

Sport Quote Collection – Boxed Quotes Part One

A young Army coach, who was sure he knew all there was to know about volleyball, faced his Base team. On a chalkboard in front of the seated military veterans, the coach diagrammed complex offensive patterns and defensive responses. The diagram looked like a bowl of spaghetti. After his impressive presentation of the knowledge, the coach turned his troops for comment. A crusty old war horse of a sergeant leaned forward and slowly shook his head. In his sandpaper voice he said, "Volleyball isn't all that. It's just 'bip, bip, BAM.' You control the first two bips and you get the Bam." And so the young coach received his first "formal" instruction in coaching volleyball

— **Bill Neville, former U.S. national men's head coach**

As long as young athletes can learn from men and women coaching ... from their homes, from their churches and classrooms, a code of ethics by which to live ... to respect the rights of others and learn to play the game of life as well as the game of athletics according to the rules of the society in which they live. Those children have won the greatest championship any person could ever win.

— **Jesse Owens, 1936 Olympic gold medalist [track]**

When we hate our enemies, we give them power over us - power over our sleep, our appetites and our happiness. They would dance with joy if they knew how much they were worrying us. Our hate is not hurting them at all, but it is turning our own days and nights into hellish turmoil.

— **Dale Carnegie**

Pride was his life force; for us it was a live nerve that he could teach us to brush. One stroke, a good practice, and we could tingle for days ... First, he found the pride in each of us, then he taught us how good it could feel. What he was ultimately after was for every one of us to learn to light our own fires and glow our brightest.

— **Kareem Abdul-Jabbar, former NBA player**

Athletes who fail tend to be cynical. They believe their coaches are not leading them properly. They are not willing to be impressed or inspired. This is expected of the phony, the snobbish, the pseudo-intellectual, but it dooms an athlete when the coach tries to inspire him and he just sits there saying this is a lot of nonsense. The good athlete does not ridicule the capacities and ideas of the coach . . . He responds!

— **Unknown**

This is a story about four players named Everybody, Somebody, Anybody and Nobody. There was an important job for the team to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Everybody could have done.

— **Unknown**

How far you go in life depends on your being
Tender with the young,
Compassionate with the aged,
Sympathetic with the striving and
Tolerant of both the weak and the strong
Because someday in life
You will have been one or all of these.

— **George Washington Carver, educator**

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If we work on marble, it will perish; if we work on brass, time will efface it; if we rear temples, they will crumble into dust; but if we work upon immortal minds and instill in them just principles, we are then engraving upon tablets which no time will efface, but will brighten and brighten to all eternity.

— **Daniel Webster, statesman**

Someone asked a famous conductor of a great symphony orchestra which instrument he considered the most difficult to play. The conductor thought a moment, then said, "Second fiddle. I can get plenty of first violinists, but to find one who can play second fiddle with enthusiasm -- that's a problem. And if we have no second fiddles, we have no harmony."

— **Unknown**

These parents who send us their most precious possessions, and the kids themselves, are due a lot more from those of us who ply this strange and thrilling trade called coaching.

We owe the kids a vision of life, and it cannot and must not be limited to what happens on a court. We owe them a sense of right and wrong. We must tell them that what one does, for better or worse, will have consequences, that inevitably there will be a piper to pay.

We owe them a definition of what winning really means, because, as Cyrano said, "A man does not fight merely to win." We must teach them that victory without dignity is a little victory filled with ashes, that it is not a law of nature that the end always justifies the means.

We must show them the dignity within themselves and, equally important, to respect the dignity in others. Time and again we must remind them of the world out there beyond the gym and of the time to come when they will be a part of it.

And finally that day comes when we must tell them goodbye. As we study them now, we must also study ourselves. What have we done with them? Are they better? Worse? Are they more than when we got them? Less? Our athletes are better definitions of our success and failure than any win-loss record will ever be.

Really, that's what coaching should be about: the lives of our athletes -- and what we do to help with those lives.

— **Dale Brown, college basketball head coach**

Don't ever ask a player to do something he doesn't have the ability to do, because he'll question your ability as a coach, not his as an athlete.

— **Lou Holtz, college football head coach**

Doubters don't win, winners don't doubt.

— **Dennis Waitley**

How much you get out of volleyball correlates with the risks you are willing to take, the exploring you are willing to do.

— **Unknown**

Getting together is a beginning; keeping together is progress; working together is success.

— **Gary Colson, college basketball head coach**

Sport Quote Collection – Boxed Quotes Part One

Faith, trust and confidence are keys to morale, to motivation, and eventually to success.
— **Unknown**

False teammates are like our shadows. They keep close to us when we are all walking in the sunshine, but they are gone the instant we just go into the shade, let alone the darkness.
— **John Kessel**

We are not primarily put on this earth to see through one another, but to see one another through.
— **Peter De Vries**

Remember, you can win and still lose, and lose and still win.
— **Unknown**

Truce is better than friction.
— **Unknown**

The brain is the only container that the more you put into it, the more it can hold.
— **Unknown**

Our greatest glory is not in never failing, but in rising everytime we fail.
— **Goldsmith**

If you are serious about volleyball, the only months to stop playing are those without a vowel.
— **John Kessel**

The mediocre coach tells; the good coach explains; the superior coach demonstrates; the great coaches inspire.
— **Unknown**

If you can't overcome your tears, you'll become soggy.
— **Unknown**

KISS - Keep It Simple Stupid. The more you know, the more you try to give them and the more you confuse them.
— **Unknown**

The player who says it can't be done is interrupted by the player doing it.
— **Unknown**

Use what talents you possess -- the woods would be very silent if no birds sang there except those who sang the very best.
— **Unknown**

I try to perfect my strong points and make my weaknesses adequate.
— **Billie Jean King, former professional tennis player**

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There are three choices in life and sport - either you do it, you don't do it or you think about it. Most humans think about it. We will do it.

— **John Kessel**

Never mishandle hope or self-confidence - those are elements of life, not just a game.

— **John Kessel**

Being left-handed has its advantages in volleyball. Few people know enough about your spike and serve to give you advice.

— **John Kessel**

Profit by your own mistakes and profit by the mistakes of others.

The referees were calling ball handling violations like they were getting commissions.

— **John Kessel**

What we have done for ourselves alone, does with us. What we have done for others and the world remains and is immortal.

— **Albert Pine**

The only discipline that lasts is self-discipline.

— **John Kessel**

Hustle makes up for many a mistake.

— **John Wooden, former college basketball head coach**

Winning a match, tournament or a league is not a long race, it is many short races one after another.

— **Unknown**

The sport of volleyball will never give you something that you can't handle; whether you do handle it is another question.

— **John Kessel**

The humility to prepare and the self-confidence to bring it off.

— **Lawrence Olivier, actor**

No jockey ever won a race by carrying the horse across the finish line; no coach ever won a volleyball match by touching the ball during play.

— **John Kessel**

Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body and soul.

— **Charles Buxton**

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Fears look behind and desires look ahead.

— **Unknown**

I don't predict matches. That is why we play them out - volleyball is full of surprises.

— **Unknown**

Games lubricate the body and the mind.

— **Benjamin Franklin, statesman/scientist**

Good players win volleyball games for you, not tall players.

— **John Kessel**

Most coaches study the films when they lose. I study them when we win -to see if I can figure out what I did right

— **Paul “Bear” Bryant, former college football head coach**

No coach ever won a game by what he knows; it's what his players have learned.

— **Amos Alonzo Stagg, former college football head coach**

My idea of discipline is not making guys do something, it's getting them to do it. There's a difference in bitching and coaching.

— **“Bum” Phillips, former NFL head coach**

In volleyball there are many reasons for errors but not a single excuse.

— **John Kessel**

Luck - the harder you work, the luckier you get; it's what happens to those who give 100 percent.

— **Unknown**

Don't obstruct, construct; don't agonize, organize.

— **Unknown**

If anything is to be achieved, it must be attempted.

— **Unknown**

It is far better to have tried and failed, than to have attempted nothing and have succeeded.

— **Unknown**

Your altitude is determined by your attitude.

— **Unknown**

There is no such thing as “best” in a world of individuals.

— **Hugh Prather**

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We measure areas of performance that are often ignored: jumping in pursuit of every rebound even if you don't get it, swatting at every pass, diving for loose balls, letting someone smash into you in order to draw the foul. These "effort" statistics are also stored on computer. Effort is what ultimately separates journeyman players from impact players. Knowing how well a player executes all these little things is the key to unlocking career-best performances.

— **Pat Riley, NBA head coach**

Watch your thoughts
They become words
Watch your words
They become actions
Watch your actions
They become habits
Watch your habits
They become character
Watch your character
For it becomes your destiny

— **Frank Outlaw**

I have had players who are good, and who know they are good; I have had players who are bad and know they are bad; I have had players who are good, but who don't know they are good; I have had players who are bad, but who don't know they are bad. It is this last group that has won more games for me than the first three groups combined.

— **Paul "Bear" Bryant, former college football head coach**

Habits start out as off-hand remarks, magazine advertisements, friendly hints, experiments - like flimsy cobwebs with little substance. They grow with practice, layer by layer - thought on thought - fused with imagination and emotion until they become like steel cables - unbreakable. Habits are attitudes which grow from cobwebs into cables that control your everyday life.

Self-discipline alone can make or break a habit. Self discipline alone can effect a permanent change in your self image and in you. Self-discipline achieves goals. Self discipline is not "doing without," it is "doing within."

— **Dennis Waitley**

When you're eating ham and eggs, the chicken that laid the eggs had a commitment to your eggs, but the pig that provided the ham had total commitment.

— **Howard Schnellenberger, college football head coach**

We like them big ... but we'll settle for players with three kinds of bones - a funnybone, a wishbone and a backbone. The funnybone is to enjoy a laugh, even at one's own expense. The wishbone is to think by, set one's goals high and have dreams and ambitions. And the backbone - well, that's what a player needs to get up and go to work and make those dreams come true.

— **Duffy Daugherty, former college football head coach**

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You wonder how they do it
and you look to see the knack You watch the foot in action,
or the shoulder or the back, But when you spot the answer
where the higher glimmers lurk You'll find in moving higher
up the laurel covered spire That most of it is practice
and the rest of it is work.

—**Grantland Rice, sports writer**

Tell every athlete what she will learn today and everyday. It will give her a sense of accomplishment and progress. If she feels control over more of the factors in her life, she will become a better competitor. The best competitors do not feel that their outcomes are the result of chance. They have to feel that they can make a difference, that they can improve, that there are solutions to problems. Coaches should not establish a superior or dominating position over the athletes. Rather cooperate in the development; respect each other's humanness.

—**Mary Jo Pepler, former U.S. national team member**

Practice brings you luck in proportion to your efforts. I don't know any players today who didn't practice long and hard when they were young. Most still practice during the off-season. I certainly do.

—**Michael Cooper, former NBA player**

A couple of older players were griping about how hard practice was and the difficulties they were having. They began to wonder if the new coach really knew what he was doing. They even thought, given how much they had learned over the past couple of years, that they might be able to run practice fairly well themselves. Finally the first player said he'd go talk to the coach about his qualifications and report back.

The first player walked up to the coach and said, "Hey coach, how come you're the coach and we're the players?" The coach paused for a moment and then said, "Well, it's like this," and he put his hand up against the gym wall, "I want you to haul off and slug my hand." The player looked in disbelief and then mumbled, "Well, O.K., you're the coach," and swung with all his might. Just before impact the coach pulled his hand away and the player smashed his fist painfully into the wall. "Now, that's why I coach and you play," said the coach, "get back to practice.

"The second player was waiting on the other court, having been too busy in a drill to see what had transpired. "Did you get an answer?" exclaimed the second player. "Yeah, it's like this," the first player said, putting his unhurt hand up in front of his face, "Go ahead and hit my hand as hard as you can.

— **Unknown**

Pressure is something you put on yourself.

— **Unknown**

One of my constant reminders is, "End practice on a happy note." I want the boys to want to come out to practice; and I want them to get a certain amount of pleasure. ..It's a game. It should be fun. So I always try to counterbalance my criticism in practice with a bit of praise. I want my players to feel that the worst punishment I can give them is to deny them the privilege of practicing. If they do not want to practice, I do not want them there.

—**John Wooden, former college basketball head coach**

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If you don't make a total commitment to whatever you're doing, then you start looking to bail out the first time the boat starts leaking. It's tough enough getting the boat to shore with everybody rowing, let alone when a guy stands up and starts putting his lifejacket on.
—**Lou Holtz, college football head coach**

Volleyball is like going to church ... many attend, but few understand.
—**John Kessel**

Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others.
—**Danny Thomas, actor/comedian**

The kind of player who has turned his game around, he used to be lousy and lazy and now he is lazy and lousy.
—**John Kessel**

Success is not the result of spontaneous combustion; you must set yourself on fire.
—**Reggie Leach, former NHL player**

You play ball against yourself; your opponent is your potential.
—**Bobby Knight, college basketball head coach**

The moment of enlightenment is when a person's dreams of possibilities become images of probabilities.
— **Vic Braden, former tennis professional**

What you do with your problem is far more important than what your problem does to you. No problem leaves you where it found you.
— **Unknown**

I prefer the errors of enthusiasm to the complacency of wisdom.
— **Branch Rickey, former baseball executive**

Players don't care how much you know, until they know how much you care.
— **Unknown**

I'd wager that 75 percent of a coach's problems are caused by his being unwilling to bend, to accept new ideas.
—**Greg Sherwood**

Don't ask yourself what you did wrong; ask yourself what you did right.
—**John Kessel**

A loser quits his job when he gets tired; a winner quits his job when he is done.
— **Unknown**

Sport Quote Collection – Boxed Quotes Part One

The best excuse is the one you never make.
— **Unknown**

Not in the clamor of the crowded streets; not in the shouts and plaudits of the throng; but in ourselves, are triumph and defeat.
—**Henry Wadsworth Longfellow, poet**

Throw your heart into the game and your body will follow.
— **Unknown**

The substitute that thinks his place below him, will certainly be below his place.
—**John Kessel**

You could take all the joy out of life by always wanting something to be better.
—**Christin Cooper, after her Olympic skiing silver medal [1984]**

The hardest things give you the biggest opportunities to grow. Sometimes life tries so hard to teach us things that we never try to learn. Learn it and get it over with.
— **Unknown**

In any match, the only sure way to lose is to not play the match.
—**Unknown**

The road to success is always under construction.
— **Unknown**

Winning isn't everything, but striving to win is.
—**Vince Lombardi, former NFL head coach**

A boss says, "Get going!" while a leader says, "Let's go!"
—**Unknown**

Our goal was not necessarily to win a medal, but the process necessary to winning a medal. Unless a clear goal is set, the process cannot be achieved with the full energies of all people involved. The striving for victory is more important than the victory itself, but you cannot strive for victory without establishing victory as the goal.
—**Yasutaka Matsudaira, Japanese volleyball administrator**

There is no I in teamwork.
— **Unknown**

Sport Quote Collection – Boxed Quotes Part One

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not, unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination are omnipotent. The slogan “press on” has solved and always will solve the problems of the human race.

—Unknown

There are three types of players - those who make it happen, those who watch it happen, and those who wonder what happened.

—Tommy Lasorda, major league baseball manager

So nigh is grandeur to our dust
So near is God to man,
Whep duty whispers low, thou must,
The youth replies, I can.

—Ralph Waldo Emerson, poet

Coaches' positive expectations may help motivate kids to achieve what they otherwise thought could not be attained. What coaches must remember is that expectations can reinforce both positive and negative behavior and these expectations are communicated not knowingly but often unknowingly.

—Rainer Martens

I constantly caution our teams: “Play your game, just play your game. Eventually, if you play your game, stick to your style, class will tell in the end.” This does not mean that we will always outscore our opponent, but it does insure that we will not beat ourselves.

—John Wooden, former college basketball head coach

CITIUS, ALTIUS, FORTIUS

“Swifter, Higher, Stronger.”

[The International Olympic Committee motto]

A Dominican monk, Father Henri Didon, used it as a watchword for his pupils in sports at Arcueil College in Paris. Baron Pierre De Coubertin, founder of the modern Olympics, made it the Olympic Games ideal adopted at the Antwerp Games in 1920.

I never mentioned winning to my players. I mentioned constantly that all I wanted them to do was the best they could. If they're good enough, the score will be to their liking; if they're not, it won't be but that's nothing to hang their head about. Sometimes the other fellow is just better than you are.

—John Wooden, former college basketball head coach

Demand excellence from each other. It starts on the court and sometimes must go off the court. With some demands, you must not take them personally. Nor should you form cliques on the team, for cliques destroy team excellence.

—Laurel Brassey, 1980 and 1998 U.S. Olympic volleyball player

Sport Quote Collection – Boxed Quotes Part One

If character is to be learned, it must first be observed in those who have authority.

—**John E. Roberts**

In all of nature structure determines function. Yet many people consider the marathoner and football linebacker all to be just one composite human being, an athlete. The body must be used to determine its role in sport. “My aim is to develop every individual according to his best potential, protect him from false ambition, the desire to be someone he never can be and, more important, never should be.

—**Dr. William Sheldon**

It's hard for these athletes to stay healthy. They are constantly being bombarded with unhealthy advertising. Peer pressure can override the body's demand for health. Being healthy goes beyond “not being sick” (where all lab reports indicate health), to feeling optimistic, energetic, strong and happy with their bodies. Teaching them to take charge of their bodies is a job of coaching. Help them gain discipline in conditioning, nutrition and attitude/emotional control.

—**John Kessel**

While the (America's) Cup is yachting's Holy Grail, it has also come to represent the ultimate test in “the game of life.” Just as in life, success demands commitment and commitment demands a positive winning attitude. I told all the guys who came into our Cup campaign that if they were going to make the grade they needed three essential ingredients: attitude, attitude and attitude. I wanted commitment to the commitment. When they finally made the crew, some of them joked that they ought to be committed for their commitment to the commitment.

—**Dennis Conner, winning captain at 1987 America's Cup**

Hit a ball over the fence, and you can take your time going around the bases

— **John W. Raper**

First comes the battle within yourself.

— **Unknown**

Why can't we have patience and expect good things to take time?

—**John Wooden, former college basketball head coach**

Too many young people itch for what they want, without scratching for it.

— **Tom Taylor**

We cannot hold a torch to light another's path, without brightening our own.

—**Ben Sweetland**

When a player points a finger at someone else, he should remember that three of his fingers are pointing at himself.

—**Unknown**

The gem cannot be polished without friction, nor man perfected without trials.

—**Chinese proverb**

Sport Quote Collection – Boxed Quotes Part One

The world is full of cactus, but we don't have to sit on it.
— **Will Foley**

I'd rather answer a stupid question, than deal with a stupid mistake.
— **Unknown**

The only way of discovering the limits of the possible is to venture a little way past them into the impossible.
— **Arthur C. Clarke**

Any fool can criticize, condemn and complain - and most fools do.
—**Dale Carnegie**

The first great gift we can bestow on others is a good example.
— **Morell**

Anything will give up its secrets if you love it enough.
— **George Washington Carver, educator**

Practice is the best of all teachers.
— **Unknown**

Wear a smile and have friends; wear a scowl and have wrinkles.
— **Unknown**

What do we live for if not to make the world less difficult for each other?
— **George Eliot, novelist**

The golden rule of coaching is to listen to your players as you would have them listen to you.
— **John Kessel**

Skill throws more weight than strength.
— **Unknown**

Success isn't determined by how many times you win, but by how you play the week after you lost.
—**Pele, former soccer professional**

Sport Quote Collection – Boxed Quotes Part One

If nobody smiled and nobody cheered and nobody helped us along;
If every man looked after himself
and good things all went to the strong.

If nobody cared just a little for you,
and nobody thought about me
And we all stood alone in the battle of life, what a dreary old world it would be.

Life is sweet just because of the friends we have made and the things that in common we share.
We want to live on, not because of ourselves, but because of the people who care.

It's giving and doing for somebody else; on that all life's splendor depends.
And the joy of the world when you've summed it all up is found in the making of friends.

— **Unknown**

He who does good to another, does good also to himself, not only in the consequences, but in the very act; for the consciousness of well doing is, in itself, ample reward.

— **Seneca**

I was angry with my friend: I told my wrath, my wrath did end. I was angry with my foe: I hid my wrath, my wrath did grow.

— **Unknown**

I've never forgotten a word of advice my father gave to me.

"Never lose sight of your dream," he said "Of that person you want to be. You can make it come true, No matter how high or how far, If all down the way
In your living each day, You never forget who you are."

"For the you-that-you-are this minute, this day; Is molding the you-that-will-be, And every action and thought and word is shaping its entity."

"It's a good thing," he said "To look on ahead and fix your gaze on a star, if along the way in your living each day you never forget who you are.

—**Helen Lowrie Marshall**

It is one of the most beautiful compensations of life that no man can sincerely; try to help another without helping himself.

—**Ralph Waldo Emerson, poet**

Don't hurry, don't worry. Do your best, and leave the rest.

— **Unknown**

There are no miracles, only discipline.

— **Unknown**

Sport Quote Collection – Boxed Quotes Part One

A smile costs nothing, but gives much. It cannot be bought, begged, borrowed or stole, for it is something that is of no value until it is given away. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it, sometimes, lasts forever. None is so rich, or mighty, that he can get along without it, and none is so poor, but that he can be made rich by it. A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad: and it is nature's best anecdote for trouble. Give your smiles freely. To the man who has none to give, give him one of yours, as none needs a smile so much as he, who has no sort to give.

—Unknown

Unfortunately, the road to anywhere is filled with many pitfalls, and it takes a man of determination and character not to fall into them. As I have said many times, whenever you get your head above the average, someone will be there to take a poke at you. That is to be expected in any phase of life. However, as I have also said many times before, if you see a man on top of a mountain, he didn't just light there! Chances are he had to climb through many difficulties and with a great expenditure of energy in order to get there, and the same is true of a man in any profession, be he a great attorney, a great minister, a great man of medicine or a great businessman. I am certain he worked with a definite plan and an aim and purpose in mind. Any man who is successful in life will be envied by those less successful. I have always thought that an excerpt from Parkenham Beatty's *Self-Reliance* contained a good philosophy for each coach:

"By your own soul learn to live, and if men thwart you, take no heed, if men hate you, have no care; Sing your song, dream you dream, Hope your hope and pray your prayer. I am sure that if a coach will follow this philosophy of life, he will be successful. To sit by and worry about criticism, which too often comes from the misinformed or from those incapable of passing judgment on an individual or a problem, is a waste of time."

—Adolph Rupp, former college basketball head coach

Get someone else to blow your horn and the sound will carry twice as far.

—Will Rogers, humorist

It takes less time to do a thing right than to explain why you did it wrong.

—Henry Wadsworth Longfellow, poet

Coaching is something that takes place only when learning does. No matter what you are doing in your practices, if your players are not learning something significant, you're really not coaching. If a player fails in a game, the coach may have failed in practice.

—John Kessel

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The average player moves
Until the breath in him is gone;
But the champion has the iron will
That makes him carry on.

For the rest, the average player begs
When limp his muscles grow;
But the champion leaps on leaden legs
His spirit makes him go.

The average athlete's complacent
When he does his best to score;
But the champion does his best
And then does a little more.

— **Unknown**

When something is done right, you give a positive reinforcement, and when something is done wrong, you show them why it is wrong. You don't need to punish a kid for a mistake because he knows he's done something wrong. The kid has already suffered enough, without any more embarrassment from someone else.

— **Al Scates, college volleyball head coach**

Mr. Wooden taught self-discipline and was his own best example. His awareness of what was happening was very acute, but his demeanor was always contained, as if by ordering himself he was controlling all elements. His philosophy, he showed us, was that if you needed emotion to perform then sooner or later you'd be vulnerable, an emotional wreck, and then nonfunctional. He preferred through preparation over the need to rise to the occasion. Let others try to rise to a level we had already attained; we would be there to begin with.

— **Kareem Abdul-Jabbar, former NBA player**

Winning isn't a sometime thing;
It's an all the time thing.
You don't win once in awhile;
You don't do things right once in awhile;
You do them right all the time.
Winning is a habit.

— **Vince Lombardi, former NFL head coach**

There are some parts of a ship which, by themselves, would sink; but when each ship part is brought together they float and can have a direction other than to the bottom. So it is with the events of a volleyball team. Some losses have been tragic, practices painful, most victories wonderful; and when they are built together they form a craft that is going somewhere.

— **Unknown**

Sport Quote Collection – Boxed Quotes Part One

Players will not follow coaches who only say, "Let's win." The coach must have a philosophy of the reason to win. He must always speak with the players concerning why. Our goal is not necessarily to win a medal but the process necessary to win a medal. Unless a clear cut goal is set, the process cannot be achieved with the full energies of all people involved. The striving for victory is more important than the victory itself, but you cannot strive for victory without establishing victory as the goal—**Yasutaka Matsudaira, Japan volleyball administrator**

On the athletic field men are vulnerable, but it is precisely because they are that they no longer are isolated from each other. The stresses and strains through which the athlete explores the limits of his potential reach deeply into his being and rip him from any pretense, duplicity or artificiality. The struggle to become is a highly visible process ... ultimately, it is a struggle which has as infinite a capacity to destroy as it has to create. If it is perceived as a struggle to win, to dominate or to succeed, it can devastate the naked and vulnerable athlete, and unravel the fabric of community. If it is viewed and appreciated as a struggle against a common failing - the ability to be all that we are - it can weld friendships and produce a communality bond together on the most fundamental of levels: the uncompromised respect and appreciation due all individuals as unique human beings.
—**John Cleve Livingston**

He who never made a mistake, never made a discovery.
—**Samuel Smiles**

If you're going to climb, you've got to grab the branches, not the blossoms.
— **Hugh Park**

All anyone needs to know about prizes is that Mozart never won one.
— **Henry Mitchell**

Sometimes the best way to convince someone he is wrong is to let him have his way.
— **Unknown**

Co-operation is spelled with two letters - WE.
— **Verity**

Better slip with the foot than with the tongue.
— **Benjamin Franklin, statesman/scientist**

Players must learn to give everything they have for today, whether it is in practice or a game. Anything they save has been lost forever.
—**Unknown**

Too many players are so afraid to do anything that they seldom venture to do anything.
—**John Kessel**

Officiating is the only occupation in sport where the highest accolade is silence.
—**Earl Strom, former NBA official**

Sport Quote Collection – Boxed Quotes Part One

To avoid criticism, say nothing, do nothing, be nothing.
—Fred Shero, former NHL coach

Most the team made straight A's; their B's, on the other hand, were a little crooked.
— Unknown

Competition is the spice of sports, but if you make spice the whole meal, you'll be sick.
—George Leonard

A coach should always do what he believes in no matter what anyone else says. If you listen to your critics you start to hunt around rather than coach. You can carry practice so long and on so many things, so you must believe in it, and if you have to practice something a million times to learn it, you practice it two million times.
—John McKay, former college/NFL head coach

Volleyball - (val-e-bol) n. 1. a game in which normally intelligent people engage in a frantic activity, at great peril to their own bodily parts, for the purpose of striking a totally defenseless white ball, in order to propel it across a high net; 2. the ball used by persons engaging in this game.
— Unknown

The important thing in the Olympic Games is not to win but to take part. The important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well.
—Baron Pierre De Coubertin

A careless word may kindle strife
A cruel word may wreck a life
A bitter word may hate instill
A brutal word may smite and kill
A gracious word may smooth the way
A joyous word may light the day
A timely word may lessen stress
A loving word may heal and bless.
—Unknown

Be an example. It's as simple and as hard as that. This is still the greatest teacher. If I'm a coach and don't love and respect my players, how can they love and respect me? Coaches never fool players.
—John Erickson

Never underestimate your players; they can do it with enough game-like practice. Coaches must put more emphasis in practice and in life on making student-athletes aware of what they could or can do, rather than what they couldn't or presently can't do. The focus must be on solutions, not problems; what is wanted, not what is feared.
—John Kessel

The Lord gave us two ends to use; one to think with, the other to sit on. Which one we use will determine how well we do in life. In other words, heads you win, tails you lose.
— Unknown

Sport Quote Collection – Boxed Quotes Part One

FEAR – The answer to overcoming it can lie in the letters of itself

Faith - No problem is too big to handle, trust the team's unity for strength.

Enthusiasm - Fear disappears in the face of real enthusiasm for each other and the game.

Action - Procrastination and inactivity breeds fear; do it now and give it the best you can.

Resources - Your talent is greater than you think. Your coach gives even your potential power.

—Unknown

The trouble with success is that it is disguised by hard work.

— Unknown

A good coach must celebrate in private. He cannot gloat to the press after a victory or criticize heavily after defeat... His game is of such motivation and strategy that only a few people understand his craft.

— **Sen. Bill Bradley, former NBA player**

You are the real teachers. You have these children when they are at their emotional peaks and lows. That's when they are the most pliable. It doesn't take any intelligence to send a kid home with his head hanging between his knees. But to send him home with his head up every night might show a little coaching.

— **Morgan Wooten**

I have seen boys on my team go into slumps and never come out of them, and I have seen others snap right out and come back better than ever. More players lick themselves than are ever licked by an opposing team. The first thing any man has to know is how to handle himself. Training counts. You can't win any game unless you are ready to win.

—**Connie Mack, former baseball manager**

If you think you are beaten, you are
If you think you dare not, you don't
If you like to win but think you can't
it's almost a cinch you won't

If you think you'll lose, you've lost for in the world we find success begins with a player's will it's all in the state of mind

For many a race is lost 'Ere even a step is run and many a coward fails before the game has begun

Think big and your deeds will grow
Think small and you'll fall behind
Think that you can and you will
It's all in the state of mind

If you think you are outclassed, you are; You've got to think high to rise you've got to be sure of yourself before you can ever win the prize

Life or sport battles don't always go to the stronger or faster man, but sooner or later, the man who wins is the man who thinks he can

— **Unknown**

Sport Quote Collection – Boxed Quotes Part One

Athletics hold the same potential for teaching bad values, bad attitudes, bad behavior as they do good qualities. The equalizer is the coach.

—**Tom Marshall**

A vital team characteristic is the ability to overcome adversity. Any team acquires experience and endurance as it learns to fight back. This in turn builds the kind of character which seldom crumbles at a time of crisis or testing.

—**Tom Landry, former NFL head coach**

It's easy to enjoy your job and enjoy other people when things are going good. When you're faced with adversity is when the character of men is measured. There's a Mennonite proverb, "Man, like a tree, is measured best when cut down."

—**Dan Quisenberry, former major league pitcher**

Make your mistakes with confidence. It is the only way you are going to learn anything. Never be afraid to do a skill, no matter how simple or hard it may seem someone has done it, and so can you, With enough committed practice and confidence.

— **John Kessel**

The only people who make no mistakes are dead people. I saw a man who had not made a mistake for four thousand years. He was a mummy in the Egyptian Department of the British Museum.

— **H.L. Wayland**

I could sum it up in one thing: A guy has to be what he is. He's got to coach and have a philosophy based on his own personality. You see too many coaches trying to imitate other coaches, trying to be someone else. It's all right to emulate the qualities of good coaches but I don't think you should imitate. You've got to be yourself.

—**LaVell Edwards, college football coach**

Volleyball is one of the most interactive sports going.

It is a game of intuition.

Imagination.

Improvisation.

But most of all, of reciprocity.

Of teamwork.

There is no way to freelance in volleyball.

— **Mary Dunphy, 1988 U.S. Olympic men's coach**

Teachers all over the nation are doing the job they are asked to do, but one they are not really prepared to do. To teach volleyball as a physical activity that is also a positive experience. If you care about volleyball, help these teachers have fun and learn more of this great game. Teach the teachers.

— **John Kessel**

Sport Quote Collection – Boxed Quotes Part One

I'm a little wounded but I am not slain;
I will lay me down for to bleed a while,
Then I'll rise and fight with you again.
—**John Dryden, poet**

A wise old man in the Himalayas supposedly had the answer to every question. A man came and asked, "in my hand I have a bird. Is this bird alive or dead?" The old man replied, "I'm not going to answer your question. If I say the bird is alive, you are going to crush him and he'll be dead; if I say he is dead, you will open your hand to let him fly away and prove he is alive. You have the answer in your hands. you have the power of life and death, the power to be or not be, the power to go or stay, the sport to go where you want to go, the power to do what you want to do, and be what you want to be. Everybody has that power in their hands."
—**Sir Edmond Hillary**

I was a horrible player on a horrible team. The kind of team that by midway in game one of a three out of five match, your opponents are making suggestions. I guess that is why I became a coach; I wanted to make suggestions, too.
—**Unknown**

Success is in the way you walk the paths of life each day;
It's in the little things you do and in the things you say.
Success is not in getting rich or rising high to fame;
It's not alone in winning goals which all men hope to claim.
Success is being big of heart and clean and broad of mind;
It's being faithful to your friends and to the stranger, kind.
It's in the children whom you love and all they learn from you;
Success depends on character and everything you do.
— **Unknown**

What then is the right way of living? Life must be lived as a play, playing certain games, making sacrifices; singing and dancing, then a man will be able to appropriate the gods, and defend himself against his enemies, and win the contest.
—**Plato, philosopher**

I ask for honesty and passion from my players. Honesty in a relationship is an accurate perception of what is good and bad. If you cannot praise, it is almost dishonest to criticize. There will be no name calling. What you do may be blasted, but not what you are.
—**John Robinson, college/NFL head coach**

I had six honest serving men
They taught me all I knew
Their names were Where and What and When
And Why and How and Who
—**Rudyard Kipling, author**

Sport Quote Collection – Boxed Quotes Part One

Coaches and players at the start must think their way through problems where a more experienced person would react out of habit and memory. One must not gain this experience, however, without being careful of empty redundancy. Do not fall into the error of the artist who boasts of 20 years of experience at his craft while, in fact, all he has had is one year - 20 times.

—**John Kessel**

YOU gotta wanna play great
You **GOTTA** wanna play great
You gotta **WANNA** play great
You gotta wanna **PLAY** great
You gotta wanna play **GREAT**

— **Unknown**

I will say this about being an optimist -- even when things don't turn out well, you are certain they will get better.

— **Frank Hughes**

Statistics are like bikinis -- they show a lot, but not everything.

—**Lou Piniella, former major league baseball player**

Education's purpose is to replace an empty mind with an open one.

—**Malcolm Forbes, industrialist**

Education's purpose is to replace an empty mind with an open one.

—**Malcolm Forbes, industrialist**

No bird soars too high if he soars with his own wings.

—**William Blake**

Coaches try to beat each other from the ears up.

—**George Allen, former NFL/college head coach**

TQ make cooperation secondary to victory is to worship competition and power, and ignore love.

—**Jerry Pyle**

Does the will to win always have to mean, "See, I'm better than you?"

—**Timothy Gallwey**

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

—**Plato, philosopher**

A coach's true value, and that of the sport, is ultimately measured by what was learned rather than what was won.

Sport Quote Collection – Boxed Quotes Part One

Correction does much, but encouragement does more. Encouragement after censure is as the sun after the shower.

—**Johann Wolfgang von Goethe, poet**

Only two kinds of players disappoint me. A player who does nothing he is told, and one who will do nothing else.

—**John Kessel**

There are but two powers in the world, the sword and the mind. In the long run, the sword is always beaten by the mind.

—**Napoleon Bonaparte, Emperor of France**

There are no hopeless situations; there are only people who have grown hopeless about them.

—**Clare Booth Luce**

Funny, isn't it?

When my teammate takes a long time to do something, she's slow; when I take a long time to do something, I'm thorough.

When my teammate doesn't do it, she is lazy; when I don't do it, I'm too busy.

When my teammate goes ahead and does something without being told, she's overstepping her bounds;

When I go ahead and do something without being told, it's initiative.

When my teammate states her side of a question strongly, she's bullheaded; when I state my side of the question strongly, I'm firm in my conviction.

When my teammate overlooks a few of the rules, she's rude; when I overlook a few rules, I'm original.

When my teammate does something that pleases the coach, she's ass kissing; when I do something that pleases the coach, that's cooperation.

When my teammate gets ahead, she's had a lucky break; when I manage to get ahead, hey!, hard work did it.

Funny isn't it.

—**Unknown**

Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together.

—**Vesta Kelly**

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.

—**Gen. George Patton**

Winners do the things that losers don't like to do.

—**Unknown**

You don't break habits; you can still know how to do the wrong habit, you just don't do it anymore.

—**John Kessel**

Sport Quote Collection – Boxed Quotes Part One

From a little spark may burst a mighty flame.
—Dante

As long as you keep a person down, some part of you has to be down there to hold him, so it means you cannot soar as you otherwise might.
—Marian Anderson

One can never consent to creep when one feels an impulse to soar.

Make the right thing easy and the wrong thing hard.
—John Kessel

You can't lose weight by talking about it, you have to keep your mouth shut.
—Unknown

A mistake is evidence that somebody tried.
—Unknown

Knowledge is gained by learning; trust by doubt; skills with practice; confidence by belief; wins by improving personal performance.
—John Kessel

One volunteer is better than ten forced men.
—African proverb

Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; hate less, love more; and all good things are yours.
—Swedish proverb

The more you know about your players, the more you treat them differently.
—Bob Bozied

Real teammates can grow separately without growing apart.
—John Kessel

Character takes years to form, and a lifetime to prove.
—Unknown

Well done is better than well said.
—Benjamin Franklin, statesman/scientist

Sometimes you listen to too many voices, and that makes you think too much, and that makes you confused too much. You just have to listen to yourself, because once you're on the court, you are all alone.

Sport Quote Collection – Boxed Quotes Part One

Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it. The man who knows how will always have a job. The man who also knows why will always be his boss. As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.

— **Ralph Waldo Emerson**

For every hill I've had to climb
For every stone that bruised my feet,
For all the blood and sweat and grime,
For blinding storms and burning heat,
My heart sings but a grateful song ---
These were the things that made me strong!
For all the heartaches and the tears,
For all the anguish and the pain,
For gloomy days and fruitless years,
And for the hopes that lived in vain,
I do give thanks, for now I know,
These were things that helped me grow!
'Tis not the softer things of life
Which stimulate man's will to strive
But break adversity and strife
Do most to keep man's will to live
O'er rose-strewn paths the weaklings creep,
But brave hearts dare to climb the steep.

—**Unknown**

A college football coach was faced with the possibility that his star player might be declared academically ineligible, so he pleaded with the math professor not to flunk the kid. "Tell you what coach," said the professor, "I'll ask him a question in your presence. If he gets it right, I'll pass him." The athlete was called in, and the prof asked, "What's two and two?" "Four," replied the player. Frantically the coach cried, "Give him another chance! Give him another chance!"

— **an excerpt from *Sports Illustrated***

If someone wins, you shouldn't put him a couple of steps from God; and if he loses, you shouldn't put him close to the devil.

— **Boris Becker, professional tennis player**

Everyone starts at the bottom; real winning comes from not staying there.

—**Unknown**

Luck means a lot in volleyball, for example, not having a setter is bad luck.

When you reach for the stars, you may not quite get one, but you won't come up with a handful of mud either.

Sport Quote Collection – Boxed Quotes Part One

The size of a man can be measured by the size of the thing that makes him angry.
—J. K. Morley

Use empathy, the imaginative projection of one's own consciousness into another's, when working with your players. Watch it in setters when they lift a sympathetic leg to help the spiker that they forgot to cover.
—John Kessel

By the yard, it's hard. By the inch, it's a cinch.
How and why are words so important that they cannot be too often used.
If you work hard, when it comes to game time, nothing changes. You give can your 110 percent because you do it every day.
They don't know what hustle is until they play us.
Egotism is the anesthetic that deadens the pain of stupidity.

If you can't be a pine on top of the hill,
 Be a scrub in the valley -- but be
The best little scrub by the side of the hill;
 Be a bush if you can't be a tree.
If you can't be a bush be a bit of the grass,
 And some hill happier make;
If you can't be a muskie then just be a bass—
 But be the liveliest bass in the lake.
We can't all be captains, we've got to be crew.
 There's big work to do, and there's lesser to do
If you can't be a highway than just be a trail,
 If you can't be the sun be a star~
It isn't by size that you win or fail--
 Be the best of whatever you are!
— D. Malloch

Make sure to not take yourself too seriously, nor take the sport of volleyball too lightly.

It's not the size of the player in the fight, but the size of the fight in the player.
—Unknown

No player is completely worthless; they can always serve as a bad example.
—Unknown

Don't take life so seriously, you're not getting out alive.
—Bugs Bunny

Victory favors those who make the fewest mistakes.
—Unknown

Sport Quote Collection – Boxed Quotes Part One

Beyond the winning and the goal, beyond the glory and the flame
He feels the flame within his soul, born of the spirit of the game
And where the barriers may wait, built up by the opposing Gods
He finds a thrill in bucking fate and riding down the endless odds
Where others wither in the fire or fall below some raw mishap
Where others lag behind or tire, and break beneath the handicap
He finds a new and deeper thrill to take him on the uphill spin
Because the test is greater still and something he can revel in.

— Unknown

A winner is always part of the answer;
a loser part of the problem.
A winner always has a solution;
a loser has an excuse.
A winner says, "Let me help you do it;"
a loser says, "That's not my job."
A winner says, "We can do it;"
a loser asks, "What's in it for me?"
A winner sees an answer for every problem;
a loser sees only problems in the answer.
A winner says, "It may be difficult, but it's possible;"
a loser says, "It may be possible, but it's too difficult."

—Unknown

I have to live with myself, and so,
I want to be fit for myself to know;
I want to be able as days go by
Always to look myself in the eye.
I don't want to stand with the setting sun
And hate myself for the things I've done.
I want to go out with my head erect;
I want to deserve all men's respect.
But here in the struggle for fame and wealth
I want to be able to like myself and know
That I'm not a bluster, a bluff, or an empty show.
I can never hide myself from me
I see what others may never see;
I know what others may never know.
I can never fool myself and so,
Whatever happens, I want to be
Self-respecting and conscience free

—Unknown

To be true to one's self is the ultimate test in life
To have the courage and the sensitivity to follow your hidden dreams and stand tall against the odds
that are bound to fall in your path
Life is too short and precious to be dealt with in any other fashion
This thought I hold dear to my heart and I always try to be true to myself and others that I encounter
along the way

—Flo Hyman, 1984 Olympic volleyball silver medalist