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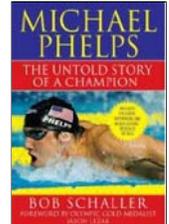


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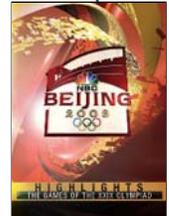


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Industry News: Exclusive Excerpts of Michael Phelps: The Untold Story of a Champion -- October 21, 2008

Kids can be cruel and really mean. I think it's helped Michael take things with a grain of salt. PHOENIX, Arizona, October 21. THIS week, *Swimming World Magazine* will feature three exclusive book excerpts from Bob Schaller's newly-released book *Michael Phelps: The Untold Story of a Champion*.

Michael Phelps is an American sports hero, perhaps the greatest Olympic athlete the world has ever known. His unprecedented eight gold medals in the 2008 Summer Olympics have made him a superstar. But his journey to Olympic immortality is every bit as compelling as his achievements in the pool. From learning to cope with ADHD to the story of how Phelps became the greatest swimmer ever, Phelps' tale is told in full detail here for the first time.

The author, Schaller, has known Phelps and his coach for more than eight years, and has extensively interviewed him, along with his mother, sisters, coach, and teammates. Filled with revelations, career statistics, photographs, and insightful analysis of how Phelps achieved the seemingly impossible, this is a must-read for anyone who wants to learn the complete story behind the legend.

[Purchase the book now!](#)

From Chapter 1:

While Michael Phelps was worrying about the things most 9-year-old boys do – what sports he should play, how come he had so much homework – the Phelps as a family had moved into a nice home in the Baltimore suburb of Harford County.

However, when his parents, Fred, a state trooper, and mother Debbie, at the time a home economics teacher, divorced, the kids and their mother moved to a townhouse in Rodgers Forge, a middle-class suburb of Baltimore.

His oldest sister, Hilary, was only a few years from heading off to college. The middle child, Whitney, was closer to Michael in age so she spent a lot of time with her little brother, especially as their mother worried about running a household, building her own career – she was headed for a job in administration before becoming a middle-school principal – and taking care of getting her active kids to all their sporting events.

Michael's Attention Deficit Hyperactivity Disorder was, thanks to his mother, diagnosed at a young age.

"I know growing up when he was diagnosed, he was on medication," Whitney said. "He was a young boy that had tons of energy. I think our whole family might have a touch of it. I can't sit still and watch a movie, I can't just focus on one thing, and Michael was that way. I never really thought anything of it. A lot of kids have that."

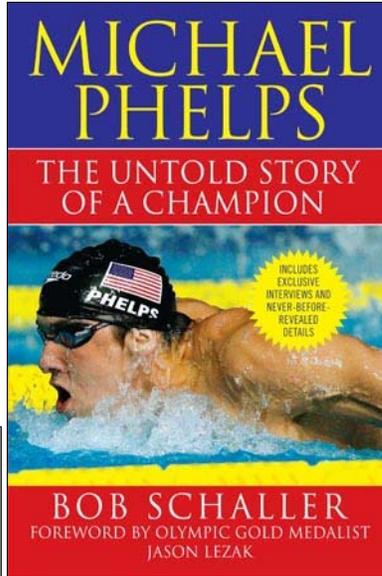


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Industry News

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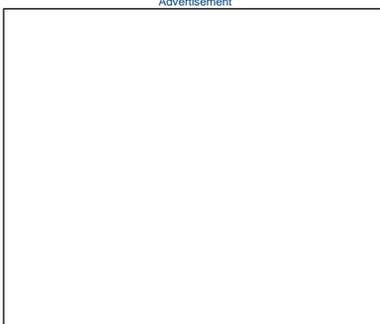
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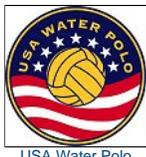
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The disorder, or illness, affected Michael mostly in school, though she could see how it affected him at home when he had to sit for long periods, whether it was doing homework or even just watching a program on television, especially if he had little interest in it.

"Maybe it slowed him down in the classroom because sitting there, people with ADHD have a hard time sitting through a half-hour, 45-minute, or 50-minute class," Whitney said. "Or even to watch a whole TV show from start to finish – it is hard to concentrate for that long. Once out of the school setting though, sports really helped him because of the focus – he played lacrosse and baseball when he was younger, and when he'd do that or swimming it did not affect him."

Hilary said Michael was better than he admitted he was in sports outside of swimming, as a youth.

"Michael was awesome at playing all sports," Hilary said. "He was fast on his feet and had a lot of energy, so he could cover that lacrosse field like no other. Michael liked to win, so he always gave it his best. I think it would be hard to win every game if you played a team sport like baseball or lacrosse, but Michael still likes to win, and in the sport of swimming, he can give it his all, to make sure that he wins."

Michael agreed that it was a problem in school.

"I couldn't sit still, I couldn't focus," Michael told the Sun Newspaper of London.

But he didn't appreciate it when in middle school a teacher criticized him and told his future was limited.

"One of my teachers at middle school — I can't remember his name — said I would never be successful," Michael told the Sun. "When someone says that, I'm going to work even harder to prove him wrong. It was a dream come true to achieve something no one has done before."

Debbie realized her son needed help focusing, and was not willing to let him use his ADHD as a crutch.

"Kids need structure. Kids needs consistency," Debbie told the Associated Press. "I don't care if they have ADHD or not, they have to have those parameters in order to be successful."

Hilary said their mom had not just the right career and education, but also the right temperament to help Michael deal with his ADHD.

"She has a lot of patience and worked really hard with all of us to instill solid values. I was away at college, but would hear about the things that she would do with Michael – help him with visualization exercises to help calm him, if he was full of energy. She knew difference ways to engage him in activities, as well as ways to help him focus."

Swimming was one of the keys in helping Michael deal with it.

"Getting in the water helped me focus and stay on track and I grew out of it," Michael said.

Whereas lacrosse and baseball are played on fields and are team sports, there is an occasional lull for certain players – especially in baseball.

"Swimming helped even more" with the ADHD, Whitney said, "because you have a pool that you stay inside, you can't run around all over the place, so it gave you certain boundaries and brought with a certain focus."

Michael was also a victim of bullying, especially at school.

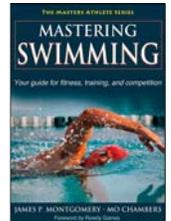
"There were days when I was on the school bus and had my baseball hat thrown out of the window," Michael told the Sun. "It's funny because the people who did that are now trying to come back and be friends, and it's like, 'No.'"

Hilary said Michael did endure bullying, and that it was an eye-opener to the family that kids treated her brother that way.

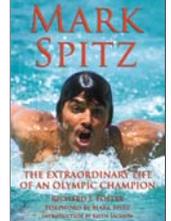
"That was pretty tough," Hilary said. "Kids can be cruel and really mean. I think it's helped Michael take things with a grain of salt. When there are things written about him, he uses them for motivation. He's able to turn things that happen into a learning experience and grow from them."

[Purchase the book now!](#)

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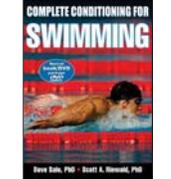
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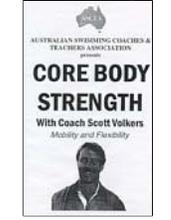
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