

COACH W's FAVORITE QUOTES

“The Good Lord gave you a body that can withstand anything, it is your mind you have to convince.” - Vince Lombardi

“Don't give up, don't ever give up.” - Jimmy Valvano

“It's not about how many times you get knocked down that count, it is about how many times you get back up.” - George A. Custer

“Whether you think you can, or think you can't--you're right.” - Henry Ford

“To give anything less than your best is to sacrifice the gift.” - Steve Prefontaine

“I've failed over and over and over again in my life and that is why I succeed.” - Michael Jordan

“Remember tomorrow is promised to no one.” – Walter Payton

“Pain is temporary. Quitting lasts forever.” – Lance Armstrong

“If you're not five minutes early, you're late.” – Bear Bryant

“I was taught you never, ever disrespect your opponent or your teammates or your organization or your manager and never, ever you uniform.” - Ryne Sandberg

“Do you know what my favorite part of the game is? The opportunity to play.” – Mike Singletary

Success isn't given. It's earned. On the track, on the field, in the gym. With blood, sweat, and the occasional tear.” - Nike

“Set your goals high, and don't stop till you get there.” - Bo Jackson

“One important key to success is self-confidence. An important key to self-confidence is preparation.” – Arthur Ashe

Be strong when you are weak, brave when you are scared, and humble when you are victorious.

Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

Push yourself. Because no one else is going to do it for you.

Your mind will quit 100 times before your body ever does. Feel the pain and do it anyway...

The pain you feel today will be the strength you feel tomorrow.

Take care of your body. It's the only place you have to live in.”