



2014

Albaugh, Glen Oral History Interview

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FACULTY EMERITI INTERVIEWS
UNIVERSITY OF THE PACIFIC ARCHIVES



Glen Albaugh (1971-1999)
Professor of Sport Psychology

May 5, 2014

By Larry Meredith

Transcription by Amy Eastburg, University of the Pacific,
Department of Special Collections, Library

Subjects: Evolution of intellectual reach, freedom of academic inquiry at Pacific, administrative involvement, community outreach (First Tee, etc.), Socrates as a coach, and *The Mystery of the Game*.

UOP ARCHIVES FACULTY EMERITI INTERVIEWS

MEREDITH: That's it, we're on. That picks us up and now whatever we say is recorded forever. Oh! My name is Larry Meredith, an Emeriti Professor of Religious Studies, and today, which is May the 5th 2014, Cinco de Mayo, I'm interviewing Dr. Glen Albaugh, who was here for – must be thirty – forty years by now. The time you first arrived at Pacific, and it's a great story, and we're going to get at it right now! The interview is being conducted in the Library at the University of the Pacific, we'll start immediately – Glen, when did you come to the University and in what capacity?

ALBAUGH: It was 1971, when I started teaching in the department of Physical Education. At some point it became Sports Sciences, as it expanded its course offerings.. I retired in 1999 the same time as many other committed professors like you!

MEREDITH: I had to retire then because you came and taught my classes many times in Sports and Religion, and so now what could I do? I had to go with you!

ALBAUGH: But, I've remained as a consultant to this day, some in Sports Sciences, and more in the Department of Athletics working with, coaches, players and teams.

MEREDITH: How widely is this consulting business? How broad is it? Is it local, or national, international?

ALBAUGH: It's geographical. Most of it's in Northern California. It's beyond what I do at the University. It's a business called, Winning the Battle Within.

MEREDITH: As a matter of fact since you brought that up. I have in my hand a book with your picture on the cover, and it does say in bright red, "Winning the Battle Within: The Perfect Swing is the One You Trust". What does that mean?

[both laugh]

ALBAUGH: Do you have a [semester]?

MEREDITH: According to this amazing little machine, it will pick it up! You tell me - It is a book about actual athletes performing and isn't something simply esoteric.

ALBAUGH: It's an evolution of my life is sport.....my experiences in Sport Psychology. I used information from Academic Sports Psychology and translated it, so that practitioners, the people who play the game and coach the games, can understand it. You see, the academic stuff can work in refereed journals, but it never makes its way to the playing field.

MEREDITH: I like it.

ALBAUGH: The university gave me wide ranging opportunities to develop the sport psychology platform much of which appears in the book.

MEREDITH: That's one of the nice – really, really great things about Pacific that they have a history of giving a wide range and opportunities for you to develop your own -

ALBAUGH: That was one of the things that attracted me. That's for sure.

MEREDITH: What else attracted you? It wasn't just that – I seem to remember a relationship with someone who became rather significant in American sports' scene.

ALBAUGH: Well there's probably many....

MEREDITH: [laughs]

ALBAUGH: I loved the visionary philosophy of the Chair, Cedric Dempsey. I had coached basketball for 15 years, returned to school, taught one year at Western Washington and then here.

MEREDITH: You coached basketball?

ALBAUGH: Yeah. In fact in a forward of some book – a famous book, called – what is it called? “Spiritual Journey ... *Life Before Death*”.

MEREDITH: *Life Before Death*. Oh you mean the International Bestseller?

ALBAUGH: – said, that I changed from a testosterone coach to a guru of sorts.

MEREDITH: A Cosmic guru!

ALBAUGH: Cosmic, – I want to get it right. But, I returned to school at University of Utah, received my PhD. That was a period of enlightenment, as I came out of the dark ages. I was hired at Western Washington State University; it was an excellent position which would allow me to spread my wings as a teacher, but I lost the job after one year. Western lost 1000 students when– Boeing lost many of their contracts.

MEREDITH: Hmm.

ALBAUGH: Last in, first out. Even though I was making a home there in my new approach to teaching and beginning to love the northwest.

MEREDITH: Yeah, yeah.

ALBAUGH: I lost the job and this one opened up at Pacific. I was delighted because of the opportunities here. My wife wasn't so delighted to move to the Central Valley...

MEREDITH: [belly laugh] She knew about the Central Valley, did she?

ALBAUGH: I was born and raised in the greater Bay Area. Salinas to San Jose with schooling and coaching. The central valley was what I drove through headed north or east.

MEREDITH: Yes, okay.

ALBAUGH: But, here I came. The opportunities to continue to grow as a teacher were numerous.

MEREDITH: You made an incredible impression on Pacific and sport and the way sports [are managed]. You mention a lot of students you had here in your book and some of it said they were superb students. There was one student who might be known to people, it was a book here by a recently, internationally famed coach, Pete

Carroll -

ALBAUGH: He is a celebrity.

MEREDITH: He *is* a celebrity and he says on page 19 in *his* book, "I will always be grateful to Professor Glen Albaugh who taught Sports' Psychology and served as one of my academic advisors. Dr. Albaugh challenged our class with ideas that transformed forever the way I looked at performance, competition and coaching". Coach Carroll has in fact, has used your philosophy that you taught him in coaching; it almost seems a miracle that you can do this in the NFL, but apparently he's doing that. The players all voted to coach [] to play is Pete Carroll and that's in the entire league! You're a deep influence on him – you still are.

ALBAUGH: Well – I –it's reciprocal as you know Larry – when I got here in the 70s I had some absolutely brilliant graduate students. Pete was certainly among them. You know well that sometimes we run into students, and I ran into 4 or 5 during that time, who move way beyond us. They grab our concepts, and shape them into images of knowledge we didn't imagine. Pete led the way...still does. When we explored the inner game together, we were really stretching out the whole field. Among some in sport we were considered atheists, you know, to the religion of sport. I'll never be able to name them all but a cadre of students paved the path with me. (Cindy Bava Spiro, Mary Eberhardt, Roger Brautigan, Donna Hawker, Ted Leland...)

MEREDITH: [belly laugh]

ALBAUGH: We were creating a new one, you know – it's the inner game that sits in the hearts and souls of the athletes and practitioners already. All we did was dredge it up – allow it to emerge.

MEREDITH: I like that. That's really good.

ALBAUGH: Pete was amazing in his ability to take the information and assimilate into his philosophy. ...you know him well, because he counts you as one of his mentors - that's for sure - his main mentor. It's amazing the way he can take the information right into the NFL. No one ever thought he could do this - but of course he knew he could - he had a vision. And he has the opportunity now to take his philosophy – his coaching philosophy and spread it....people listen "I'm Pete Carroll who won the Super Bowl, and here are some things that I want to tell you about coaching that have helped me". He has a great love for sharing his philosophy..... We call it the "gospel of coaching" – you can really, really coach this way – you can. It *really* works! Players will respond and they'll play well, so it's a great thing to see that happening.

MEREDITH: My *goodness*! You know when you talk this way it almost sounds like Socrates' view of teaching that Socrates would say that you already know this, all I do is open you up, so that you're allowed to embrace what you already know and it's, you know, a real [accolade] for students that you give and must have treated them as real human beings.

ALBAUGH: It's something I decided to do when I went back to graduate school at Utah and it helped me form a foundation of the way I decided to teach – coach. There was no such thing as sports' psychology, but I was very interested and I had an advisor who was the first dean at the University of Utah who wasn't Mormon. He said, "I want to be your advisor." I was an assistant basketball coach and his son played and he loved sports. I said, "Well, okay how are we gonna do this sports' psychology program?" and he said, "Well, we have no program, but I know about – here's a list of five professors across campus that love sport" – i

MEREDITH: [laughs] Well, I hope not like me!

ALBAUGH: And he said, "I'll tell them you're coming" and ask to enroll in their graduate classes.....and then write your papers on sport....every one of them let me do it. I was being exposed to things I've never been exposed to before – a *real* liberal approach to what sport can be. It was the beginning of my enlightenment.

MEREDITH: At *Utah*?

ALBAUGH: Then – oh yeah – all kinds of good stuff there, but anyway back to Pacific.

MEREDITH: Yeah.

ALBAUGH: I hoped I could bring a new way to view sport here. Pacific allowed me to explore and develop courses in sport psychology and sociology within the department and across campus.

MEREDITH: What specific courses? I know you mentioned one time, the I&I program.

ALBAUGH: Oh yeah, I loved that!

MEREDITH: What was that?

ALBAUGH: Cedric Dempsey was the athletic director, and quite atypical. He wanted to explore sports himself, and wanted somebody to do it with him. We became good friends and he was a good friend of yours too.

MEREDITH: Yes.

ALBAUGH: He said, "Develop the courses". You know the department was a bit reserved at the time – conservative – a better word. He said, "No, I want you to do it." I want you to teach in the I&I program. What did the I&I stand for?

MEREDITH: What was that? Egotism squared or something like that?

ALBAUGH: Team Teaching across disciplines

MEREDITH: I gotch ya.

ALBAUGH: I go to the first meeting and I'm to teach a course with Clifford Hand. Well of course he's famous.

MEREDITH: Oh? [laughs] Professor of English and acting president of the University for a while.

ALBAUGH: Oh yeah. Well at that time I think he might have been interim dean of COP.

MEREDITH: Yes!

ALBAUGH: And Bill Allen in history. So, Clifford was quite generous, and Bill wondered aloudwhat is this guy from physical education going to add to this? [both laugh]

MEREDITH: Well, that's the old prejudice by the way.

ALBAUGH: Yes. I know. It was an old prejudice – we opened up a new view of PE, the next year. I teach with Sy Kahn and Jim Heffernan.

MEREDITH: Sy? He was the head of theater here.

ALBAUGH: We are teaching aggression, hostility, altruism, and benevolence.

MEREDITH: That's one course [laughs]?

ALBAUGH: So, Larry, in those experiences – I began to have a real liberal education that was not something that I received as an undergraduate. A little bit in PhD program, but here I am teaching this course – Jim's philosophy and Sy from humanities and I thought I was pretty open to ideas -

MEREDITH: Uh-huh?

ALBAUGH: During many planning meetings I began to understand what a liberal education really was about. And then one day Sy gave this lecture on McCarthyism and what he lived and what he did. I'm just sitting there and I'm thinking – *holy mackerel!* I thought I was really a progressive educator with forward looking vision. I wasn't even close to what Sy experienced or to his teaching philosophy. To be teaching classes with those guys - these people who were really scholars and really opened my eyes to what limitations – what I had to do to continue to grow.

MEREDITH: Yeah. Yeah.

ALBAUGH: And then I was to teach a class with Herb Reinelt.

MEREDITH: Herb – philosophy – head of philosophy!

ALBAUGH: Yeah. On freedom. We went to our first meeting, and he said I wasn't prepared to even ask a question on freedom because I hadn't read enough. So, he gave me three essays! [laughs]

MEREDITH: [laughs] That's Herb. Here's the library!

ALBAUGH: Right. So, the summary of my experience in I & I and also in winter term courses was that there was much for me to explore to add to the information that I was going to share with students –

MEREDITH: Winter term? Oh?

ALBAUGH: Teach one course. For the month of January

MEREDITH: One course in January or something?

ALBAUGH: In January, for the month, so my first course in 1974 – 1975 of January was *Sports and Cosmic Forces – the Inner Game.* -

MEREDITH: That sounds like science fiction!

ALBAUGH: Either the curriculum committee was asleep or enlightened –

MEREDITH: Haha - I love that! That's great!

ALBAUGH: Here we are with three textbooks: *Golf in the Kingdom* by another main mentor, Michael Murphy, *The Inner Game of Tennis*, by Timothy Gallwey, and the *Psychology of Consciousness* by Robert Ornstein. a

month long and of course that's one of those. I put on some interesting events at the University.

MEREDITH: Well, I know, so there were a lot of visitors who would come. Michael Murphy was one of them.

ALBAUGH: Oh yeah, he came to this event.

MEREDITH: Don Meredith came.

ALBAUGH: Oh yeah! George Leonard. Don came twice. The first time for Sport Symposium to raise consciousness, he was exceptional.

MEREDITH: George Leonard – you had them there discussing. Here's Don Meredith and Michael Murphy discussing their book about *Golf in the Kingdom*, which is a wild book on some kind of forces that came from outer space or something. What was all that about?

ALBAUGH: I read it in 1973, and it forever changed my approach to learning and playing and coaching the game because now I know I can do it from the inside.

MEREDITH: Wow -

ALBAUGH: I was ready for the messages.

MEREDITH: That's very important what you just said. You have to be ready for some of this.

ALBAUGH: Yeah – yeah.

MEREDITH: Otherwise -

ALBAUGH: I used it in most classes. I was teaching a health class, which I did occasionally, and we used this book and a student asked me, "Why are we using this book?" and I said, "Well, because I like it." And it raises our consciousness. That's healthy.

MEREDITH: [laughs]

ALBAUGH: GITK became a metaphor for how we play the game and more importantly how we live our lives. Many sport psychologist feel as I do, that GITK greatly influenced our field (became a national organization in 1987)

MEREDITH: *Playing it From the Inside: Winning the Battle Within* and your swing is part of that. The swing is you!

ALBAUGH: Well, the perfect swing is the one you trust. It means when we are totally engaged in the moment, managing our thoughts and emotions. Visualizing the shot and feel the swing that matches... hear the sound and feeling impact all in advance of the swing. Our sensory system is fully activated. That's what trust means. Trust is subjective in a way, but once you've stepped into a shot in this way you've experienced trust. I don't care if you are a 10 handicap or a tour player but when you are totally engaged then you have a chance – to really good chance to enjoy the game.

MEREDITH: Yeah.

ALBAUGH: Now, this is almost like I'm preaching to the choir – one of my favorite chapters of a favorite book is Chapter 5 from your book *The Sensuous Sportsmen*, what I talked about, in a little different language than you use [laughs].

MEREDITH: [laughs] Yours is legible!

ALBAUGH: At every training session, in every game and across all sports, the ability to be present and totally engaged in the moment equals high level play.

MEREDITH: It's perfectly obvious to anybody who listens to you, or was in your class, why this would center - they could be centered and there they wouldn't be absent. They wouldn't be there in body or have their minds weighing somewhere else because you want to go with them - that's where you're going. You want to go where they live. What I'm interested in is did you have any effect on the community here? Besides the community of the university, was there anything you did here that moved you out into our community, somehow?

ALBAUGH: Given the opportunity to expand my teaching philosophy by the University I was able to effect the campus wide community.

MEREDITH: You did, yes.

ALBAUGH: From I&I and Winter term I developed general education courses. My favorite was "Sports in America," which we started in 1974. It remains one of the Sport Science department's most popular general ed course. We read James Michener's book *Sports in America*. He was an avid sportsman, He played basketball well. I don't know if you knew that.

MEREDITH: Well – I hope he didn't play like I did!

ALBAUGH: He played doubles in tennis, up until his late 70s.

MEREDITH: Oh yeah?

ALBAUGH: So, he's really a sportsman.

MEREDITH: Really a sportsman.

ALBAUGH: He wrote about sports.

MEREDITH: Okay.

ALBAUGH: During his research for the book he found much he liked and was surprised by inequities such as the plight of the Black athlete, unequal opportunities for women, the arms race in college sports and the exploitation of athletes in professional sports. The book gave us the content of a fine course. Sport, a central theme in our society, was the attraction.

MEREDITH: Truly?

MEREDITH: Any other impacts? I know that – didn't you do on one of your birthdays, you celebrated with the First Tee Program or something like that at the country club?

ALBAUGH: Over time, I've offered numerous workshops for golfers of all shapes and sizes. In addition I've conducted seminars for Coaches with *Winning the Battle Within* material. They were well attended.

MEREDITH: Yeah?

ALBAUGH: On my eightieth birthday I decided to find the best way to give back. I became really interested in the First Tee Program which teaches golf skills and life skills. They weren't having a real easy time here in San Joaquin – they needed some money. So, on my eightieth birthday, I' put on a Charity golf tournament. .

MEREDITH: [laughs]

ALBAUGH: I received commitments from the celebrities first, then organized committees who engineered a very successful fund raising event.

MEREDITH: Yeah.

ALBAUGH: We had a great day. Mike Murphy was here and some golfers I worked with: Scott McCarron, Kirk Triplett, Jeff Brehaut and Charlie Wi and others. We raised \$75,000.

MEREDITH: Boy! Land sakes!

ALBAUGH: I was advised when you're dealing with a charity to make sure the money was allocated where you wanted. We called it the Coach Fund. The interaction between a coach and student is the key to learning. .

MEREDITH: This is a win-win thing you did there!

ALBAUGH: In addition to the coach fund Sandy and I are directly involved in TFT programs

MEREDITH: She is?

ALBAUGH: Yes. She runs the golf Fore girls program and I conduct coaching education with the volunteer coaches ... we are invested and delighted that I was able to it!

MEREDITH: I've always been tempted to probe your expertise at teaching – by asking you to teach me to hit a ball off a tee!

ALBAUGH: Haha! One of the things that I learned a long time ago, Larry, that I'm only going to work with really good athletes because they make me look good.

MEREDITH: Haha! I can see why we've avoided this teaching session! What brought the administrations here at the college and how – what has been your relationship or your impressions of the various presidents we've had? The influence in your teaching? Or the interference in your teaching, as the case may be?

ALBAUGH: As I had already mentioned, it was Cedric who said, "Do what you can do, let's get these programs going". He was very supportive and in fact participated as best he could. When he left – Tom Stubbs was very supportive.

MEREDITH: Tom Stubbs is just -

ALBAUGH: Very supportive! Good man, a really good man!

ALBAUGH: He said, "Look, keep this thing going".

MEREDITH: Uh-huh.

ALBAUGH: McCaffery was a good athlete. He was a mediocre president.

MEREDITH: Haha, yes – What about Atchley?

ALBAUGH: I knew Atchley!

MEREDITH: He was an athlete!

ALBAUGH: Oh yeah he was. I had a good relationship with him. In fact, when we were looking for an Athletic Director when Ike Isaac resigned, he suggested that I apply, So, I did. At the time we still had football. This was probably '90 – '91.

MEREDITH: Yeah.

ALBAUGH: I said I will apply, and this is my restrictions. Right now we have an opportunity to start a Division III Football Conference. At the time a Division One school could have a div 3 football program, Santa Barbara has a team, St. Mary's has a team, USF has a team. We can get this started. It's time for us to leave football as we have it because as much as we love it – it's common dominator, among social gatherings, is needs way too many resources. I'm not just talking about the economics -

MEREDITH: Right. Right.

ALBAUGH: But, the human resources it takes.

MEREDITH: Yes.

ALBAUGH: He said, "Well we are going to continue football". So, I said, "I withdraw". I don't know if it would have been a good fit for me anyway. []

MEREDITH: Yeah.

ALBAUGH: We had more than one conversation about coaching and about our coaches at the time, But when our Athletic Director, you know, our Athletic Director, Carl Miller, was a thief and a criminal. When we exposed him to Atchley, he said he would take care of it.

MEREDITH: And he stood behind it?

ALBAUGH: Yes, he did.

MEREDITH: Good.

MEREDITH: Didn't you invite him to class one time?

ALBAUGH: Yes I did.

MEREDITH: He did a huge – I think he did about a half hour or a forty-five minutes on his presidency back East, at a college, where they had a big football program, and he was known as someone who was critical of the

expense of the program, and they virtually wanted him out as president because he wouldn't support it.

ALBAUGH: I came to pretty good terms with DeRosa because we played golf together.

MEREDITH: Now, he's the one who dropped football.

ALBAUGH: Ted Leland was here, prior to DeRosa knew that he would be the one to drop football [] but, then he went to Stanford, now he's back.

MEREDITH: Was Ted Leland a student of yours?

ALBAUGH: Oh yeah. In the 70s, it was a wonderful time. Ted was probably my first advisee. Brilliant! Brilliant. After he received his MA and had coached for 4 years he said, I'm going back to school to get my PhD at Stanford. John Nixon the head of the Stanford PE department asked me send him Ted's thesis."he called back and said, "Hmmm, this is better than most of our doctoral dissertations. Then Nixon died and they dropped their Physical Education PhD program, and Ted enrolled in Psychology. His advisor was Albert Bandura the most documented, academic sports psychologist in the world. Ted flourished.

MEREDITH: Land sakes! Ted became was one of the great athletic directors of the country.

ALBAUGH: We are so fortunate to have him. He has loved Pacific, like you do, and like I do.

MEREDITH: You know he does.

ALBAUGH: He loves it! He was talking about extension of the University into the community.

MEREDITH: Yeah.

ALBAUGH: We do a good job with our sports teams. We do a good job with our performances. But, we need todo more, as Ted contends – it's why he's still the Associate Vice President for Community Relations, because he feels we need more community connections. There were a number of graduate students in the 70s, 80s and into the 90s that were brilliant, as I said before. They will take us places. It was fun to work with them.

MEREDITH: You had Pete Schroeder.

ALBAUGH: Oh yeah! Pete and his wife. His wife, Kristy.

MEREDITH: Oh my, my!

ALBAUGH: Kristy first, a very curious coach... and then Pete. Pete Schroder is top of the line. He's a forward thinking educator and he's an intelligent guy, but it takes more than that.

MEREDITH: Go ahead!

ALBAUGH: I'm not one of those. Most of our professors are cum laude and valedictorians.

MEREDITH: Yeah?

ALBAUGH: Really good students, and they get their PhD, they're 28, and they become a professor. They *know* lots about learning. They know nothing about teaching! We give them five years, maybe three to five years, and

if they figure out at some point that you have 28 people in class and maybe *one* of them is motivated like you are in learning. Maybe one -

MEREDITH: Yeah.

ALBAUGH: Once they learn how to teach all shapes and sizes they become a real professor Pacific style.

MEREDITH: Yeah.

ALBAUGH: You see, Larry, my beginnings were much different. I was not a cum laude, I was not a valedictorian, I was a mediocre student that got turned onto to liberal learning much later in life. So, when I got here, I knew something about learning, and wanted to learn more.

MEREDITH: And play!

ALBAUGH: Yeah and play! So, that's my take on it. So when people stay here, they become invested in their students, like you have and I have. [] To really provide them an experience that will allow them to grow and discover. The Internet becomes our ally...lectures alone are gone. If I'm gonna talk about the philosophy of coaching -

MEREDITH: Yeah?

ALBAUGH: In five minutes, you can go on the Internet and can get 16 philosophies of coaching by the leading coaches in the country. We'll discuss implementation of the philosophies. I always thought the Socratic method of self-discovery was the best way to learn. Ted Leland tells me now that I was way aheadthat was my style from the beginning.

MEREDITH: That's right! That's exactly right. You were the future of education!

ALBAUGH: Oh!

MEREDITH: See, there it is right? I mean your name is right at the first of the alphabet. [they both laugh]

MEREDITH: Yeah.

ALBAUGH: My dad said, "Look, unless you can apply it, it doesn't mean a damn thing". Except to other academics. He didn't have a PhD, but he was with the folks in animal science who did. He was the guy who worked with the farmers and ranchers.

MEREDITH: Uh-huh.

ALBAUGH: He could saddle a horse and ride the range with them, he could climb over fences and knew how to till soil, thus he was also able to translate research so it was meaningful for the ranchers and farmers.

MEREDITH: For goodness sake...I think we've – I looked at this oral history, the kind of questions we've had the whole time, and I think we covered so many of these. How you were with the students, the working relationships with the faculty, administrators, and controversial issues. What was the real the controversial issue on the faculty, here that would have - ?

ALBAUGH: I think there were two.

MEREDITH: Two?

ALBAUGH: One, intercollegiate sports, particularly football, and its draining of human and economic resources. And the other was the impact intercollegiate sport has upon individuals, the University and its extended community.

MEREDITH: Uh-huh?

ALBAUGH: When in the proper perspective, they are a significant extension of the University into the community, they bond a university community and can contribute to the personal growth of the athletes. Some people will never get over the fact that American universities sponsor sports' teams, but we do. So, we are not changing that.

MEREDITH: Doing the right way. Well, you've been the forefront of doing it the right way, and you're influence on students has been obvious and the community. I think this is been very – is there something that we've missed? You have a lot of notes here. Maybe they haven't asked us to ask?

ALBAUGH: In fact we did a couple of them together. I brought to the campus some special events. They were all centered around sports and coaching. I don't remember all of them, but they really brought the community together. I think the one we did in 1972 with Don Meredith, '73, 1974, what date was it?

MEREDITH: Yes in there, yes -

ALBAUGH: Well, that was magical!....an icon who was a great performer and a great friend of yours. So, you and I and Don and some with Cedric Dempsey put on this event, and it was a week long and we had the community and all the coaches came -

MEREDITH: Oh, my!

ALBAUGH: We had discussion groups.....the discussions were hot! They were really something!.....we were saying is there's a way to play the game and coach the game, and Don was our focal point – you know our focus. He was wonderful in that regard it was a weeklong thing and that brought community people. You know coaches and athletes together in great discussion of sport. It was really intense, collaborative and enlightening.

MEREDITH: It really was.

MEREDITH: Well, Don was one of these men who loved to play the game. He had played at every different level.

ALBAUGH: He was good!

MEREDITH: He was awfully good at these levels! People didn't know that he was –Don was not only an All-American Football Player, the quarter back for the Dallas Cowboys, but he was the best basketball player in Texas when he played.

ALBAUGH: We beat you guys in the new game.

MEREDITH: Well, yeah, we were a little past our prime. [both laugh] And besides, that was true – you and Dempsey played and we played “HORSE”. Well, not “HORSE”, but just two on two.

ALBAUGH: Two and two.

ALBAUGH: Another one I can remember [], we did the first sports in America course and we had Dave Meggysey “Out of their League, weeklong event in the summertime, and we had community people, students, graduate students and coaches exploring the whole idea of Sports in America. Bill Walsh then in his first year at Stanford. Pete Carroll was in the class.

MEREDITH: You know what – a lot of people in Sports alone, Pacific seems to be producing so many really illustrious sports participation with coaches, players, and some of the famous – the Stagg legacy started it all in 1933 and 1934 when he came here from Chicago. It never stopped! From that time on there seems to be as they say a cornucopia of these great players and athletics gurus. Has anybody ever done a study of this or written an article about it? The most recent of course is Pete Carroll. Now, the coach of the Super Bowl champions! So, but there has been so many of them.

ALBAUGH:we’ve had the opportunity to bring them back here to share. I’ve done two big events outside of the University, titled *Winning The Battle Within, for which* Pete was a keynote. He’s plays golf about as well as you do, but he plays the big game about as well as anybody.

MEREDITH: Yeah. He does play the game.

ALBAUGH: He does play the game. He’s been here about five or six times and by the way – he was a member of that winter term class in 1974 -

MEREDITH: That’s true, he was in that class!

ALBAUGH: And so was Ted Leland, and Cedric Dempsey was a guest member of the class. But, that class, in it’s way, had a life of its own. It was limited to 25 people, but as the lessons of the kingdom grew around campus and in the community and the expected arrival of guest from the cosmos, others tried to join. It was not unusual for an alumnus at an alumni gathering to say how much the class meant to them. I knew they were not enrolled.

MEREDITH: Yeah.

ALBAUGH: Okay! So, Glenna and Pete were both in it and they weren’t married yet. []

MEREDITH: Didn’t they finish at the Playboy Club?

ALBAUGH: Oh, that’s another one! You did that one!

MEREDITH: Oh, that was my class?

ALBAUGH: Yes, it was.

MEREDITH: [] Winter Term and we finished at the Playboy Club, and it was sponsored by right hand man, you

know, who had picked All-American for Playboy Magazine. It was an incredible event!

ALBAUGH: Well, now, do you remember when Indiana State, led by Larry Bird, played Michigan State, led by Magic Johnson, on a Monday night. So, we pooled and both taught a class []

MEREDITH: We did!

ALBAUGH: We said, no – we are going to combine this one.

MEREDITH: I don't know what the Academic Committee thought of that!

ALBAUGH: Mine was Sports in America and I had about 80 people in the class.

MEREDITH: Mine was Religion of the Body and []

ALBAUGH: So we came together.

MEREDITH: Okay – so, we came together and there was Larry Bird and Magic Johnson.

ALBAUGH: And a big screen...

MEREDITH: Oh Lordy! Mercy!

ALBAUGH: Somebody said, "Well what are we learning today?" and I said, "This is an experience, you don't want to miss."

MEREDITH: That's right!

ALBAUGH: I had big Soviet-American Coaching Deal in 1990. a week-long event.

MEREDITH: Oh my! Yes.

ALBAUGH: Right here.

MEREDITH: Yes.

ALBAUGH: Bill Walsh was one of the main sponsors. We had coaching education people from all over the country with the Soviets talking about coaching education. That was a good one! Cindy Spiro was a driving force putting the programs together.

MEREDITH: Amazing! All stepping out of here. Oh my gosh.

ALBAUGH: Like you and other people – I brought in as many people that I possibly could who had experiences of the outside to show the students. Sometimes it was just graduate students. I can't even name the number small enclaves that we had – meetings – to give these students opportunities to talk with people who are the "practitioners". My dad participated in a couple of those as well.

MEREDITH: Boy, you love that and your father! I didn't know him, but I remember hearing when they honored him at Pacific and a speech he gave. He was just delightful! So alive! I see how he could have a son like you.

ALBAUGH: Well, he lived a treasured life. He lived till he was 94. You know, he had a stroke, and he was gone.

We played golf on his His 94th birthday. He reminded me that he was one up after 9 holes. I kept the card.

MEREDITH: Well, you have a favorite phrase and I think we ought to – but I want you to meditate on this phrase, publicly. That is, you always say to me about something, “He or she *knows* the *mystery* of the game.” I’m thinking the *mystery* of the game? This seems to be very important to Professor Albaugh. The word *mystery* has come over again, and I found a whole book and I guess it was written in 1904 something called, “The Mystery of Golf.” I thought well now, wait a minute so this is it. This is the moment in history when we are going to find out what the *mystery* of the game is. Well, what do you mean when you say he knew? You say this about Pete, he knows the mystery of the game. You said Don Meredith, he knows the mystery of the game. You say about my game, you say he’s just a mystery. [laughs]

ALBAUGH: I explained it two ways. If it’s a team game,...When a team has developed a culture of selflessness, of humility, a confluence of togetherness, when the ultimate experiences are the moments....sometimes a quarter...when the game elevates with the total engagement and all 10 players. It happens in the NBA, at Lincoln HS, the noon game...Bill Russell loved those moment...as do I as do you...Pete Carroll savors those moments....of course the score counts, although it becomes secondary to the experience. When we live in a society which thrives on immediate gratification and quick fixes, the team game remains a mystery to many. Great players make the players around them understand, then they prosper, and flourish. Each team meeting, practice, game, and informal gathering lends and opportunity for understanding the mystery...then it's not a mystery but a collective intention.

Individually, to understand the mystery of the game ...It's to absolutely flourish in the camaraderie....the ambiance...the competition...It’s really not about the winning, because we can’t control that, but it’s about playing to win and being in the game. So, that’s the mystery. To understand that: I played Sunday – shot my age by the way – we played in three and a half hours, and I said to the other three guys this is a great day. Why? Because you won the money? I said, “No, because of the way it was today, the ambiance....the competition were just exactly the way it ought to be.” There wasn’t much chatter...we were walking out there, enjoying it, intensely invested in every shot....sometimes we hit great shots and sometimes we didn’t – it didn’t matter because we were in the game. So, understanding the mystery game is being completely absorbed in every shot with all your senses activated...self-discovery abounds...absolutely a treasure. I still get that experience as a player....I also get to watch it and I get to teach it....that’s the mystery of the game.

MEREDITH: And that’s the mystery of education.

ALBAUGH: Yeah.

MEREDITH: That’s exactly what it is. It’s a team game. You have to be present....giving yourself a chance to unfold into the universe and be a part of it.

ALBAUGH: Doc Rivers gets it.

MEREDITH: He *does* get it!

ALBAUGH: He gets it.

MEREDITH: Bill Russell got it!

ALBAUGH: Yeah.

MEREDITH: If anybody got it – it was Bill Russell.

MEREDITH: You've said and we've all said it.

ALBAUGH: I got that passage in my book.

MEREDITH: You have! And your opponent is your partner, not your enemy! Oh my goodness!

ALBAUGH: It is. The mystery is as Pete's guy now, [Gervais], seems to say, "When we do this – when we really understand the mystery of the game, winning becomes accidental."

MEREDITH: Yes. Yes.

ALBAUGH: That is not to minimize the importance of winning, keeping score and getting to top, it's to emphasize a collective energy....play the game my friend...hold nothing back...love every moment when the game is on the line

MEREDITH: I'm talking about playing, not winning! Oh my joy!

ALBAUGH: Well, okay.

MEREDITH: I tell you what – whatever we've covered, we covered! The last questions is, "anything else?" [both laugh]

ALBAUGH: The University gave me an opportunity to learn and grow as a teacher, and now, to continue doing it. Maybe it would have taken place someplace else. I don't know that. But, I know that I had that opportunity here. They gave me the support and the foundation to leap and jump around and crawl that path to enlightenment.

MEREDITH: Yeah.

ALBAUGH: To really give the students and myself the opportunity to understand the mystery of the game.

MEREDITH: The mystery of the game. Well, you've been a great teacher and I must say, personally, a great friend.

ALBAUGH: Thank you, Larry. Yes. We are good friends!

MEREDITH: We are that – when are we going back to Seattle?

ALBAUGH: Well, let's turn this off.

MEREDITH: It's *fini*, here, okay. It's the finish.