

PHYSICAL EDUCATION & ATHLETICS, BEST QUOTES ON

Don't permit the pressure to exceed the pleasure.

—Joe Maddon

I run like a girl. Try to keep up.

—T-Shirt Slogan

An amateur practices until he can do a thing right, a professional until he can't do it wrong

--Percy C. Buck

When you are not practicing, remember, someone somewhere is practicing, and when you meet him he will win.

--Ed Macauley

When you are satisfied you've played your best game, you probably have.

--Unknown

You have failed only when you have failed to try.

--Unknown

How a man plays the game shows something of his character; how he loses shows all of it.

—*Tribune* (Camden
County, Georgia)

If I don't practice one day, I know it; if I don't practice two days, the critics know it; and if I don't practice for three days, everyone knows it.

--Peter Tchaikovsky

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.

—Edward Stanley, Earl
of Derby

Track is kind of like football. Sure, there's no ball and no shoulder pads, and nothing in your way except the string across the finish line. But you can demolish a kid just as much by beating him in a race as by plowing him under on a football field.

--Jerry Spinelli

Pain is weakness working its way out of your body.

--Unknown

The breakfast of champions is not cereal; it's the opposition.

--Nick Seitz

Practice does not make perfect. Only perfect practice makes perfect.

--Vince Lombardi

Look in the mirror. That's your competition.

—*motivationping.com*

I don't compete with other discus throwers. I compete with my own history.

—Al Oerter

Developing better people should be the number one goal for any coach when dealing with kids.

—Bobby Orr

You must always strive to be the best, but you must never believe that you are.

—Juan Manuel Fangio

At Lap 20 I thought I was dead.

At Lap 40 I wished I was dead.

At Lap 60 I knew I was dead.

At Lap 66 I realized I had become too tough to kill.

—T-Shirt Slogan

Coming in third, after researchers at Cornell found that Olympic bronze-medal winners are, on average, happier with their finishes than silver medalists. Silver medalists tend to fixate on the near miss, while bronze winners are thankful to win anything.

—*The Week Magazine*

The benefits of recess might seem obvious—time to run around helps kids stay fit. But a large body of research suggests that it also boosts cognition. Many studies have found that regular exercise improves mental function and academic performance. And an analysis of studies that focused specifically on recess found positive associations between physical activity and the ability to concentrate in class.

Perhaps most important, recess allows children to design their own games, to test their abilities, to role-play, and to mediate their own conflicts—activities that are key to developing social skills and navigating complicated situations.

—Alia Wong

Play like you're in first; train like you're in second.

—Slogan

On this team, we're all united in a common goal: to keep my job.

—Lou Holtz

Let your first race be your worst race.

—John Powers

The first time I see a jogger smiling, I'll consider it.

--Joan Rivers

I've got a theory that if you give 100% all of the time, somehow things will work out in the end.

--Larry Bird

A visitor entering an American high school would likely be confronted, first of all, with a trophy case. His examination of the trophies would reveal a curious fact: The gold and silver cups, with rare exception, symbolize victory in athletic contests, not scholastic ones...Altogether, the trophy case would suggest to the innocent visitor that he was entering an athletic club, not a educational institution.

--James Coleman

Approximately 1 percent of NCAA men's basketball players and 2 percent of NCAA football players are drafted by the NBA or NFL teams, and just being drafted is no assurance of a successful professional career. The odds against professional athletic success are astronomically high.

--*Knight Commission
Report—2010*

Age wrinkles the body; quitting wrinkles the soul.

--Douglas MacArthur

I do not participate in any sport with ambulances at the bottom of a hill.

--Erma Bombeck

We have a responsibility to represent the name on the front of our jerseys, on and off the field, in such a way that our fellow students, faculty, administrators and alumni have good reason to say...‘He’s one of ours.’ We have a responsibility to represent the name on the back of our jerseys in such a way that our parents, brothers, sisters, and family members have good reason to say...‘He’s one of us.’

--Kirk Cousins

The word ‘aerobics’ came about when the gym instructors got together and said: ‘If we’re going to charge \$10 an hour, we can’t call it Jumping up and down.’

--Rita Rudner

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

--Aristotle

The best competition is with yourself to get better.

--Brandi J. Lindsey

If you always strive to be the best, you’ll always improve. If you just want to win, you won’t necessarily improve. It’s a lower standard to focus on winning.

--Pam Cady Wycoff

Once you learn to quit, it becomes a habit.

--Vince Lombardi

Coaches who can outline plays on a black board are a dime a dozen. The ones who win get inside their player and motivate.

--Vince Lombardi

Warning: The Surgeon General says it’s O.K. to smoke your competition.

--Unknown

You’ll always miss 100% of the shots you don’t take.

--Wayne Gretzky

I'd rather be a football coach. That way you only lose eleven games a year.

--Abe Lemons, University
of Texas
Basketball Coach

Football combines the two worst features of American life. It is violence punctuated by committee meetings.

--George F. Will

Winning can be defined as the science of being totally prepared.

--George Allen

Winning isn't everything--but wanting to win is.

--Vince Lombardi

It's not enough to be good if you have the ability to be better. It is not enough to be very good if you have the ability to be great.

--Alberta Lee Cox

No one trains for second place.

—T-Shirt Slogan

To lose
Is to learn.

--Unknown

Win without boasting, lose without excuse.

--Albert Terhune

Winning is a habit. Unfortunately, so is losing.

--Vince Lombardi

Real winners are ordinary people with extraordinary determination.

--Unknown

Motivation will almost always beat mere talent.

--Norman R. Augustine

If a man aspires to the highest place, it is no dishonor to him to halt at the second, or even at the third.

--Marcus Tullius Cicero

You've got to be in top physical condition. Fatigue makes cowards of us all.
--Vince Lombardi

Once we accept our limits, we go beyond them.
—Albert Einstein

Do just once what others say you can't do, and you will never pay attention to their limitations again.
—James Cook

For every pass I caught in a game, I caught a thousand passes in practice.
--Don Hutson

I'm for the upperdog. I was for the underdog because I was one. Now I see the pressures that are on the upperdog. When you get to be an upperdog, you know the scratching and the clawing and the grabbing that everybody underneath does to knock you off your perch. The average fan cannot appreciate the pressure and the emotional peak you must reach each week to keep from getting knocked off your perch at the top.
--Bart Starr

What is this thing called basketball? It is, first of all, a game, a sport, next, a business; finally, a disease. It is also color, drama and excitement in the lives of millions of small-town Americans, many of whom lack art galleries, symphonies, books, and the theater in their daily lives. In these small towns in winter basketball dominates the whole place. On Friday nights, when there are games, nothing else takes place. The whole town stops.
--John R. Tunis

Becoming number one is easier than remaining number one.
--Bill Bradley

The real measure of an athlete is not what he can do in comparison to others but against his own best self.
--Unknown

No member of a crew is praised for the rugged individuality of his rowing.
--Ralph Waldo Emerson

Politics, race, creed, color, and religion all are equal on the playing field. Sports is a common ground on which men and women of all nationalities and many different backgrounds may meet.

--Avery Brundage

A coach's advice to his athletes: 'Boys, you can't fly with the owls at night and keep up with the eagles in the daytime.'

--Albert Fletcher

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

—Mark Twain

You can pitch a no-hit game,
But it's just another loss
If the errors of your teammates
Put opponent's runs across.
You might be a brilliant runner
Pass and kick with easy grace,
But you'll miss the winning touchdown,
If a teammate's out of place.
In the sporting world or business,
In the office or a mill,
Nothing can produce a winner,
Like a little teamwork will.

--Unknown

To lose
Is to learn.

--Unknown

Winning isn't everything. It is the only thing.

--Vince Lombardi

You can't think and hit at the same time.

--Yogi Berra

Sports do not build character. They reveal it.

--Heywood Broun

Every time you win, you're reborn; when you lose you die a little.

--George Allen

Sport is one area where no participant is worried about another's race, religion or wealth: and where the only concern is 'Have you come to play?'

--Henry Roxborough

Catching a fly ball is a pleasure but knowing what to do with it after you catch it is a business.

--Tommy Henrich

Hockey captures the essence of the Canadian experience in the New World. In a land so inescapably and inhospitably cold, hockey is the dance of life, and an affirmation that despite the deathly chill of winter we are alive.

--Bruce Kidd

A sportsman is a man who, every now and then, simply has to get out and kill something. Not that he's cruel. He wouldn't hurt a fly. It's not big enough.

--Stephen Leacock

Rockne wanted nothing but 'bad losers.' Good losers get into the habit of losing.

--George E. Allen

You don't save a pitcher for tomorrow. Tomorrow it my rain.

--Leo Durocher

Pro football is like nuclear warfare. There are no winners, only survivors.

--Frank Gifford

If you see a tennis player who looks as if he is working very hard, then that means he isn't very good.

--Helen Wills Moody

You gotta be a man to play baseball for a living but you gotta have a lot of little boy in you, too.

--Roy Campanella

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

--Al McGuire

Every man's got to figure to get beat sometime.

--Joe Louis

It's easier to do a job right than to explain why you didn't.
--Martina Navratilova

Doing things by halves is worthless. It may be the other half that counts.
--Unknown

You get credit for what you finish, not what you start.
--Unknown

To be satisfied with yourself is a sure sign that your forward motion is about to stop.
--Unknown

Victory is sweet, but you can't have it without sweat.
--Unknown

The path of least resistance leads to crooked rivers and crooked men.
—Henry David Thoreau

It is amazing how much can be accomplished if no one cares who receives the credit.
--Harry S Truman

Don't feel sorry for yourself; nobody else does.
--Unknown

When the going gets tough, the tough get going.
--Joseph P. Kennedy

We may be outclassed but not out fought.
--Unknown

Don't think your condition is good enough; know it.
--Unknown

It isn't the hours you put in. It's what you put in the hours.
--Sam Ewing

Good sportsmanship is contagious—catch it.
--Unknown

Playing basketball is not reality. People do things for the player they wouldn't do for others. He is not prepared to come down to earth. When he leaves some jive college he never should have gone to in the first place, no degree, no more dream of playing pro ball, what's he got? Drugs, maybe. It's all part of this fanatical emphasis on winning. Ridiculous.

--Ronnie Haigler

I can't take much credit for what I did running with a football, because I don't know what I did. Nobody ever taught me, and I can't teach anyone. You can teach a man how to block or tackle or kick or pass. The ability to run with a ball is something you have or you haven't. If you can't explain it, how can you take any credit for it?

--Red Grange

The greatest thing that ever happened to me is that when I first picked up a basketball, I was terrible. If things come naturally, you may not bother to work at improving them and you can fall short of your potential.

--Bob Pettit

It (baseball) is the national pastime. It is youth, springtime, a trip to the country, part of our past. It is the roaring excitement of huge urban crowds and the sleepy green afternoon silences of mid-summer. Without effort, it engenders and thrives on heroes. For six months of the year, it intrudes cheerfully into every American home, then frequently rises to a point of nearly insupportable tension and absorption, and concludes in the happy explosion of the country's favorite sporting spectacle, the World Series.

--Roger Angell

The phrase 'off with the crack of the bat,' while romantic, is really meaningless, since the outfielder should be in motion long before he hears the sound of the ball meeting the bat.

--Joe DiMaggio

All winter long I am one for whom the
bell is tolling;
I can arouse no interest in basketball,
indoor fly casting or bowling;
The sports pages are strictly no soap,
And until the cry of Play Ball! I simply mope.

--Ogden Nash

It ain't nothin' till I call it.

--Bill Klem, Umpire

Fans don't boo nobodies.

--Reggie Jackson

Whenever you have a tight situation and there's a close pitch, the umpire gets a squawk no matter how he calls it. You wonder why men want to take a job in which they get so much abuse.

--Red Barber

Any minute, any day, some players may break a long-standing record. That's one of the fascinations about the game—the unexpected surprises.

--Connie Mack

The small boy does not know that the best third baseman in baseball is human: that he fights with his wife, worries about bills and occasionally swears at the bat boy. All the small boy knows is that the third baseman is his hero, and a hero always does the right thing.

--Robert W. Creamer

Baseball's clock ticks inwardly and silently, and a man absorbed in a ball game is caught in a slow, green place of removal and concentration and in a tension that is screwed up slowly and ever more tightly with each pitcher's windup and with the almost imperceptible forward lean and little half-step with which the fielders accompany each pitch. Whatever the pace of the particular baseball game we are watching, whatever its outcome, it holds us in its own continuum and mercifully releases us from our own.

--Roger Angell

To survive in the minors today, a player must use rose-colored glasses as standard equipment. It is the sort of apprenticeship served only by dedicated men—a youth in a seminary, an overworked intern, a rural schoolteacher. You must trust to your reward being in the future--or in the hereafter. It certainly is not in the present.

--Tom Meany

When you come right down to it, the baseball owners are really little boys with big wallets.

--Harold Parrott

They say you can't do it, but sometimes it doesn't always work.

--Casey Stengel

Let me get a good grip on the bat, as if I wanted to leave my finger-prints on the wood: let me swing with a quick snap which comes from a powerful wrist, and, if I've gotten back of the ball it sure will travel.

--Jimmy Foxx

All I can tell 'em is pick a good one and sock it. I get back to the dugout and they ask me what it was I hit and I tell 'em I don't know except it looked good.

--Babe Ruth

I didn't mean to hit the umpire with the dirt, but I did mean to hit that bastard in the stands. If I make a home run every time I bat, they think I'm all right. If I don't, they think they can call me anything they like.

--Babe Ruth

A man ought to get all he can earn. A man who knows he's making money for other people ought to get some of the profit he brings in. Don't make any difference if it's baseball or a bank or a vaudeville show. It's business, I tell you. There ain't no sentiment to it. Forget that stuff.

--Babe Ruth

Every great batter works on the theory that the pitcher is more afraid of him than he is of the pitcher.

--Ty Cobb

You would be amazed how many important outs you can get by working the count down to where the hitter is sure you're going to throw to his weakness, and then throw to his power instead.

--Whitey Ford

No game in the world is as tidy and dramatically neat as baseball, with cause and effect, crime and punishment, motive and result, so clearly defined.

--Paul Gallico

You never want to give anyone the opinion you've given up. I figure if I keep coming back at them, even though we're about to lose, it might have a good effect in the future.

--John Havlicek

The romance between intellectuals and the game of baseball is, for the most part, one-sided to the point of absurdity. A large percentage of intelligent Americans evaluate the four hundred men who play major baseball as awesomely gifted demigods. A large percentage of the muscular four hundred rate intellectuals several notches below umpires.

--Roger Kahn

I put the most pressure on myself because of my ambitions to be the best basketball player ever. What happens around me can't put any more pressure on me than that.

--Julius Erving

The players make the coach. The coach who thinks his coaching is more important than his talent is an idiot.

--Joe Lapchick

There's no way you can have consistent success without players. *No one* can win without material. But not everyone can win *with* material.

--John Wooden

I've always been able to lose myself in the games, to concentrate on the play....If you're worried about the crowd, if you hear what the fans yell, if you're thinking about how you look or what you're going to do after the game, it's bound to take a lot away from your performance.

--Jerry West

I don't look for excuses when we lose, and I don't buy excuses when we win.

--Dave Cowens

If we win you will have a lot of free time; if we lose you belong to me.

--Red Holzman

The game's over, the season's over, and it's like death—you can't change it. You can't go out and say, add up the score again.

--Red Holzman

Unless you've been in the ring when the noise is for you, there's no way you'll ever know what it's like.

--Sugar Ray Robinson

Never change a winning game; always change a losing one.

--Bill Tilden

Few lapses of self-control are punished as immediately and severely as loss of temper during a boxing bout.

--Konrad Lorenz

As they stand isolated in the chalky glare from the arc lights, the smoky darkness which frames them makes a picture out of them which has something of the quality of a Michelangelo....They might stand immobile for one tense moment, each trying to sum up his opponent, to read his mind. In that moment they are superb statuary....They are Greek athletes you are gazing on, molded in bronze to last for all time.

--Louis Golding

So many moves you can make, so many stunts. But the best philosophy is to simply keep hitting them with your best lick.

--Merlin Olsen

If lessons are learned in defeat, as they say, our team is really getting a great education.

--Murray Warmath

I do know that if a boy wants to play football and for any reason you keep him from it, you will probably find that his character—or his temper, at least—will not improve.

--Eleanor Roosevelt

When a person looks at a game of football, he tends to see a reflection of his own life. If it's mainly violence and getting ahead and winning at all costs, he'll tend to see that in the game. Or if life is mainly statistics and numbers and measurements, he'll tend to see that—many people have an incredible interest in football statistics. People look at the game and project their own reality onto it.

--John Brodie

Tackling is more natural than blocking. If a man is running down the street with everything you own, you won't let him get away. That's tackling.

--Vince Lombardi

In sports, you simply aren't considered a real champion until you have defended your title successfully. Winning it once can be a fluke; winning it twice proves you are the best.

--Althea Gibson

The harder you work, the luckier you get.

--Gary Player

THE SPORTSMAN'S CREED

The Player...

1. He lives clean and plays hard. He plays for the love of the game.
2. He wins without boasting, he loses without excuses, and he never quits.
3. He respects officials and accepts their decisions without question.
4. He never forgets that he represents his school.

The Coach...

1. He inspires in his athletes a love of the game and the desire to win.
2. He teaches them that it is better to lose fairly than to win unfairly.
3. He leads players and spectators to respect officials by setting them a good example.
4. He is the type of person he wants his athletes to be.

The Official...

1. He knows the rules.
2. He is fair and firm in all decisions. He calls them as he sees them.
3. He treats players and coaches courteously and demands the same treatment for himself.
4. He knows the game is for the athletes, and lets them have the spotlight.

The Spectator...

1. He never boos a player or official.
2. He appreciates a good play, no matter who makes it.
3. He knows the school gets the blame or the praise for his conduct.
4. He recognizes the need for more sportsmen and fewer 'sports.'

--*Illinois Interscholastic*

There is no greater feeling than the one you get when you're wearing your high school uniform and ride into another town in a yellow school bus.

--Gene W. Childress

Bad shots lose more games than 'bad' calls.

--*Illinois Interscholastic*

One person can make a difference. A team can make a miracle.

--Unknown

It's not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust, and sweat, and blood; who strives valiantly; who errs, and comes short again and again because there is no effort without error and shortcomings; but who actually strives to do the deed, who knows the great devotion; who spends himself in a worthy cause, who at the best knows in the end the high achievement of triumph and who at worst, if he fails, while daring greatly, knows his place shall never be with those timid and cold souls who know neither victory nor defeat.

--Theodore Roosevelt

No guts, no glory.

--Unknown

There is no challenge more challenging than the challenge to improve yourself.

—Michael F. Staley

Bad passes and bad blocks lose more games than 'bad' calls.

*--Illinois High School
Association*

Say you can and you will.

--Unknown

Sometimes it takes the worst to bring out the best in you.

--Unknown

You don't always have to have the lead if you have the heart to come from behind.

—T-Shirt Slogan

No one knows what he can do until he tries.

—Publilius Syrus

Champions rise to the occasion.

--Unknown

No one is ever beaten unless he gives up the fight.

--W. Beran Wolfe

Aim for excellence.

--Unknown

I'd rather be a poor winner than any kind of loser.

--George S. Kaufman

He who does not hope to win has already lost.

--Jose Joaquin Olmedo

A victory without danger is a triumph without glory.

--Pierre Corneille

Win any way you can as long as you can get away with it. Nice guys finish last.

--Leo Durocher

Exercise is bunk. If you are healthy, you don't need it; if you are sick, you shouldn't take it.

--Henry Ford

The most important thing...is not winning but taking part....The essential thing in life is not conquering but fighting well.

--Baron Pierre
de Coubertin

Always imitate the behavior of the winners when you lose.

--George Meredith

If you can't win, make the fellow ahead of you break the record.

--John McKeithen

I have always adhered to two principles. The first one is to train hard and get into the best possible physical condition. The second is to forget all about the other fellow until you face him in the ring and the bell sounds for the fight.

--Rocky Marciano

When you are in any contest you should work as if there were—to the very last minute—a chance to lose it.

--Dwight D. Eisenhower

If you think you can win, you can win. Faith is necessary to victory.
--William Hazlitt

Success in life goes only to the man who competes successfully.
--Knut Rockne

If you've nothing to lose, you can try everything.
--Yiddish Proverb

Losers make promises they often break. Winners make commitments they always keep.
—Denis Waitley

Only those who will risk going too far can possibly find out how far they can go.
—T. S. Eliot

Late starters are seldom winners.
--Unknown

No athlete is crowned but in the sweat of his brow.
--St. Jerome

The difference between coaching and criticism is your attitude.
--Unknown

I have not yet begun to fight.
--John Paul Jones

As always, victory finds a hundred fathers but defeat is an orphan.
--Count Galeazzo Ciano

There are some defeats more triumphant than victories.
--Montaigne

If we learn from losing, we become winners in the end.
--Unknown

If you believe in yourself and have dedication and pride—and never quit, you'll be a winner. The price of victory is high but so are the rewards.
—Paul Bryant

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

--Wendell Phillips

Sport is an opportunity to have others push you to excellence.

--Unknown

If you want to know if your brain is flabby, feel your legs.

--Bruce Barton

The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is yet to be understood. But we know what the Greeks knew: That intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound bodies.

--John F. Kennedy

Sports serve society by providing vivid examples of excellence.

--George F. Will

Accept the challenge so you may feel the exhilaration of victory.

--George S. Patton

Working together means winning together.

--Unknown

The man who wins may have been counted out several times, but he didn't hear the referee.

--H. E. Jansen

If you're doing your best, you won't have any time to worry about failure.

—H. Jackson Brown

If you did your best, you won.

--Unknown

All things excellent are as difficult as they are rare.

--Benedict Spinoza

One hand cannot applaud alone.

--Arabian Proverb

We must remember that one determined person can make a significance difference, and that a small group of determined people can change the course of history.

--Sonia Johnson

A champion is one who gets up when he can't.

--Jack Dempsey

To become a champion, fight one more round.

--James J. Corbett

If you think you can win, you can win. Faith is necessary to victory.

--William Hazlitt

They can do all because they think they can.

--Virgil

Talent is overrated. You win with character.

--Lewis Schaffel

Accept the challenges, so that you may feel the exhilaration of victory.

--George S. Patton

THE WINNER always has a program;

THE LOSER always has an excuse.

THE WINNER sees a green near every sand trap;

THE LOSER sees two or three sand traps near every green.

--Unknown

It's not whether you get knocked down, it's whether you get up.

--Vince Lombardi

There is a danger at the present time in the enthusiasm for cramming of the brains of our young people with facts, scientific or otherwise, that there will be inadequate time for the establishment and perpetuation of physical fitness, which should never stop.

--Paul Dudley White,
M.D. (1960)

In nothing do we more nearly approach the gods than in giving health to men.

--Cicero

He that will make a good use of any part of his life must allow a large part of it to recreation.

--John Locke

The principal aim of gymnastics is the education of all youth and not simply the minority of people highly favored by nature.

--Aristotle

In play there are two pleasures for your choosing,
The one is winning, the other losing.

--Byron

If you're not keeping score, you're just practicing.

--Vince Lombardi

Sports teaches that things aren't always fair. The perfect pass may be dropped.

--Bob Avellini

If then you want to cultivate intelligence in your pupil cultivate the powers he has to control. Exercise his body continually. Make him vigorous and healthy and he will turn wise and reasonable.

--Jean Jacques Rousseau

The will to win is not nearly as important as the will to prepare to win.

-- Vince Lombardi

All our talents increase in the using, and every faculty both good and bad, strengthens by exercise.

--Anne Brontë

Sport begets tumultuous strife and wrath, and wrath begets fierce quarrels and war to the death.

--Horace

Citius, altius, fortius. (Swifter, higher, stronger.)

--*Motto of the Olympic Games*

Knute Rockne liked 'bad losers.' He said 'good losers' lose too often.

--George Allen

Every time you win, you're reborn; when you lose you die a little.

--George Allen

Sports allow men to build up situations of emergency. What he then demands of himself is unnecessary achievement—and unnecessary sacrifice. He artificially creates the tension that he has been spared by affluent society.

--Viktor Frankl

It is in games that many men discover their paradise.

--Robert Lynd

The weak have one weapon: the errors of those who think they are strong.

--Georges Bidault

They keep saying that what really matters is not whether you win or lose, but how you played the game. The trouble is that the best way to determine how you played the game is by whether you won or lost.

--Unknown

To be great we need to win games we aren't supposed to win.

--Julius Erving

We lost because we told ourselves we lost.

--Leo Tolstoy

Sedentary people are apt to have sluggish minds. A sluggish mind is apt to be reflected in flabbiness of body and in a dullness of expression that invites no interest and gets none.

--Rose Fitzgerald
Kennedy

We teach you the pleasure of physical exercise—the team-spirit of games, too, for when you leave school finally you will find that life is a game, sometimes serious, sometimes fun, but a game that must be played with true team-spirit—there is no room for the outsider in life.

--Shelagh Delaney

If I should lose, let me stand by the road
And cheer as the winners go by!

--Berton Braley

The greatest test of courage on the earth is to bear defeat without losing heart.

—Robert Green Ingersoll

If you're not big enough to lose, you're not big enough to win.

--Walter Reuther

For the parent of a Little Leaguer, a baseball game is simply a nervous breakdown divided into innings.

--Earl Wilson

The taste of defeat has a richness of experience all its own.

--Bill Bradley

Fear of losing is what makes competitors so great.

--O. J. Simpson

Sports is the toy department of human life.

--Howard Cosell

If you watch a game, it's fun. If you play it, it's recreation. If you work at it, it's golf.

--Bob Hope

It took me seventeen years to get three thousand hits in baseball. I did it in one afternoon on the golf course.

--Henry Aaron

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

--John W. Raper

Baseball is beautiful...the supreme performing art. It combines in perfect harmony the magnificent features of ballet, drama, art, and ingenuity.

--Bowie Kuhn

Sporting events are not a safety valve but create even more aggression

--Richard Leakey

That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved.

—Ralph Waldo Emerson

Sweat plus sacrifice equals success.

--Charles O. Finley

I certainly don't think football is as important as English or some other academic department, except that it's pretty hard to get a crowd out to watch an examination. It's pretty hard to rally 'round a math class.

—Paul 'Bear' Bryant

A decade after graduation, almost everyone will have forgotten when and where and what they played. But every time they speak, everyone will know whether they are educated.

--Reverend Theodore
Hesburgh

The thrill is not just in winning, but in the courage to join the race.

--Helena Johnson

Running is a road to self-awareness and self-reliance. You can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet. But when you are through, exhilarated and exhausted, at least for a moment everything seems right with the world.

--Doris Brown Heritage

He who fears being conquered is sure of defeat.

--Napoleon Bonaparte

The values that football impart are spartanism, dedication, metal toughness, courage, stamina.

--Vince Lombardi

The cheerful loser is the winner.

--Elbert Hubbard

It's the good loser who finally loses out.

--Kin Hubbard

Being the best means outrunning the rest.

--Unknown

Set short-term goals and you'll win games. Set long-term goals and you'll win championships.

--Joe Paterno

Football incorporates the two worst elements of American society; violence punctuated by committee meetings.

--George F. Will

Pressure is when you've got 35 bucks riding on a four-foot putt and you've only got five dollars.

--Lee Trevino

How do you define a top prep athlete?

1. Players who listen and follow rules.
2. Players who are eager to learn.
3. Players who like to practice and play the game.
4. Players who are good students.
5. Players who show loyalty.
6. Players who don't like to lose.
7. Players who have natural athletic ability.
8. Players who have leadership ability.

--Bob Frisk

If a man watches three football games in a row, he should be declared legally dead.

--Erma Bombeck

All the glory, all the yards and all the touchdowns don't mean a thing. I came to play on every down and I never took a rest. That's how I want to be remembered.

--Walter Payton

In America it is sport that is the opiate of the masses.

--Russell Baker

Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules, and sadistic pleasure in witnessing violence.

--George Orwell

A player's got to be kept hungry to become a big leaguer. That's why no boy from a rich family ever made the big leagues.

--Joe DiMaggio

Jogging is for people who aren't intelligent enough to watch television.

--Victoria Wood

I am not an animal in my personal life. But in the ring there is an animal inside me. Sometimes it roars when the first bell rings. Sometimes it springs out later in a fight. But I can always feel it there, driving me forward. It is what makes me win. It makes me enjoy fighting.

--Roberto Duran

My head was exploding, my stomach ripping, and even the tips of my fingers ached. The only thing I could think was, 'If I live, I will never run again.'

--Tom Courtney

The ads have youth believing that instead of getting up early, exercising, going to school, playing a sport or learning to be a team player, all they have to do to be fit is learn to drink the right alcohol.

--Antonía Novello

Golf is a good walk spoiled.

--Mark Twain

Cricket—a game which the English, not being a spiritual people, have invented in order to give themselves some conception of eternity.

--Lord Mancroft

If you're going to play together as a team, you've got to care for one another. You've got to love each other...The difference between mediocrity and greatness...is the feeling these guys have for each other. Most people call it team spirit.

--Lee Iacocca

Winning is not everything—but making the effort to win is.

--Vince Lombardi

Bettors have their betters.

--Japanese Proverb

Some people think football is a matter of life and death. I don't like that attitude. I can assure them it is much more serious than that.

--Bill Shankly

Losing is the great American sin.

--John Tunis

Pitching is...the art of instilling fear.

--Sandy Koufax

The bowling alley is the poor man's country club.

--Sanford Hansell

Being a champion means proving you are champion whenever proof seems required.

--Michael Wood

The object of football is not to annihilate the other team, but to advance the ball.

--Clark Shaughnessy

Football is not a contact sport. It's a collision sport. Dancing is a good example of a contact sport.

--Duffy Daugherty

To see some of our best-educated boys spending the afternoon knocking each other down, while thousands cheer them on, hardly gives a picture of a peace-loving nation.

--Lyndon B. Johnson

If you're small, you better be a winner.

--Billie Jean King

It's really impossible for athletes to grow up. As long as you're playing, no one will let you. On the one hand, you're a child, still playing a game. And everybody around you acts like a kid, too. But on the other hand, you're a superhuman hero that everyone dreams of being.

--Billie Jean King

The only good reason for swimming, so far as I can see, is to escape drowning.

--Helen Cresswell

Sports is like a war without the killing.

--Ted Turner

You've reached first place; now aim for perfection.

--Dan L. Miller

Talent wins games, but teamwork and intelligence win championships.

--Michael Jordan

Sports ideally teach discipline and commitment. They challenge you and build character for everything you do in life.

--Howie Long

It is the enlarging of the human adventure that sports are all about.

--James Michener

It's becoming increasingly difficult to be a great athlete and not be smart.

--Edwin Moses

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*

I knew how to play soccer on the street, without shoes, without a professional ball, without a uniform. when I moved on to a very comfortable field...why wouldn't I win

--Pelé

The moral is clear: The wisest folks know
That it's nice to win, but it's foolish to crow.

--Aesop

Obstacles are challenges for winners, and excuses for losers.

--M. E. Kerr

Losing's just a number on a scoreboard.

--Joseph Krumpal

Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose.

--Wilma Rudolph

Without losing, you cannot win.

--Russian Proverb

Let others cheer the winning man,
There's one I hold worthwhile;
'Tis he who does the best he can,
Then loses with a smile.

--Unknown

In order to achieve victory you must place yourself in your opponent's skin. If you don't understand yourself, you will lose one hundred percent of the time. If you understand yourself, you will win fifty percent of the time. If you understand yourself and your opponent, you will win one hundred percent of the time.

--Tsutomu Oshima

If you have the will to win, you have achieved half your success. If you don't, you have achieved half your failure.

--David Ambrose

Winners make goals; losers make excuses.

--Unknown

I always turn to the sports page first. They record people's accomplishments. The front page has nothing but man's failure.

--Chief Justice Earl
Warren

I think it would be a wonderful thing if a coach could just forget all about the high school and prep school wonders of the world and develop a team from among the students of his institution who came to his school because they liked it best, and not because of any attractive offers made for athletic ability.

--Knut Rockne

When you are in any contest, you should work as if there were—to the very last minute—a chance to lose it. This is battle. This is politics. This is anything.

--Dwight D. Eisenhower

The will to win is important. But the will to prepare to win is vital.

--Joe Paterno

Tough is not enough.

--Clint Eastwood in
*Million Dollar
Baby*

Winners are simply willing to do what losers won't.

--Poster in
*Million Dollar
Baby*

Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.

--Vince Lombardi

Baseball—Twelve minutes of excitement crammed into two and a half hours.

--Ray Fitzgerald

The spirit, the will to win, and the will to excel are things that endure. These qualities are so much more important than events.

--Vince Lombardi

You don't inspire your teammates by showing them how amazing you are. You inspire them by showing them how amazing they are.

—Robyn Benincase

Before you can win, you have to believe you are worthy.

--Mike Ditka

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

--Vince Lombardi

If it doesn't matter who wins or loses, then why do they keep score?

--Vince Lombardi

It's easy to have faith in yourself and have discipline when you're a winner, when you're number one. What you got to have is faith and discipline when you're not a winner.

--Vince Lombardi

The harder you work, the harder it is to surrender.

--Vince Lombardi

Winners never quit and quitters never win.

--Vince Lombardi

Winning is habit. Unfortunately, so is losing.

--Vince Lombardi

Play by the rules, but be ferocious.

--Phil Knight

Great beginnings are not as important as the way one finishes.

--Dr. James Dobson

When I got out of high school, they retired my jersey, but it was for hygiene and sanitary reasons.

--George Carlin

A competitor will find a way to win. Competitors take bad breaks and use them to drive themselves just that much harder. Quitters take bad breaks and use them as reasons to give up.

--Nancy Lopez

Talent only gives you the opportunity to win.

--Chad Brown

The man who complains about the way the ball bounces is likely the one who dropped it.

--Lou Holtz

Show me a man who is a good loser and I'll show you a man who is playing golf with his boss.

--Jim Murray

The team with the best athletes doesn't usually win. It's the team with the athletes who play best together.

--Lisa Fernandez

He who fears being conquered is sure of defeat.

--Napoleon Bonaparte

Concentration is the secret of strength.

--Ralph Waldo Emerson

If everyone is bent on winning, there will always be losers.

--Unknown

The will to win means nothing without the will to prepare.

--Juma Ikangaa

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.

--William Ellery
Channing

When you win, say nothing. When you lose, say less.

--Paul Brown

Winning is important to me, but what brings me real joy is the experience of being fully engaged in whatever I'm doing.

--Phil Jackson

Never expect miracles. It is steady progress that we want, and it will come with industry and patience.

--John Wooden

The key to winning is to avoid losing twice in a row.

--Mike Krzyzewski

One man practicing sportsmanship is better than a hundred teaching it.

--Knut Rockne

How far is far? How high is high? You'll never know until you try.

--Slogan from the Special
Olympics

Talent hits a target no one else can hit; Genius hits a target no one else can see.

--Arthur Schopenhauer

When you set out and do bold things, you win, and when you're cautious and let someone else do the bold things, you lose.

--Bob Lutz

If God had wanted man to play soccer, he wouldn't have given us arms.

--Mike Ditka

You must either conquer and rule or serve and lose, suffer to triumph, be the anvil or the hammer.

--Goethe

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

--Al McGuire

If you care enough for a result, you will most certainly attain it.

--William James

The difference between a hero and a coward is one step sideways.

--Gene Hackman

Discipline is doing what you don't want to do when you don't want to do it.

--Sign in Graham
High School, St.
Paris, Ohio
Wrestling Room

Winning doesn't always mean being first; winning means you're doing better than you've done before

--Bonnie Blair

There is no glory in practice, but without practice, there is no glory.

--Unknown

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

--Herschel Walker

It's not the will to win that matters...everyone has that. It's the will to prepare to win that matters.

--Paul 'Bear' Bryant

The trouble with jogging is that, by the time you realize you're not in shape for it, it's too far to walk back.

--Franklin P. Jones

We have a responsibility to use the platform we've been give to provide a true example of what it means to be a young man to those 10- and 12-year-old boys who see us as bigger than life. I know this to be true, because just a few short years ago, I was one of those 12-year-old boys...and I remember well how I looked up to the players whose position, by God's grace, I'm standing in today.

--Kirk Cousins

Teams put us in touch with our emotions. They give us a chance to scream with delight or shout in frustration. They entertain us, and drive us crazy. They provoke tears as well as cheers. They bring us together at work or at home. They help create a bond with a community and within a family that can last a lifetime.

--*Daily Herald* Editorial

You cannot win if you do not play.

--Steve Forbert

Look at the money we make off predominantly poor black kids. We're the whore-masters.

--Dale Brown

The college player cannot sell his own feet (the coach does that) nor can he sell his own name (the college will do that). This is the plantation mentality resurrected and blessed by today's campus executives.

--Walter Byers

It's good to lose once in a while. It makes you examine your weaknesses and try to improve. It keeps you hungry.

--Ramona Shelburne

Fishing is boring, unless you catch an actual fish, and then it is disgusting.

--Dave Barry

Snowboarding is an activity that is very popular with people who do not feel that regular skiing is lethal enough.

--Dave Barry

Stay fit to fight. Your body is your ultimate weapons system. Physical fitness for your body is essential for mental fitness.

--General David Petraeus

I tell ya, I'm in bad shape. I joined a weight-lifting class. They started me with balloons.

--Rodney Dangerfield

The depressing thing about tennis is that no matter how good I get, I'll never be as good as a wall.

--Mitch Hedberg

Student-athletes earn free tuition, which over the course of four years can exceed \$200,000. They are also provided with housing, textbooks, food, and academic tutoring. When they travel to road games, they are given per diems for meals. They also get coaching, training, game experience, and media exposure they 'earn' in their respective crafts.

--Seth Davis

Our growing softness, our increasing lack of physical fitness, is a menace to our security.

--John F. Kennedy

Baseball? Please! Nine angels dancing on the head of a pin. Football is blood and guts, the ticking clock, sudden death, the sack, the blitz, the bomb—symbols of a nation locked in endless war.

--Rich Cohen

Why did football surpass baseball? Because football is perfect for the TV screen, which is actually shaped like a football field; because football is at once the most intellectual and the most brutal game in the world, in which the coaches think while the players bleed; because we love to see people knocked silly.

--Rich Cohen

I'm happy to finally be in shape...round is a shape, right?

--Unknown

Coaching isn't all fun and games. Sometimes no matter how nice a guy you are, you're going to have to be an asshole. You can't be a coach if you need to be liked.

--Phil Jackson

There are only two kinds of coaches: those who lead teams to victory and those who *drive* them.

--Adolph Rupp

On a good team there are no superstars. There are great players who show they are great players by being able to play with others as a team. They have the ability to be superstars, but if they fit into a good team, they make sacrifices, they do things necessary to help the team win. What the numbers are in salaries or statistics don't matter: how they play together does.

--Red Holzman

The real mark of a star is how how much better he makes his teammates.

--Red Holzman

Now this is the Law of the Jungle—as old and true as the sky;
And the Wolf that shall keep it may prosper, but the Wolf that shall break it must die.

As the creeper that girdles the tree-trunk, the Law runneth forward and back—
For the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.

--Rudyard Kipling

The secret of managing is to keep the guys who hate you away from the guys who are undecided.

--Casey Stengel

Winning takes talent, to repeat takes character.

--John Wooden

Great players make other players better.

--Phil Jackson

The mistake that championship teams often make is to try to repeat their winning formula. But that rarely works because by the time the next season starts, your opponents have studied all the videos and figured out how to counter every move you made. The key to sustained success is to keep growing as a team. Winning is about moving into the unknown and creating something new.

--Phil Jackson

A team always beats a group of individuals.

--Rick Fox

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

—Arnold
Schwarzenegger

The United States routinely spends more tax dollars per high-school athlete than per high-school math student—unlike most countries worldwide. And we wonder why we lag in international education rankings?

--Amanda Ripley

In many schools, sports are so entrenched that no one—not even the people in charge—realizes their actual cost. When Marguerite Roza, the author of *Educational Economics*, analyzed the finances of one public high school in the Pacific Northwest, she and her colleagues found that the school was spending \$328 a student for math instruction and more than four times that much for cheerleading—\$1,348 a cheerleader. ‘And it is not even a school in a district that prioritizes cheerleading’ Roza wrote. ‘In fact, this district’s strategic plan has for the past three years claimed that *math* was the primary focus.’

--Amanda Ripley

At Spelman College, a historically black, all-women’s college in Atlanta, about half of last year’s incoming class of some 530 students were obese or had high blood pressure, Type 2 diabetes, or some other chronic health condition that could be improved with exercise. Each year, Spelman was spending nearly \$1 million on athletics—not for those students, but for the 4 percent of the student body that played sports.

--Amanda Ripley

Imagine, or a moment, if Americans transferred our obsessive intensity about high-school sports—the rankings, the trophies, the ceremonies, the pride—to high-school academics. We would look not so different from South Korea, or Japan, or any of a handful of Asian countries whose hyper-competitive, pressure-cooker approach to academics in many ways mirrors the American approach to sports. Both approaches can be dysfunctional; both set kids up for stress and disappointment. The difference is that 93 percent of South Korean students graduate from high school, compared with just 77 percent of American students—only about 2 percent of whom receive athletic scholarships to college.

--Amanda Ripley

Football cannot be defended in the high school unless it is subordinated, controlled, and made to contribute something definite in the cause of education.

--Roy Henderson, (1927)

A man is not finished when he is defeated. He is finished when he quits.

--Richard M. Nixon

Build up your weaknesses until they become your strong points.

--Knute Rockne

The practice of sport is a human right. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.

--Olympic Charter

So the better my partner or my opposition, however you like to think about it, the better my game.

--Jeremy Irons

The difference of great players is at a certain point in a match they raise their level of play and maintain it. Lesser players play great for a set, but then less.

--Pete Sampras

I don't know if I practiced more than anybody, but I sure practiced enough. I still wonder if somebody - somewhere - was practicing more than me.

--Larry Bird

The practice mirror is to be used for the correction of faults, not for a love affair, and the figure you watch should not become your dearest friend.

--Agnes de Mille

Exerting oneself for no apparent reason is called exercise. Exerting oneself with the goal of victory is called sports. Sports are an exciting and intense way for members of a society to put on uniforms and go at each other in a nearly deathless way. It is not possible to overestimate the importance this war substitute has in our society. While few of us ever get to play them professionally, tens of thousands of us will gather in cavernous stadia to witness our favorite teams score (or in the case of soccer, not score). Millions more will watch on television, confident in the one simple truth of sport: those players and spectators who do not have the enthusiasm you have for your team suck.

--*Earth (The Book) A
Visitor's Guide to
the Human Race*

In order to win, you must expect to win.

--Richard Bach

Desire is the most important factor in the success of any athlete.

--Bill Shoemaker

I don't exercise. If God had wanted me to bend over, he would have put diamonds on the floor.

--Joan Rivers

How you think when you lose determines how long it will be until you win.

--Gilbert K. Chesterton

People who take risks are the people you'll lose against.

—John Sculley

Baseball is a game, yes. It is also a business. But what is most truly is is disguised combat. For all its gentility, its almost leisurely pace, baseball is violence under wraps.

—Willie Mays

You can learn little from victory. You can learn everything from defeat.

—Christy Mathewson

Never let your goals become your limits.

—Poster Slogan

I fear not the man who has practiced 10,000 kicks, but I fear the man who has practiced one kick 10,000 times.

—Bruce Lee

I tell kids to pursue their basketball dreams, but I tell them to not let that be their only dream.

—Kareem Abdul-Jabbar

I only start counting when it starts hurting. That is when I start counting because then it really counts. That's what makes you a champion.

—Muhammad Ali

Football combines two of the worst things in American life. It is violence punctuated by committee meetings.

—George Will

Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts.

—Dan Gable

Pain makes you stronger. Fear makes you braver. Failure makes you better.

—Unknown

Sports is human life in microcosm.

—Howard Cosell

When you are playing with a group of guys, as opposed to a single sport, it's different. You can play tennis and win a championship and know you've accomplished something. But when you can look in the eyes of teammates and can share that feeling, it's something you can't describe.

—Bryan Trottier

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

—Lance Armstrong

The miracle isn't that I finished. The miracle is that I had the Courage to Start.

—John J. Bingham

Uncoachable kids become unemployable adults. Let your kids get used to someone being tough on them. It's life. Get over it.

—Patrick Murphy

You never lose a game if the opponent doesn't score.

—Darrell Royal

It matters not whether you win or lose. What matters is whether I win or lose.

—Darrin Weinberg

We can't not feel pain. The trick is not to mind it. Whoever can do that, wins.

—Elizabeth Sims

The half-marathon is great because what else can you do halfway and still feel like a winner? 'Wow, you ran a half-marathon. I'm semi-impressed.'

—Andrew Ginsburg

A team will always appreciate a great individual if he's willing to sacrifice for the group.

—Kareem Abdul-Jabbar

I never lose. Either I win or I learn.

—Nelson Mandela

The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur.

—Vince Lombardi

I've always believed that if you put in the work, the results will come.

—Michael Jordan

A good coach can change a game. A great coach can change a life.

—John Wooden

Winning starts with beginning.

—Robert H. Schuller

Volleyball is a Jewish sport. It's fun, and nobody can get hurt.

—Gail Parent

Don't let the fear of striking out hold you back.

—Babe Ruth

If you continuously compete with others, you become bitter. But if you continuously compete with yourself you become better.

—*positivelifetips.com*

In sports... you play from the time you're eight years old, and then you're done forever.

—Joe Montana

Football is a game of errors. The team that makes the fewest errors in a game usually wins.

—Paul Brown

You have to work more than your adversary.

—Jurgen Klinsmann

Even championship-winning teams don't play well all the time.

—Teddy Sheringham

Skill to do comes of doing.

—Ralph Waldo Emerson

Winning isn't everything, but wanting it is.

—Arnold Palmer

The thing that makes elite players is decision making. They need to integrate not just how to do something but whether, when, and why.

—Doug Lemov

Any team can have a bad century.

—Jack Brickhouse

Exercise the heart and lungs, and the brain will follow. We know this as adults, that it shouldn't be our lot in life to be chained to a desk and hunched over in our work. And yet we have purposely imposed these same cramped and contorted conditions on our children, as the basis of their intellectual development. What were we thinking? When math scores go down, it's all too tempting to add more math to a student's work week. But that narrow utilitarian focus, confusing more with better, and serious with smart, is ultimately destructive if it comes at the expense of students' overall fitness. It's a basic evolutionary truth that our bodies are meant to be used – physical activity is not just an adjunct to a functioning brain, the awkward relic of a distant hunter-gatherer phase, but a necessary component of high performance and a fundamental source of lifelong happiness.

—*The Globe and Mail*
Editorial

I skate to where the puck is going to be, not where it has been.

—Wayne Gretzky

No pressure, no diamonds.

—Thomas Carlyle

The mark of great sportsmen is not how good they are at their best, but how good they are their worst.

—Martina Navratilova

I never thought of losing, but now that it's happened, the only thing is to do it right. That's my obligation to all the people who believe in me. We all have to take defeats in life.

—Muhammad Ali

The more you do it, whatever you do, the better you become at it. And if you love it, you become even better.

—Sergio Aragonés

I am delighted to have you play football. I believe in rough, manly sports. But I do not believe in them if they degenerate into the sole end of any one's existence. I don't want you to sacrifice standing well in your studies to any over-athleticism and I need not tell you that character counts for a great deal more than either intellect or body in winning success in life. Athletic proficiency is a mighty good servant, and like so many other good servants, a mighty bad master.

—Theodore Roosevelt

Always compare yourself to the best. Even if you never measure up, it can't help but make you better.

--Tom Robbins

Mental toughness is to physical as four is to one.

—Bobby Knight

Talent renders the whole idea of rehearsal meaningless; when you find something at which you are talented, you do it (whatever *it* is) until your fingers bleed or your eyes are ready to fall out of your head. Even when no one is listening (or reading, or watching), every outing is a bravura performance, because you as the creator are happy. Perhaps even ecstatic.

—Stephen King

How you played in yesterday's game is all that counts.

—Jackie Robinson

The important thing in life is not to triumph but to compete.

—Pierre de Coubertin

Paralyze resistance with persistence.

—Woody Hayes

No one wants to quit when he's losing and no one wants to quit when he's winning.
—Richard Petty

The team that is going to win is the one that does its homework the best by studying its opponents.

—Imran Khan

Nobody ever drowned in his own sweat.

—Ann Landers

Dancing is a contact sport. Football is a hitting sport.

—Vince Lombardi

Ignore people who say you can't do it, even if this person is yourself.

—Martha Reed

Raise the bar. Don't duck under it.

—Peter James West

I welcome this occasion to register my indebtedness to Dr. Zimmerman to whom I owe the watchword 'training through the body, not training of the body.' He agreed with Plato 'Let us build up physical fitness for the sake of the soul.' He considered it less important to develop the innate strength in a boy than to make him overcome his innate weakness. 'Your disability is your opportunity' he used to say to a boy who thought that certain standards were out of his reach. He was radiant when he succeeded in defeating a boy's defeatism, but not more radiant than the boy himself who had learned a great lesson.

—Kurt Hahn

Listening and following directions, vital prerequisites to learning, are stressed throughout movement activities.

—Gladys Andrews
Fleming

Defeat should never be a source of discouragement, but rather a fresh stimulus.

—Bishop Robert South

Winners are losers who got up and gave it one more try.

—Dennis DeYoung

High-school athletes are less likely to use drugs and more likely to drink alcohol than their fellow students. Colleges complain like hell about binge drinking, but their admissions policies favor the kind of kids most likely to take part in it.

—Caitlin Flanagan

Victory goes to the player who makes the next-to-last mistake.

—Savielly
Grigorievitch
Tartakower

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

—Confucius

Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate.

—Charles M. Schultz

If you aren't fired with enthusiasm, you will be fired with enthusiasm.

—Vince Lombardi

Where the loser saw barriers, the winner saw hurdles.

—Robert Brault

It's a funny thing about life; if you refuse to accept anything but the best, you very often get it.

—W. Somerset Maugham

Baseball is the most perfect of games, solid, true, pure and precious as diamonds. If only life were so simple. Within the baselines anything can happen. Tides can reverse; oceans can open. That's why they say, 'the game is never over until the last man is out.' Colors can change, lives can alter, anything is possible in this gentle, flawless, loving game.

—W. P. Kinsella

Some colleges have a strict rule on sports: no student athlete may be awarded a letter unless he can tell which letter it is.

—Unknown

Today I know that physical training should have as much place in the curriculum as mental training.

—Mahatma Gandhi

Whether it's for a fraternity, sports team, club, or some other selective group, guys put up with ceremonial degradation in order to be accepted, liked, and aligned with the in crowd.

--Scott Smith

College athletes used to get a degree in bringing your pencil.

—Ruby Wax

To be a great champion, you must believe you are the best. If you're not, pretend you are.

—Muhammad Ali

Do children get enough exercise by careening around a playground at lunchtime? Some do. Some kids burn energy like a '58 Buick. Some are always moving. But look closely at a grade school playground, and you will probably see a few youngsters off to the side, barely moving a muscle. It is for these boys and girls, as well as for the well-being of their more active friends, that an orderly program of health and physical education is a must. The Presidents Council on Physical Fitness and Sports says that American children are in remarkably bad shape: 40 percent of boys age six to 12 cannot do more than one pull-up; one in four cannot do any. Seventy percent of girls age six to 12 cannot do more than one pull-up; 55 percent cannot do any. In a 50-yard dash, today's ten-year-old girls are 'significantly' slower than those tested ten years ago. According to Council chairman George Allen: 'Most of today's adults had a taste of fitness from their phys ed classes in school before phys ed was dropped....But today's kids don't get that taste of fitness now when they're young.'

—William J. Bennett

Education is important, but big biceps are importanter.

—T-Shirt Slogan

Games lubricate the body and the mind.

—Benjamin Franklin

I also tell them that your education can take you way farther than a football, baseball, track, or basketball will - that's just the bottom line.

--Bo Jackson

The ones who want to achieve and win championships motivate themselves.

—Mike Ditka

Practice is the best of all instructors.

--Publilius Syrus

On children in sports: Beware of your own expectations. Avoid putting so much pressure on a child that the only thing he or she can do is fail....Never compare your child to a professional athlete.

--John Dockery

I swim because I'm too sexy for sports that require clothes.

—Slogan

There is no limit to what you can accomplish when nobody cares who gets the credit.

—Slogan

The more I sweat in practice, the less I bleed in battle.

—Slogan

Pain is temporary, Pride is forever.

—Slogan

Losers complain...champions train.

—Slogan

Never let good enough be enough!

—Slogan

There is no glory in practice but without practice there can be no glory.

—Slogan

Success comes before work only in the Dictionary.

—Slogan

Sometimes it's not how good you are but how bad you want it.

—Slogan

Heart is the difference between those who attempt and those who achieve.

—Slogan

Practice easy- Game Hard.....Practice Hard -Game Easy.

—Slogan

The view never changes unless you are in the lead.

—Slogan

Winners have the ability to step back from the canvas of their lives like an artist gaining perspective. They make their lives a work of art - an individual masterpiece.

—Denis Waitley

I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'

—Muhammad Ali

The essence of physical education in Naperville 203 is teaching fitness instead of sports. The underlying philosophy is that if physical education class can be used to instruct kids how to monitor and maintain their own health and fitness, then the lessons they learn will serve them for life. And probably a longer and happier life at that. What's being taught, really is a lifestyle. The students are developing healthy habits, skills, and a sense of fun, along with a knowledge of how their bodies work. Naperville's gym teachers are opening up new vistas for their students by exposing them to such a wide range of activities that they can't help but find something they enjoy. They're getting kids hooked on moving instead of sitting in front of the television.

—John J. Ratey

If I were to draw on a paper what gym does for me, I would make one dot and then I would erase it.

—Elizabeth Berg

You hear about how many fourth quarter comebacks that a guy has and I think it means a guy screwed up in the first three quarters.

—Peyton Manning

Academe, *n.* An ancient school where morality and philosophy were taught. Academy, *n.* (from academe). A modern school where football is taught.

--Ambrose Bierce

Desire is the most important factor in the success of any athlete.

—Bill Shoemaker

Beginning in 2011, Swanson Primary School in New Zealand submitted itself to a university experiment and agreed to suspend all playground rules, allowing the kids to run, climb trees, slide down a muddy hill, jump off swings, and play in a 'loose-parts pit' that was like a mini adventure playground. The teachers feared chaos, but in fact what they got was less naughtiness and bullying—because the kids were too busy and engaged to want to cause trouble, the principal said.

--Hanna Rosin

The one thing coaches cannot tolerate... is the individual who grows arrogant because he excelled at a lower level and believes he has nothing else to learn.

—Zig Ziglar

Finnish kids get more than an hour of recess each day. More surprising, though, is the fact that in East Asian countries like China—the land of nine-hour school days and weekend cram classes—most schools give kids a 10-or even 20-minute break after each class, or about every hour.

—Alia Wong

John Wooden, the great U.C.L.A. coach, told his players that when they scored, they were to smile, wink or nod to the player who passed them the ball. A team member asked, 'What if he's not looking?' 'I guarantee he'll look,' Wooden replied.

—Mark R. Littleton

When jogging, we put on special clothes so people don't think we are running from or to something.

—Stephen Lockyer

The person that said winning isn't everything, never won anything.

—Mia Hamm

VICTORY - Champions have it deep inside of them - a dream, a desire, a vision. They have the last minute stamina. They have to be a little faster. They have to have the will and the skill. But the will must be greater than the skill.

—Muhhammad Ali

Somebody may beat me, but they are going to have to bleed to do it.

—Steve
Prefontaine

Dance is...a celebration of life, tradition, socialization, therapy, ethnic expression, worship, communication, physical education, aesthetic experience, a fine art.

--Unknown

Those move easiest who have learned to dance.

--Alexander Pope

Creative rhythmic movement has a unique and vital place in today's schools. The potential...is unlimited...to help children feel good about themselves, find zest and excitement in learning and relate to others in meaningful ways.

--Robert S. Fleming

The dancer's growth evolves from dancing for the sheer joy of sensing movement, to the seeking of form and mastering of technique, and to dance as the expression and communication of sensory experience, emotion, and creative imagination.

--Margaret H'Doubler

The reality of the dance is its truth to our inner life. Therein lies its power to move and communicate experience.

--Martha Graham

Movements, like words, may be thought of as symbols of meaning, and in this sense we may consider movement to be comparable to speech or language, by which we communicate with others.

--Alice A. Gates

Dance as an art form is both an impressive and expressive experience. Although the act of dancing is expressive (that is, from the 'inside out'), it draws upon impressions in the environment (from the 'outside in'). Thus, spontaneity does not occur in a vacuum, but emerges from sensory data which provide the sources for expression of ideas or moods.

--Geraldine Dimondstein

Dancing is the body made poetic.

--Ernest Bacon

Dancing is the loftiest, the most moving, the most beautiful of the arts, because it is no mere translation or abstraction from life; it is life itself.

--Havelock Ellis

To watch dance is an opportunity to encounter the uniqueness and vitality of dance...when a dance is there for us, we intuitively know that it is there; something alive and vibrant is happening on the stage, and as we are totally engaged in our experience of what is happening, so we too are alive and vibrant; we have a lived experience.

--Maxine Sheets

Dance is a wonderful hybrid of two equal lines; the art and the science of human movement; the physical and the aesthetic.

--Betty Thoman

Dance—freeing the body from needless inhibitions and breaking down some of the unessential reserves—frees the personality for a wider and more satisfying life.

--Margaret H'Doubler

Dance is the hidden language of the soul.

--Martha Graham

The value of dance as an art...is in helping children achieve an awareness of the importance of organizing their emotions and of communicating them through the forms of movement.

--Geraldine Dimondstein

In music it is sound. In painting, color. In literature, words. And in dance, motion. In the dance art the emphasis is placed not upon the results of movement, but upon movement itself. Seeing how commonplace actions can be sensed and then transformed through selection, arrangement and skillful performance, the viewer comes away with an understanding of the emotional basis underlying dance and of the sentient awareness which qualifies dance as an art.

--Unknown

Dance is the delicate balance between perfection and freedom.

—Unknown

Dance is the most perishable of the arts. Ballets are forgotten, ballerinas retire, choreographers die – and what remains of that glorious production which so excited us a decade ago, a year ago, or even last night?

—Jack Anderson

Dance is silent poetry.

—Simonides

If I could tell you what I mean in words, there would be no need for dancing.
--Isadora Duncan

The dance is a poem of which each movement is a word.
--Mata Hari

If we are to contribute to a livable society, we must strive to assure that poetry exists to temper technology; that music enlivens and enhances our educational growth; that dance and sculpture challenge our imaginations as much as any new scientific discovery.
--Wynetka Ann Reynolds

Dance is the only art of which we ourselves are the stuff of which it is made.
--Ted Shawn

As unnatural as dancing is, you have to find a natural way to do the unnatural.
--Gelsey Kirkland

Ballet's image of perfection is fashioned amid a milieu of wracked bodies, fevered imaginations, Balkan intrigue, and sulfurous hatreds where anything is likely, and dancers know it.
--Shana Alexander

Art is what delineates the technically-correct dancer from the dancer who has skill and passion!
--Curtis Verdun

Don't we all know them, those defiant, dreadlocked young lovelies with their useless degrees in studio art, experimental fiction, modern dance, and gender studies, lactose-intolerant and unemployable?
--Linda Hirshman

The Dancer believes that his art has something to say which cannot be expressed in words or in any other way than by dancing.
—Doris Humphrey

Dance changes the world by changing the heart.
—Francisco Gella

When my soul is hurting,
Dance makes me feel better.

When I'm overwhelmed,
Dance helps me forget for a while.

When I face struggles,
Dance inspires me to keep going.

When I lose confidence,
Dance gives it back.

I have been given
One of the greatest gifts in the world.

Dance

—Unknown

You have to love dancing to stick to it. It gives you nothing back, no manuscripts to store away, no paintings to show on walls and maybe hang in museums, no poems to be printed and sold, nothing but that single fleeting moment when you feel alive.

—Merce Cunningham

No one begins a career in dance dwelling on thoughts of how difficult, painful and short it might be. But the truth is, dance demands discipline, sacrifice and suffering. Our bodies are the stuff of which this art is made, our dreams and desires given physical form. In dance there is nowhere to hide. The delicate work of revealing ourselves is undertaken with great courage and care....it also takes love, lots of love. And if you don't love dance, don't do it. It's just too hard. And yet, so often when we witness wonderful dance, they make it look so easy....Every time we set foot on stage we risk disappointment and disaster but also elation and transcendence.

—Donna Feore

The art of dancing stands at the source of all the arts that express themselves first in the human person.

--Havelock Ellis

It is not important that you should know what a dance means. It is only important that you should be stirred.

--Martha Graham

A child being himself—a somebody—often reveals through movement many personal characteristics which might not otherwise be evident.

--Gladys Andrews
Fleming

On with the dance! Let joy be unconfin'd.

--Lord Byron

The value of dance as an art...is in helping children achieve an awareness of the importance of organizing their emotions and of communicating them through the forms of movement.

—Geraldine Dimondstein

Dance—freeing the body from needless inhibitions and breaking down some of the unessential reserves—frees the personality for a wider and more satisfying life.

--Margaret H'Doubler

We all have the artistic need for self-expression through movement; it is easy to see that the claim of dance as a basic art form is a strong one.

---Betty Thoman

When a dance is there for us, we intuitively know that it is there; something alive and vibrant is happening on the stage, and as we are totally engaged in our experience of what is happening, so we too are alive and vibrant; we have a lived experience.

--Maxine Sheets

Dance is just discovery, discovery, discovery.

--Martha Graham

There is a vitality, a life-force, an energy, a quickening that is translated through you into action and because there is only one of you in all of time, this expression is unique.

--Martha Graham

Movements, like words, may be thought of as symbols of meaning, and in this sense we may consider movement to be comparable to speech to language, by which we communicate with others.

--Alice A. Gates

Dancing, because (it is) dependent on human habits and action, is the most malleable and changeable. It is also the oldest art. It is the mother or germinal form....Before man can do anything, he must draw breath, he must move. Movement is the source and condition of life.

--Agnes DeMille

Choreography isn't a kind of magical thing. I really want them to know that's true—even with technique. None of this is magic; it's hard work. I always say to them, you think writing a paper is bad, you should try this! But it's more than the end-product that's the masterpiece here. After all, anybody who does this seriously and sincerely, no matter what their technique level, can create something quite lovely. The most valuable accomplishment is the process of how you got there. Number one, you wanted to communicate something that was inside of you and you didn't want to write it or paint it, you wanted to create an image in movement. Number two, you had to do it in a way that was yours—not somebody else's—not a teacher who comes and says now do this step and this step. This is about developing your own expressive language of movement. And number three, you had to work with somebody to figure this thing out. It's not like this dance happens spontaneously. There is this process that you have to work through together: moving, watching, composing, experimenting, reflecting, rehearsing, and critiquing—finding new ways to express your ideas. This is what making a dance is all about.

—Rieneke Zessoules

One way to keep momentum going is to have constantly greater goals.

—Michael Korda

There are no traffic jams when you go the extra mile.

--Roger Staubach

I run because if I didn't, I'd be sluggish and glum and spend too much time on the couch. I run to breathe the fresh air. I run to explore. I run to escape the ordinary. I run...to savor the trip along the way. Life becomes a little more vibrant, a little more intense. I like that.

—Dean Karnazes

The overemphasis on protecting girls from strain or injury and underemphasis on developing skills and experiencing teamwork fits neatly into the pattern of the second sex...Girls are the spectators and the cheerleaders...Perfect preparation for the adult role of woman—to stand decoratively on the sidelines of history and cheer on the men who make the decisions.

--Kathryn Clarenbach

People usually live up to their expectations. The kid picked first for dodgeball feels a duty to be the best, and to perform the best, and to be better than anyone else. They feel a need to execute. And, the only way they are going to achieve that is to make their body run faster, jump higher, and move quicker.

If more fat kids were chosen first for activities and sports and group/team dynamics, they would automatically start to change their lives to fit into the expectations that surround those moments. Any time a child is picked last, they know it's because people expect the least of them, and so they never actually have a need to rise above that.

—Dan Pearce

Sports can play a big role in teaching values and principles. It can be a huge development tool for life. Just think: Teamwork, leadership, work ethic and trust are all part of the game and are also all factors in how we make the most of our lives.

—Cal Ripken, Jr.

Gracefulness is to the body what understanding is to the mind.

—Francois de La
Rochefoucauld

Exercise alone provides psychological and physical benefits. However, if you also adopt a strategy that engages your mind while you exercise, you can get a whole host of psychological benefits fairly quickly.

—James Rippe

We all know that girls who compete in sports perform better in school, are physically healthier and have a stronger self-esteem.

—Louise Slaughter

Show me a good and gracious loser and I'll show you a failure.

--Knut Kenneth Rockne

Smoking shortens your life by eight years. I love watching pro football on television. If I smoke, I'll miss 350 games.

--Tony Curtis on Why He
Quit

Exercise is a celebration of what you can do. Not a punishment for what you ate.

—Internet Meme

There are no shortcuts to life; hard work is the only way to go. Strive to be the best you can be and remember that when you try your best, you can't ask any more from yourself and people can't ask any more from you.

--Michael Chang

Remember one thing... winning isn't normal. That doesn't mean there is anything wrong with winning. It just isn't the norm. It is highly unusual ... So it requires unusual action. In order to win, you must do extraordinary things.

—Dr. Keith Bell

In our play we reveal what kind of people we are.

--Ovid

Getting more exercise isn't only good for your waistline. It's a natural anti-depressant, that leaves you in a great mood.

—Auliq Ice

Exercise alone provides psychological and physical benefits. However, if you also adopt a strategy that engages your mind while you exercise, you can get a whole host of psychological benefits fairly quickly.

—James Rippe

If anything goes bad, I did it. If anything goes semi-good, we did it. If anything goes really good, then you did it. That's all it takes to get people to win football games for you.

—Paul 'Bear' Bryant

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

—Martina Navratilova

Consider the recent impact of slow-motion video technology on professional dance. In 2015, *Wired* argued that 'for dancers, it's become an incredibly useful tool for honing their craft. The newfound affordability of slow motion has enabled them to improve their technique, spruce up their audition reel, and isolate aspects of their performance that were once intangible.'

—Tony Rousmaniere

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

--Babe Ruth

The challenge for every organization is to build a feeling of oneness, of dependence on one another, because the question is usually not how well each person works, but how well they work together.

--Vince Lombardi

It's designed to break your heart. The game begins in the spring, when everything is new again, and it blossoms in the summer, filling the afternoons and evenings, and then as soon as the chill rains comes, it stops, and leaves you to face the fall alone.

—A. Bartlett Giamatti

Positive thinking is the key to success in business, education, pro football, anything that you can mention. I go out there thinking that I'm going to complete every pass.

--Ron Jaworski

Nobody remembers the guy who finished second but the guy who finished second.

—Bobby Unser

When you win a race you're on top that day, so take it for what it's worth, have a good time and party, cause the next day when you get out of bed, the meter goes back to zero again.

—Bobby Allison

Winning is the science of being totally prepared.

—George Allen, Sr.

I have long recognized a link between fitness and mental health and I think we need to encourage young people to take part in sports and team activities because we know it has such positive results.

—Tipper Gore

Clearly, there are things a runner does, intentionally or not, that disrupt team cohesion. And there are also things a runner doesn't do that can cause problems: not trying, showing up late, skipping team-building activities, and ignoring the coach's instructions.

—Don Kardong

One player practicing sportsmanship is far better than fifty preaching it.

—Knut Rockne

Interscholastic athletics provide a special arena where young people can realize their own strengths and weaknesses. Perhaps this arena provides a background in which student athletes can meet and beat the challenges of such a demanding society. Certainly all athletes don't pass the test and some make headlines....However, it is this author's contention that for each failure there are literally thousands of success stories which would not have been possible without athletic participation.

—Dr. Joe Gillespie

Right out of high school I never had the fear of getting beat, which is how most people lose.

—Dan Gable

Students are not the sole beneficiaries of the interscholastic program. The program performs certain functions for the school, community, and society as a whole. The program provides a rallying point for students, educators and lay people of varying backgrounds and interests. It is a place for them to come together and work toward a common goal. The obvious cliché is Friday night football, which brings together faculty, students, parents, booster groups and others in a complex web of support for the programs associated with the evening's contest. It has been said that successful athletic programs have passed more bond elections than all other campaigns combined.

— Bailey Marshall

I've always believed no matter how many shots I miss, I'm going to make the next one.

--Isaiah Thomas

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

--George Schultz

The goal of assessment for learning is not to eliminate failure, but rather to keep failure from becoming chronic and thus inevitable in the mind of the learner. Duke University basketball coach Mike Krzyzewski has pointed out that the key to winning is to avoid losing twice in a row. He meant that if you lose once and fix it, you can remain confident. Losing twice, though, can raise questions, crack that confidence, and make recovery more difficult. So when learners suffer a failure, we must get them back to success as quickly as possible to restore their confidence in their capabilities. This is the emotional dynamic of assessment for learning.

—Rick Stiggins

Sports and the other forms of vigorous physical activity provide educational experiences which cannot be duplicated in the classroom. They are an uncompromising laboratory in which we must think and act quickly and efficiently under pressure, and they force us to meet our own inadequacies face-to-face... as nothing else does.

—Byron R. White

I don't count my sit-ups; I only start counting when it starts hurting because they're the only ones that count.

—Muhammad Ali

It breaks your heart. It is designed to break your heart. The game begins in the spring, when everything else begins again, and it blossoms in the summer, filling the afternoons and evenings, and then as soon as the chill rains come, it stops and leaves you to face the fall alone. You count on it, rely on it to buffer the passage of time, to keep the memory of sunshine and high skies alive, and then just when the days are all twilight, when you need it most, it stops.

—A. Bartlett Giamatti

I like to play in the low 70's. If it gets any hotter than that I'll stay in the bar!

—Bob Hope

Three things can happen when you pass and two of 'em are bad.

—Darrell Royal

There is no acceptable level of hazing in high school or college sports. What sometimes is referred to as good-natured hazing is an oxymoron. It only takes one player to have that permission to take things out of bounds.

—Hank Nuwer

Regardless of how you feel inside, always try to look like a winner. Even if you are behind, a sustained look of control and confidence can give you a mental edge that results in victory.

—Diane Arbus

Ballet is completely unnatural to the body, just being turned-out... it's not the way your body is supposed to function, so you actually train your body to be a different structure than you were born with.

—Neve Campbell

Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.

—Ralph Waldo Emerson

Anyone can support a team that is winning—it takes no courage. But to stand behind a team to defend a team when it is down and really needs you, that takes a lot of courage.

—Bart Starr

Physical education and safety go hand in hand—the one stimulating adventure and experience, the other trying to do away with the unfortunate accidents of life that frustrate adventure and bring so much pain and unhappiness.

--Herbert J. Stack

His [Coach Wallace Honeycutt] message to me, because I had talent, was: 'You're going to be successful—I'm not worried about you.' But what stuck with me was his message to less talented players—that they would have to one day get real jobs, that life was not merely about jump shots and layups. We fret about the top 1 percent, but we shouldn't be worried about the LeBron Jameses. We should be worried about the kids who won't turn pro and aren't getting a college education. The culture eats these kids up. Mr. Honeycutt taught me that lesson, and I try to share it with new generations of young basketball players, who may, or may not, realize their on-court dreams.

—Charles Barkley

You need to stay positive in life. In sports, it means letting go of bad shots. In life, it means letting go of mistakes.

—Martina Navratilova

You can't just beat a team, you have to leave a lasting impression in their minds so they never want to see you again.

—Mia Hamm

Olympic athletes are learning machines. They spend hours practicing, studying their competitors, watching videos of their performances and enduring session after session with their coaches and mentors. If you adopted just a fraction of an Olympian's work ethic, the results you could achieve would be endless.

—Steve Siebold

In athletics there's always been a willingness to cheat if it looks like you're not cheating. I think that's just a quirk of human nature.

—Kareem Abdul-Jabbar

The real problem here is a massive elephant in the room: our own culture. Our social values, our media—so influential on impressionable young girls—that have been allowed, for millenia, to send out this powerful, alienating message about girls and sport: that sport is unfeminine, that sport makes you sweaty and muscular, that sport is swearing and violence, that sport is ugliness in a world where women's sole priority, value and focus should be beauty and becoming an object of desire.

--Anna Kessel

Tired of being fat & ugly...join Main Street gym & just be ugly.

—Internet Meme

Any number of powerful consorts, witches, reformers and suffragists populate the history of women in the United States, but it took a handful of ballplayers to give them real muscle. The *All-American Girls Professional Baseball League*—founded 75 years ago, on May 30, during the manpower shortage of World War II by Chicago Cubs owner Philip Wrigley—allowed women like [Betsy] Jochum a brief, 11-year window in which to radically extend the acceptable range of female behavior. The 5-foot-7 office girl with a quick bat, a long stride and a radiant smile, 'Sockum' Jochum became the star slugger for the *South Bend Blue Sox* and hit .296 to win the 1944 batting crown in the now legendary league. But then it all stopped. The league disbanded, the demure 1950s took hold, and Jochum was a forgotten Indiana schoolteacher until the story of the *Rockford Peaches*, *Racine Belles* and all the rest was memorialized by director Penny Marshall in the popular 1992 film *A League of Their Own*.

—Sally Jenkins

A 2015 Ernst & Young survey of high-level female executives found that 90 percent of them played a sport; among women holding a C-suite position, the proportion rose to 94 percent.

—Sally Jenkins

A girl didn't get an athletic scholarship until the fall of 1972 for the very first time.

—Billie Jean King

Not everyone likes sports. Gandhi and Malcolm X come to mind.

—Jay Mohr

Game Intelligence: the ability to evaluate a dynamic situation and execute the right decision almost instantly.

—Sebastian Abbot

You learn so much from competition. You gain confidence every time you have to step up and perform.

—Natalie Gulbis

Dancing is like poetry written by our bodies: our outstretched arms our words of longing.

—Lene Fogelberg

Athletes in the high-profile male sports such as football, baseball and basketball are more willing to cheat than other athletes. The one women's sport that yields similar results is softball. For generations, sports have been perceived as an endeavor that builds character and instills positive values in youth. Study results prompted many to ask: Just what are the coaches teaching these kids?

The major male sports seem to be spawning a win-at-any-cost mentality that carries over into the classroom. Thirty-seven percent of boys and 20 percent of girls said it was proper for a coach to instruct a player to fake an injury. Forty-three percent of boys and 22 percent of girls surveyed said it was proper for a coach to teach basketball players how to illegally hold and push, for example. Now that is clearly illegal. Whether you call it cheating or just breaking the rules, it's illegal. It changes the game. You're not supposed to hold. In a survey, a substantial number of the young people thought that was permissible. So you have to ask yourself, what is that telling us about the values that sports are generating?

The minimum-GPA factor and the time-management issue—fitting studying in amid the practices and games. I think what allows them to succumb to it is also the fact that there's a sort of mental attitude that it's not that big a deal. I don't think they lose a lot of sleep over it. So as an ethicist, that's the piece of it I worry about. Is there no conscience operating?

—Michael Josephson

But even if kids are not aware of cheating scandals like Enron, they are absolutely influenced by the role models they see close to them. So when they see their parent go 'diagnosis shopping' to get a doctor to say they have ADD so they can have extra time to complete their SAT test, or they hear a coach tell them to fake an injury in football when their team is out of time-outs to gain an unofficial one, kids get the message that it's OK, even necessary, to do take whatever steps to gain an advantage. And to an adolescent that may translate as lie, cheat and steal.

—Denise Pope

With her time of 14 hours and 31 minutes, [Gertrude] Ederle (who died in 2003) not only became the first woman to cross the 21-mile [English] channel but obliterated the men's record by two hours. The New York Herald Tribune sports editor W. O. McGeehan wrote, 'Let the men athletes be good sportsman and admit that the test of the channel swim is the sternest of all tests of human endurance and strength. Gertrude Ederle has made the achievements of the five men swimmers took puny.' It was, and remains, a monumental accomplishment. As Ederle's biographer Glenn Stout noted in 2009, 'Far fewer human beings have swum the English Channel than have climbed Mount Everest.' Her record was not broken until 1950—by Florence Chadwick, another American woman, who swam the Channel in 13 hours and 20 minutes. And yet, as [Diana] Nyad says, 'We still after all these years look at women, like, 'Gosh maybe it'll hurt 'em.'

—Sally Jenkins

Play in informal environments—on a patch of dirt or in the courtyard of a housing project, for example, rather than on a well-manicured pitch under adult supervision—is key to the development of game intelligence. In these settings, kids also tend to one-up each other with flashy play—dribbling adroitly around someone, kicking the ball over a head or through a thicket of legs, juggling the ball in the air for a while, executing a back-heel pass to a teammate—which is a great way to master technical skills. Such pickup games demand creativity and improvisation, and reward those who are constantly observing their surroundings and recalibrating their moves accordingly. Coaching is no about useful, but even players at academies to better when they spend a lot of time in free-form play.

—Laurent Dubois

Me: (sobbing my heart out, eyes swollen, nose red)...I can't see you anymore...I am not going to let you hurt me like this again!

Trainer: It was a sit up. You did one sit up.

—Internet Meme

[Biggest scandal of all time?] Larry Nassar's sexual abuse of more than 300 young gymnasts is a crime, not a scandal. But the massive cover-up; the length of time it went on and the number of adults who made excuses, ignored complaints, and chose to protect institutions instead of the gymnasts? That's the biggest sports scandal ever.

—Jenna Glass

Never let up. The more you can win by, the more doubts you put in the other players' minds the next time out.

—Sam Snead

Your body type shouldn't dictate your success. Remarkable dancers come in many different packages. As with any pursuit in life, it's up to you to make the most with whatever it is you've been given. So treat your body, your instrument, with care. Learn to love it and respect it. It is one of the unique things about you that makes you, you.

—Francisco Gella

When we played softball, I'd steal second base, feel guilty and go back.

—Woody Allen

IT COMES FROM WITHIN

Believe in yourself and always stand tall.
Those who have doubts are the ones who will fall.
Love what you do and show off your style.
Hard work and effort will make it worthwhile.
Stay focused on all that you wish to achieve.
The power's within you if you just believe.

—Dan L. Miller

TEAMWORK MAKES THE DREAM WORK

The play of us all depends on the others.
We act and react—performing as brothers.
We rise or we fall as a group, not as one.
We all share the honor in games that we've won.

—Dan L. Miller

THIS IS WHY...

I COACH YOU because I care about you.

I CHALLENGE YOU because I believe in you.

I EXPECT YOUR COMMITMENT because I know your family and job will.

I HOLD YOU ACCOUNTABLE because life will hold you accountable.

—Internet Meme

Gentlemen, we are going to relentlessly chase perfection, knowing full well we will not catch it, because nothing is perfect. But we're going to relentlessly chase it because in the process we will catch excellence. I am not interested in just being good.

—Vince Lombardi

Too many kids have been taught that the goal of HS sports is to achieve an ATHLETIC scholarship. Here is the truth—the goal of HS sports is to learn how to be a better person, better teammate, better communicator, & to enjoy being a teenager... something you can't get back.

—*A Coach's Diary* via:
@bbdoctor1

Black athletes have attracted money and attention to the predominantly white universities that showcase them. Meanwhile, black colleges are struggling. Alabama's athletic department generated \$17 million in the 2016-17 school year, whereas the HBCU [historically black colleges and universities] that generated the most money from athletics that year, Prairie View A&M, brought in less than \$18 million. Beyond sports, the average HBCU endowment is only one-eighth that of the average predominantly white school; taken together, all of the HBCU endowments combined make up less than a tenth of Harvard's.

—Jemele Hill

If promising black student athletes chose to attend HBCUs in greater numbers, they would, at a minimum, bring some welcome attention and money to beleaguered black colleges, which invested in black people when there was no athletic profit to reap. More revolutionarily, perhaps they could disrupt the reign of an 'amateur' sports system that uses the labor of black folks to make white folks rich.

—Jemele Hill

Exercise is the most potent and underutilized antidepressant and it's free.

—Dr. Tim Sharp

There's no trick to coaching. If the team had a good game, they did it. If they had an average game, we did it. If they have a bad game, it's my fault. That's all you need to know about coaching.

—Bear Bryant

JUST GO TRAIN

You don't get better on the days when you feel like going. You get better on the days when you don't want to go, but you go anyway. If you can overcome the negative energy coming from your tired body or unmotivated mind, you will grow and become better. It won't be the best workout you have, you won't accomplish as much as what you usually do when you actually feel good, but that doesn't matter. Growth is a long term game, and the crappy days are more important.

—Georges St. Pierre

Most look up and admire the stars; a champion climbs a mountain and grabs one.
—H. Jackson Brown, Jr.

Train like an athlete.
Eat like a nutritionist.
Sleep like a baby.
Win like a champion.

—Gym Poster

The time your game is most vulnerable is when you're ahead. Never let up.
—Rod Laver

Taste the relish to be found in competition—in having put forth the best within you.
—Henry Kaiser

The trouble with not having a goal is that you can spend your life running up and down the field and never score.
—Bill Copeland

It ain't about how hard you can hit, it's about how hard you can get hit and keep moving forward. That's how winning is done.
— Rocky Balboa in *Rocky*

We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create dreams.
—Albert Einstein

The true indicator of future success is what you do on days you don't want to do it. Lifting. Running. Relationships. Work. School. Doesn't matter. Anyone can smile and work hard on easy days.
—*TheEnlightenedMind622*

The tragic overemphasis on athletics at the expense of school and family is leaving thousands and thousands of Black youths in obsessive pursuit of sports goals foredoomed to elude the vast and overwhelming majority of them. We can simply no longer permit many among our most competitive and gifted youths to sacrifice a wealth of human potential on the altar of athletic aspiration.
—Harry Edwards

Success isn't overnight. It's when every day you get little better than the day before. It all adds up.

—Dwayne Johnson

The Gold Coast of Connecticut pumps more athletic recruits into Ivy League schools than any other region in the nation. Kids' sports look a little different here—as they do in upscale neighborhoods across America. Backyards feature batting cages, pitching tunnels, fencing pistes, Olympic-size hockey rinks complete with floodlights and generators....Whereas the Hoop Dreamers of the Chicago projects pursued sports as a path out of poverty and hardship, the kids of Fairfield County aren't gunning for the scholarship money. It's more about status maintenance, by any means necessary.

—Ruth S. Barrett

The special boost for recruited athletes, known as preferential admission, can be equivalent to hundreds of SAT points. According to *The Washington Post*, Harvard, which typically admits approximately 5 percent of its applicants, reports acceptance rates as high as 88 percent for athletes endorsed by its coaches.

—Ruth S. Barrett

If every [college] varsity program has an incoming class of 10 water-polo athletes, that leaves about 9,000 high-schoolers with no place to go.

—Ruth S. Barrett

Upper-crust sports such as rowing and fencing have a storied tradition at the Ivies, dating back to the 1852 Harvard-versus-Yale regatta held at Lake Winnepesaukee, New Hampshire, considered to be the first intercollegiate sporting event in the United States.

—Ruth S. Barrett

There is a name for the youth athlete who has too many coaches, too much training, and who treats sports as a full-time job: the overserved athlete. And many of the players in this category are suffering physically and emotionally.

—Ruth S. Barrett

The optics of country-club staples such as squash and golf help explain why these sports got slashed. At a time when racial justice and diversity have become a more open national conversation, the sports being eliminated are the ones that tend to draw overwhelmingly white, often wealthy players.

—Melissa Korn

Get out there. Be uncomfortable. Make mistakes. Get embarrassed. We'll all be dead soon. It's not a big deal.

—Unknown

When I was 15 I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of 'getting to know you' questions you ask young people: Do you play sports? What's your favorite subject? And I told him, no I don't play any sports. I do theater, I'm in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That's amazing! And I said, 'Oh no, but I'm not any good at ANY of them.

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: 'I don't think being good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them.'

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could 'Win' at them.

—Kurt Vonnegut

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

--Muhammad Ali

'Special' classes, such as music—as well as periods like recess, physical education, and even lunch—provide children with important opportunities for emotional growth and independent learning. For many children, they are what make school bearable.

—Erika Christakis

The value we place on the athlete is greater than the value we place on the scholar. Two kids walk into the barbershop, and one is a pretty good basketball player. People will be like, 'You gotta watch him. He's got a jumper. He's got a shot at the NBA.' And if a kid comes in and has won two science fairs in a row and got a grant? No one says, 'that's the next Mark Zuckerberg.' Or 'He's going to be Bill Gates.' They don't celebrate him.

—Martellus Bennett

Lily Kind, the associate director of the Philadelphia studio *Urban Movement Arts*, told me that she considers TikTok dance a form of folk dance, drawing from adolescent-girl culture and Black vernacular dance traditions; hand-clapping games like Miss Mary Mack; earlier pop-music fad dances, to songs like ‘Macarena’ and Soulja Boy’s ‘Crank That’; double Dutch; and even vaudeville-era routines. ‘It’s engaged and playful with the viewer. It’s all about improvisational composition and one-upping each other—you did this; now I’m going to twist it, flip it, and reverse it. All of that is part of the legacy of Black dance in the U.S.’ Kind said.

—Rachel Monroe

Sports constitute a code, a language of the emotions, and a tourist who skips the stadiums will not recoup his losses at Lincoln Center and Grant’s Tomb.

—Wilfrid Sheed

If you quit once, it becomes a habit. Never quit!

—Michael Jordan

Concert pianists studied and practiced an average of 17 years before they reached recognition as virtuosos, while the Olympic swimmer needs an average of ten years of instruction and competition to reach world-class status. In the very early years, most of these talented individuals spent about an hour a day on their talent field. By adolescence it was about 25 hours a week, and thereafter it was 30 to 40 hours a week.

—Benjamin S. Bloom

Athletics...provide opportunities for physical growth and self-discipline...[and] can extend the range of experience that schools can offer. But when extracurricular activities get out of balance, problems can arise, as when high school athletes treat sports as an alternative to learning rather than an addition to it. Distracted by the prestige they earn in sports, student athletes may fail to prepare adequately for the academic requirements of college or the workplace. This situation has worsened in recent years, and many abuses have come to light, such as lowering (or winking at) the academic requirements of sports eligibility. There have been recent attempts to rectify this situation by reinstating academic criteria as a condition for participation in all extracurricular activities.

—U.S. Department of
Education—*What
Works*

Practice is the hardest part of learning, and training is the essence of transformation.

—Ann Voskamp

I believe that we learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. In each, it is the performance of a dedicated precise set of acts, physical or intellectual, from which comes shape of achievement, a sense of one's being, a satisfaction of spirit.... Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire. Practice is a means of inviting the perfection desired.

—Martha Graham

That's what learning is, after all; not whether we lose the game, but how we lose and how we've changed because of it, and what we take away from it that we never had before, to apply to other games. Losing, in a curious way is winning.

—Richard Bach

The only way to win is to learn faster than anyone else.

—Eric Ries

Some parents let their young kids win at games, but mine never did. I don't think it was because they were particularly competitive, they just wanted to teach me a valuable lesson. Life is mostly just learning how to lose.

—Brian K. Vaughan

Gym should be illegal. It's humiliating.

—Laurie Halse Anderson

As far as I was concerned, physical education was evil. You take a bunch of teenagers, make them strip down in front of each other in a locker room, have them don hideous matching uniforms, and then measure their worth based on their ability to chuck balls at a net, into a hoop, or at each other. It was just. Evil.

—Emma Mills

She (Eileen Canney) was just 13 years old that day, and a good softball pitcher. When that late-inning ground ball bounced toward the mound, she fielded it handily, then overthrew first base. The batter just kept running, running all the way home.

'I basically lost the game for our team....It hit me so hard. I let everyone down.'
She would grow up to...play softball professionally in the United States and Japan and win three gold medals with the USA National team....She talks...about...recognizing that...perfection is 'not reality.'

—Skip Myslenski

No matter how slow you go, you are still lapping everybody on the couch.

—Internet Meme

You'll never reach perfection because there's always room for improvement.

—Hlovate

Your first podcast will be awful.

Your first video will be awful.

Your first article will be awful.

Your first art will be awful.

Your first photo will be awful.

Your first game will be awful.

But you can't make your 50th without making your first.

So get it over with, and make it.

—Internet Meme

The first-ever baseball game that you would recognize took place in Hoboken, New Jersey, on June 19, 1846, when the New York Knickerbockers played the more prosaically named New York Baseball Club. There had been bat-and-glove competitions throughout the Northeast, to be sure, but the Knickerbockers made things official, formalizing the number of teammates, the rules of play and the uniform: They arrived at the stadium, Elusion Fields, dressed in matching shirts and pantaloons and wide-brimmed hats made of thin, plaited wood strips.

—John Ligan

I've always thought of myself as an 80 percenter. I like to throw myself passionately into a sport or activity until I reach about an 80 percent proficiency level. To go beyond that requires an obsession that doesn't appeal to me. Once I reach 80 percent level I like to go off and do something totally different.

—Yvon Chouinard

On losing a player due to academics—'Our team traveled 25,000 miles, then he fails geography.'

—John Heisler

The body of the average woman is 27 percent fat, that of the average man 15 percent fat. The leanest elite female athletes may get their body fat down to 11 or 12 percent, but that is nearly double the percentage of body fat found on the elite male athlete.

—Natalie Angier

In the short term, you are as good as your intensity. In the long term, you are only as good as your consistency.

—Shane Parrish

Xxxxxxxxxx

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