

## **Some Words of Wisdom From Those Who Have Been There...**

"Winning is not a sometime thing; it's an all time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is habit. Unfortunately, so is losing."

-Vince Lombardi

You have to expect things of yourself before you can do them.

-Michael Jordan

Do not let what you cannot do interfere with what you can do.

-John Wooden

If you train hard, you'll not only be hard, you'll be hard to beat.

-Herschel Walker

The minute you start talking about what you're going to do if you lose, you have lost.

-George Shultz

Adversity cause some men to break; others to break records.

-William A. Ward

Sweat plus sacrifice equals success.

-Charlie Finley

You have no control over what the other guy does. You only have control over what you do.

-A J Kitt

It's not the size of the dog in the fight, but the size of the fight in the dog.

-Archie Griffen, two-time Heisman winner ( 5'9")

There's no substitute for guts.

-Paul "Bear" Bryant

I really lack the words to compliment myself today.

-Alberto Tomba

How you respond to the challenge in the second half will determine what you become after the game, whether you are a winner or a loser.

-Lou Holtz

My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging

-Hank Aaron

Besides pride, loyalty, discipline, heart, and mind, confidence is the key to all the locks.

-Joe Paterno

The will to win is important, but the will to prepare is vital.

-Joe Paterno

We must either find a way or make one.

-Hannibal

It's lack of faith that makes people afraid of meeting challenges, and I believed in myself.

-Muhammad Ali

Power is not revealed by striking hard or often, but by striking true.

-Honore de Balzac

Perhaps the single most important element in mastering the techniques and tactics of racing is experience. But once you have the fundamentals, acquiring the experience is a matter of time.

-Greg LeMond

To succeed... You need to find something to hold on to, something to motivate you, something to inspire you.

-Tony Dorsett

Ask not what your teammates can do for you. Ask what you can do for your teammates.

-Magic Johnson

Set your goals high, and don't stop till you get there.

-Bo Jackson

Nobody climbs mountains for scientific reasons. Science is used to raise money for the expeditions, but you really climb for the hell of it.

-Sir Edmund Hillary

I learned that if you want to make it bad enough, no matter how bad it is, you can make it.

-Gale Sayers

The difference between the impossible and the possible lies in a man's determination

-Tommy Lasorda

Luck is what happens when preparation meets opportunity.

-Coach Darrel Royal

You can become a winner only if you are willing to walk over the edge.

—Damon Runyon

It's a little like wrestling a gorilla. You don't quit when you're tired—you quit when the gorilla is tired.

—Robert Strauss

If you can believe it, the mind can achieve it.

—Ronnie Lott

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it—as long as you really believe 100 percent.

—Arnold Schwarzenegger

Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.

—Tom Landry

Winners never quit and quitters never win.

—Unknown

It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice.

—Eric Lindros

The only place where success comes before work is in the dictionary.

—Vidal Sassoon

The best and fastest way to learn a sport is to watch and imitate a champion.

—Jean-Claude Killy

Everyone has limits on the time they can devote to exercise, and cross-training simply gives you the best return on your investment—balanced fitness with minimum injury risk and maximum fun.

—Paula Newby-Fraser

Courage is resistance to fear, mastery of fear—not absence of fear.

—Mark Twain

Courage is the price that life exacts for granting peace.

—Amelia Earhart

Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time.

—Lou Brock

Don't look back. Something might be gaining on you.

—Satchel Paige

If at first you don't succeed, you are running about average.

—M.H. Alderson

When someone tells me there is only one way to do things, it always lights a fire under my butt. My instant reaction is, "I'm gonna prove you wrong."

—Picabo Street

The only way to overcome is to hang in. Even I'm starting to believe that.

—Dan O'Brien

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

—Vince Lombardi

There are only two options regarding commitment. You're either IN or you're OUT. There's no such thing as life in—between.

—Pat Riley

The game isn't over till it's over.

—Yogi Berra

Ingenuity, plus courage, plus work, equals miracles.

—Bob Richards, Pole Vaulter

It's what you learn after you know it all that counts.

—John Wooden

I'll always be Number 1 to myself.

—Moses Malone

I'm a great believer in luck, and I find the harder I work, the more I have of it.

—Thomas Jefferson

When you're riding, only the race in which you're riding is important.

—Bill Shoemaker

It is a rough road that leads to the heights of greatness.

—Seneca

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.

—Babe Ruth

The country is full of good coaches. What it takes to win is a bunch of interested players.

-Don Coryell, ex-San Diego Chargers Coach

When you're playing against a stacked deck, compete even harder. Show the world how much you'll fight for the winner's circle. If you do, someday the cellophane will crackle off a fresh pack, one that belongs to you, and the cards will be stacked in your favor.

-Pat Riley

Before you can win a game, you have to not lose it.

-Chuck Noll, ex-Pittsburgh Steelers Coach

When you are playing for the national championship, it's not a matter of life or death. It's more important than that.

-Duffy Daugherty

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.

-Vincent T. Lombardi

Only those who dare to fail greatly can ever achieve greatly.

-Robert F. Kennedy

My thoughts before a big race are usually pretty simple. I tell myself: "Get out of the blocks, run your race, stay relaxed. If you run your race, you'll win....Channel your energy. Focus."

-Carl Lewis

The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do.

-Dennis Waitley

Genius is one percent inspiration and ninety-nine percent perspiration.

-Thomas Edison

A ship in the harbor is safe. But that's not what ships are built for.

-Anonymous

The best inspiration is not to outdo others, but to outdo ourselves.

-Anonymous