on your legacy. You focus more on turning towards others, in service of others, or how am I going to impact and help grow the next generation? And so, that's an important thing to pay attention to. It's not, how do I keep going at the grind? It's, how do I answer to this? Because that's where your best strength is. When you're listening to yourself, you're shutting out the noise of everybody else, that's the truth, your truth of what—and we're all in our best sense, our best self. We're at our most powerful, I think, when you're listening to that part of you. I've been telling everybody I've been reading Emerson's *Self-Reliance* because I'm going through my own reinvention right now, and it's like my little bible. I'm inspired by it. He's an author at the end of the American canon. But a lot of that book is about if you sincerely believe that your truth is the truth for everyone, that's pure genius. This idea that you are just so committed to what you're thinking and how—and that part of your truth is going to evolve over time. That's an important thing to pay attention to and stick to it, because that's your strength.

Curtis Chin 34:13

Thank you, Victor, for that question. It's almost like maybe I'm replacing the word "hungry", it's passion. How do you keep a passion for something? We think about people who often come to the Milken stage, I say use our

platform to advance something you're trying to achieve. Yeah, make more money, of course, but I'm trying to fight—cure diabetes, or I want to get young people to learn to swim, or I want to advance just some initiative. Miklós, then Patty—I'll go to you first—but as you think about that question from Victor, how do you stay hungry? Each of you has also reinvented and done amazing things, and things related to using your sports background, but building on it.

Miklós Górnagy 34:57

Yeah. Victor, I think it's a wonderful question, very relevant from a champion, of how you stay hungry. And as I experienced in my career, the only motivation you need, or I needed, that how can I grow myself as a person or as a player? If water polo is the field, then water polo. But we are aging and our body's falling apart. My shoulders are done, so I had to realize that I will be the oldest player in the water if I continue to do that. So, I was looking for some other fields where I can grow, where I can learn more things. And it's okay not to be hungry anymore on one field, whatever you do. But the most important thing is to stay hungry somewhere else and find that hunger. Where can you grow? Where can you learn more about yourself, and how can you give back? And I think this is the most important part of all of that.

Curtis Chin 35:59

Patty?

Patricia Collins 36:00

Yeah, I would agree similarly that whatever your passion is today, the feelings that you've applied toward that are going to change over time. When I left sport, it was, "What is my next passion?" Something that worked well for me is I've surrounded myself with people who are more talented than I was in every part of my life, and it just makes you raise your game. I like the saying, "I've never worked so hard to be so average," because it makes everyone better. And I think WorldQuant is a great example of, everyone you competed with was exceptional. I think wherever you go, you're going to strive to be—maybe when you walk in the door, you're not the top performer, but your goal will be to get there in any aspect. And then as it pertains to service, I think until I acquired a disability, I didn't realize there's a world of people out there with disability. The United States did a pretty good job with the Americans with Disabilities Act. And so, when I travel the world, I think about, could someone in a wheelchair work here? Could someone who's visually impaired be successful here? That was even part of my training, because training felt very selfish to me, and I started bicycling with visually impaired people on a tandem to give them an opportunity, because training as an individual, it felt selfish. And I didn't grow up in a military career without being of service, and so that was my one way to give back, which I think made me a better athlete because I could focus more on them on that particular day.

Curtis Chin 37:34

We only have a couple of minutes left, but I do want to, again, like I said, use this platform. Is there something that each of you have a passion for that you wish our audience—tons of people watching online—but just in this room, business leaders, people with resources, that you would wish they would, not only just fund, but advocate for too, like disability? We talked earlier about—Even me, sometimes in America, I'm overly sensitive, but I think appropriately sensitive, because I'm like, I don't know, if someone's in a wheelchair, can I get them through the kitchen? Because we come through this back way, and we come up here, right? I'm sensitive to that. But they're like, "Oh, I'm glad you told us, because legally we're not required to have that." Should you or should you not? I don't know. But that's something that I'm thinking about also. You had talked about others. What is it that you want to use your post-sports platform that you're advocating for? Cristina. We'll come down the line.

Cristina Teuscher 38:33

I came full circle. I'm basically—with my husband, we run one of the largest independent swim schools in the US. If you had told me when I retired from swimming at 23 that I would be running a swim school, I'd say, "No way." I think the full-circle thing has come back to something that I know and genuinely love, but that I want to share. And through this process, it's been so incredible. We knew we would be serving the community, but the thing that has really affected us is how we've been watching these kids develop. There are anecdotal studies being done, but we have seen a tremendous change in kids in terms of personality, like self-confidence, growth, self-knowledge. There are studies that kids who swim consistently under the age of five outperform their peers—motor coordination, IQ. We think this is something that all kids should have access to. So, we're actually in the process with our school of creating a licensing manual of our method of how we teach. But then, we've started a foundation recently so that kids around our area could have access to lessons who might not. It's a socioeconomic barrier in the US. It's not a right. And to see, then, also through advocacy work, but also studies. So, my husband is an academic. We're interested in looking into studies of that, of how it builds resiliency in kids.

Curtis Chin 40:05

Absolutely. That was the word Victor talked about, resilience, right? And so again, each of you as star athletes—we were talking earlier about really the power of sports isn't just for the individual, look how great I am, but the things we learn from each of you. And the one thing I find, and Cristina and I were talking, out here, we're in the Pacific region, but some—Indonesia, the Philippines, which have literally thousands of islands, there's many drownings because they don't know how to swim. Because you think, oh, it's natural. You're born in the Philippines, but no. Just educating people out here that maybe some of you get behind teaching young people to swim. Because they'll learn lessons about competing, but that's also a basic safety issue. Saina, if you think about all that you're advocating for, anything that you want to flag to our audience here?

Saina Nehwal 40:54

I think in India, one good thing is that we don't have so many gold medals, Olympic gold medals, or many medals. So, we are celebrated a lot, the few sportspersons who have got the medal. And we have lot of things to do. We have shows, we have motivational talks. If you want, you can become a coach, you can open academies, you can enter into the sports ministry. I'm also a part of the Commonwealth Games, which is going to be in 2030 in India. I am with that organization. So, you have multiple things in India. You can come on TV for different shows, and you are occupied so much, actually. I didn't know that after playing, my schedule will be even tougher than playing. That you're busy every day. The colleges are calling you to give motivational talks because this young generation is obviously very, very talented, very good with what they're doing, but still I feel they are a little lazy, body-wise. I think they have to work on their body. They have to be physically a little more active. I know phones are very, very good, very distracting, but I think you have to find some time, maybe 30 minutes, 45 minutes, to get that anger out, to get that, whatever feelings you have—stupid feelings which you get, obviously in a day, you can get it out by doing various activities on the ground or gym. I think most of them just feel that meditation is good enough, but I feel there is nothing bigger than doing physical activity. And after that, you feel so good to eat whatever you like. Sleep well. You study so well because your focus increases a lot more. So, I guess these things, this knowledge, we should pass to the young generation because they are good at everything tech. He's a master, he can teach me a lot of things, but I guess you have to be a fit guy. Next time I want to see you strong and fit, too, yeah?

Curtis Chin 43:06

No, thank you. And here's an example of an individual—people follow you in India because of all of your accomplishments. But how do you use that to encourage physical wellbeing, movement, and of course, mental

health? Miklós, coming to you, and really that power of sports, as you think about this phase of it, what might you want to share and emphasize to our audience?

Miklós Górnagy 43:25

We athletes, or former athletes, we always think about targets, like important things in our lives. And one of the things I'm most proud of in my second career is that as a member of Hungarian diplomacy, we were able to support the initiative of the president and the vision of the International Fair Play Committee. That we designated May 19 in front of the UN, with the support of more than 90 countries, as a World Fair Play Day. It's a wonderful thing which we are very proud of, and since then we are celebrating all over world—

Curtis Chin 44:09

Share with us, what does that mean? What is the fair play initiative? What does that stand for?

Miklós Górnagy 44:14

I think fair play is the essence of sports. This is the frame we all should live in. Respect of the opposite team, respect of the rules, and the refusal of doping and violence. And it could be a good example of how to coexist in our planet, and how to respect each other. So, fair play is flourishing. Fair play is doing well, and the world fair play movement has an American fair play initiative as well, and we have fair play Europe, but somehow fair play Asia doesn't exist yet. As my former coach said, there's always room to move forward, so this wonderful opportunity is open to everyone.

Curtis Chin 45:01

So, all of you here from Asia, or watching from Asia, a very specific request. Why isn't there a fair play Asia? You know who to call next. We're going to bring it to a close back with you, Patty. And Patty, it's funny because we found out we're neighbors, my dad lives down the street from her, and we're going to meet for dim sum or something. But to bring it to a close, as we think about that, great question. Again, thank you, Victor, and again, congratulations. As we think about what next, and your platform, and what are you thinking about and what do you have that hunger for, to advocate for?

Patricia Collins 45:35

I don't know what my next is, but I am an advocate of disability rights in that not everyone has the same opportunities that I was provided. Even little things like insurance to cover prosthetics or adaptive equipment is something that gives people an opportunity to get into sport, and we've all talked about the value of sport, so that is important to me.

Curtis Chin 45:58

Thank you. Right on time! Join me in giving a big hand for our amazing panelists. Thank you.

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