

Sport & Leadership Development LONG Quotes Collection 1997-2010

"There is something heroic in wanting to be a coach. It requires as much ego as it takes to write a poem and there are far more risks. Who would take on a job description that encompasses teaching, motivating, recruiting, scouting, fund-raising, negotiating, staff development, managing team travel, compliance, developing a vision and philosophy, marketing, practice planning, and communicating with parents who believe because of the impact a coach has had on us, even one we did not particularly enjoy at the time. I am reminded of this qualification by some of my former players."

– Terry Pettit, Talent and the Secret Lives of Teams

When I am coaching, there is no I, there is only coaching.
When I am competing, there is no I, there is only competing.
When I am training, there is no I, there is only training.
All other times, there is no I, there is only you. - Unknown

I do not let the ball hit the floor,
You do not let the ball hit the floor,
We do not let the ball hit the floor. - VB Coach

"Messier believes that a team can succeed only when the players feel a commitment to one another that takes in more than their professional obligations, a commitment that is essentially social. "Because you take somebody to dinner, " he says, "or let a player stay in your apartment or you lend him your car-it's a nice gesture and it makes someone feel good-but it's not the defining thing that makes or breaks your team. Those things are blown out of proportion. You have to know your people: where they came from, their relationships with their fathers and mothers, what's troubling them, what triggers an action. You want to know what lives underneath, and until you develop that relationship, you can't build a team bond. There's always sticking up for each other, but guys will do that because it's their job. If you don't know your people, it doesn't matter if you lend them your car." - Alec Wilkinson December 9, 2002 Sports Illustrated - "Mark Messier's Late Shift"

; p.56 (article about UConn's Women's Basketball Player Diana Taurasi)

"Some girl will say to me, "Your shot is so perfect, what camps did you go to to learn it?"Taurasi's in-traffic jumper is textbook: elbows in, shoulders square, hand high, John Wooden stuff. "Camps? No camps, " she says. "Driveway basketball, playing against the boys, watching Magic and Michael."
- Michael Bamberger January 20, 2003 Sports Illustrated - "Driving Force"

Good sportsmanship we hail, we sing,
It's always pleasant when you spot it.
There's only one unhappy thing:
You have to lose to prove that you've got it. -Richard Armour

Invincibility is in oneself, and vulnerability is in the opponent. Invincibility is a matter of defense, vulnerability is a matter of attack. Therefore skillful warriors are able to be invincible, but they cannot cause opponents to be vulnerable. That is why it is said that victory is discerned and not manufactured. - Sun Tzu.

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later he came back to return the stone to the wise woman. "I've been thinking," he said, "I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone." – Unknown

Look forward, not backward.
Be a leader, not a follower.
Focus on your successes and learn from your failures.
Stay away from people who try to belittle your ambitions.
Trust your hopes, not your fears.
Go the extra mile at your job.
-Alexander Lockhart

Perhaps the secrets to effective action lies in how you interpret the length of the "day" in Carpe Diem. If it's a moment, or a day, you're cutting down on the odds for success. But if you recognize in business as in sports (or any of life, for that matter), there's a "season" made up of several opportunities, those odds go up considerably. The most successful business people are those who realize that they are going to take some hits in the process of searching out the big scores -- those who know that performance over the long haul is what counts. If you can seize the day, great. But never forget that there are days yet to come. -Bill Walsh, "Carpe Diem—or the Diem After That" Forbes, 1993.

I suppose this experience in coaching had something to do with my own orientation to the university and to a teaching career. It also marked the beginning of my own style of management. I always have found if I could create an environment around me in which everybody felt they were learning, I would have a hot group. I have always tried to include people in what I was doing, to encourage them to say what they think, to let them see the problems that were confronting us all, and to create an atmosphere in which everyone could feel at the end of the day, or the end of a week or a month, that he or she had learned something. -- George P. Schultz, Turmoil and Triumph

"All the people that "get there," get there because they love what they are doing. They're not driven by a work ethic; they're driven by a love ethic. Michael Jordan plays very hard, very indulgently. Ben Hogan hit tens of thousands of balls because he loved to hit golf balls. That gets mistaken by the intellect as work. "If you work hard enough, son, and if you keep your nose to the grind stone, son, then you will be able to perform like these people." This is absolutely not the case, not true. The great performers perform as they do, and do so with such ease, because they love what they are doing. It's not work. It's play."
- Chuck Hogan Director, Athletics & the Intelligence of Play

"Self evaluation is the foundation of new perspectives and positive transformation. Most people think they already know everything. This is a strategic advantage for the few who realize that learning is an everyday occurrence. I don't care if you know it -- I care how good you are at it." - Jeffrey Gitomer

Everybody knows how to complete the sentence. There's only one way of doing things, the right way. Anything worth doing, is worth doing right, if you can't do it right, don't do it at all. As parents we show the world how adequate we are through the performance of our children. We focus on their behavior and their behavior is a reflection of our competency as parents. And as children learn, they are going to make mistakes. We know how to celebrate our victories, but not our defeats, losses, mistakes, and failures. We don't know how to celebrate the learning that's earned through the mistake making process. We tend to cover them up and not share them with each other. That's the way the culture functions.
- Bowen White, Board Member of The Institute For Play

I was keeping score, and my son's team scored 15 baskets the first half and the other team scored 2 baskets. It was a whitewash. Our team was throwing the ball in, lay-ups, back and forth. The other team rarely had the ball and rarely scored. The buzzer went off for the first half. Kids come charging over to me and the coach is giving them high fives, "way to go, way to go," and the kids come up to me and they say, "Mr. Jacobson, what's the score?" And I say, "well, it's 30 to 4," and they said, "who's winning?" Now if you think about that, it was obvious to everybody who was winning, the coaches, the parents, because they were scoring so many baskets here and none there. But if you stop and think about the children, score had meant nothing to them. They were

playing the game. The only reason these kids keep score in these games is for the parents and coaches satisfaction. Who cares? They're 10 years old. - Peter Jacobsen, PGA Tour Champion

Your children are not your children, They are the sons and daughters of Life's longing for itself. They come through you but not from you, And though they are with you they belong not to you. You may give them your love but not your thoughts, For they have their own thoughts. You may house their bodies but not their souls, For their souls dwell in the house of tomorrow, Which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you. For life goes not backward nor tarries with yesterday. You are the bow from which your children as living arrows are sent forth. The archer sees the mark upon the path of the infinite, And He bends you with His might that His arrow may go swift and far. Let your bending in the archer's hand be for gladness; For even as He loves the arrow that flies, So He loves also the bow that is stable. -- Kahlil Gibran, The Prophet

...it reminds me an old Chinese, well, poem, in which is said:

'If archer shoots just for fun he has all his skill.
If he shoots for score his hands tremble
and his breath is uneasy.
If he shoots for a golden price he becomes mad and blind.
His skill was not lessened, but the vision of the target changed him.'

Remember Your A B Cs

Avoid negative sources, people, places, things and habits
Believe in yourself
Consider things from every angle
Don't give up and don't give in
Enjoy life today, yesterday is gone, tomorrow may never come
Family and friends are hidden treasures, seek them and enjoy their riches
Give more than you planned to
Hang on to your dreams
Ignore those who try to discourage you
Just do it
Keep trying to matter how hard it seems, it will get easier
Love yourself first and most
Make it happen
Never lie, cheat or steal, always strike a fair deal
Open your eyes and see things as they really
Practice makes perfect
Quitters never win and winners never quit
Read, study and learn about everything important in your life
Stop procrastinating
Take control of your own destiny
Understand yourself in order to better understand others
Visualize it
Want it more than anything
Xcellerate your efforts
You are unique of all God's creations, nothing can replace you
Zero in on your target and go for it!
- Wanda Hope Carter

The six most important words: "I admit I made a mistake."

The five most important words: "You did a good job."

The four most important words: "What is your opinion."

The three most important words: "If you please."

The two most important words: "Thank you."

The one most important word: "We"

The least important word: "I" - Unknown

Needing to motivate the horse to maximum ability, he called out to the horse "...on Sandy", and snapped his horse whip in the air; horse doesn't move. Next he calls out "...on Daisy", snaps his whip in the air, again, horse doesn't move. Tries "...on Beauty", snaps the whip...nothing. Next the man calls out "...on Dusty", snaps the whip, horse starts pulling the cart. - Unknown

Five Words That Stand Between You and Your Dream:

I

Don't

Feel

Like

It

- Anon

It is not what we eat
but what we digest
that makes us strong;
not what we gain
but what we save
that make us rich;
not what we read
but what we remember
that makes us learned;
and not what we profess
but what we practice
that gives us Integrity.
- Anonymous

Perhaps the secrets to effective action lies in how you interpret the length of the "day" in Carpe Diem. If it's a moment, or a day, you're cutting down on the odds for success. But if you recognize in business as in sports (or any of life, for that matter), there's a "season" made up of several opportunities, those odds go up considerably. The most successful business people are those who realize that they are going to take some hits in the process of searching out the big scores -- those who know that performance over the long haul is what counts. If you can seize the day, great. But never forget that there are days yet to come.

- Bill Walsh, "Carpe Diem—or the Diem After That" Forbes, 1993.

I am only one. But still, I am one.
I cannot do everything, but still I can do something.
And because I cannot do everything,
I will not refuse to do the something that I can do.
- Edward Everett Hale

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

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Explore. Dream. Discover.
- Mark Twain

Approaching a match too emotional doesn't help me much, so I try to find a happy medium through music. Despite the random lists of songs, each song carries the same message: Have Fun. If you are going to put a lot of time and energy into something like volleyball, you might as well enjoy it. Your desire to succeed should be your primary motivation. Music, I find, is an excellent aid in helping you get there. Makare Desilets, USA National Women's team

Bitter are the tears of a child; sweeten them
Deep are the thoughts of a child; quiet them
Heavy is the grief of a child; lighten it
Soft is the heart of a child; embrace it - Anon

No written word
Nor spoken plea
Can teach young minds
What they should be;
Nor all the books
On all the shelves
But what the coaches
Are themselves
- Haim Ginott adaptation

There is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was asked to do it. Anybody could have done it. Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. Consequently it wound up that Nobody told Anybody, so Everybody blamed Somebody. But still Nobody did it.

Juan Antonio Samaranch, The Olympics pay tribute first and foremost to the athletes. By demanding the best of themselves they encourage us to excel; by reaching the limit of their capabilities, they push back the limits of mankind"

The main aims of the Olympic movement are:

To promote the development of those physical and moral qualities which are the basis of sport
To educate young people through sport in a spirit of better understanding between each other, and of friendship, thereby helping to build a better and more peaceful world
To spread the Olympic principles throughout the world, thereby creating international goodwill
To bring together the athletes of the world in the great four-yearly sports festival, the Olympic Games

One of the major aims of Olympism is "to improve the human race, not only physically, but to give it a greater nobility of spirit, and to strengthen understanding and friendship amongst peoples." (Sigfrid Edstrom – President of the International Olympic Committee 1946-1952)

"Searching for funds to continue my skating career when I was 17, I called the Women's Sports Foundation in New York. The intern who answered the phone suggested that I might be a great candidate for the Travel and Training fund, and she sent me an application form. I applied for a grant. With the funds I was awarded, I bought a new pair of skates and a plane ticket to the 1988 National Championships, where I achieved my highest national finish. Four years later, I won the gold medal at the 1992 Olympic Games."
- Kristi Yamaguchi

" I think little girls need big girls to look up to. They're role models. For them it's a big responsibility but I'm excited. I want to see little girls have people to look up to and model their game after. I'm sure there's a little girl out there who loves to dribble like Dawn (Staley) does, loves to shoot like Sheryl (Swoopes), and loves to be an intimidating force like Rebecca (Lobo)."

- Teresa Edwards

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

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

- Ralph Waldo Emerson

"It has always been my thought that the most important single ingredient to success in athletics or life is discipline. I have many times felt that this word is the most ill defined in all of our language. My definition of the word is as follows:

1. Do what has to be done;
2. When it has to be done;
3. As well as it can be done;
4. Do it that way all of the time."

-Bob Knight

I would rather be ashes than dust! I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dryrot. I would rather be a superb meteor every atom of me in magnificent glow than a sleepy and permanent planet. The proper function of man is to live, not to exist. I shall not waste my days in trying to prolong them, I shall use my time. - Jack London 1876-1916

There are three bridges you have to cross to get to the destination of success.

BRIDGE #1: This bridge goes from CAN to WILL.

How many things CAN you do that will bring you more success that you're not WILLING to do?
Everybody CAN cross this bridge; few WILL.

BRIDGE #2: This bridge goes from KNOWING to DOING.

Just because you KNOW what to do doesn't necessarily mean you'll DO what you know.
Everyone KNOWS where this bridge is; few actually ever DO cross it.

BRIDGE #3: The last bridge goes from DISCIPLINE to DESIRE.

Those who HAVE TO cross this bridge never seem as happy or as successful as those who WANT TO.

Here's your road map to success:

If you go from CAN to WILL, then KNOWING to DOING and finally, from DISCIPLINE to DESIRE--you'll end up at a place called SUCCESS. - Anon

Lou Holtz (legendary Notre Dame football coach) tells the story of the man with the large farm cart that needed to be pulled by his one horse. Needing to motivate the horse to maximum ability, he called out to the horse "...on Sandy", and snapped his horse whip in the air; horse doesn't move. Next he calls out "...on Daisy", snaps

his whip in the air, again, horse doesn't move. Tries "...on Beauty", snaps the whip...nothing. Next the man calls out "...on Dusty", snaps the whip, horse starts pulling the cart. A guy watching all this goes up to the farmer and says, "if you knew the horse's name, why didn't you call that one out first?" Reply: "Dusty's blind; if she thought she had to pull that cart all by herself, we would've never got going."

"At ten minutes to seven on a dark, cool evening in Mexico City in 1968, John Stephen Akwari of Tanzania painfully hobbled into the Olympic Stadium--the last man to finish the marathon. "The winner had already been crowned, and the victory ceremony was long finished. So the stadium was almost empty as Akwari--alone, his leg bloody and bandaged--struggled to circle the track to the finish line. The respected documentary filmmaker Bud Greenspan watched from a distance. Then, intrigued, Bud walked over to Akwari and asked why he had continued the grueling struggle to the finish line. "The young man from Tanzania answered softly: 'My country did not send me nine thousand miles to start the race. They sent me nine thousand miles to finish the race.'"
- Unknown

Cripple him, and you have a Sir Walter Scott. Lock him in a prison cell, and you have a John Bunyan. Bury him in the snows of Valley Forge, and you have a George Washington. Raise him in abject poverty and you have an Abraham Lincoln. Strike him down with infantile paralysis, and he becomes Franklin Roosevelt. Burn him so severely that the doctors say he'll never walk again, and you have a Glenn Cunningham -- who set the world's one mile record in 1934. Deafen him and you have a Ludwig van Beethoven. Have him or her born black in a society filled with racial discrimination, and you have a Booker T. Washington, a Marian Anderson, a George Washington Carver. Call him a slow learner, "retarded," and write him off as uneducable, and you have an Albert Einstein. As one man summed it up: Life is about 20% in what happens to us and 80% in the way we respond to the events. - Ted Engstrom

When you get what you want in your struggle for self and the world makes you king for a day just go to the mirror and look at yourself and see what that man has to say for it isn't your father or mother or wife whose judgement upon you must pass the fellow whose verdict counts most in your life is the one staring back from the glass some people may think you a straight shootin' chum and call you a wonderful guy but the man in the glass says you are only a bum if you can't look him straight in the eye you can fool the whole world down the pathways of life and get pats on your back as you pass but your final reward will be heartaches and tears if you have cheated the man in the glass he's the fellow to please, never mind the rest for he's with you clear up to the end and you have passed your most dangerous, difficult test if the man in the glass is your friend
- Dale Wimbrow

If you work for a man, in heaven's name, WORK for him. If he pays you wages which supply your bread and butter, speak well of him; stand by him and the institution he represents. If put to a pinch, an ounce of loyalty is worth a pound of cleverness. If you must vilify, condemn and eternally disparage - resign your position, and when you are outside, damn to your heart's content. But as long as you are part of the institution, do not condemn it. If you do that, you are loosening the tendrils that are holding you to the institution, and by the first high wind that comes along, you will be uprooted and blown away, and probably will never know the reason why. - Ann Landers

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pick-up truck refused to start. While I drove him home, he sat in stony silence. On arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss. Afterward he walked me to the car. We pass the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing for sure, troubles don't belong in the house with my wife and the children. So I just hang them up on the tree every night when I come home. Then in the morning I pick them up again." "Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there ain't as many as I remember hanging up the night before." - Anon

Imagine there is a bank which credits your account each morning with \$86,400, carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every cent, of course! Well, everyone has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow". You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today. To realize the value of ONE YEAR Ask a student who has failed his exam. To realize the value of ONE MONTH Ask a mother who has given birth to a pre-mature baby. To realize the value of ONE WEEK Ask an editor of a weekly newspaper. To realize the value of ONE DAY Ask a daily wage laborer who has ten kids to feed. To realize the value of ONE HOUR Ask the lovers who are waiting to meet or . . . To realize the value of ONE MINUTE Ask a person who has missed the train. To realize the value of ONE SECOND Ask a person who has survived an accident. To realize the value of ONE MILLI-SECOND Ask the person who has won a silver medal in Olympics. Treasure every moment that you have! And treasure it more because you shared it with someone special.

- Unknown

It's not the critic who counts; not the man who points out how the strong man stumbled, or where the doer of deeds could have done them 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; who knows the great enthusiasms, the great devotions and spends himself in a worthy cause, who, at best, knows in the end the triumph of great achievement; and who, at worst, he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

- Pres. Theodore Roosevelt

If a server hits a floater at a passer on the court
Who then shanks it to the endline so the setter must contort
And the backrow bumps it over as a very last resort
Then the charter in the endzone has a zero to report

On a three pass watch the middle and make sure to get his line
Then watch the setter check the block, has it gotten there in time?
A quick! HE HITS! With no commit! A cutback so sublime!
Now draw it on the sideout blank, voila you're doing fine!

Can you see the sets?
Hooray Sir!
Now learn to watch the plays Sir!

If the setter's in the frontrow just remember he can dump
When the pass is tight the time is right for a sharp lefthanded thump
But sometimes he will set the hut or a back one, or a red
Or how about the D or Pipe to the opposite, instead?

With the setter in the backrow and a pass that's just a two
He may try to run the three-five just to show what he can do
So keep in sight the middle and swing and see which way they flow
But when you gamble money he'll be sure to set the go

On a one pass there is trouble as the defense licks its chops
The setter sprints with all his might to be there when it drops
And once he's there what can he do but fling it to the moon?

Higher! HIGHER! To the spires! And hope he has a goon

And the Darklord sees a jumper that is heading for his face
He's out of luck! He has to duck! That serve will be an ace!
But there he stands! With upraised hands! The crowd must now eat crow
For Vader saved the spader with an overhanded throw!
- Ravi Narasimhan

One of the great lessons I've learned in athletics is that you've got to discipline your life. No matter how good you may be, you've got to be willing to cut out of your life those things that keep you from going to the top. Is not that a great principle for all of living? The people who will really accomplish great things in life are those who are willing to discipline their lives, who maintain their health, their vitality, their efficiency through this process of rigorous disciplining of what they take into their bodies and what they do in life. It's a very important thing in terms of championship living. - Bob Richards

The thing I love about sport is the emotion it brings to a world where true passion is such a scarce commodity. In a society where personal, political and religious beliefs are muzzled for fear of offending, sports remains one of our last legitimate outlets. It allows us to scream and cheer and wear our bias on our sleeves like medals of honor earned in combat. Here we can state our case, argue the obvious and steadfastly defend indefensible positions without fear or remorse. - Ken Burger

I am 17 years old. It is summer, and football practice is about to begin. I am suppose to be starting quarterback inthis, my senior year, having worked all winter and spring with the coach, reviewing films, reading defenses, diagraming formations and plays. Actually I have worked my entire life for this chance, throwing 150 passes a day through a tire my father rigged in the opening of our garage, lifting thousands of pounds of weights in our damp basement before two-a-day practices begin. I am in my romm trying to figure out how to tell my father that I want to quit; that I would rather not give up my after school job to play yet another year of football. I know to well the old sport adage that adorns many lockerroom walls: "A quitter never wins, and a winner never quits." I know how fathers live through their sons' accomplishments on the athletic field.

And now he is in my room and I tell him. He smiles and says, "I'm proud of you. You've figured out something it took me 40 years to realize-something most people never learn- to follow your heart, not other people's expectations. Of course I'm not disappointed. I'm proud to have a son like you. In that moment my father gave more to me than many fathers give their sons in a lifetime. - Jim Sollisch

The answers to three questions will determine your success or failure. 1. Can people trust me to do my best? 2. Am I committed to the task at hand? 3. Do I care about other people and show it? If the answers to these questions are yes, there is no way you can fail.
- Lou Holz, college football coach

A part of control is learning to correct your own weaknesses. The person doesn't live who was born with everything. Sometimes he has one weak point, generally he has several. The first thing is to know your faults. And then take on a systematic plan of correcting them. You know the old saying about a chain only being as strong as its weakest link. The same can be said in the chain of skills a man forges. - Babe Ruth, baseball player

When I first came to the Eagles, I found a bunch of guys shell-shocked from losing. They had been through some lean years, they just didn't know how to handle the pressure. They were quiet; they kept to themselves. I said, " Hey, this has gotta change. Let's make pressure fun."
- Ron Jaworski, NFL Quarterback

Be hard-well conditioned
Be tough-mentally prepared and confident

Be yourself-know your strengths and weaknesses
Be patient-listen to criticism, understand the value of creating discipline.
Be fair-to yourself and others - Dave Cowens, NBA player

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better or for worse, as his portion; that though the wide universe is full of good, no kernel of nourishing corn can come to him but through his toil bestowed on that plot of ground which is given to him to till. Ralph Waldo Emerson, American writer/poet
When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to the mirror and look at yourself,
And see what that man has to say.

For it isn't your father or mother or wife
Whose judgement upon you must pass.
The fellow whose verdict counts the most in your life
Is the one staring back from the glass.

You make be like Jack Horner and chisel a plum
And think you're a wonderful guy.
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

He's the fellow to please- never mind all the rest,
For he's with you clear to the end.
And you've passed your most dangerous, difficult test,
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass.
But your final reward will be heartbreak and tears
If you've cheated the man in the glass - Anon

One day during my first spring training as a manager of the San Francisco Giants, a magazine reporter sat down beside me in the dugout and asked me who I admired most as a youngster, which ballplayer I tried the hardest to emulate when I was starting out in baseball. "Frank Robinson," I replied without hesitation. C'mon he said with a chuckle, "who was it really?" "Frank Robinson," I repeated. The guy cocked his head to one side and stared at me with this blank expression. He knew I was serious, but he wasn't altogether sure what I meant.

"Look," I said, "the most important person any player should work to be as good as, is himself. Your own excellence, success and greatest pride comes from only one person - you. It's fine to look up and learn from the best, not only in sports but in anything you're striving to achieve - in school, in a career, in your relationship with others. But whatever it is, your first responsibility is to be the best you can. There is nobody else like you, so why try to be like anyone else? I've lived my life by this principle, and I've asked my players to do the same. Don't try to perform beyond your abilities - but never perform below them. You might be surprised to find out how much better you can be. - Frank Robinson, Major League Baseball

I have talked to people all over the world about what makes a champion and I have heard some of them say, "It's just sheer hard work. If a person is willing to work hard, that's all it takes." Others say, "No, it's great coaching. If you've got a good coach, a coach will pull you out, and you're bound to be good." Others say, "No, it's the opportunity. Give a man an opportunity and it will make him great. It's the circumstances that make men." Others say, "No it's inspiration, it's encouragement, it's the pat on the back." I don't minimize any of

these things. You've got to have all of that. They are all important, but there's something far more fundamental. Show me a boy or a girl with a desire to win, and I'll show you a person who will work hard the thousand of hours it takes to win. Show me those who want to go to the top, and I'll show you people who will take coaching. They will welcome it. They will beg for it. They will use every God-given talent they have to its utmost. They will drink inspiration. If they lack desire, they won't work. They won't take coaching.
- Bob Richards, Olympic gold medal pole vaulter

Strive for perfection - never be content with mediocrity. You don't win until you conquer the little flaws. You don't beat these great ones until your form is perfect. This is true in all of life. A flaw in a product can ruin a business. A personal failing, a little one, can ruin a person's life. Don't be content with mediocrity - strive to live up to the greatest within you. - Bob Richards, Olympic pole vaulter

In order to be successful at anything you choose to do, you must make a 100 percent commitment to what it is you are trying to do. If you put 50 percent of your ability into it, that is all that you will get out of it. You must discipline your body and your mind to work towards the goals you have set. Once you have made this decision, then the work begins. – Johnny Unitas. NFL quarterback.

The long span of the bridge of your life is supported by countless cables called habits, attitudes and desires. What you do in life depends upon what you are and what you want. What you get from life depends on how much you want it - how much you are willing to work and plan and cooperate and use your resources. The long span of the bridge of your life is supported by countless cables you are spinning now, and that is why today is such an important day. Make the cables strong! - L.G. Elliot, American author

I think a lot of people get too concerned with their competition. They call in to the habit of worrying about everyone else. I don't pay attention to what others are doing. I feel strongly if I have correct goals, and if I have the determination to keep pursuing them the best way I know how, everything else falls in line.
- Dan Dierdorf, NFL football player

He worked by day
And toiled by night.
He gave up play
And some delight.
Dry books he read,
New things to learn
And forged ahead
Success to earn.
He plodded on
With faith and pluck;
And when he won
Men called it luck. - Anon
Of all our troubles
Great and small
The greatest are those
That don't happen at all - Thomas Carlyle

Life is like a game of cards. Reliability is the ace, industry is the king, politeness is the queen, thrift the jack. Common sense is playing to the best advantage the cards you draw. And every day, as the game proceeds, you will find the ace, king, queen, jack in your hand and opportunity to use them. - Edward Howe

Might I give counsel to any man, I would say to him try to frequent the company of your betters. In books and in life, that is the most wholesome society; learn to admire rightly; the great pleasure in life is that. Note what great men admire. - Thackeray, English novelist

Over the years I have pushed myself mentally and I have pushed myself physically. A lot of people say, "John Havlicek never gets tired." Well I get tired. It's just a matter of pushing myself. I say to myself, "He's as tired as I am. Who's going to win the mental battle?" It's just a matter of mental toughness. - John Havlicek, NBA player

I am glad I am an optimist. The pessimist is half-licked before he starts. The optimist has won half the battle, the most important half that applies to himself, when he begins his approach to a subject with the proper mental attitude. The optimist may not understand, or if he understands, he may not agree with the prevailing ideas; but he believes, yes, knows, that in the long run and in due course there will prevail whatever is right and best. - Thomas Buckner, American writer

One man with courage makes a majority. - Andrew Jackson, U.S. President. The stories of past courage can define that ingredient - they can teach, they can offer hope, they can provide inspiration. But they cannot supply courage itself. For this each man must look into his own soul. - John F. Kennedy, U.S. President

There are many people who could be Olympic Champions, All-Americans who have never tried. I'd estimate five million people could have beaten me in the pole vault, the years I won it, at least five million. Men that were stronger, bigger and faster than I was could have done it, but they never picked up a pole, never made the feeble effort to pick their legs off the ground trying to get over the bar. I have always believed you can think positive just as well as you can think negative. - Sugar Ray Robinson, boxer

That which has carried me through a very trying period of my life is the psychological factor of always thinking positively and looking forward to the best thing happening to me all the time. It seems to me that if you think negatively, you can condition yourself to expect negations, and usually end up with that. And I think back to one saying that I constantly shoot forth with when my team is laying down a little or feeling sorry for themselves. At this time, I give one of my real winners. "You want to lose, go ahead and lose; anyone can lose. Tough guys find some way of winning the game. So get tough. No matter what happens, you can't expend energy worrying about what people think. I have to face things head-on. To overcome any adversity, all you need is time-just make sure all your steps are forward. -Jack McKinney, basketball coach

Inner arrogance. You're good; you know it, but you don't wear it on your sleeve. You don't have to tell anyone you've got it; they know it. You start to tell them and it usually ends up lip service. Don't tell me you can hit...hit. Don't tell me you can pitch...pitch. Don't tell me you can sell...sell. - Joe Garagiola, pitcher

Now this is the law of the jungle-
As old and as true as the sky;
And the wolf that 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-
And the strength of the pack is the wolf
And the strength of the wolf is the pack. - Rudyard Kipling, English poet

Greatness is all around us! It's east to be great because great people will help you. What is fantastic about all the conventions I go to is that the greatest in business will come and share their ideas, their methods and their techniques with everyone else. I have see the greatest salesmen open up and show young salesmen exactly how they did it. They don't hold back. I have also found it true in the world of sports. I'll never forget the time I was trying to break Dutch Warner's record. I was about a foot below his record, so I called him on the phone. I said, "Dutch, can you help me? I've seemed to level off; I can't get any higher." He said, "Sure, Bob, come on up to visit me and I'll give you all I've got." I spent three days with the master, the greatest pole vaulter in the world. For three days, Dutch gave me everything he'd ever seen. There were things I was doing wrong and he corrected them. To make a long story short, I went up eight inches. That great guy gave me the best that he had. I've found that sports champions and heroes willingly do this just to help you become great.

John Wooden has a philosophy that every day he is supposed to help someone who can never reciprocate; that's his obligation. When in college working on his master's thesis on scouting and defensive football, George Allen wrote up a 30 page survey and sent it out to the great coaches in the country. Eighty-five percent answered it completely. Great people will share, and that is what made George Allen one of the greatest football coaches. Great people will tell you their secrets. Look for them, call them on the phone or buy their books. Go where they are, get around them, talk to them. It is easy to be great when you are around great people. - Bob Richards, two time Olympic gold medalist

I believe there is a price tag on everything worthwhile, but it is seldom a monetary one. The price is more often one of dedication, deprivation, extra effort, loneliness. Each person decides whether he or she wants to pay the price. If you do, you achieve beyond other people. - Jim McKay, sports broadcaster

I hope I epitomize the American dream. For I came against long odds, from the ghetto to the very top of my profession. I was not immediately good at basketball. It did not come easy. It came as the result of a lot of hard work and self-sacrifice. The rewards, were they worth it? One thousand times over.

- Bill Russell NBA basketball player

It has always been my thought that the most important single ingredient to success in athletics or life is discipline. I have many times felt that this word is the most ill-defined in all of our language. My definition is as follows: 1. Do what has to be done; 2. When it has to be done; 3. As well as it can be done; and 4. Do it that way all the time. – Bobby Knight, basketball coach

I do not believe that there is any secret or single formula for success, but there are common threads of thought and action that characterize the successful people that I have been fortunate enough to know and observe. I do know, from my own experience, that our chance of succeeding is much greater when we organize and take charge of our lives. When we are willing to make decisions, we aggressively pursue those things in life that are important to us. - Merlin Olson, NFL football player

In whatever sport or field of endeavor you are interested, you should do whatever is necessary to compliment your God-given talent with proper mental preparation so as to do "the best you can." The criterion should be to fully exploit your potential rather than to win at any cost. What more could anyone ever ask of you than to be the best you possibly can? – Bob Cousy, NBA basketball player

While I was coaching, I believe the motivation talk I gave my players that achieved the best results was in reference to their present game-day effort. I stressed the fact that today's performance could be the most important of their life. Yesterday's performance was already history. Tomorrow really never comes, so today's performance is what really counts. - Bill Sharman - NBA basketball

Tom Ehrenfeld in Parenting: Sir Issac Newton may have discovered the laws of gravity, here here's a parallel set of laws that govern moms and dads

- A child's behavior will improve in proportion to the distance she's away from the parent.
- Two is equal to two, except when referring to time. Two minutes of tantrum lasts 20 times longer as two minutes of quiet time.
- The choice of a pre-schooler's best friend corresponds directly to the distance the friend lives from your house.
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- The chance of a surprise visit by your parents-in-law is directly proportional to the size of the mess in your home.
- A child will always eat exactly what she has loved for the past year-- unless it is the only food in the fridge.
- The ease with which a toddler acquires the ability to say a word, increases with its likelihood to embarrass a sailor.

The secret to success is doing the best that you can do. Forget about whether you might win or lose. By working hard and practicing the skills that you need to perform, the results will take care of themselves. Being successful is doing your best. - Barbara Ann Cochran, Olympic skier

None of us really pushes hard enough. People always talk about playing over your head when you are up against someone really good. Maybe you don't play over your head at all. Maybe it's just potential you never knew you had. - Fran Tarkenton, NFL quarterback

You're not going to succeed by just doing what is required, it's going to be the little extra. Working five days a week, you're not going to get it done. I mean, you'll have a nice job, be somewhat comfortable; but to get the real peace of mind, maybe you need to work that sixth day or even the seventh. -Herb Brooks, hockey coach

This I say-be the best,
Be yourself and not like the rest.
Work real hard to be real tough,
And remember that 100 percent is not good enough.
Set the impossible as being your goal,
Then reach deep inside from within your soul.
All you've got is all you could ask,
To give your all to achieve this impossible task. - Gene Mills, wrestler

Mental toughness is essential to success. You've got to want to be mentally tough. Mental toughness is many things and rather difficult to explain. It's qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind-you could call it character in action - Vince Lombardi, NFL coach

One of man's finest qualities is described by the simple word, "guts" – the ability to take it. If you have the discipline to stand fast when your body wants to run. If you can control your temper and remain cheerful in the face of monotony or disappointment, you have "guts" in the soldiering sense. This ability to take it must be trained-the training is hard, mental as well as physical. But once ingrained, you can face and flail the enemy as a soldier, and enjoy the challenges of life as a civilian. – John Roosma, Colonel

Take pride in whatever it is you do-whether it be playing football, or playing the piano. Always give your best effort, for if you fail to do so, you cheat not only those around you, you cheat yourself. Strive to be the best. Although it's a goal that's not always obtainable, it's a great feeling of accomplishment for one to achieve goals that were once only imagined. Take pride in yourself. Be your own person. Don't do things because everyone else does them. Don't be part of the crowd...dare to be different. Never be afraid to stand up for what you believe to be right...even if it means standing alone. - Jack Lambert, NFL player

Always give a total effort. Pride in oneself and one's ability comes through knowledge and hard work. Self-discipline is the key to harnessing the energy and dedication necessary to succeed. When you think that you have mastered it all, humble yourself, with the thought that learning is a lifetime process. The margin between a winner and a champion only takes a little extra work. - Stan Mikita NHL player

I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men.
- Lao-Tzu, Chinese philosopher

In our society, the saying, "Winning isn't everything; it's the only thing" seems to apply. All the books and seminars available that teach us how to succeed are too numerous to count. What happens now-heaven forbid – should we fail? I believe how a person deals with personal failure determines, to a large degree, how

successful that person will be. Everyone fails at one time or another, so it's essential to know how to respond to failure.

Here's a mnemonic device that I feel teaches how we can properly cope with failure.

Forget about your failures; don't dwell on past mistakes
Anticipate failure; realize that we all make mistakes.
Intensity in everything you do; never be a failure for lack of effort.
Learn from your mistakes; don't repeat previous errors.
Understand why you failed; diagnose your mistakes so as to not repeat them.
Respond, don't react to errors; responding corrects mistakes while reacting magnifies them.
Elevate your self-concept. It's OK to fail, everyone does; now how are you going to deal with the failure - Steve Largent, NFL player

There are two kinds of discontent in the world- the discontent that works, and the discontent that wrings its hands. The first gets what it wants, and the second loses what it has. There's no cure for the first but success; and there's no cure at all for the second. - Gordon Graham, Scottish author

It may sound strange, but many champions are made champions by setback. They are champions because they've been hurt. Their experience moved them, and they pulled out this fighting spirit, making them what they are. Sometimes in life, God gives us a difficulty in order to bring out the fighting spirit. Everything that happens to you can happen for good if you have this spirit. The essential thing in life is not in the conquering, but in the fight. -Bob Richards, Olympic pole vaulter

The successful man lengthens his stride when he discovers that the signpost has deceived him; the failure looks for a place to sit down. - J. R. Rogers You've got to realize that in any competition there is always a winner and loser. When it turns out that you're the loser on a given day, you can be a graceful loser, but it doesn't mean that you're a loser in the sense that you're willing to accept losses readily. Concede that on that day you weren't the best and that you were beaten in competition. But that should make you more dedicated and hard working. It's wrong to accept defeat as a loser. Be graceful about losing, but don't accept it. - Nolan Ryan, MLB pitcher

I believe in a business boarding up early. If you make a mistake, you put the boards in the window of the store and say, "Hey, I made a mistake." Let me take two shots in the arm and a punch on the nose and let me get on to the next thing. I don't believe in worrying over failures. I worry about successes. This is opposite from most people. Most people zero in on their failures. I try to keep all my attention on a pyramid type philosophy rather than the averaging-down philosophy. - Al McGuire, coach

IF should be eliminated from a wrestler's vocabulary. I hear so many athletes lamenting their lack of success by its use: " If I had more strength; if I had better technique; if I had a better coach; if I had more experience." The success that U.S. wrestlers have achieved to date has been achieved because these individuals accepted responsibility, dedicated themselves to excellence and utilized whatever physical characteristics with which they were endowed. For future gold medalists, there is no other course except to take the responsibility of one's own destiny. – Stan Dziedzic, USA Wrestling coach

It is not enough to begin; continuance is necessary. Mere enrollment will not make one a scholar; the pupil must continue in the school through the long course, until he masters every branch. Success depends upon staying power. The reason for failure in most cases is lack of perseverance. - J.R. Miller, teacher

Set a goal and make a commitment to meet that goal. Do the best you can, but never forget your roots, never forget where you came from. After you have succeeded, look back and see if there are others that you might help to achieve what you have accomplished. - Larry Holmes, boxer

An athlete who fails to develop his mind is more crippled than if he were to lose a leg. The smart athlete will develop himself both physically and intellectually. For not only will he be happier by being more complete, he also will develop resources that will be useful when athletic ability has diminished. A fine athlete who develops his mental capacities is preparing for a long and happy life. One who is satisfied with athletics alone may think he is fulfilled for a time, but he is doomed to ultimate disappointment. - Howard White, Pepperdine University President

...It is not the critic that counts...The credit belongs to the man who is actually in the arena... who strives valiantly, who errs and often comes up short again and again...who, at the best, knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat..." -President Theodore Roosevelt

"We all want to be important in our jobs. However the person who thinks I am the most important part of the team should remember this. Life is like a bucket of water. We are a part of the whole. But how big is the hole that is left when we take away a large cup of water? The hole suddenly fills up and...so life goes. The nature of life is that there is always someone who can and will take your place, when you think you are irreplaceable." - hanging on the wall of our athletic trainers office 30 years ago.

"I don't want a team that escapes from reality and escapes from the truth. I don't want people who are always escaping, who always have a story and are always conniving. An ostrich tries to escape from the truth. Isn't an ostrich the thing that puts its head in the sand? But guess what's sticking out when he does it? It's ass, that's what. I don't want a team like that.....Because when you have a team like that and trouble comes, that team will not face the trouble." -John Chaney

"When a player had his head down because he had an off game shooting. Shooting is only 10 % of the game. You play defense for 50%, you have 5 players when you are on offense, so simple maths says you can control the other 90%, and still have a great game." -Kurt Dammers, North Harbour, New Zealand

"You can buy a person's hand, but you can't buy their heart. His heart is where his enthusiasm, his loyalty is. You can buy his back, but you can't buy his brain. That's where his creativity is, his ingenuity, his resourcefulness." -Steven Covey

"I do the best I know how, the very best I can; and I mean to keep on doing it to the end. If the end brings me out all right, what is said against me will not amount to anything. If the end brings me out all wrong, ten angels swearing I was right would make no difference" -Abraham Lincoln

Good sportsmanship we hail, we sing,
It's always pleasant when you spot it.
There's only one unhappy thing:
You have to lose to prove that you've got it.
- Richard Armour

When I am coaching, there is no I, there is only coaching.
When I am competing, there is no I, there is only competing.
When I am training, there is no I, there is only training.
All other times, there is no I, there is only you.
-Anon

Martin Luther King, Jr.'s "I have a dream speech" is famous because it put forward an inspiring, positive vision that carried a critique of the current moment within it. Imagine how history may have turned out had King given an "I have a nightmare" speech instead. The world's most effective leaders distinguish themselves by inspiring hope against fear, love against injustice, and power against powerlessness.
- Michael Shellenberger and Ted Nordhaus

This is a poem for students to read and think about when they do not take responsibility for the choices they make.

Choices

I make my own choices everyday.
No one else controls what I do or say.
Good choices - bad choices - it's up to me.
I choose to decide what my life will be.

When my choices are wrong, when things go bad,
I can yell, get angry, hit, or be sad.
I can blame my neighbors or my brother,
Or point at myself, not someone other.

I can make excuses; say you're not fair.
I cannot tell the truth; say I don't care.
Or I can do the right thing; just be nice.
Learn so I won't make the same mistake twice.

I make my own choices every day.
I know I control what I do and say.
I will make good choices and you will see,
For now I'll take responsibility.
--- Robert McDaniel

Two Teachers

I talked with two teachers just the other day,
It sure was interesting to hear what they had to say.
One was complaining about all the paperwork that she had done.
The other was excited about how well the school year had begun.

One told of a new student, who enrolled in her class that day,
And how he couldn't read on level or his letters he couldn't say.
The other was so concerned about the child, who couldn't count past eight,
And wondered what she could do to reach and motivate.

One belittled the poorly dressed student, who was in her room,
Saying she wouldn't pay attention and fell asleep that afternoon.
The other told me of a child, whose parents had split apart,
And how much it had affected her learning from the very start.

One told me of the little boy, who constantly broke the rules,
And how he was my problem now, since I was principal of the school.
The other asked me for some help with a defiant student, too.
She wanted to get the parents involved, in hopes that she'd improve.

One said she didn't have the time for all that in-service stuff.
She had a master's in education and that was quite enough.
The other told me of an article in a journal she read last night,

And what recent research said about teaching to left brain and right.

One was angry with the number of dittos she always had to run.
She considered learning work, there's never time for fun.
The other invited me to her room to watch the students who
Were thinking and creating, and problem solving, too.

One was bragging that the whole textbook she had already taught,
Although it didn't seem to matter if the students learned or not.
The other told of experiments and new methods she did try,
And not just asking who, when, and where, but what if and why?

I wish I had the answers for the differences between these two,
For both are so important to the educating we do.
I guess one feels that teaching is a job and nothing more,
While the other loves the challenges that always find her door.

I've known both kinds of teachers, and I'm sure that you have, too.
Please stop and think a moment... Which one of these are you?
--- Robert McDaniel

I always knew that my teachers cared, but what happened today made that even more obvious. I wasn't feeling too well in my last period, Journalism class, and I had my head down. My teacher noticed this and throughout the class she kept coming over to check on me and even brought me a cup of water.

It was such a small effort but it really meant a lot to me. At the end of the day, my teacher wouldn't let me drive home. She had me sit with her in her classroom until I felt better. I told her what was bothering me and she told me stories and positive things about myself.

When I finally felt better, she walked me to the lot and I really saw how worried she was about me. She kept telling me to drive carefully and hesitated even letting me leave yet.

Just that one hour that I spent with her meant so much to me. She was more than just a teacher, she truly cared about me and wanted to make sure I was 100% okay to go home. She is an amazing teacher and I really look up to her. I hope someday I can be as wonderful a teacher as she is! -- Anon

A mother once asked Gandhi to get her son to stop eating sugar. Gandhi told the child, "Come back in two weeks." Two weeks later the mother brought the child before Gandhi. Gandhi said to the boy, "Stop eating sugar". Puzzled the woman replied, "Thank you, but I must ask you why didn't you tell him that two weeks ago. Gandhi replied, "Two weeks ago I was eating sugar." --- Author Unknown

I am a second year teacher, teaching at the high school from which I graduated. My perspective has come full circle, and though I have always held my former teachers in the highest of esteem, I now have a new found respect for them.

I have noticed how easy it can be to become discouraged and wonder why we continue to do this almost impossible job. Why do we spend countless unpaid hours grading papers and sponsoring clubs and sports? I look to my high school years to express my reason.

Although I was luckier than many children, my home life left a great deal to be desired. School was my escape and I purposefully became very involved in after school activities to take up my time. If it hadn't been for those teachers who spent their time as Cheerleading Coaches, Student Government Sponsors and Annual teachers, I don't think I would have turned out as successful as I am today.

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So, if you are a teacher who after a tiring day questions why, know that you do touch lives, and that is why I decided to join your ranks.

--- Angela Howard --- Florida

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Karen Wright in Discover writes, "we are made of stardust. It's just not poetic sentiment; it's a fact. In a young universe built mostly from hydrogen and helium, the self-immolation of stars in supernovas forged almost all the other chemical elements and spewed them into space. Over time, they congealed into other stars and solar systems, and eventually into life itself. So, in a sense, the urge to understand the stars is woven into the fabric of human existence.

Word games, board games, musical games, puzzles, toys and almost any other intellectual amusement develop some skill or knowledge that can be turned to good account. What we learn about word games can inform music; about card games, statistics and evolutionary theory. The only difficulty with playing= and it's a big one- is being able to remain enough of a child to do it. - Robert Bernstein

Terrific, talented charming, dashing, bright, funny, warm, sensitive, kind, entertaining, unique, personable, wonderful, graceful, elegant, lovely, gorgeous, delightful, witting, incredible, strong, powerful, intelligent, ingenious, well-built, keen, groovy, debonair, perceptive, lithe, humorous, willing, pleasing, hilarious, agreeable, interesting, intellectual, sophisticated, suave, absorbing, fashionable, special, original, nice, discerning, diplomatic, open-minded, quick, sharp, dramatic, selfless, understanding, sympathetic, ever-young, worldly, cool, hot, nimble, flexible, diplomatic, creative, brainy, honest, empathetic, romantic, enthusiastic, energetic, active, lively, fun, winsome, clever, moral, upright, forthright, modest, striking, individual, fantastic, tremendous, swift, smooth, philosophical, idealistic, positive, optimistic, ambitious, industrious, likeable, amiable, fair-minded, just, genuine, grand, lovable, heavenly, brave, satisfying, peerless, curious, courageous, apt, wise, lean, calm, adaptive, tactful, courteous, sunny, willful, altruistic, beautiful, beloved, sweet, dear, undaunted, fresh, jovial, merry, marvelous, miraculous, posh, playful, ravishing, scintillating, bubbly, magnificent, knowledgeable, engrossing, mesmerizing, titillating, kissable, sensuous, expressive, articulate, golden, beatific, adorable, wry, adjusted, healthy, sensible. Logical, professional, trusting, soothing, stimulating, superb, dandy, stunning, neat, smashing, first-rate, tip-top, exquisite, sterling, paramount, unsurpassed, regal, decent, prime, extraordinary, skillful, virtuous, expedient, respectful, pleasant, helpful, earnest, artistic,

insightful, progressive, charming, slightly, attractive, appealing, affable, charitable, good tempered, genial, tolerant, largehearted, considerate, heedful, droll, sportive, sparkling, humble, unpretentious, dazzling, blooming, fine, aesthetic, pulchritudinous, comely, glamorous, friendly, faithful, constant, reliable, truthful, captivating, enchanting, revered, civil, gallant, amenable, urbane, cultured, refined, attentive, observant, deciphering, forgiving, ethical, noble, angelic, sagacious, astute, rousing, reasonable, prudent, levelheaded, patient, trusting, dexterous, savvy, judicious, discreet, provident, profound, mature, sane, wholesome, balanced, lucid, aware, informed, enlightened, erudite, literate, generous, distinctive, passionate, concerned, vigorous, stately, inspiring, resolute, persevering, spunky, sincere, steadfast, purposeful, self-assertive, talented, alluring, winning, fetching, beguiling, mysterious, inviting, intriguing, spry, stylish, adroit, efficient, prolific, cosmopolitan, effective, captivating, tantalizing, enthralling, irresistible, mirthful, gleeful, cheery, merciful, competent, gentle, unafraid, easy-going, fun, frank, unaffected, bright, charismatic, amorous, amative, demonstrative, companionable, precious, unusual, affectionate, deferential, attentive, humanitarian, obliging, condoling, tender, reflective, refreshing, clement, brilliant, dynamic, potent, vigorous, unconventional, honorable, splendiferous, first-rate, quintessential, matchless, giving, accommodating, considerate, gracious, natural, real, seemly, bold, decorous, worthy, appreciative, open-minded, hopeful, droll, jocular, interested, sprightly, amusing, enjoyable, pungent, assured, encouraging, disarming, supportive, heartening, reassuring, consolatory, disburdening, sanguine, plucky, valiant, intrepid, heroic, resolute, fearless, daring, adventurous, discriminating, decorous, gracious, unobtrusive, becoming, popular, prudent, judicious, enterprising, communicative, scrupulous, entrepreneurial, zealous, protective, loyal, stalwart, achieving, classy, colorful, splashy, grandiose, unpretentious, authentic, majestic, impressive, convivial, accessible, solicitous, venturesome, praiseworthy, laudable, uncensuring, uncomplaining, unequalled, bonny, convincing and A-OK. - Unknown