

# ASTRONAUT MOMENTS ANNE MCCLAIN



1  
00:00:09,110 --> 00:00:07,269

[Music]

2  
00:00:10,709 --> 00:00:09,120

so the first time i played rugby i was

3  
00:00:12,549 --> 00:00:10,719

actually 18 it was the year before i

4  
00:00:15,190 --> 00:00:12,559

went to west point and i was walking

5  
00:00:17,029 --> 00:00:15,200

across the gonzaga university campus and

6  
00:00:18,950 --> 00:00:17,039

i saw a group of people playing a sport

7  
00:00:20,150 --> 00:00:18,960

that was unlike anything i'd seen there

8  
00:00:21,670 --> 00:00:20,160

was a lot of tackling i couldn't figure

9  
00:00:23,670 --> 00:00:21,680

out what was going on

10  
00:00:25,750 --> 00:00:23,680

and one of them asked me if i was

11  
00:00:27,429 --> 00:00:25,760

interested in trying it out and the very

12  
00:00:28,950 --> 00:00:27,439

next day i started in my first game of

13  
00:00:30,790 --> 00:00:28,960

rugby

14

00:00:32,549 --> 00:00:30,800

i played throughout my time at west

15

00:00:34,709 --> 00:00:32,559

point and then when i was a marshall

16

00:00:37,510 --> 00:00:34,719

scholar i was fortunate to study

17

00:00:39,430 --> 00:00:37,520

postgraduate in england and there i

18

00:00:42,069 --> 00:00:39,440

started playing at a higher level in

19

00:00:43,510 --> 00:00:42,079

2004 i was selected to the u.s national

20

00:00:45,430 --> 00:00:43,520

team i was fortunate to play a lot of

21

00:00:47,029 --> 00:00:45,440

rugby and then i also coached a little

22

00:00:48,869 --> 00:00:47,039

bit right before

23

00:00:50,470 --> 00:00:48,879

i went to test pilot school

24

00:00:52,310 --> 00:00:50,480

my last weekend playing rugby was the

25

00:00:53,830 --> 00:00:52,320

weekend prior to finding out i became an

26

00:00:55,830 --> 00:00:53,840

astronaut

27

00:00:57,510 --> 00:00:55,840

so rugby has surprisingly helped me a

28

00:00:59,830 --> 00:00:57,520

lot as an astronaut and when i'm

29

00:01:01,510 --> 00:00:59,840

training in the spacesuit in the emu and

30

00:01:03,430 --> 00:01:01,520

we're working in our in our large pool

31

00:01:04,869 --> 00:01:03,440

the neutral buoyancy lab underwater

32

00:01:06,789 --> 00:01:04,879

we're under there for six hours at a

33

00:01:09,109 --> 00:01:06,799

time and you really work yourself to

34

00:01:10,550 --> 00:01:09,119

physical and mental exhaustion the only

35

00:01:12,870 --> 00:01:10,560

other time that i've hit that point of

36

00:01:14,630 --> 00:01:12,880

exhaustion is the 60th minute of a rugby

37

00:01:17,030 --> 00:01:14,640

match when your body gets that

38

00:01:18,870 --> 00:01:17,040

physically tired you can't mentally give

39

00:01:20,870 --> 00:01:18,880

up you actually have to

40

00:01:22,550 --> 00:01:20,880

think about things more deliberately

41

00:01:24,469 --> 00:01:22,560

with more clarity because you're more

42

00:01:27,190 --> 00:01:24,479

prone to mistakes and it's the people

43

00:01:29,109 --> 00:01:27,200

that can overcome that physical and keep

44

00:01:30,789 --> 00:01:29,119

going with the clarity of mind that win

45

00:01:32,550 --> 00:01:30,799

both rugby matches and that find

46

00:01:35,560 --> 00:01:32,560

themselves successful trading in the

47

00:01:35,560 --> 00:01:35,570

spacesuit

48

00:01:40,390 --> 00:01:36,450

[Music]

49

00:01:56,389 --> 00:01:44,060

i am ann mclean and i am an astronaut