

Sport & Leadership Development SHORT Quotes Collection 1997-2010

Do not use compulsion, but let early education be rather a sort of amusement. - Plato

We make a living by what we get, we make a life by what we give. - Winston Churchill

You've got to play with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and heart, he's never going to come off the field second. – Anon.

Teach not what to think, for it changes in the wind; teach how to think and it will be the wind of change. - Aussie Wayne Goldsmith

A candle loses nothing by lighting another candle. - Unknown

All genuine learning is active, not passive. - Mortimer Alder, The Paideia Proposal.

To be a star, you must shine your own light, follow your own path, and don't worry about the darkness, for that is when the stars shine brightest. - Unknown

Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over. - Unknown

Your task is to build a better world, God said. I answered, How? This world is such a large, vast place, and there's nothing I can do that seems to matter. But God in all His wisdom said, just build a better you. - Anon

Coaching? It was never what I envisioned doing. It's stressful, difficult, and it doesn't pay well. But I'm hooked. Knowing that I can make a difference in kids' lives is a big positive, and the reason I'm here.
- Ann Donovan, WNBA Coach

I learned how crucial a teacher can be in nurturing or ruining a student's passion. A teacher needs to find the trigger inside each student that releases his or her best work. - Tara VanDerveer, Head Coach, Stanford

My general rule, which I have followed throughout my coaching career, is that everyone doesn't necessarily get treated the same way, because I'm not sure that's possible. But everyone has to be treated fairly. Moreover, they have to know and trust that they will be treated fairly. Dennis Green, NFL Coach

A committee is a group of men who, individually, can do nothing, but collectively can meet and decide that nothing can be done. -Anonymous

A committee of one gets things done. -Joe Ryan

A gossip is one who can give you all the details without knowing any of the facts. -Anonymous

I am a big believer in the mirror test. By that I mean that you shouldn't worry about the fans or the press or trying to satisfy the expectations of anyone else. All that matters is if you can look in the mirror and honestly tell the person you see there that you've done your best. - John McKay, football coach

A human being should be able to change a diaper, plan an invasion, butcher a hog, design a building, write a sonnet, set a bone, comfort the dying, take orders, give orders, solve equations, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects. - Robert Heinlein

Look at a stone cutter hammering away at a rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know that it was not the last blow that did it, but all that had gone before. - Jacob A. Riis

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain

Success has a price tag on it, and the tag reads courage, determination, discipline, risk taking, perseverance, and consistency --- doing the right things for the right reasons and not just when we feel like it. - James M. Meston

A home run is just a line drive that gained altitude. -Hugh N. Flowerree

A husband is one who stands by you in troubles you wouldn't have had if you hadn't married him. -Anonymous

A mother takes twenty years to make a man of her boy - and another woman makes a fool of him in twenty minutes. -Robert Frost

A school without football is in danger of deteriorating into a medieval study hall. -Vince Lombardi

All you need in life is ignorance and confidence, and then success is assured. -Mark Twain

An alibi is first cousin to an excuse - and both make lousy relatives. -Murray Chase

A serious athlete to me is one who is committed to excellence at any level, at any age, in any endeavor and in either sex. This commitment begins with a dream and a sense of talent and skill and determination to make that dream come true. - Carol Mann

We believe that all sports build character. Individuals who participate in sports must learn to be tenacious, to overcome adversity and to be strong team players - attributes which can help all of us succeed in life. - Robert W. Fiondella

The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well. - the Olympic creed, Baron Pierre de Coubertin

In the name of all competitors, I promise that we will take part in these Olympic Games, respecting and abiding by all the rules which govern them in the true spirit of sportsmanship, for the glory of sport and the honour of our teams. - Baron Pierre de Coubertin

My general rule, which I have followed throughout my coaching career, is that everyone doesn't necessarily get treated the same way, because I'm not sure that's possible. But everyone has to be treated fairly. Moreover, they have to know and trust that they will be treated fairly. Dennis Green, NFL Coach

There's nothing worse than the feeling of wishing you had another chance at a play because you weren't ready. Every athlete has those feelings to mull over, and over, and over... Don't even expose yourself to the possibility of being caught off-guard. - Karch Kiraly

Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill.

- Muhammad Ali

Bill Walton, UH Volleyball coach, after his player kept looking at him on the bench every time the ball hit the floor...Next time you look at me I'll put you on the bench where you can see me better.

My basic principle is that you don't make decisions because they are easy; you don't make them because they are cheap; you don't make them because they are popular. You make them because they are right.

- Theodore Hesburgh, former president of Notre Dame

The word coach comes from the old English word coach, which was a vehicle, a carriage that took royalty or very important people from where they were to where they wanted to go. That's really what a coach is. He or she tries to create a vehicle that will help you get where you're going, not where the coach wants you to go.

- Tim Galleway

When a spiker misses the court, he turns and looks for the correction to make within himself. Failure to hit the court is never the fault of the ball, or court. To improve your accuracy - improve yourself. – Anon.

The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside we all believe that we are above-average drivers. -- Dave Barry

A truly successful person knows how to overcome the past, use the present, and prepare for the future-but unless we can first surmount the past, we cannot effectively cope with either the present or the future.

-Sydney J. Harris

Personal sacrifices are really the beginning and the end of everything, because you don't win because you do one thing right or two things right. You win because you do 1,000 little things right throughout the year. - Susan Butcher

No life is without rivalry, tension, anxiety, strain and pain. The same holds true for the participants in sports, for as long as games are played there will be a winner and a loser, and it is the experience of everyone to be on either side at one time or another. - Willye B. White

I found out from my own experience that the best way to involve my daughter, Joanna, in sports is to participate with her. Recently, a mother asked me how I got my children to swim laps. The truth is, I've never asked my children to do laps. They see me do laps and want to do it with me. Parental participation is one way.

- Donna de Varona

The will to win is more important than the skill to win It is possible to achieve only what you actively pursue
Cogito, ergo sum. I think, therefore I am Keep your head high and work hard everyday, because you'll never get that day back

- Lloy Ball

We who lived in the concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: The last of his freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

-Victor E. Frankl

To focus on technique is like cramming your way through school. You sometimes get by, perhaps even get good grades, but if you don't pay the price day in and day out, you never achieve true mastery of the subjects you study or develop an educated mind. -Stephen R. Covey

An expert is an ordinary fella away from home. -Bum Phillips

Any athlete who lets his sport come between himself and his education is the kind of kid who wouldn't study anyway. -Howard Jones, USC

Character consists of what you do on the third and fourth tries. -James A. Michener

Children have more need of models than of critics. -Joseph Joubert

Coach which are we, the hugs or the kisses?

-Nameless to protect the guilty (question during a football chalk talk)

Computers can figure out all kind of problems - except the things in the world that just don't add up. -James Magary

Depend on the rabbit's foot if you will - but remember it didn't work for the rabbit. -R.E. Shay

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

—M. Scott Peck (1936-2005); Psychiatrist, Author

You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair. In the central place of every heart, there is a recording chamber; so long as it receives messages of beauty, hope, cheer and courage, so long you are young.

- Gen. Douglas MacArthur

It is always amazing what a small part of life is taken up by meaningful moments. Most of them, they are over before they start, although, they cast a bright light on the future and make the person who originated them unforgettable. --- The King from the movie Anna and the King

You can only make so much money in life and only enjoy so many creature comforts. The important thing is to do something meaningful-to leave something behind. - Roon Arledge, producer

When Aristotle was asked how much educated men were superior to those uneducated he said, As much as the living to the dead. The wonderful part of being human is that our computer-like brain allows, indeed insists, that we continue to learn to the end of our lives. - Ray Groves, businessman

Discipline is not a nasty word. -Pat Riley, Miami Heat

Don't be irreplaceable; if you can't be replaced, you can't be promoted. -Unknown

No champion has ever achieved his goal without showing more dedication than the next person; making more sacrifices than the next person; working harder than the next person; training and conditioning himself more than the next person; studying harder than the next person; enjoying his final goal more than the next person. Doak Walker, NFL footballer

The most important thing is to love your sport. Never do it to please someone else - it has to be yours. That is all that will justify the hard work needed to achieve success. Compete against yourself, not others, for that is who truly is your best competition. Peggy Flemming - Olympic ice skater.

I just love the game of basketball so much. The Game!! I don't need the 18,000 people screaming and all the peripheral stuff. To me the most enjoyable part is the practice and preparation. - Bobby Knight

The most important thing that a young athlete must do is pick the right sport. Not one that they like just a little bit, but one that they love. Because, if they don't really love their sport, they won't work as hard as they should. Me? I loved to hit. - Babe Ruth

It was always fun for me, I loved baseball so darn much. By the hours I practiced, you'd have to say I was working a lot of hours, but it was pretty near tireless fun for me. I'd rather swing a bat than do anything else in the world. - Ted Williams, baseballer

Every man is enthusiastic at times. One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life. – Edward Butler, American scientist.

There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally, humbly; he hates defeat, but makes no poor display of it. - Dan Gable, wrestling coach

All through your life, you'll be faced with making a decision between two things-choose the one that is right. If they are both right, then choose the one that will make you feel the best about it at the end of the day. - Thomas Jefferson, U.S. President.

Love what you want to do. This is tough, but you must learn to love the practice the sweat, the trials...in a word - everything. If you really want to succeed in this competitive world, you have to love a challenge. Learn to appreciate setbacks as necessary to growth, always believing in your own heart that your hard work will be rewarded. - Mike Reid, pro golfer

Don't be good, be great. Strive to be exceptional. Picture yourself making a great play. Don't let anyone stop you. - Dan Hampton, NFL footballer

The finest compliment that anyone can pay to a person is to say that he is a complete team player. To deserve this tribute, your every thought, action and deed should be one that you are doing for the team. - Jack Pardee, NFL coach

As a player, remember that the bench is not a prison, but an extension of the first group. Concentrate on the quality of your play when you do get into the game. If you play 20 minutes, play the best 20 you can possibly play. - Stan Albeck, NBA coach.

My concentration level blocks out everything. Concentration is why some athletes are better than others. You develop that concentration in training. You can't be lackadaisical in training and concentrate in a meet. - Edwin Moses, Olympic track.

In golf you can never think too far ahead-not even to the next hole. It is very important to work on the shot you are on, not I can birdie the fifteenth hole when you are still trying to par the fifth. Patty Berg told me once, Never think too far behind you or too far in front. Never think of the bad hole that you just had; just concentrate on the whole you are playing! - Donna Caponi, pro golfer

I learned a long time ago that one way to maximize potential for performance is to be calm in my mind. What I try to achieve during the season is a relaxed state of concentration. I simply try to cleanse my mind of the pressures that people are trying to heap on me. -- Brian Sipe, NFL quarterback

People ask me what makes a great skier. It takes the gift; but besides the gift it takes all the availability of mind which permit total control of all the elements that lead to victory. - total composure. - Jean Claude Killy, Olympic skier

If you're a good experienced player, you wknow what it takes to do. If you're in trouble, you know how to change. One hundred percent of my game is instinct. I never stop and think I'm going to hit a ball crosscourt or down the line. I just do it. - Bjorn Borg, Tennis player

Don't limit a child to your own learning - for he was born in another time. -Rabbinical saying

Don't quote me on this, but if they ever manage to ban beer advertising in baseball you can kiss the national pastime goodbye. -Roger Maris

Don't wait to be a great man; be a great boy! -Shug Jordan

Football doesn't build character. It eliminates the weak ones. -Darrell Royal

Getting replaced by Bill Curry, that really bothered me. It's kind of like having your wife run off with Don Knotts. -Pepper Rodgers (after being released as coach at Georgia Tech)

Gossip is the art of saying nothing in a way that leaves practically nothing unsaid.-Anonymous

Hating people is like burning down your house to get rid of a rat.-Harry Emerson Fosdick

He looks like he needs worming.-Darrell Royal (on wide receiver Cotton Speyrer)

Hit the ball over the fence and you can take your time going around the bases.-John W. Raper

Humility is always one play away.-Tim Foley, Miami Dolphins

I don't mind the high price of stardom. I just don't like the high price of mediocrity. -Bill Veeck, Owner Chicago White Sox

I don't pick on anybody who has a number above 30.-Mike Ditka, Chicago Bears

I don't think either team can win it. -Warren Brown, sportwriter on 1945 World Series, dubbed 'The World's Worst Series'

I don't understand these new coaches who don't drink. What do they do when they get beat? -Abe Lemons

I look a lot faster when I wear 36. -Glenn Watson, Vanderbilt football defensive end (on changing his number from 92)

I loved the game - I loved the competition. But I never had any fun. All hard work - all the time. -Carl Yastrzemski

I never did say that you can't be a nice guy and win. I said that if I was playing third base, and my mother rounded third with the winning run, I'd trip her up. -Leo Durocher

I never questioned the integrity of an umpire. Their eyesight - yes. -Leo Durocher

I once said coaching a first-year team was a religious experience. You do a lot of praying - but most of the time the answer is NO. -Bill Fitch

I really don't like talking about money. All I can say is that the Good Lord must have wanted me to have it. -Larry Bird

I was the worst hitter ever. I never broke a bat until last year. Then I was backing out of the garage. -Lefty Gomez, Yankee pitcher

I wasn't much good. When I went into the line on a fake - I would holler 'I don't have it!' -Bob Newhart, comedian (on his high school football career)

I'm all for it. -John McKay, Tampa Bay (when asked by a member of the media what he thought of his offensive execution)

I'm glad I don't have a fourth pitch. -Roger Mason, San Francisco Giants (after giving up 3 consecutive homers)

I've always envied the kind of coach who could go completely out of his mind and nobody would know the difference. -Adolph Rupp

I've got to be first. ALL the time. -Ty Cobb, who once fought his roommate over first use of the bathroom

If a little knowledge is dangerous - where is the man who has so much as to be out of danger? -Thomas Henry Huxley

If hockey fights were faked - you'd see me in more of them. -Rod Gilbert, New York Rangers

If lessons are learned in defeat - as they say - our team is really getting a great education. -Murray Warmath, Northwestern 1958

If the ball has no point...there's no point in the ball.-Terry McGrath

It is always amazing what a small part of life is taken up by meaningful moments. Most of them, they are over before they start, although, they cast a bright light on the future and make the person who originated them unforgettable. --- The King from the movie Anna and the King

It is inevitable that we all will endure setbacks - losses. If you have not lost, you have not played in enough games. Never be afraid to compete. Gain the strength and courage to try as hard as you possibly can, and play, play, play! - Tom Cousineau, NFL player

You don't have to be a fantastic hero to do certain things-to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals. The intense effort, the giving of everything you've got is a very pleasant bonus. - Sir Edmund Hillary, mountain climber

If the meek are going to inherit the earth - our offensive linemen are going to be land barons. -Bill Miller, SMU

If they work as hard at their jobs as I do at mine, this country wouldn't have the inflation problem it has now. -Mike Marshall, pitcher (on booing fans)

If you expect a miracle - you should expect to pay for one.

-Derek Hardy, golf pro (why he charges \$1500 for one lesson and only \$140 for 13)

If you lend someone \$20, and never see that person again; it was probably worth it. -Unknown

If you never budge - don't expect a push. -Malcolm Forbes

If you want a thing done - go. If not - send. -Benjamin Franklin

If you're sitting in the end zone and your team is driving toward you - the quarter will end when your team is on the three-yard line. -Glenn Dickey

In baseball you hit a homerun over the right field fence - the left field fence - the center field fence. Nobody cares. In golf - everything has got to be right over second base. -Ken Harrelson, Cleveland Indians

In order to become perfectly content, it is necessary to have a poor memory and no imagination. -Anonymous

Inflation killed the Vanderbilt Commodores Saturday. Once the football was inflated - Vanderbilt was dead. -Jimmy Bryan, sportswriter (on Vandy's 66-3 loss to Alabama)

It ain't braggin' if you can do it. -Dizzy Dean

It gets down to W's and L's. Nobody talks about grades or moral victories. As someone said - we don't line up at the fifty to exchange transcripts. -Paul Wiggin, Stanford

It is better to ask some of the questions than to know all the answers. -James Thurber

It was a great game if you don't care who won. I cared. -Lou Holtz

It's not how good you are, it's how bad you want it. -Anonymous

It's so small we don't even have a town drunk - everyone has to take a turn.

-Stan Hack (on his hometown of Grand Tour - population 11)

Jimmy taught me a long time ago that you do the best you can and don't worry about the criticisms. Once you accept the fact that you're not perfect, then you develop some confidence. -Rosalynn Carter, First-Lady

John Elway is a great football player. He used to be my son. Now I'm his father. -Jack Elway, San Jose State

Learn what you are - and be such. -Pindar

Little strokes fell great oaks. -Ben Franklin

Loafing needs no explanation and is its own excuse. -Christopher Morley

Lombardi has to have the highest threshold of pain in the world - none of our injuries hurts him at all.

-Jerry Kramer, Packers guard

Longevity is having a chronic disease - and taking care of it. -Oliver Wendell Holmes Jr.

Middle age is when your legs buckle and your belt doesn't. -Unknown

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Most football players are temperamental. That's 90% temper and 10% mental.

-Doug Plank, former Chicago Bear

Most people like hard work - particularly when they're paying for it.-Franklin P. Jones

I know that you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant. - Robert McCloskey

My daddy doesn't work he just goes to the office - but sometimes he does errands on the way home.

-Anonymous Little Girl

My idea of an agreeable person is a person who agrees with me. -Benjamin Disraeli

Never argue with a woman. You might win and then you'd really be in trouble. -Unknown

Never mess up an apology with an excuse. -Unknown

Never tell 'em how many lettermen you've got coming back. Tell 'em how many you lost. -Knut Rockne

No athletic director holds office longer than two losing football coaches. -Bob Zuppke, Illinois

No one has ever drowned in sweat. -Lou Holtz

Nobody will ever win the Battle of the Sexes. There's just too much fraternizing with the enemy.

-Henry Kissinger

Offensive linemen are made...not born! -Terry McGrath

One man's poison ivy is another man's spinach. -George Ade

Only the mediocre are always at their best. -Anonymous

People concern themselves with being normal - rather than natural. -Unknown

People say my ego is grand. I think it's in proportion to me. -Wilt Chamberlain

People who pay for things never complain. It's the guy you give something to that you can't please.

-Will Rogers

Playing O-Line is like dancing, just cause you know the steps doesn't make you good. -Kelly Klare

Please let people know that - off the record - I'm very quotable. -Terry Donahue, UCLA football coach

Showing up is eighty percent of life. -Woody Allen

Some days you're the windshield, some days you're the bug. -Unknown

Some people approach every problem with an open mouth. -Adlai Stevenson

Some people think soccer is a matter of life and death... I can assure them it is much more serious than that.

-Bill Shankly (1914-1981)

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Speed is not your fastest, but your slowest man. No back can run faster than his interference. -Jock Sutherland

Sportswriters are about like officials. We couldn't get along without them - but we sure would like to try.
-Chena Gilstrap, UT-Arlington football coach

Success is not the result of spontaneous combustion. You must set yourself on fire. -Reggie Leach

Tackling is football. Running is track. -Emlen Tunnell, Hall of Fame safety

Teaching is not a lost art - but the regard for it is a lost tradition. -Jacques Barzun

That player has two speeds, slow and slower. -Glenn Thomas

That which seems the height of absurdity in one generation often becomes the height of wisdom in another.
-Adlai Stevenson

The fellow that calls you 'brother' usually wants something that doesn't belong to him. -Kin Hubbard

The greatness of our fear shows us the littleness of our faith. -Unknown

The ideal committee is one with me as chairman - and two other members in bed with the flu. -Lord Milverton

The man who can accept defeat and take his salary without feeling guilty is a thief. -George Allen

The most costly disease is boredom costly for both individual and society. -Norman Cousins

The only qualification for a lineman is to be big and dumb. To be a back, you only have to be dumb.
-Knute Rockne

The only sure thing about luck is that it will change. -Wilson Mizner

The road to easy street goes through the dump. -John Madden

The school is the last expenditure upon which America should be willing to compromise. -Franklin D. Roosevelt

The team picture is an X-ray. -John Cirillo, NY Knicks basketball coach who had injuries all season

The ultimate goal of the educational system is to shift to the individual the burden of pursuing his education.
-John W. Gardner

The way things are going for me, if I'd buy a pumpkin farm they'd cancel Halloween.
-Billy Gardner, Minnesota Twins manager

There is no higher religion than human service. To work for the common good is the greatest creed.
-Albert Schweitzer

There's too much conversatin' and not enough perspiratin'. -Grey Powell

Things are not what they seem - they are what they are. -Anonymous

Time is a great teacher - but unfortunately it kills all its pupils. -Hector Berlioz

To feel themselves in the presence of true greatness many men find it necessary only to be alone.
-Tom Masson

To find a friend one must close one eye - to keep him: two. -Norman Douglas

To love what you do and feel that it matters - how could anything be more fun? -Katharine Graham

Until Sammy Baugh - pro football in Texas was a one-paragraph story on the third page of the Monday sports section. -Dan Jenkins, sportswriter

Victory and defeat are master teachers, how you deal with each determines whether you pass or fail.
-Bob Ruckman

We are going to have to do something about all this violence, or people are going to keep buying tickets.
-Conn Smythe, Toronto Maple Leafs GM

We finally got Nebraska where we want them...off the schedule. -Cal Stoll, Minnesota football coach

We will use some kind of option and we will throw the football. I hope it will be at our people.
-Lou Holtz, University of Minnesota

We're looking forward to a great season at the University of California - if we find a way to put cleats on their sandals. -Ronald Reagan, California governor (on upcoming football season)

We're not real fast. In fact we had three loose balls roll dead in practice the other day.
-Les Wothke, Western Michigan University basketball coach

What men value in the world is not rights - but privileges. -H.L. Mencken

What your Mind conceive and believe; your Mind will Achieve. And Those Who Stay Will Be Champions.
-University of Michigan football coach

When people are free to do as they please - they usually imitate each other. -Eric Hoffer

When you play defense you have to storm the fort or play cover - you can't do both. -Paul Bear Bryant

When you travel with the team and you eat with the team - you eat what the team eats.
-Vince Lombardi (when his wife wanted ice cream with her apple pie)

When you're winning - you don't need any friends. When you're losing - you don't have any friends anyway.
-Woody Hayes

Winners bring reality up to their vision. Losers bring their vision down to reality. -Chuck Know, L.A. Rams

Winning isn't enough. The acme of all skill is to defeat your enemy before taking the field. -Sun Tzu (2500 B.C.)

You can discover more about a person in an hour of play than in a year of conversation. -Plato

You know you're in trouble when the Sabol brothers call and want to use your highlight film for their new Funniest Blooper's video. -Rex Stevenson, Team USA football coach

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You know you're in trouble when your players jersey numbers are higher than their IQs.
-Rex Stevenson, Team USA football coach

Self evaluation is the foundation of new perspectives and positive transformation. Most people think they already know everything. This is a ...snip... fortune. -- Jim Rohn

You can observe a lot by watching. -- Yogi Berra

The Learning Curve never flattens. -- Rick Beneteau

A coach is someone who always makes you do what you don't want to do, so you can be who you've always wanted to be. -C. Leeman Bennett

You are a direct reflection of me. When you lose, I am a loser. When you fight, I am a fighter. When you win, I am a winner. When you and I work together, we are a team. -Anonymous H.S. Coach

If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes.
John Wooden

When you want to win a game, you have to teach. When you lose a game, you have to learn. -Tom Landry

The test of a good coach is that when they leave, others will carry on successfully. Author Unknown

Teachers who are not actively involved in the learning process themselves, force their students to drink from stagnant water- St. Jean Baptiste LaSalle

When teamwork is the destination, victory happens along the way. Anon

Real tears are not those that fall from the eyes and cover the face, but those that fall from the heart and cover the soul.

Cherish the time you have, and the memories you share... being friends with someone is not an opportunity but a sweet responsibility.

It's okay for students to ask dumb questions; they're easier to handle than dumb mistakes.

You can only live once, but if you do it right, once is enough

Many people are lonely because they build walls instead of bridges.

Experience is what you get when you don't get what you want.

Good judgment comes from experience; and experience, well, that comes from bad judgment.

Experience is the hardest kind of teacher. It gives you the test first, and the lesson afterward.

Sometimes, the road is less traveled for a reason.

Don't worry about failure. Worry about the chances you miss when you don't even try.

A smile is a curve that sets everything straight.

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There are hundreds of languages in the world but a smile speaks them all.

All I ask is a chance to prove that money can't make me happy.

It is much easier to suggest solutions when you know nothing about the problem.

Age doesn't always bring wisdom. Sometimes age comes alone.

Sometimes it isn't what you do, but what you don't do that makes you who you are.

It hurts to love someone and not be loved in return, but what is the most painful is to love someone and never finding the courage to let the person know how you feel.

To realize a dream, you must have a dream to realize.

Be bold with your dreams. Nurture the dreams that inspire you to go beyond your limits.

A man's real worth is determined by what he does when he has nothing to do.

How a person plays the game shows something of their character. How a person loses shows all of it.

We could learn a lot from Crayons: Some are sharp, some are pretty, some are dull, while others bright, some have weird names, but we have to learn how to live in the same box.

One of the secrets of a long and fruitful life is to forgive everybody everything every night before you go to bed.

Reputation is what you're perceived to be. Character is what you really are. - John Wooden

It's a lot tougher to be a football coach than a president. You've got four years as president, and they guard you. A coach doesn't have anyone to protect him when things go wrong.- Harry Truman

The difference between the impossible and the possible lies in a person's determination.
-Tommy Lasorda-

Plant positive thoughts in your mind and expect a harvest of great possibilities. -unknown

Any time you try to win everything, you must be willing to lose everything. -Larry Csonka-

Yesterday I dared to struggle. Today I dare to win. -Bernadette Devlin-

Never take counsel of your fears. - General Stonewall Jackson.

Son, your potential is going to get me fired. Jerry Claiborne, Football Coach

Bill Walsh article entitled - Holy Macro:Delegating Requires a sure touch. Too little and you become a figurehead, too much and you squelch creativity - Forbes 8.26.96

Remember praise is more valuable than blame. - General George Patton Jr.

The man who commands effectively must have obeyed others in the past, and the man who obeys dutifully is worthy of some day a commander. - Cicero,

Roman Statesman

Coaches who outline plays are a dime a dozen. The ones who win get inside their players and motivate. - Vince Lombardi

The greatest leader in the world could never win a campaign unless he understood the men he had to lead. - General Omar Bradley.

The critic is one who knows the price of everything and the value of nothing. - Oscar Wilde

So much of what you do physically happens because you've thought about it and mentally prepared for it. - Dan Fouts, NFL Quarterback

Wars may be fought with weapons but they are won by men. It is the spirit of the men who follow and the man who leads that gains the victory. – General George Patton, Jr.

A coach should not compete in order to win a game, you need to play.

Untutored courage is useless in the face of educated bullets. - Gen. George Patton.

The unknown is the governing principle of war. - General Foch, WWI I Allied Forces Commander

...in my book success and winning are not always the same thing. To me, success is playing - or working - to the best of your ability. - Joe Torre

Trying is the first step to failure - Homer

Formal education will make you a living; self-education will make you a fortune. -- Jim Rohn

I have a bumper sticker that Bowen created that says Regardless of my kids grades, they have an 'A' in my book'.

Without play the child that still lives in all of us will always be incomplete. And not only physically, but creatively, intellectually, and spiritually as well. George Sheehan

Peter Jacobsen, a world-class golfer discovered the meaning of the score from a child while coaching a junior basketball game.

2,400,000 Americans play the accordion - hopefully not at the same time.
Inside of a Pepsi cap

Last night I stayed up late playing poker with Tarot cards. I got a full house and four people died.
Steven Wright

Never play leapfrog with a unicorn. - Benny Hill

When you lose, don't lose the lesson.

Don't play dumb. You're not as good at it as I am. - Colonel Flagg - MASH

If A equals success, then the formula is: $A = X + Y + Z$
X is work. Y is play. Z is keep your mouth shut.

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Albert Einstein (1879-1955)

The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the object it loves. - C.G. Jung

The difference between the living and the dying is in the timing

The winner says it could be difficult, but it's possible.

The loser says it could be possible, but it's difficult.

Favorite quote from the clinic came from Aussie Wayne Goldsmith

- Teach not what to think, for it changes in the wind; teach how to think and it will be the wind of change.

People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success. -- Norman Vincent Peale

The most influential person who will talk to you all day is you, so you should be very careful about what you say to you! -- Zig Ziglar

No matter what age you are, or what your circumstances might be, you are special, and you still have something unique to offer. Your life, because of who you are, has meaning. -- Barbara De Angelis

A candle loses nothing by lighting another candle.

life with ups and downs is better than a flat life or one that goes in circles.

Persistence is the twin sister of excellence. One is a matter of quality; the other, a matter of time. - Marabel Morgan

Vision without funding is just a hallucination - Henry Ford

TRUST

Trust men and they will be true to you; treat them greatly and they will show themselves great.

- Ralph Waldo Emerson

The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention...-Rachel Naomi Remen

I never wear a watch, Because I always know it's now--and now is when you should do it.

- Steve Mariucci SF 49er's Head Coach,

Experience keeps a dear school, but a fool will learn in no other. - Ben Franklin

Smart people learn from their mistakes. Smarter people learn from the mistakes of others.

-Michael Altshuler

Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. -Michael Jordan Bits & Pieces May 2000

Fear knocked at the door. Faith answered. No one was there. - Author unknown.

Lou Holtz (legendary Notre Dame football coach) tells the story of the man with the large farm cart that needed to be pulled by his one horse.

A guy watching all this goes up to the farmer and says, if you knew the horse's name, why didn't you call that one out first?

The farmer's reply: Dusty's blind; if she thought she had to pull that cart all by herself, we would've never got going.

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The sports environment is where girls begin to learn the 'rules of the game'; rules that they will be faced with no matter where the road of life may take them.

- Nancy Lieberman-Cline, GM of the WNBA's Detroit Shock and WSF President.

The dream begins with a teacher who believes in you, who tugs and pushes and leads you to the next plateau, sometimes poking you with a sharp stick called 'truth.' - Dan Rather

The teacher is one who makes two ideas grow where only one grew before. - Elbert Hubbard

There are two kinds of teachers: the kind that fill you with so much quail shot that you can't move, and the kind that just gives you a little prod behind and you jump to the skies. - Robert Frost

We expect teachers to handle teenage pregnancy, substance abuse, and the failings of the family. Then we expect them to educate our system. - John Sculley

I am not a teacher, but an awakener. - Robert Frost

If I don't practice the way I should, then I won't play the way that I know I can. - Ivan Lendl

900 square feet of court and we can't even hit a single inch. - Anon.

It's been very important throughout my career that I've met all the guys I've copied, because at each stage they've said, Don't play like me, play like you. - Eric Clapton

Winning is best defined as earning the respect of your opponents, and the love of your teammates.
- Jim Coleman.

If you score, you may win. If the other team never scores, you will never lose. - Anon

There will come a time
when you believe everything is finished.
That will be the beginning.
- Louis L'Amour

When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth becomes useless, and reason is powerless. - Herophilus 300 BC

Since emotions are few and reasons are many (said the robot Gisicard), the behavior of a crowd can be more easily predicted than the behavior of one person. - Isaac Asimov

For every thousand hacking at the leaves of evil, there is one striking at the root. - Thoreau

First we become the best, then we'll become first. - Lou Holz

I try to get my players to visualize that they are playing as one. I help them see this helps them improve individually and better enjoy what they are doing. - Mike Krczski

I try to help my athletes visualize their full potential, and then get out of the way as they achieve it. - Roberts

I know I am only one, but I am one, and just because I'm one should not stop me from - Edward Everett Hale

Surround our children with a message of honor - Michael Josephson

A teacher effects all eternity, you never know where his influence stops. - Henry Adams

First and foremost I am a teacher, I care. Caring is helping the players to develop - Lou Holz

My job is to teach them to believe they could perform better than they realize. Great coaches teach athletes to go beyond the barriers. - Roderick

The spirit of the Olympic Games is indeed the opposite of confrontation: it is the desire of a healthy life, the desire of a better world – Juan Antonio Samaranch

Girls playing sports is not about winning gold medals. It's about self-esteem, learning to compete and learning how hard you have to work in order to achieve your goals. -Jackie Joyner-Kersey

Disability is a characteristic like hair color; it's not a defining principle. -Jean Driscoll

Wars may be fought with weapons but they are won by men. It is the spirit of the men who follow and the man who leads that gains the victory. – General George Patton, Jr.

I learned who crucial a teacher can be in nurturing or ruining a student's passion. A teacher needs to find the trigger inside each student that releases his or her best work. - Tara VanDerveer, Head Coach, Stanford

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Son, your potential is going to get me fired. Jerry Claiborne, Football coach

Follow your instincts. That's where true wisdom manifests itself - Oprah Winfrey

Talent is everywhere, it only needs the opportunity. - Kathrine Switzer

...as far as self-discipline goes, it's still ultimately up to me how well I can push myself. Only I can do that. I just have to keep on going, keep on working, keep on improving. - Sheryl Swoopes

Life is a game - sometimes serious, sometimes fun - but a game that must be played with true team spirit.
- Shelagh Delaney

Live to Play. Play to Live.

Doing the best at this moment puts you in the best place for the next moment.- Anon

This is the tip of the iceberg...We haven't even started to see what's going to happen when women from this generation start having their own daughters. - Benita Fitzgerald Mosley

A coach should not compete in order to win a game, you need to play. Untutored courage is useless in the face of educated bullets. - Gen. George Patton.

The unknown is the governing principle of war. - General Foch, WWI I Allied Forces Commander

It is good to have an end to journey towards, but it is the journey that matters in the end. - Ursula Le Guin

I think I liked competition and I kind of liked winning. - Aileen Riggin-Soule

The obstacles that we encounter are often our own attitudes. We have to stop being surprised by what women can do. - Ann Bancroft

It's kind of fun to do the impossible. - Walt Disney

The four Cs of making dreams come true: Curiosity, Courage, Consistency, Confidence. - Walt Disney

I like being a role model for young girls because I remember being a kid and writing down all these goals and not really having that many women role models. - Lisa Leslie

Be true to yourself! -Billie Jean King

Playing sports can be hard work. It takes mental strength and determination. But it's always worth the effort because no matter how much you put into it, you always get more out of it. - Picabo Street

Make sure your daughter's goal is her goal, not your goal. - Tracy Austin

The men I passed in the race kept telling me, 'Lady, watch it. Slow down.' But I always felt in control. I kept listening to what my body told me and I felt in complete control the whole time. - Joan Benoit Samuelson

To be a strong woman, you don't have to jeopardize your femininity, and can acknowledge your masculinity. - Juanita Harvey

The most important thing is to love your sport. Never do it to please someone else. It has to be yours. - Peggy Fleming

The person, the student, the athlete, all are considered equal. - Pat Summitt

Know yourself. Never forget where you came from, and reach back to help someone else come forward too. - Alpha Alexander

I want to show kids, look where I came from. You can do it too if you believe and are willing to work hard. - Sheryll Swoopes

As long as I can focus on enjoying what I'm doing, having fun, I know I'll play well. - Steffi Graf

Running a marathon is about adapting to the unexpected and being able to modify plans at the last minute. Like in life, a marathon is about taking risks. - Grete Waitz

It doesn't matter what anybody thinks of what I do. The clock doesn't lie. - Bonnie Blair

People don't really care how much you know until they know how much you care. -Anon

I have been up against tough competition all my life. I wouldn't know what to do without it. - Walt Disney

Girls should go on thinking that there is a world out there and that it is theirs for the taking. - Ann Bancroft

Healthy body, healthy mind and healthy spirit. A Votre Sante. - Kathy Smith

I came out to beat everybody in sight, and that's just what I'm going to do. - Babe Didrikson Zaharias

You have to be willing to step out of the pack and take risks, even jump completely out of your element if that's what it takes. - Carol Bartz

One is not only capable of excellence, but one is responsible for excellence, an awareness that it exists and you can lean toward it, aspire to it. We have it in us to be splendid. - Maya Angelou

We are not interested in the possibilities of defeat. - Queen Victoria

To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable. - Helen Keller

Sports provide girls with the opportunity to develop a better relationship with their bodies. They can be aggressive on the court, be strong and still be feminine. - Gabrielle Reece

I have often been asked whether I am a woman or an athlete. The question is absurd. Men are not asked that. I am an athlete. I am a woman. - Billie Jean King

We should learn ... to do our best for the sake of our communities and for the sake of those for whom we pave the way. - Ruth Bader Ginsberg

It's not a case of us against them, it's a matter of melding all people's skills and resources to create a better world for everyone ! - Lyn St. James

Just remember, strength and courage. If you stand on principle, you'll never lose. - Janet Reno

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The more you enjoy the game, the more you'll learn. -Karyn Bye

Hope' is the thing with feathers, that perches in the soul, and sings the tune without the words, and never stops - at all. - Emily Dickinson

It is so important for young girls to be fit. I think sports is the key to success, because the challenges you face in sports prepare you for the rest of your life. - Gail Devers

There's no disgrace in failure, the disgrace is not to try. Cathy Rigby

Concerning the limits and limitations of the women's game - why should we believe there are any? - Helen Wills Moody

You can't simulate happiness and simulate freedom; you have to feel it. - Tamara McKinney

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. - Eleanor Roosevelt

I believe in women. I believe in myself. I believe in my body. - Evelyn Ashford

I've swum for my country, I've swum for my coaches and my schools and my teams. I decided this time I was going to swim for myself. - Janet Evans

We write our own destiny. We become what we do. - Madame Chiang Kai-Shek

If you allow winning to be your only guiding force, you will miss the true essence of whatever you are doing. - Tai Babilonia

You have to find that love within yourself. If you love yourself, you feel good about yourself, and sports help you feel good about yourself. - Gail Devers

From 143rd Street in Harlem to the center court at Wimbledon is about as far as one can travel. - Althea Gibson

We've gotten so much as a result of the changes. Part of our responsibility is to give something back to the game and the girls who are just starting to play. - Carla Overbeck

It's hard for me to believe what I've accomplished. I set high goals and work very hard, but sometimes it seems like a dream. - Becky Dyroen-Lancer

The way to real growth is not to become more powerful or more famous, but to become more human and more tolerant. - Helen Steiner Rice

Nothing great was ever achieved without enthusiasm. - Ralph Waldo Emerson

Find something you're passionate about and keep tremendously interested in it. - Julia Child

Natural Talent only determines the limits of your athletic potential. It's dedication and a willingness to discipline your life that makes you great. Billie Jean King

I am not looking for perfection. I look for the best in me. -Martina Navratilova

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I can accept failure. Everyone fails at something. But I can't accept not trying. - Michael Jordan

People who want milk should not seat themselves on a stool in the middle of a field in hope that the cow will back up to them! - Unknown

The greatest mistake you can make in life is to continually fear you will make one. -Elbert Hubbard

Education is not filling a bucket but lighting a fire. -William Butler Yeats

More than anything, your kids have to believe in the vision, so it's all one heartbeat coming at the opponents. - Gary Barnett Northwestern coach.

That was out by a bee's dick. - Robert Bishoff, Aussie Jr. Coach.

Nobody is better than you until they prove it !! - Robert Bishoff

The block of granite which was an obstacle in the pathway of the weak, becomes a stepping stone in the pathway of the strong. - Thomas Carlyle.

What is behind us and what is before us are tiny matters compared to what is within I us. - Anon

Losers make promises. Winners make commitments.

Everything you need is already inside you. An acorn has everything it needs to become an oak.

If you were on trial for living the life of a winner, would the jury have enough evidence to convict you?

Winners are like teabags - you never see their true strength until they're in hot water.

Winners have formed the habit of doing things losers don't like to do.

Losers visualize the penalties of failure. Winners visualize the rewards of success.

People are like ten-speed bikes - most of us have gears we never use.

Things work out best for those who make the best out of the way things work out.

What you see is what you get. A loser sees the sand trap near every green A winner sees the green near every sand trap.

If better is possible, good is not enough.

Willie Stargell, the legendary Pittsburgh Pirate, was asked to share the secret to his success. He replied that he never went to work - he always went to play.

Winners are not passionate because they are successful - they are successful because they are passionate.

A pessimist is one who makes difficulties of his opportunities, and an optimist is one who makes opportunities of his difficulties. - Harry Truman

I do not seek to follow in the footsteps of the men of old. I seek the things they sought. - Basho

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Never assume malice for what stupidity can explain. Common sense isn't. Nobody ever forgets WHERE they buried the hatchet. Diplomacy is the art of letting somebody else have your way.

When it rains, I let it.

-113 year old man in response to a question about the secret of his longevity

Only in growth, reform, and change paradoxically enough, is true security to be found. - Anne Morrow Lindbergh

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen. - Frank Lloyd Wright

What you are speaks so loudly I cannot hear what you say. - Ralph Waldo Emerson

Great minds have purposes; others have wishes. - Washington Irving

The past is a guide post, not a hitching post. - L. Thomas Holdcroft

Not everything that counts can be counted, and not everything that can be counted counts. - Albert Einstein

It is not so much our teammate's help that helps us, as the confidence of their help. - John Kessel

What if Dr. Seuss Charted Volleyball?

Here's an easy game to chart:

Here's an easy way to start:

Without organization and leadership toward a realistic goal, there is no chance of realizing more than a small percentage of your potential. - John Wooden

Every man is a fool for at least five minutes every day; wisdom consists of not exceeding the limit. - Elbert Hubbard

Slaying the dragon of delay is no sport for the short-winded. - Sandra Day O'Connor

Sometimes you have to put your foot down to get a leg up. - Dave Weinbaum

Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily. - Johann Christoph Von Schiller

There are four parts of self that lead to success. The first part is discipline, the second is concentration; the third is patience, and the fourth is faith. - Goerge Foster

Discipline and Demand without being demeaning. -Anon.

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on. - Bob Newhart

To acquire knowlegde, one must study; but to acquire wisdom, one must observe. - Marilyn vos Savant

The only factor becoming scarce in a world of abundance is human attention. - Kevin Kelly

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It is curious that physical courage should be so common in the world and moral courage so rare. -Mark Twain

If you can't excel with talent, triumph with effort. -Dave Weinbaum

I am careful not to confuse excellence with perfection. Excellence I can reach for; perfection is God's business. - Lorne A Adrain

The only disability in life is a bad attitude. - Scott Hamilton

Mistakes are a fact of life. It is the response to the error that counts. - Nikki Giovanni

To achieve the marvelous, it is precisely the unthinkable that must be thought. - Tom Robbins

You have to be first , best or different. - Loretta Lynn

Virtually every important action in life involves educated guesswork. Too few chances reliably translate into too few victories. - Thomas W. Hazlett

The leadership instinct you are born with is the backbone. You develop the funny bone and the wishbone that go with it. -Rex Seline

There are no speed limits on the road of excellence. - David W. Johnson

Recovering from failure is often easier than building from success. - Michael D. Eisner

No pessimist ever discovered the secret of the stars or sailed to an uncharted land or opened a new heaven to the human spirit. - Helen Keller

Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known. - Garrison Keillor

Many things which cannot be overcome when they are together, yield themselves up when taken little by little. - Plutarch

Yesterday is history, tomorrow is a mystery, today is a gift, that's why we call it the present.

If I am not for myself, who will be for me? And if I am only for myself, what am I? And If not now, when?

A brick alone is nothing but a brick. It takes a collection of bricks to build a house.

Instructor, what?? You mean you teach best what you most need to learn - Richard Bach

Winning takes character. Workers get the most out of themselves. When a body has limited talent, it must muster all its resources of character to overcome adversity. - Pete Carril, college basketball coach

You cannot do a kindness too soon, because you never know how soon it will be too late. - Ralph Waldo Emerson, American writer/poet

I always achieve my most productive practice after an actual round. Then, the mistakes are fresh in my mind, and I can go to the practice tee and work specifically on those mistakes. - Jack Nicklaus, pro golfer

Practice does not make the athlete. It is the quality and intensity of practice that makes the athlete, not just repeated practicing. - Ray Meyer

Don't mistake activity for achievement - practice the right way. - John Wooden I only play well when I'm prepared. If I don't practice the way I should, then I won't play the way that I know I can. - Ivan Lend , tennis player

It's a game of habit, or repetition. You can't play one way in practice and another way in a game. It's a reflex. The game is so quick you don't have time to think. - Bill Sharman

I've prided myself on being in excellent condition-as good as any man in my profession. Now this doesn't come from sitting around on your rear end. This comes from hard, hard work. - Wilt Chamberlain, NBA player

We need people who influence their peers and who cannot be detoured from their convictions by peers who do not have the courage to have any convictions. - Joe Paterno, college football coach

It is better to be hated for what you are, than to be loved for what you are not. - Andre Gide, French novelist

I sought the advice and cooperation from all those around me- but not permission. Muhammad Ali, boxer

I hope that I may always desire more than I can accomplish. - Michelangelo

I have always believed that anybody with a little ability, a little guts and the desire to apply himself can make it. He can make anything he wants to make of himself. - Willie Shoemaker, pro jockey.

On the occasion of every accident that befalls you, remember to turn to yourself and inquire what power you have for turning it to use. - Epictetus, Greek philosopher

The only thing that counts is your dedication to the game. You run on your own fuel; it comes from within you. - Paul Brown, NFL coach

The successful man has enthusiasm. Good work is never done in cold blood; heat is needed for forge anything. Every great achievement is the story of a flaming heart. - Harry Truman, US President

Every man is enthusiastic at times. One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life. - Edward Butler, American scientist.

To me, hockey was always tremendous fun. That's what kept me going for so long. I simply love to play hockey. - Gordie Howe, NHL hockey player.

If I do not practice one day; I know it. If I do not practice the next, the orchestra knows it; if I do not practice the third day, the whole world knows it. - Ignace Paderwski, pianist

A few mistakes don't worry me; what worries me is when you make the mistakes and then forget your role on the team and start to worry about your ego. - Digger Phelps, basketball coach

You can't let yourself look at the mountain below. It might soften you with its beauty. Instead you must think only of the course and the darkness of the challenge. - Franz Klammer Olympic skier

Always keep your composure. It's silly to get penalties. You can't score from the penalty box and to win, you have to score. - Bobby Hull, NHL player

You get out in front - you stay out in front. - A. J. Foyt, race car driver

Don't just stand back and play the way you're coached. A great player must rise to the occasion and turn the game around on his own. - Joe Paterno, College football coach.

Action may not always bring happiness; but there is no happiness without action. - Benjamin Disraeli, Prime minister

I always know what's happening on the court. I see a situation occur and I respond. - Larry Bird, NBA player

I have no idea what I did. I heard people talk about dead leg, shake, change of pace and all that, but I did things without thinking about them. - Gale Sayers, NFL player

Inner peace is not found in things like baseball and world championships. As long as I feel I've done the best job I possibly could, I'm satisfied. - Sparky Anderson, MLB manager

What I like most about the game is the competition, seeing how well I can do against other guys. Naturally I don't like to lose, but if I feel I haven't done my best, winning isn't much fun either. - Billy Simms, NFL player

The stones that critics use to hurl with harsh intent a man may use to build a monument. - Arthur Guiterman, American poet

Don't be hurt, be not surprised, if what you do is criticized. There's always one or more who can find fault with anything you plan. Mistakes are made, we can't deny, but only made by those who try. - Calvin Griffith, MLB

Things turn out best for those who make the best of the way things turn out. - John Wooden

If you achieve success, you will get applause, and if you get applause, you will hear it. My advice to you concerning applause is this: enjoy it, but never quite believe it. - Robert Montgomery, American poet

Practice the game the way you're going to play the game. Practice hard and play hard. Run hard and above all else, hustle every moment you're on the field where you are practicing or playing in a game. - Pete Rose, baseball player

True Grit is making a decision and standing by it, doing what must be done. No moral man can have peace of mind if he leaves undone what he knows he should have done. - John Wayne, Actor

When I lose, it doesn't just go to my head; it goes to my heart too. If you're at all in the match, if you love to play and win, it must go to your heart. - Ivan Lendl, tennis player

I believe everything begins with a positive idea. Positive thinking is the key to success in business, education, pro football, anything that you mention. The mind is our most powerful muscle. - Ron Jaworski NFL quarterback

We control by attitudes-positive mental attitudes-not by rules. – Woody Hayes, football coach.

I think good physical conditioning is essential to any occupation. A man who is physically fit performs better at any job. Fatigue makes cowards of us all. - Vince Lombardi, NFL coach

Mental toughness is to the physical as four is to one. - Bobby Knight, basketball coach

What is defeat? Nothing but education; nothing but the first step to something better. - Wendell Phillips

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I feel that the most important requirement in success is learning to overcome failure. You must learn to tolerate it, but never accept it. - Reggie Jackson, MLB player

You hit home runs not by chance, but by preparation. - Roger Maris, baseballer

One of the most important qualities for any young athlete is the ability to believe in oneself. If you have confidence in yourself, in your teammates and your coach, you will succeed. - Chuck Knox football coach

I am a firm believer in quiet confidence. By that I mean knowing inwardly that you are good, and not exhibiting a boastful attitude outwardly. If an athlete doesn't believe in himself, no one else will. -Dick Van Arsdale, NBA player

When I was in the batter's box, I felt sorry for the pitcher. – Roger Hornsby, MLB player

What you do speaks so loudly there's no need to hear what you say. – Chuck Knox, NFL coach

Undertake something that is difficult; it will do you good. Unless you try to do something beyond what you have already mastered, you will never grow. - Ron Osborn

Real difficulties can be overcome; it is only the imaginary ones that are unconquerable. - Theodore Vail, businessman

Failures are divided into two classes - those who thought and never did, and those who did and never thought. - John Charles Salak, American author

We play with enthusiasm and recklessness. We aren't afraid to lose. If we win, great; but win or lose, it is the competition that gives us pleasure. - Joe Paterno, football coach

Leadership can be defined in one word - honesty. You must be honest with the players and honest with yourself. - Earl Weaver, MLB manager

The secret of winning football games is working more as a team, less as individuals. I play not my 11 best, but my best 11. Knute Rockne, football coach

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, baseballer

In a team sport like basketball, every time you help somebody else, you help yourself. - Pete Carril, basketball coach

I'd rather have preparation than motivation. Everyone likes to play and no one likes to practice. - Bum Phillips, football coach

There will come a time when winter will ask that you were doing all summer. - Henry Clay, American statesman

There are four parts of self that lead to success. The first part is discipline, the second is concentration, the third is patience, and fourth is faith. - George Foster, MLB baseball player

What we do upon some great occasion will probably depend on what we already are; and what we are will be the result of previous years of self-discipline. - H.P. Liddon English orator

You can't get much done in life if you only work on the days you feel good. - Jerry West, NBA player, coach

Remember, Rome was not built in a day. Instant success is never possible. Competence € results only from sustained, consistent, self-disciplined effort over an extended period of time. - Bud Wilkinson, football coach

Plenty of men can do good work for a spurt and with immediate promotion in mind, but for promotion you want a man in whom good work has become a habit. - Henry Doherty, American industrialist

There is no fun equal to the satisfaction of doing one's best. The things that are most worthwhile in life are really those within the reach of almost every normal human being who cares to seek them out. - B.C. Forbes, businessman

Therapy is the boat across the river, but most don't want to get off. - Anon

Don't blame, forgive, All healing is self-healing - Albert Schweitzer

If you play for me, you play the game like you play life. You play it to be successful, you play it with dignity, you play it with pride, you play it aggressively, and you play it as well as you possibly can. - Billy Martin, MLB manager

Beaten paths are for beaten men. - Eric Johnston, businessman

A winner is one who is not afraid of the challenge, who rebounds from his setbacks, and who is flexible enough to make adjustments to succeed the next time. - Dave Winfield, MLB player

So what if I never win my fifth gold medal; It's only one end of the string. It's competing that matters. It's proving that there is a place for guys like me in sports. It's a persona challenge to extend myself. - Al Oerter, Olympic discus thrower

You can't be a better runner unless you are willing to run and be beat. You've got to look for tough competition. You've got to want to beat the best. - Grete Waitz, runner

There must be desire, intensity and a feeling of wanting to be the best on the part of the player. That comes from within him. You can't manufacture pride. - John Madden, NFL coach

Everyone I meet is in some way my superior. - William Shakespeare

A man wrapped in himself makes a very small bundle. - Benjamin Franklin

Youth is not a time of life; it is a state of mind. Nobody grows old by merely living a number of years, but to give up enthusiasm wrinkles the soul. - Samuel Ullman, writer

Times of general calamity and confusion have ever been productive in the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt is elicited from the darkest storm. – Arthur Colton, author

Only in winter can you tell which trees are truly green. Only when the wind of adversity blow can you tell whether an individual or country has courage and steadfastness. - John F. Kennedy

A man who has committed a mistake and doesn't correct it is committing another mistake. - Confucius.

Success in life is a matter not so much of talent as of concentration and perseverance. - C.W. Wendte, author

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With ordinary talent and extraordinary perseverance, all things are attainable. - Thomas Buxton, philosopher

Every professional athlete owes a debt of gratitude to the fans and management, and pays an installment every time he plays. He should never miss a payment. - Bobby Hull, NHL player

The next best thing to playing football is coaching it-passing on to kids bursting out of their skins with health, vigor and bounce some of the things you picked up about the game as you went along. - Red Grange, NFL halfback

If I was given eight hours to chop down a tree. I would spend seven hours sharpening my ax - Abraham Lincoln

In life you are given two ends, one to think with the other to sit on. Your success in life depends on which end you use the most. Head you win, tails you lose. - Conrad Burns

Be at the right place, at the right time, and do the right thing. - Elton Hall

Perception of reality. Remember it is not what you say or how you say it, but rather what is heard that is important. - Ian Gray

Remember this, the choices you make in life, make you - John Wooden

What to do with a mistake--recognize it, admit it, learn from it, forget it. - Dean Smith

There are two pains in life, the pain of discipline, and the pain of regret. Take your choice - Unknown

If you think small things don't matter, think of the last game you lost by one point. - Unknown

The Harder you work the harder it is to surrender. - Unknown

Professional coaches measure success in rings. College coaches measure success in championships. High School coaches measure success in titles. Youth coaches measure success in smiles. - Paul McAllister, Youth Coach

Coaches who can outline plays on a blackboard are a dime a dozen. The ones who win get inside their players and motivate. - Vince Lombardi

Perfection is not attainable but if we chase perfection we can catch excellence - Unknown Irish Coach

Be more concerned with your character than your reputation. - John Wooden

Coming together is a beginning; keeping together is progress; working together is success. - Henry Ford

Everyone can't be a professional player at sports, but everyone can be a professional sport as a player - From Upward Basketball

Discipline builds winners, Winners stay disciplined! - Ed McAllister

Champions never complain, they are too busy getting better. - unknown

There are really only two plays; Romeo and Juliet, and put the darn ball in the basket. - Abe Lemons

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Every defensive possession is war. - John Engleman

Tired equals dumb - Paul McAllister

If you've got nothing to do, don't do it here. - Brenden Buff Blackler

A Loser says, Well at least I tried! When in reality, at most he tried; A Winner doesn't have to say it, he just does it...be a doer, not a trier.. - Randy E. Johnson

It's not the hours you put in, it's what you put in the hours. - unknown

Champions never complain, they are too busy getting better. - unknown

Championships and 20 game winning seasons are usually won on the road - Coach Jim Haley, Ocala Vanguard HS (FL)

If you care enough for a goal you will almost certainly attain it. - William James

What you do reflects your attitude, not what you say or even how you say it. - Unknown

At the top there is only a small piece of pie for many....the days that we are not striving for it...somebody else is. - Unknown

Life's Mirror- There are little eyes upon you that watch everything you say and do. When you doubt the power of your position, just remember that 10 or 20 years earlier that little boy or girls was you! - unknown

Always keep an open mind and a compassionate heart. - Phil Jackson

The coach should be the absolute boss, but he still should maintain an open mind. - Red Auerbach

Here's a good rule of thumb; too clever is dumb. - Ogden Nash, (1929, from Reflections on Ingenuity)

There is time enough for everything in the course of the day if you do but one thing at once; but there is not time enough in the year if you will do two things at a time. - Lord Chesterfield, (1747, from Letters to His Son)

I learned early that if I wanted to achieve anything in life, I'd have to do it myself. I learned that I had to be accountable. - Lenny Wilkens

Don't tell me how good you are, show me! - Jack Michels Sr., HS Coach

Mental is to physical, as four is to one It says the truth about the game!! - Bob Knight

There is no such thing as a successful defense. - George Patton

The best man defense looks like a zone and the best zone defense looks like a man - Mike Pendley

The only difference between good and great is a little extra effort. - Jason Kallenberg, HS Coach

Have I done more for some today? Than some have done for me? If a person can answer yes at the end of a day, then that person has had a good day - Kevin Wall

The harder I work the luckier I get. - Unknown

Success is that place in the road where preparation meets opportunity. - Branch Rickey

Try to learn something about everything and everything about something. - T.X. Huxley

They say that nobody is perfect. Then they tell you practice makes perfect. I wish they'd make up their minds - Wilt Chamberlain

Attitudes are contagious...Is yours worth catching? - Unknown

We are what we repeatedly do. Excellence then, is not an act, but a habit - Aristotle

The only statistics worth keeping can't be measured (from Sportsmanship, Heart, Intensity, Teamwork)
- Angus Heaps

On a player passing up an open shot: You miss 100% of the shots that you don't take. - Joe Ledbetter, HS coach

To be successful, you don't have to do extraordinary things. Just do ordinary things extraordinarily well.
- John Rohn

Excellence is the unlimited ability to improve the quality of what you have to offer. - Rick Pitino

People wish to learn to swim and at the same time to keep one foot on the ground. - Marcel Proust

Failure is the only opportunity to begin again more intelligently - Henry Ford

It does not matter how slowly you go as long as you do not stop -Confucius

What you are as a person is far more important than what you are as a basketball player -John Wooden

Even when I'm old and gray, I won't be able to play it, but I'll still love the game -Michael Jordan

Not being able to govern events, I govern myself, and apply myself to them, if they will not apply themselves to me -Montaigne (d. 1588)

A wise man will make more opportunities than he finds -Francis Bacon, (d. 1625)

Keep it simple, when you get too complex you forget the obvious -Al Maguire

True eloquence consists in saying all that should be said, and that only -La Rochefoucauld, (d. 1665)

A lot of guys go through their whole careers and don't win a championship, but are still great coaches
-Chuck Daly

Winning is about having the whole team on the same page -Bill Walton

Effort is only effort when it begins to hurt -Oretega y Gasset (Spain, d.1949)

Have the courage to face a difficulty lest it kick you harder than you bargained for, -Stanislaus I (Poland, d. 1766)

You can't teach court savvy -Dean Smith

It is only with the heart that one can see rightly; what is essential is invisible to the eye -Antoine de Saint-Exupéry

It doesn't matter who scores the points, it's who can get the ball to the scorer -Larry Bird

The only difference between me and General Custer is that he didn't have to watch the game films the next day -Coach after losing in a humiliating defeat

The only place that success is before work is in the dictionary -John Wooden

Superstar- A player who hears what he doesn't want to hear, sees what he doesn't want to see, and does what he doesn't want to do -Unknown

You can not control how high 'he' jumps. You cannot control how fast 'he' is. You can not control how great 'he' is. But he can not control how hard 'YOU' play -Brian Merritt

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group there is less competition there. -Indira Ghandi

Did you work on your game today, so you can play tomorrow? -Anonymous High School Coach

If we were supposed to talk more than we listen, we would have two mouths and one ear. -Mark Twain

The only important shot you take is the next one. Because no matter how hard you try, that is the only one you can still have an effect on! -Jason Bumblis

Sometimes a player's greatest challenge is coming to grips with his role on the team -Scottie Pippen

Play to win, observe the rules, and act like a gentleman -Claire Bee

The idea is not to block every shot. The idea is to make your opponent believe that you might block every shot -Bill Russell

Nothing will work unless you do -John Wooden

On using time wisely...you cannot step into the same river twice -Heraclitus, 450 B.C.

The reward of a thing well done is to have done it -Emerson, 1844

On perfection a good garden may have some weeds
-Thomas Fuller, 1732

The man of genius is he and he alone who finds such joy in his art that he will work at it come hell or high water
-Strendal, 1814

The future you shall know when it has come; before then forget it -Aeschylus, from Agamemnon, 458 B.C.

Don't wallow in the mud with pigs, you will get dirty....and the pigs will like it -Lorrie Ardoin

Don't wallow in the mud with pigs, you will get dirty....and the pigs will like it -Lorrie Ardoin

A Spelling Lesson: Unity begins with yoU -Arnilando Evora

The harder you work...the more fun you will have -Eldon Marshall

90% of the game is played above the shoulders -Jim Geddes

Approach the game with no preset agendas and you'll probably come away surprised at your overall efforts
-Phil Jackson

One can define discipline as: Doing what you have to do, doing it as well as you possibly can and doing it that way all the time! -Unknown

The next screen I see set by you guys will be your first (after watching his team stand around during a game)
-Joe Stekel

It's not the push from behind, or the pull from up front, but rather the drive from within -Steve Bankston

On any given night, anyone can be anyone. -Jack Butcher (Indiana High School Hall of Fame Coach)

If you pay attention to the grandstands...it won't be long before you join them. -Anonymous

Good coaching may be defined as the development of character, personality and habits of players, plus the teaching of fundamentals and team play. -Claire Bee

First master the fundamentals. -Larry Bird

It takes education to be successful in the game of life. -Bob Lanier

If you will be where I tell you to be when I tell you to be there, you will be able to pick the ball up off the court.
(exhorting his undersized team to rebound during a timeout) -Richard Robertson

It is impossible to defeat an ignorant man in an argument. -William Gibbs McAdoo, Senator, 1854

Do not let what you cannot do interfere with what you can do. -John Wooden

That is either a no call, or nothing. -Scott Creighton, HS Coach

It's not the size of the ship what matters, but the agility it has to sail through the waves – Anon

Excuses are like rear ends. Everybody has one and they stink. -Tom Curle

If what you have done yesterday still looks big to you. You haven't done much today. -Mike Krzyzewski

Don't give up, don't ever give up. -Jim Valvano

Having a great game is not the result of spontaneous combustion. You have to light yourself on fire.
-Thomas Luebbe

You don't demand respect, you earn it. -Steve Seidler

Nothing great was ever achieved without enthusiasm. -Henry David Thoreau

You can run a lot of plays when your X is twice as big as the other guys' O. It makes your X's and O's pretty good. -Paul Westphal

The most important quality I look for in a player is accountability. You've got to be accountable for who you are. It's too easy to blame things on someone else. -Lenny Wilkins

Great teamwork is the only way we create the breakthroughs that define our careers. -Pat Riley

When asked if he was a basketball player he replied No I clean giraffe ears. -NBA great Elvin Hayes

If a coach starts listening to fans, he winds up sitting next to them -former NBA Coach Johnny Kerr

Players are made in the off season, teams are made during the season. -Unknown

They talk to a winner. They talk about a loser. Coaches this is a fact of life, keep your head up. -Dick Zerrahn

Hard work and winning are contagious. -Al Cooper, Clarksville-Northeast HS

Other people go to the office. I get to coach. I know I've been blessed. -Jim Valvano

Everyone wants to win, but not everyone is willing to prepare to win. -Bob Knight

The most important thing in a person's life is his faith and how he translates his faith into practical deeds. -Hakeem Olajuwon

We cannot direct the wind, but we can adjust the sail. - Anon

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

Without the burn, you will never learn. -Tom Arey

Blame is the cowards way out. -Elvin Hayes

We are what we repeatedly do. Excellence then, it not an act, but a habit. - Unknown

Success is never final, failure is never fatal. It's courage that counts. -John R. Wooden

The measure of who we are is what we do with what we have. -Vince Lombardi

Great efforts springs naturally from great attitude. -Pat Riley

..it (coaching basketball) is kind of like wrestling a gorilla, you don't quit when you're tired, you quit when the gorilla is tired. -Mike McDowell

Coaches build teams, parents build players. -Charles Smyth

What the mind can conceive and believe, it can achieve. -Napolean Hill

Good is not enough if better is possible. -Unknown

It takes no talent to hustle. -Hans Schmidt

The best teams have chemistry. They communicate with each other and they sacrifice personal glory for the common goal. -Dave DeBusschere

Victory or defeat is not determined at the moment of crisis, but rather in the long and unspectacular period of preparation -from an old textbook

Repetition is no fun but it's the reason we won – Unknown

If you don't have time to do it right, when will you have time to do it over? -John Wooden

Be strong in body, clean in mind, lofty in ideals. -Dr. James Naismith, the father of basketball

Everyone should want to excel in life. You should never take the desire to excel away from the human race. -Coach Hank Iba

Son, looks to me like you're spending too much time on one subject.
-Coach Shelby Metcalf, speaking about a player who received 4 F's, and a D one semester

Teaching a complicated skill to a player with little knowledge is like putting an embroidered saddle on a donkey. - Unknown

The film looks suspiciously like the game itself!
-Bum Phillips (former NFL coach) commenting on viewing film of a very one-sided loss.

Even though he lived on the beach in college, he didn't have a tan. Now that's a serious player!
-Bill Fitch (longtime NBA coach speaking of Conner Henry in his rookie season in the NBA)

I don't know, but I stepped on a scale that gives fortunes and the card read Come back in 15 minutes alone.
-Frank Layden, retired coach of the NBA's Utah Jazz

I learned to give him the ball....
-Magic Johnson...on what he learned about the game of basketball by playing with Kareem Abdul-Jabbar

I would get close to him and breathe on his goggles.....
-John Kerr...former NBA player on how he would have guarded Abdul-Jabbar

Winning is overemphasized. The only time it is really important is in surgery and war. -Al McGuire

We have a great bunch of outside shooters. Unfortunately, all of our games are played indoors. -Weldon Drew

It's what you learn, after you know it all, that counts. -John Wooden

The moment of victory is much too short to live for that and nothing else. - Martina Navratilova

The greatest thing in this world is not so much where we stand, as in what direction we are moving.
-Oliver Wendell Holmes

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

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

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

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

Courage is resistance to fear, mastery of fear-not absence of fear. -Mark Twain

The best and fastest way to learn a sport is to watch and imitate a champion. -Jean-Claude Killy

Only those who dare to fail greatly can ever achieve greatly. -Robert F. Kennedy

Think big, believe big, act big, and the results will be big. -Anonymous

Ingenuity, plus courage, plus work, equals miracles. -Bob Richards

Power is not revealed by striking hard or often, but by striking true. -Honore De Balzac

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

It's not the size of the dog in the fight, but it's the size of the fight in the dog. - Archie Griffin

Time can wrinkle your skin; to lose your enthusiasm wrinkles your soul. - Anon

Not everything that can be counted counts, and not everything that counts can be counted -Albert Einstein

Ain't nothing in the middle of the road but yellow stripes and dead armadillos.

-Jim Hightower, Former Texas Agriculture Commissioner

What lies behind us and what lies before us are small matters compared to what lies within us.

- Ralph Waldo Emerson

Heroes are not giant statutes framed against a red sky. They are people who say: This is my community, and it's my responsibility to make it better. - Tom McCall

Everything should be made as simple as possible, but not simpler. - Albert Einstein

Hustle beats Talent....When Talent doesn't Hustle - John Kessel

Remember - Every Cyclone and Hurricane - as powerful as they are...is calm at it's center... -Anon

Hustle makes up for many a mistake. - Unknown

You've got to play with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and heart, he's never going to come off the field second. – Unknown

Don't tell them how to do it, show them how to do it and don't say a word If you tell them, they'll watch your lips move. If you show them, they'll want to do it themselves. - Maria Montessori

Happiness is when what you think, what you say, and what you do are in harmony. -Mahatma Gandhi

Teaching kids to count is fine, But teaching them what counts is best. -Bob Talbert

The more one teaches, the more one learns - Unknown

Don't be scared.....be prepared! -Melony Jones

Seek knowledge from the cradle to the grave. -Prophet Muhammed

We ask for strength and the Great Spirit gives us difficulties, which makes us strong. - Native American Prayer

I have the unlimited capacity to not know what can't be done. -Dr. Larry Lezotte

I never allow my schooling to get in the way of my education. -Albert Einstein

Those who educate children are more to be honored than those who produce them; For these only gave them life, those the art of living well. -Aristotle

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young. -Henry Ford

The most wasted of all days is that on which one has not laughed. -Nicolas-Sebastien Chamfort

Laughter is a tranquilizer with no side effects. -Arnold Glasow

We are all here for a spell, get all the good laughs you can. -Will Rogers

Therapy is the boat across the river, but most don't want to get off.

Don't blame, forgive, All healing is self-healing - Albert Schweitzer

Go towards things that make you laugh and have fun.

Children have never been good at listening to their elders, but they have never failed to imitate them. -- James Baldwin

Before I got married I had six theories about bringing up children; now I have six children and no theories. - John Wilmont, Earl of Rochester

Too often we give children answers to remember rather than problems to solve. - Roger Lewin

Of all wild animals, the boy is the most unmanageable. - Plato

You have to do your own growing, no matter how tall your grandfather was. - Abraham Lincoln

Kids on a team are like flowers in a bouquet, there is always one that wants to face a different way than the arranger desires. - John Kessel

Good habits formed at youth make all the difference. - Aristotle

It is ok to err, but it is not ok to stop playing; it is ok to lose, but it is not ok to give up. - John Kessel

I have found the best way to give advice to your children is to find out what they want and advise them to do it.
- Harry Truman

Players need you to care, especially when they do not deserve it. - John Kessel

If there is something a coach might wish to see changed in a player or team, the first place to check and see if it could not be done better is in yourself. - John Kessel

You know that the beginning is the most important part of any work, especially in the case of a young and tender thing; for that is the time at which the character is being formed. - Plato

Children are likely to live up to what you believe of them. - Lady Bird Johnson

Sooner or later we all quote our mothers. - Bern Williams

Brains, like hearts, go where they are most appreciated. - Robert Mcnamara

Smart people learn from their mistakes. Smarter people learn from the mistakes of others.
-Michael Altshuler

Twenty-six times I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. -Michael Jordan

A truly successful person knows how to overcome the past, use the present, and prepare for the future-but unless we can first surmount the past, we cannot effectively cope with either the present or the future.
-Sydney J. Harris

Persistence is the twin sister of excellence. One is a matter of quality; the other, a matter of time.
- Marabel Morgan