

## Sport Quote Collection – Boxed Part Two

Experience is a hard teacher because she gives the test first, and the lesson afterwards.  
—**Vernon Law, former major league baseball player**

You're either getting worse, or getting better. We should focus on getting better.  
—**Mary Dunphy, 1988 U.S. Olympic men's coach**

When you are through trying to improve, you are through.  
—**Vince Lombardi, former NFL head coach**

The world is divided into people who do things and people who get the credit.  
— **Unknown**

No coach can guarantee you will reach a goal you do set, but is almost guaranteed you will never reach a goal you never set.  
— **Unknown**

Try, if you can, to belong to the first class. There's far less competition.  
—**Dwight Morrow**

Every sickness and death, and every goodbye ain't gone.  
—**Unknown**

Only fools and dead men don't change their minds - fools won't; dead men can't.  
—**J.H. Patterson**

Geniuses begin great works, labor along finishes them.  
— **Joubert**

When you get what you want, in your struggles for self and the world makes you king for a day. Just walk to the mirror - take a look at yourself, and see what the guy has to say. It isn't your father, or mother, or wife whose judgment upon you must pass. The fellow whose verdict counts most in your life is the guy you meet in the glass. You may be Jack Homer, and chisel a plum and say "I'm a wonderful guy!" But the guy in the glass says "You're only a bum" if you can't look at me in the eye. He's the fellow to please, never mind all the rest because he's with you right through the end. And you've passed your most dangerous, difficult test if the man in the glass is your friend. You may fool the world down the pathway of years and get pats on the back as you pass. But your only reward will be heartache and tears if you've cheated the "Man in the Glass."  
— **Unknown**

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Can't is a word that is a foe to ambition  
An enemy about to shatter your will  
It's prey is forever one with a mission  
And bows but to courage, patience, and skill  
So hate it with hatred, that's deep and undying  
For once it is welcomed 'twill break and man  
So whatever the goal you are seeking, keep trying  
And answer this demon by saying, "I can!"  
—Unknown

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

When things go wrong, as they sometimes will  
When the road you're trudging seems all uphill  
When funds are low and debts are high  
And when you want to smile, but have to sigh  
When care is pressing you down a bit  
Rest if you must, but don't quit

Life is queer with its twists and turns  
As every one of us learns  
And many a failure turns about  
When he might have won had he stuck it out  
Don't give up, though the pace seems slow  
You might succeed with another blow  
Often the goal is nearer than it seems  
To a faint and faltering athlete's dreams  
Often the struggler has given up  
When he might have captured the victor's cup  
And he learned to late, when the night's slipped down  
How close he was to the golden crown  
—Unknown

To fight a bull when you are not scared is nothing. And to not fight a bull when you are scared is nothing. But to fight a bull when you are scared --that is something.  
— Unknown

The only place success comes before work is in the dictionary.  
—Unknown

Human beings are born with just two basic fears. One is the fear of loud noises. The other is the fear of falling. All other fears are learned.  
—Ronald Rood

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Nothing is so contagious as enthusiasm; it moves stones, it charms brutes. Enthusiasm is the genius of sincerity and truth accomplishes no victories without it.

—**Edward Bulwer-Lytton**

When I got into the coaching business, I knew I was getting into a high-risk, high profile profession, so I adopted a philosophy I've never wavered from. Yesterday is a canceled check, today is cash on the line and tomorrow is a promissory note.

—**Hank Strain, former NFL head coach**

To me a winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses those skills to accomplish his goals. Even when I lost, I learned what my weaknesses were, and I went out the next day to turn those weaknesses into strengths

—**Larry Bird, former NBA player**

It ought to be remembered that there is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things. Because the innovator has for enemies all those who have done well under the old conditions and lukewarm defenders among those who may do well under the new.

—**Machiavelli, excerpt from *The Prince***

Minds are like parachutes - they only function when open.

—**Lord Dewar**

I used to think that anyone doing anything wierd was wierd. I suddenly realized that anyone doing anything wierd wasn't wierd at all and that it was the people saying they were wierd who were wierd.

— **Paul McCartney, singer**

If we fail to prepare, we have prepared to fail.

— **Unknown**

To be nobody-but-yourself -- in a world which is doing its best, night and day, to make you everybody else -- means to fight the hardest battle which any human being can fight; and never stop fighting.

— **E.E. Cummings, excerpt from "A Poet's Advice to Students"**

Too often we forget it is the players who do the competing. You never heard the word "I" so much as when coaches get together. Our challenge is to keep the focus off ourselves and work towards developing a cohesive team. We're all important to the overall effort, but none of us is irreplaceable.

— **Denny Raarup**

Perform the best you can for when you find that you perform your best, there is still so much more in volleyball to do better, harder, faster, and smarter. It is just like when you go for a long journey. You go as far as you can see, and when you get there, you can see farther.

—**John Kessel**

## Sport Quote Collection – Boxed Part Two

When asked about which team is the toughest team in the league, responded with an answer that all volleyball players must comprehend. He said simply that it was, “The team you are playing.”  
—**Roy Campanella, former major league baseball catcher**

Losers assemble in little groups to share their misery and to bitch about the coaches and the guys in other little groups. Winners assemble as a team.  
—**Ellen Tunnell**

You must have an alibi to show why you lost. If you haven't one, you must fake one. Your self-confidence must be maintained. Always have that alibi. But keep it to yourself. That's where it belongs.  
— **Christy Mathewson, former major league pitcher**

Today in practice I bent the truth to be kind to a player - and I have no regrets as a coach, for I am far surer of what is kind in this sport, than I am of what is true.  
— **Unknown**

I always say that in order to appreciate warm weather, you must experience cold. I wouldn't change one thing - all the embarrassing moments, the defeats, all of everything - through all of this, I have learned me.  
— **Floyd Patterson, former professional heavyweight boxer**

It may be possible through detachment, to gain knowledge that is “useful;” but only through participation is it possible to gain the knowledge that is helpful.  
—**Harry Stack Sullivan**

The reason you have two eyes and two ears, yet only one mouth, is so you can watch and listen more, and talk less.  
— **Unknown.**

Not everything faced, can be changed; but nothing can be changed until faced.  
— **Unknown**

Fake it till you make it.  
— **Unknown**

The mark of an exceptional coach is the ability to facilitate a player's personal growth. Such a mark can be measured by his or her players' abilities to make their own decisions during the match.  
— **Unknown**

Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do when it has to be done, whether you like it or not.  
—**Aldous Huxley, author**

## Sport Quote Collection – Boxed Part Two

What we do best or most perfectly is what we have most thoroughly learned by the longest practice, and at length it falls from us without our notice, as a leaf from a tree.  
— **Henry David Thoreau, author**

Never tell a young person that something can not be done. God may have been waiting for centuries for somebody ignorant enough of the impossible to do that thing  
— **J. Holmes**

No one knows what he really can do. We all put a limit on our activities. We are our own worst enemies. If we really work, really drive ourselves to our utter limits, we accomplish things we never thought possible. All we have to do is not be afraid to start.  
— **Vince Promuto**

Don't knock your competitors. By boosting others you will boost yourself. A little competition is a good thing and severe competition is a blessing.  
— **Kindleberger**

Iron rusts from disuse; water loses its purity from stagnation and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.  
— **Leonardo da Vinci, architect**

You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere.  
— **Charles F. Kettering, inventor**

When an archer misses the mark he turns and looks for the fault within himself. Failure to hit the bull's eye is never the fault of the target. To improve your aim, improve yourself.  
— **Gilbert Arland**

An advantage to volleyball is that you have a scoreboard to tell how you have done as a team. The thing is, in life there is no scoreboard, at least not one that you can see.  
— **John Kessel**

Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way -that is not easy.  
— **Aristotle, philosopher**

Confidence is the invisible cement that binds a team together.  
— **Bud Wilkinson, former college football coach**

You never get ahead of anyone as long as you try to get even with him. If you burn your neighbor's house down, it doesn't make your place look better.  
— **Lou Holtz, college football head coach**

## Sport Quote Collection – Boxed Part Two

Be sincere, be simple in words, manners and gestures. Amuse as well as instruct. If you can make a man laugh, you can make him think and make him like and believe you.

— **Alfred Smith, industrialist**

They never gave us credit for anything. All of their quotes in the newspapers started with the word “I.” You don’t hear that word on our team.

— **Ray Miller, former major league baseball coach**

It’s amazing how much can be accomplished if no one cares who gets the credit.

— **Unknown**

I don’t know why people question the academic training of a student-athlete, half the doctors in the country graduated in the bottom half of their medical school class.

— **Al McGuire, former college basketball coach**

No substitute is without value. Brooks might as well say the same to the sea, for they are not rivers. Give what you can to your team, it is better than you actually think.

— **Unknown**

It is easy to be a smart player, all you have to do is think of something stupid and do just the opposite.

— **Unknown**

As a coach I need to be able to laugh at myself. When you’re able to do that you usually end up laughing with someone, not at someone, and you build camaraderie.

— **Joe Broeker**

I’ve learned over the years how to hold a team together. How to lift some men up, how to calm down others, until finally they’ve got one heartbeat, together, a team.

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

Give them the benefit of your convictions but keep your doubts to yourself for they already have enough of their own.

— **John Kessel**

Nothing beats a failure but a try.

— **Unknown**

Most ball games are won, not lost.

— **Casey Stengel, former major league baseball manager**

A coach has succeeded when he is no longer needed.

— **Unknown**

## Sport Quote Collection – Boxed Part Two

Say you were standing with one foot in the oven and one foot in an ice bucket.  
According to the percentage people, you should be perfectly comfortable.  
—**Bobby Bragan**

Belief creates the actual fact. The greatest discovery of my life was that human beings could alter their lives by altering their attitudes of mind.  
—**William Jones**

As a man thinketh, so is he.  
—**excerpt from The Bible**

All that we are is the result of what we have thought.  
—**Budda**

Be consistent, winning or losing, on or off the court.  
—**Unknown**

Success is never final and failure never fatal. It's courage that counts.  
—**G.F. Tilton**

Think all you speak, but speak not all you think. Your thoughts are your own, but your words are so no more.  
—**Patrick Delany**

If you have knowledge, let others light their candle at it.  
—**Margaret Fuller**

I hear and I forget. I see and I remember. I do and I understand.  
—**Chinese proverb**

Whining isn't everything.  
—**Unknown**

A man's reach should exceed his grasp, or what's a heaven for?  
—**Robert Browning, poet**

Not so important who starts the game, but who finishes it.  
—**John Wooden, former college basketball head coach**

If you are coasting, you are going downhill.  
—**Unknown**

## Sport Quote Collection – Boxed Part Two

Self-discipline is when your conscience tells you to do something and you don't talk back.  
—W.K. Hope

I don't seek perfection; I seek improvement.  
—Unknown

Once on a railway journey, my father unintentionally perpetrated some slight infraction and was unmercifully bawled out by a minor train employee. I was young then and hotly told my father afterwards that he should have given; the man a piece of his mind. My father smiled. "Oh", he said, "if a man like that can stand himself all his life, surely I can stand him for five minutes."  
—Unknown

Commitment to excellence. Boy, that's a mouthful, isn't it? These three words have become very popular in the world of athletics. But what exactly do they mean? The dictionary tells us that commitment is "the act of committing, pledging, or engaging oneself;" excellence, "the fact of excelling; superiority; eminence.

Who do I think of when I hear those three words? Bob Knight, Walter Payton, Mary Lou Retton, Karch Kiraly, Flo Hyman, Doug Beal and countless other individuals who give 100 percent when they step into the competitive arena. They have the pride, the determination, and the commitment to give it their best shot every time.

It's been said that the world is full of winners, but there are very few champions. A champion and a winner are separated by attitude. A champion is someone who acts professional, gives his or her best regardless of the score, and can be counted on at all times. A champion wants to pass the ball when the score is 14-14, to take the last shot when his or her team is trailing by two points, or to step up to the plate in the bottom of the ninth inning with two out and the bases loaded.

Somewhere along the line we all have the choice and the chance to become not only a winner but also a champion. Make those three words, commitment to excellence, a part of your lifestyle and you will be a champion forever.

—Rick Butler, club volleyball coach

The reason for practicing and playing has nothing to do with winning.  
— Unknown

We must be silent before we can listen  
We must listen before we can learn,  
We must learn before we can prepare,  
We must prepare before we can serve,  
We must serve before we can lead.  
— William Ward

You must do the things you think you cannot do.  
—Eleanor Roosevelt, wife of the 32nd president of the United States

## Sport Quote Collection – Boxed Part Two

We play volleyball, we do not work volleyball; athletes are players not workers.  
—Unknown

Please leave your egos in the locker room.  
— Unknown

### **30 feet by 60 feet**

900 square in all  
74-1/8" my friends  
a 12-panel, dead cow ball.

Three hits a side  
No double licks  
The airwire's outa' bounds  
Serve it in  
Concentrate  
Nothin' hits the ground!

Block inside  
Show hit, then tip  
Over your shoulder - let it go.  
Set it high  
Hit it hard  
Always cover low.

Carbohydrate loading  
Jump very, very high  
Bend the knees  
Attrition game  
This wonderful game of ours!  
— Joe "The Truth" Harmon

Obstacles are what you see when you take your eyes off the goal.  
— Unknown

We won't win championships by copying other people or outspending them. Our distinctive edge must be capable people working together to find new and better ways of doing things.  
— Unknown

Pain is inevitable, suffering is optional.  
—Unknown

Excellence is achieved. It is not stumbled onto in the course of amusing oneself. It is built upon discipline and tenacity of purpose.  
— Unknown

## Sport Quote Collection – Boxed Part Two

By failing to prepare, you are preparing to fail.  
—Unknown

Act like a heel towards your teammates, and you'll get walked on.  
— Unknown

No one has ever drowned in sweat.  
—Unknown

There is nothing noble in being superior to someone else. True nobility lies in being superior to your former self.  
— Unknown

Keep on your toes and you won't get caught flat-footed.  
— Unknown

When you play a game always play to win, otherwise your opponent will have no fun; but never wish to win so much that you cannot be happy without it.

Seek to win only by fair and lawful means according to the rules of the game, and this will leave you without bitterness toward your opponents or shame before others.

Take pleasure in the game even though you do not obtain victory; the purpose of the game is not merely to win, but to find joy and strength in trying.

If you obtain this victory which you have so desired, think more of your good fortune than of your own skill. This will make you grateful and ready to share with others the honor bestowed upon you. Truly this is both reasonable and profitable, for it is little that any of us would win in this world were our fortunes not better than our deserts.

—Henry Van Dyke

The measure of someone's character is the amount of disappointment it takes to discourage him.  
—Unknown

I probably have the only team in the country on which all the player's ACT scores are higher than their vertical jumps.  
—Ten Clemens, women's college volleyball head coach

I never exaggerate; I just remember big.  
—Chi Chi Rodriguez, professional golfer

Winning is a by-product of a superbly organized program.  
—Bill Neville, former U.S. national men's coach

## Sport Quote Collection – Boxed Part Two

You're hired to be fired.  
— **Unknown**

We know the principles of coaching. The art is knowing when to apply them.  
—**James 'Doc' Councilman, former college/Olympic swimming coach**

Too many coaches have too big a mouth and not big enough ears.  
— **John Kessel**

To accomplish great things, we must not only act, but also dream. Not only plan, but also believe.  
— **Unknown**

If you can do it, it ain't braggin'... it's a matter of self-confidence. I got where I did because I wasn't no shrinking violet.  
—**"Dizzy" Dean, former major league baseball pitcher**

You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hope rise to the stars. Enthusiasm is the sparkle in your eye, it is the swing in your gait, the grip of your hand, the irresistible surge of your will, and your energy to execute your ideas. Enthusiasts are fighters. They have fortitude. They have brave staying qualities. Enthusiasm is at the bottom of all progress. With it there is accomplishment. Without it there are only alibis.  
—**Henry Ford, industrialist**

A person can't brood over one mistake, or waste time feeling sorry for himself, or take on any sort of persecution complex. Today I realize that once you have made a mistake, you must accept it, profit by it, and then totally dismiss it from your mind.  
— **Bart Starr, former NFL quarterback/head coach**

One of the hardest parts of practice is the criticism a player takes from his coaches. Some players think a coach has it in for them when a flaw in style is pointed out ... I know that when things start going wrong, for one, I get the coach to keep his eye on me to see what I'm suddenly doing wrong. I can't see it or I wouldn't be doing it in the first place.  
— **Willie Mays, former major league baseball player**

By annihilating desires you annihilate the mind. Every man without passions has within him no principle of action, nor motive to act.  
— **Claude Adrien Helvetius**

History has demonstrated many times that WILL is the magic word that turns a pumpkin into a golden coach.  
— **Unknown**

We never understand a thing so well, and make it for our own, as when we have discovered it for ourselves.  
— **Unknown**

## Sport Quote Collection – Boxed Part Two

It is not doing the things we like to do, but liking the things we have to do, that makes life blessed.  
— **Johann Wolfgang von Goethe, poet**

I saw a star, I reached for it, I missed. So I accepted the sky.  
—**Scott Fortini**

We're never as good as we think we are, nor as bad as we think we are.  
—**Adolph Rupp, former college basketball coach**

There is something that is more scarce, something rarer than ability. It is the ability to recognize ability.  
—**Robert Half**

You can be harsh on your players and still coach, but it is easier when you are kind to them.  
—**John Kessel**

We first make our habits, then our habits make us.  
— **Unknown**

Hard work is an accumulation of easy things you didn't do when you should have.  
—**Unknown**

To live only for some future goal is shallow. It's the sides of the mountain that sustain life, not the top.  
—**Robert Pirsig**

Through preparation makes its own luck.  
— **Joe Poyer**

Lead, follow or get out of the way.  
—**Unknown**

Without joy there is no play and I have to add there is no real joy without play. And this joy is not superficial, but deep and sincere. It is caused by the deepest feelings of aesthetic satisfaction because Man recognizes his real self as a psychosomatic organism and because by playing he gives himself to others receiving them equally as part of himself.  
— **Nikkos Costenaou**

No matter how you total success in the coaching profession it all comes down to a single factor - talent. There may be a hundred great coaches of whom you have never heard in basketball, football, or any sport who will probably never receive the acclaim they deserve simply because they have not been blessed with the talent. Although not every coach can win consistently with talent, no coach can win without it.  
—**John Wooden, former college basketball head coach**

## Sport Quote Collection – Boxed Part Two

Habit is most difficult to defeat. If you delete the first letter, it does not change “a bit.” Delete another and you still have a “bit” left. Take off still another and the whole of it remains. But if you take off another, it is wholly used up. Goes to prove if you want to get rid of a habit, you must throw it off altogether.

—Mandel

If a house be divided against itself, that house cannot stand.

—Mark 3:25

A team is like a jigsaw puzzle. It is made up of many individual pieces, yet only forms one picture. Each piece is of no value by itself. To complete the picture, every piece is necessary and of equal importance. Each puzzle piece is uniquely shaped -- a combination of protrusions and indentations. Similarly, each team member is uniquely made. Sometimes it is necessary to give to the other team members -- to extend oneself, thus making the protrusions. Yet at other times it is necessary to give in to one's teammates or accept help from them -- forming the indentations in our puzzling shape.

It is only by experimentation that the pieces fit together. In the process many mistakes will be made, for two protrusions will not fit together better than will two indentations. With experience comes the ability to put the pieces together. By the indentations and protrusions of each member, the teams locks together to form the “picture of success.”

—Unknown

Our plans miscarry because they have no aim. When a man does not know what harbor he is making for, no wind is the right wind.

—Seneca [4 B.C.- 65 A.D.]

They laugh that win.

—William Shakespeare, an excerpt from “*Othello*”

In matters of principle, stand like a rock; in matters of taste, swim with the current.

—Thomas Jefferson, second president of the United States

Fame is a vapor, popularity an accident, riches take wing and one thing endures ... character.

—Tom Landry, former NFL head coach

To teach is to learn.

—Japanese proverb

She was the kind of athlete who asked more of her mother than she did of herself.

—Unknown

The bigger the trophy, the more trivial the contest.

—Harper

## Sport Quote Collection – Boxed Part Two

A hero is no braver than an ordinary man, but he is braver five minutes longer.  
—**Ralph Waldo Emerson, poet**

Coaches need to have the ability of tact - to teach the team to rub out mistakes rather than to rub them in.  
—**John Kessel**

There's one thing I don't ever think about: losing ... Instead, I think about how I'm going to win, and how I can do it the quickest way.  
—**Joe Frazier, former professional boxer**

Time is the most valuable thing one can spend.  
—**Diogenes, philosopher**

The investment is high, the risk heavy in the pursuit of excellence. Those who find it within themselves to make the ultimate commitment stand to gain the greatest victories.  
—**Mary Dunphy, 1988 U.S. Olympic head men's volleyball coach**

To go into a competition and not strive to win is to be a dishonest competitor.  
—**Michael Novak**

Skill, cooperation and development are the horses that pull the winning cart.  
—**Unknown**

Never let victory or defeat appear to rest on one individual's shoulders.  
—**William Warren**

If you can live life without coaching, don't get into it.  
—**Joe Bell**

There is a story - whether it is true or myth, it is characteristic of him - that when Thomas Edison was working on improving his first light bulb, he handed a finished bulb to a young helper, who nervously carried it upstairs, step by step. At the last moment, the boy dropped it. The whole team had to work another 24 hours to make another bulb. Edison looked around, then handed it to the same boy. The gesture probably changed the boy's life. Edison knew that more than the bulb was at stake.  
—**James Newton**

You can't buy heart.  
— **Sen. Bill Bradley, former NBA player**

If one advances confidently in the direction of his dreams, and endeavors to live the life he has imagined, he will meet with a success unexpected in common hours.  
— **Henry David Thoreau, author**

## Sport Quote Collection – Boxed Part Two

If you care about what you're doing, you'll concentrate on doing it correctly. My job is to see that you care.

—Unknown

Volleyball, get in touch with the floor.

—Cynthia Taggart

How can you worry about the monkeys throwing coconuts, when the elephants are stampeding?

—Darryl Rogers, former NFL/college head coach

A man would do nothing if he waited until he could do it so well that no one could find fault.

—John Henry Cardinal Newman

Who lives without folly is not so wise as he thinks.

—French proverb

What is the difference between a genius and an idiot? There is a limit to being a genius.

—Unknown

Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you're a vegetarian.

—Dennis Wholey

One of the most difficult lessons for ambitious young people to learn is that when you try to make an impression, that is the impression that you make. Those whose center of emotional gravity is deeply embedded are willing to wait quietly in line until they are discovered.

—Sydney Harris

Actually there are only two philosophies of life: one is first the feast and then the headache; the other is first the fast and then the feast. Deferred joys purchased by sacrifice are always the sweetest.

— Bishop Fulton Sheen

It must be borne in mind that the tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream. It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is sin.

—Benjamin Mays

If you're thinking something good about your players, say it; don't save it for later.

—Vic Braden, former tennis professional

All the flowers of tomorrow are in the seeds of today.

— Chinese proverb

## Sport Quote Collection – Boxed Part Two

Courage is the difference between talent and an Olympian.  
—Unknown

Great ideas need landing gears as well as wings.  
— C. D. Jackson

Knowledge comes from your instructors; wisdom comes from within.  
—Dan Inosanto

If the only tool you have is a hammer, you tend to see every problem as a nail.  
—Abraham Maslow

It is difficult for young players to learn -- because of the great emphasis on records -- but, ideally, the joy and frustration of sport should come from the performance itself, not the score. While he is playing, the worst thing a player can think about in terms of concentration -- and therefore of success -- is losing. The next worst is winning.  
— John Wooden, former college basketball head coach

Creativity follows mastery, so mastery of skills is the first priority for young talent.  
—Benjamin Bloom

Sweat plus sacrifice equals success.  
—Charles O. Finley, former professional baseball team owner

I've always believed that you can be whatever you want to be if you are willing to sacrifice and dedicate yourself.  
—Sugar Ray Leonard, Olympic and former professional boxer

Nature deals the hand, but nurture plays it.  
—Joubert

Where there is great love, there are always miracles.  
—Willa Cather, novelist

“Mr. Casals, you are 95 and the greatest cellist who ever lived. Why do you still practice six hours a day?” “Because I think I’m making progress.”  
—Pablo Casals, cellist

A pupil from whom nothing is ever demanded that he cannot do, never does all that he can.  
—John Stuart Mill, philosopher

The purpose of discipline is not to punish, but to correct.  
—John Wooden, former college basketball head coach

## Sport Quote Collection – Boxed Part Two

We trained hard ... but it seemed every time we were beginning to form up into teams we would be reorganized ... I was to learn later in life that we tend to meet any new situation by reorganizing, and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralization.

— **Petronius [65 A.D.]**

He who is only an athlete is too crude, too vulgar, too much a savage. He who is a scholar only is too soft, to effeminate. The ideal citizen is the scholar athlete, the man of thought and the man of action.

— **Plato, philosopher**

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one, the being thoroughly worn out before you are thrown on the scrap heap. The being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

— **George Bernard Shaw, dramatist**

Courage is the mastery of fear, not the absence of fear.

—**Mark Twain, author**

Never back down, never fear anyone, for the best opponents will help you to play your best.

— **John Kessel**

There's no gain, without pain.

— **Benjamin Franklin, statesman/scientist**

The biggest failure of man is that he gives up before he realizes how close he was to success.

— **Thomas Edison, scientist**

I had learned volleyball in the Navy, where all the captains and admirals wanted to be spikers, and I found then that a man who can subdue his own desires and master the art of serving others can make himself invaluable. In choosing sides the team captain always chose the good spikers on the first and second choice, but then the spikers would grab his arm and whisper, "Take Michener." I was never chosen lower than third, because I was needed. I wasn't good, but I was faithful.

— **James Michener, author**

It's great to be great, but it's greater to be human.

—**Will Rogers, humorist**

Attitude is an inner concept. It is the most important thing you can develop in your life.

— **Wayne Dyer**

Think positive, real volleyball happens too fast to think any other way.

— **John Kessel**

## Sport Quote Collection – Boxed Part Two

A fault recognized is half corrected.  
— **Unknown**

O Friends, be men, and let your hearts be strong  
And let no warrior in the heat of fight,  
Do what may bring him shame in others' eyes  
—**Homer, poet**

Ideals are like stars. You will not succeed in touching them with your hands. But like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny.  
—**Carl Schurz**

The trouble with the world is not that people know too little, but that they know so many things that ain't so.  
— **Mark Twain, author**

Where the puddle is shallow, the weakest fish stay to drift along with the currents flow;  
To take the tide as it moves each day with idle ripples that come and go;  
With a shrinking fear of the gales that blow by distant coasts where the Great Ports gleam;  
Where the far heights call through the silver glow, "Only the game-fish swims upstream."

Where by the shore is waiting, the minnows play borne by the current's undertow;  
Drifting, fluttering on their way, bound by a fate that has willed it so;  
In the tree-flung shadows they never know how far they have come from the old, brave dream;  
Where the wild gales call from the peaks of snow held in the current the Fates bestow~  
The driftwood moves to a sluggish theme, nor heeds the call which the Far Isles throw  
"Only the game-fish swims upstream."  
—**Grantland Rice, sports writer**

If we, as coaches, aren't teachers, we are nothing  
—**John Wooden, former college basketball coach**

The only difference between resigning and re~signing is a hyphen.  
— **Tim McCarver, former major league baseball player**

Example is the school of mankind, and they will learn at no other.  
— **Edmund Burke, statesman**

There are a thousand reasons for failure, but not a single excuse.  
—**Mike Reid**

Somewhere, someplace, sometime, you're going to have to plant your feet and make a stand, and kick some ass. And when that time comes, you do it.  
— **Lee Riley**

## Sport Quote Collection – Boxed Part Two

I have learned something well worth while  
That victory could not bring  
To wipe the blood from my mouth and smile  
Where none can see the sting

I can walk, head up, while my heart is down  
From the beating that brought it's good,  
And that means more than the champion's crown  
Who is taking the easier road.

I have learned something worth far more  
Than victory brings to men;  
battered and beaten, bruised and sore,  
I can still come back again;

Crowded back in the tough, hard race,  
I've found that I have the heart  
To look raw failure in the face  
And train for another start.

Winners who wear the victor's wreath,  
Looking for softer ways,  
Watch for my blade as it leaves the sheath,  
Sharpened on rougher days,

Trained upon pain and punishment,  
I've groped my way through the night  
MISSING LINE  
And I've only begun to fight.

— **Grantland Rice, sports writer**

**A coach has to worry not so much about creating motivation, esprit de corps, as about destroying it. The true competitor has it; he wouldn't be a star if he didn't. So you have to mold all these egos together and make sure in your selection of people that you don't destroy the feeling of togetherness or morale, because it is a fragile thing.**

—**Dick Motta, former NBA head coach**

**Do not let what you cannot do interfere with what you can do.**

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

**Sports is the only entertainment where, no matter how many times you go back, you never know the ending**

— **Neil Simon, playwright**

**It is only as we develop others that we permanently succeed.**

—**Harvey Firestone, actor**

**It is only as we develop others that we permanently succeed.**

—**Harvey Firestone, actor**

## Sport Quote Collection – Boxed Part Two

There is no such thing as a defeat except for when it comes from within. As long as a person doesn't admit he is defeated, he is not defeated -- he is just a little behind and isn't through fighting.

—**Darrell Royal, former college football head coach**

The moment of enlightenment is when a person's dreams of possibilities become images of possibilities.

—**Vic Braden, former tennis professional**

Dissension tore up the Lakers in the year following that championship. Success is often the first step towards disaster. I call it "the disease of more." People start thinking, "I'm really the key ingredient. It was my quality minutes off the bench," or "It was my brilliant coaching decisions," or "It was my outstanding defense." People who were quiet during the lean years suddenly want more money, more playing time, more recognition. And they get aggressive and jealous about pulling in their "more."

All due rewards will eventually arrive for players who can keep their focus on playing at top ability. But the disease of more takes away their perspective.

—**Pat Riley, NBA head coach**

An ounce of morning is worth a pound of afternoon.

—**Unknown**

He that can have patience can have what he will.

—**Benjamin Franklin, statesman/scientist**

I tell the players that they can't relive any day in their lives and that they can't relive the minutes of a game, so they should make a great effort, a Mount Everest type effort, to live up to their potential. Success is a communal type thing, and if we win, then everyone can be considered successful and we can move uptown together.

— **Al McGuire, former college basketball head coach**

The thing that makes a champion is obvious enough;  
It isn't any mystic prestidigitator's stuff.  
It's nothing more than giving to whatever the chore;  
The power in you -- and a small scintilla more.

It isn't any wizardry, it's not a magic gift;  
It's merely lifting honestly the load you have to lift. Or, in the game you're playing, it is using all your store, of grit and nerve and energy -- and just trifle more.

The thing that makes a champion is simple, plain, and clear' it's never being "almost," "just about," or "pretty near." It's summoning the utmost from your spirit's inner core, and giving every bit of it -- and just a little more.

"That little more, how much it is." As deep and wide and far, as that enormous emptiness from molehill to a star. The gulf between the earthbound, and the eagles as they soar The champions give their best -- and one iota more.

—**Unknown**

## Sport Quote Collection – Boxed Part Two

If the year were playing holidays, To sport would be as tedious as to work.  
—**William Shakespeare, author**

The law of harvest is to reach more than you sow. Sow an act, and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.  
—**G. D. Boardman**

My theory is that if you buy an ice cream cone and make it hit your mouth, you can play. If you stick it on your forehead, your chances are less.  
—**Vic Braden, former tennis professional**

Difficulties mastered are opportunities won.  
—**Sir Winston Churchill, statesman**

Any man worth his salt will stick up for what he believes is right, but it takes a slightly bigger man to acknowledge instantly and without reservation that he is in error.  
—**General Peyton March**

He that wrestles with us, strengthens our nerves and sharpens our skill. Our antagonist is our helper.  
—**Edmund Burke, statesman**

Success is speaking words of praise  
In cheering other people's ways,  
In doing just the best you can  
With every task and every plan.  
It's silence when a speech would hurt;  
Politeness when a neighbor's curt,  
It's deafness when the scandal flows,  
And sympathy with other's woes.  
It's loyalty when duty calls,  
It's courage when disaster falls.  
It's patience when the hours are long,  
It's found in laughter and in song.  
It's in the silent time of prayer  
In happiness and in despair  
In all of life and nothing less  
We find the thing we call success.  
—**Unknown**

Success is never final and failure never fatal. It is courage that counts.  
—**George Tilton**

The most intangible aspect of winning and losing is the human heart.  
—**Mike Reid**

## Sport Quote Collection – Boxed Part Two

The most powerful king on earth is wor-king  
The laziest king on earth is shir-king  
One of the worst kings is smo-king  
The noisiest king is tal-king  
The slyest king is win-king  
The wittiest king on earth is jo-king  
The quietest king is thin-king.

— **Unknown**

Do not the most moving moments of our lives find us all without words?

—**Marcel Marceau, mime**

Progress results from persistence with purpose.

—**Frank Tyger**

The meaning of volleyball, is to give meaning to volleyball, as the meaning of coaching is to give meaning to coaching.

— **John Kessel**

When you help someone up a hill, you'll find yourself close to the top, too.

—**Unknown**

Obstacles are the things you see when you take your eyes off the road.

—**Unknown**

Coaches should realize that the only way to conquer drudgery is by getting through it as efficiently as they can. A dull job slackly done becomes twice as dull, whereas a dull job performed as efficiently as possible becomes half as dull. Effort appears to be the main art of living.

— **Harold Nicolson**

Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elemental truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I have learned a deep respect for one of Goethe's couplets: "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.

— **W.H. Murray**

If you got a dumb head, your whole body has to suffer.

— **Unknown**

Changing from a player to a coach, I felt like a mosquito in a nudist colony. I didn't know where to begin.

— **Pee Wee Reese, former major league baseball player**

## Sport Quote Collection – Boxed Part Two

Good leadership consists in showing average people how to do the work of superior people.  
—**J.D. Rockefeller, industrialist**

For every action, there is an equal and opposite criticism.  
—**Unknown**

The trouble with most coaches is that they start with the assumption that everybody is a turd. And that ain't right.  
—**“Bum” Phillips, former NFL head coach**

A life of frustration is inevitable for any coach whose main enjoyment is winning.  
—**Chuck Noll, former NFL head coach**

As soon as a coach begs, “Please play hard for me,” he becomes a whore. Don't play hard for me. Play hard for yourself. If you don't want to, fine. But if we lose, don't come sobbing to me.  
— **John McKay, former NFL/college head coach**

One day you are drinking the wine, and they next day you are picking the grapes.  
— **Lou Holtz, college football head coach**

You can motivate by fear and you can motivate by reward. But both of those methods are only temporary. The only lasting thing is self-motivation.  
— **Homer Rice, former NFL/college coach**

There once was an umpire whose vision  
Was cause for abuse and derision  
He remarked in surprise, “Why pick on my eyes?  
It's my heart that dictates my decision.”  
— **Ogden Nash, poet**

A good coach can step on your shoes without messing up your shine.  
— **Unknown**

Others may have more ability than you, they may be larger, faster, quicker, better jumpers ... but no one should be your superior in respect to team spirit, loyalty, enthusiasm, cooperation, determination, industriousness, fight effort, and character.  
— **John Wooden, former college basketball head coach**

You must allow your players to become the athletes they can be. Don't make them into anything just to become the kind of winners fans, friends and others think they must be.  
—**John Kessel**

## Sport Quote Collection – Boxed Part Two

One reason I won't compromise is because I believe honesty helps you win over the long haul. You can win a game tomorrow and lose a team. You can lose a game tomorrow and win a football team.

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

Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think you are.

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

You can only succeed when people are communicating, not just from the top down, but in complete interchange. Communication comes from fighting off my ego and listening.

— **Bill Walsh, college/NFL head coach**

Anyone can take first, provided there's no second entry.

— **Unknown**

Many people dream of success. To me success can only be achieved through repeated failure and introspection. In fact, success represents the one percent of your work which results only from the 99 percent that is called failure.

— **Siochiro Honda**

I'd rather see a sermon than hear one any day; I'd rather one should walk with me, than merely show the way.

The eye's a better pupil, And more willing than the ear. Fine counsel is confusing, but example's always clear. *I soon MISSING INFORMATION* if you'll let me see it done; I can see your hands in action, but your tongue too fast may run; And the lectures you deliver may be very fine and true, But I'd rather get my lesson by observing what you do. For I may misunderstand you and the high advice you give, But there's no misunderstanding how you act and how you live.

— **Unknown**

Every time a player goes out to ply his trade he's got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be Number One in any business. But more important, you've got to play with your heart - with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

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

The best place to find a helping hand is at the end of your arm.

— **Unknown**

You can get anything you want if you help enough other people get what they want.

— **Unknown**

You cannot serve a team water with a pitchfork.

— **Unknown**

## Sport Quote Collection – Boxed Part Two

You can only have two things in life, Reasons or Results. Reasons don't count.  
—**Robert Anthony**

There is plenty enough room at the top, but not enough to sit down.  
—**Fred Shero, former NHL head coach**

Never begin with what is already big; only begin with what is small.  
—**Chinese proverb**

You never get ahead of anyone as long as you try to get even with him.  
—**Unknown**

There are two basic situations in volleyball - either you got the ball or you don't.  
—**John Kessel**

Things turn out the best for those who make the best out of the way things turn out.  
— **Unknown**

I shall not permit 30 men to travel 400 miles merely to agitate a bag of wind.  
— **Andrew White, Cornell University president about cancelling the 1883 Cornell/Michigan football game**

Excellent teams don't believe in excellence, only in constant improvement and constant change.  
—**Unknown**

I am not what you think I am, I am not what I think I am; I am what you think, I think I am.  
— **Robert Schuller**

The ball is man's most disastrous invention, not excluding the wheel.  
— **Robert Morley, actor**

Be like a postage stamp; stick to one thing and you'll get there.  
— **Josh Billings**

Experience is not what happens to a man; it's what a man does with what happens to him.  
— **Aldous Huxley, author**

Sports is life with the volume up. The friendships in sports are fused more tightly than in most other places. The laughter is louder, the jokes funnier, the pain sharper, the nights later, the lows lower. Athletics teach us that life, although unpredictable, is something we can deal with. A team nods when it wins and shrugs when it loses and wakes up to a new and different game each day.  
— **Mark Whicker, sports columnist**

## Sport Quote Collection – Boxed Part Two

Success is how high you bounce after you hit bottom.  
— **General George S. Patton**

Nothing makes a player more productive than the last minute.  
—**John Kessel**

The world doesn't want to hear about labor pains. It only wants to see the baby.  
—**Johnny Sam, former major league baseball pitcher**

I'm sure I have a noble mind, and honesty and tact; so no one's more surprised than I to see the way I act.  
— **Unknown**

Failure is only the opportunity to begin again intelligently.  
—**Henry Ford, industrialist**

The only way to see a rainbow is to look through the rain.  
— **Unknown**

The only difference between a champ and a chump is "you."  
— **Unknown**

Did you tackle that trouble that came your way  
With a resolute heart and cheerful?  
Or hide your face from the light of day  
With a craven soul and fearful?  
Oh, a trouble's a tone, or a trouble's an ounce,  
Or a trouble is what you make it.  
And it isn't the fact that you're hurt that counts;  
But only how did you take it?  
You are beaten to earth? Well, well, what's that?  
Come up with a smiling face.  
It's nothing against you to fall down flat,  
But to lie there - that's disgrace.  
The harder you're thrown, why the higher you bounce;  
Be proud of your blackened eye!  
It isn't the fact that you're licked that counts;  
It's how did you fight and why?  
And though you be done to death, what then?  
If you battled the best you could;  
If you played your part in the world of men,  
Why, the Critic will call it good.  
Death comes with a crawl, or comes with a pounce,  
And whether he's slow or spry,  
It isn't the fact that you're dead that counts,  
But only, how did you die?  
— **Edmund Vance Cooke**

## Sport Quote Collection – Boxed Part Two

When your pocket's empty, when your heart is sad; when fellow men distrust you, your name and credit bad; The man or woman who will then stand by you and defend, must surely be with out a doubt a true and noble friend.

— **Unknown**

The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge while an ordinary man takes everything either as a blessing or a curse.

— **Castenale**

A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fume thereof, nearest resembling the horrible Stygian smoke of the pit that is bottomless.

— **King James I [1604] discussing smoking**

It is of far more important that a man shall play something himself, even if he plays it badly, than that he shall go with hundreds of companions to see someone else play well.

—**Theodore Roosevelt! 26th president of the United States**

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 sport, this is anything.

—**Dwight D. Eisenhower, 33rd president of the United States**

This department requires no physical fitness program. Everyone gets enough exercise jumping to conclusions, flying off the handle, running down the boss, knifing friends in the back, dodging responsibility, and pushing their luck.

— **Unknown**

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

— **Herophilus [300 B.C.E]**

Losers live in classic style in the never land called "someday I'll;" Winners live each day as if their last not in the future, not in the past and someday becomes now!!!

— **Dennis Waitley**

We swear that we will take part in the Olympic Games in fair competition, respecting the regulations which govern them and with a desire to participate in the true spirit of sportsmanship for the glory of sport and for the honor of our country.

— **The Olympic Oath**

There's nothing in the world I wouldn't do for him; there's nothing in the world he wouldn't do for me. That's the way it is - we go through life doing nothing for each other.

— **Gene Autry, singer/actor**

## Sport Quote Collection – Boxed Part Two

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sandbox at nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch form traffic. Hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Goldfish and hamsters and white mice and even the little seed in the plastic cup - they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK. Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all - the whole world - had cookies and milk about three o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations always put things back where we found them and cleaned up our own messes. And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

— **Robert Fulghum**

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.

—**George Bernard Shaw, playwright**

We were deliberately designed to learn only by trial and error. We're brought up, unfortunately, to think that nobody should make mistakes. Most children get de-geniused by the love and fear of their parents - that they might make a mistake. But all my advances were made by mistakes. You uncover what is when you get rid of what isn't.

— **Buckminster Fuller**

The way to win is to make it OK to lose.

— **Unknown**

Triumph is a little umph added to try.

— **Unknown**

The secret of being tiresome is to tell everything.

— **Voltaire**

The world breaks every one and afterward many are strong at the broken places.

— **Ernest Hemingway, author**

## Sport Quote Collection – Boxed Part Two

They haven't matured enough so that their competitive juices overcome their excuses.  
— **Bill Neville, former U.S. national men's volleyball head coach**

Whatever necessity lays upon thee, endure, whatever she commands,  
— **Johann Wolfgang von Goethe, poet**

Doubters don't win - Winners don't doubt.  
— **Dennis Waitely**

Imagination is more important than knowledge.  
— **Albert Einstein, scientist**

Coaches who can outline plays on a blackboard are a dime a dozen. The ones who win get inside their players and motivate.  
— **Vince Lombardi, former NFL head coach**

Less effort in this game makes more results.  
— **John Kessel**

If you find a good solution and become attached to it, the solution may become your next problem.  
— **Unknown**

Getting the ball past their block is like trying to sneak the sun past a rooster.  
— **Unknown**

The only real mistake is one from which we learn nothing.  
— **Joan Powell**

Swallow your pride occasionally, it's non-fattening.  
— **Frank Tyger**

Each problem causes a past and a future. If you concentrate on the present, you'll eliminate two-thirds of the problem.  
— **Sidney Rosen**

Tact is rubbing out another's mistake instead of rubbing it in.  
— **Unknown**

For every ball I dug in a game, I have dug hundreds in practice  
— **Laurel Brasse, member of the 1980 and 1988 U.S. Olympic volleyball teams**

When asked by waitress if he wanted his pizza sliced into 6 or 8 pieces - "Better make it six, I can't eat eight."  
— **Dan Osinski**

## Sport Quote Collection – Boxed Part Two

By itself, practice does not make perfect. Those of us with a 10-year old sin practicing the trumpet may understand that.

—**Dr. Daniel Hanley**

Most volleyball players are made in the winter, spring and summer, for come fall, everyone practices equal time.

—**John Kessel**

Officiating is the only job in America that everybody knows how to do better than the guy who is doing it.

—**Larry Goetz**

Getting past his block is like taking a trip around the world.

—**Unknown**

I carry a link in my pocket, a simple reminder to me.  
Of the fact that I am a team member, no matter where I may be.  
This little link is not magic, nor is it a good luck charm.  
It isn't meant to protect me, from every physical harm.

It's simply an understanding, between my teammates and me.  
When I put my hand in my pocket, to bring out a coin or key.  
The link is there to remind me, of what a team member should be.

It links me to the team, it links me to the school.  
It is a constant reminder, that there is no place for a fool.  
So I carry this link in my pocket, to remind me many a time.  
That a person without conviction, isn't worth a simple dime.

— **Norm Parker**

An automobile goes nowhere efficiently unless it has a quick, hot spark to ignite things, to set the cogs of the machine in motion. So I try to make every player on my team feel he's the spark keeping out machine in motion. On him depends our success and victories.

—**Knute Rockne, former college football head coach**

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

—**Joe Paterno, college football head coach**

Coaches must be flexible, for then they won't get bent out of shape.

—**John Kessel**

By perseverance the snail reached the ark.

— **Charles Spurgeon**

## Sport Quote Collection – Boxed Part Two

With the application of our abilities as one team, we can make our own “breaks.” We can create the “luck” that can be so elusive. Here are the four key aspects of teamwork that do the job:

L - Loyalty  
U - Unselfishness  
C - Cooperation  
K - Kindness  
—Kellogg Company

I'm like a duck; calm above water but paddling like hell underneath.

— Fred Shero, former NHL head coach

I believe you can do 99 percent of the things right but not possess a positive winning attitude, and you will fail.

— A. L. Williams

I think the ability to motivate might be interpreted as the ability to lead, or to show people their goals or, perhaps more important, what their potential is -- as a person as well as a player. You've got to show players that being part of a team will carry over to the experience of becoming part of society.

— Bobby Knight, college basketball head coach

You must always have an alibi to show why you lost. If you haven't one, you must fake one. Your self-confidence must be maintained. Always have that alibi. But keep it to yourself. That is where it belongs.

— Christy Mathewson, former major league baseball player

If there is something laudable; Make sure that it is audible.

— Madge Mullin

There will always be someone with a cuter girl, a bigger car, a bigger home, but that does not matter. You measure your own performance by your own potential. That's what makes a successful person.

— Harvey Mackay

**I WILL...**

Start anew this morning, with a higher, fairer creed.  
Cease to stand complaining, of my ruthless neighbor's greed.  
Cease to sit reclining, while my duty's call is clear.  
Waste no moment whining, and my heart shall know no fear.  
Look sometimes about me, for the things that merit praise.  
Search for hidden beauties, that elude the grumbler's gaze.  
Find my own contentment, in the paths I must tread.  
Cease to have resentment, when another moves ahead.  
Sway not by envy, when my rival's strength is shown.  
Deny not that person's merit, but I'll strive to prove my own.  
See the beauty spread before me, come rain or come shine.  
Cease to preach your duty, and be more concerned with mine.

— Unknown

## Sport Quote Collection – Boxed Part Two

I believe that we cannot live better than in seeking to become still better than we are.  
— **Socrates, philosopher**

When a man realizes his littleness, his greatness can appear.  
— **H.G. Wells, author**

God wisely designed the human body so that we can neither pat our own backs nor kick ourselves too easily.  
— **Unknown**

Work hard - beat out half the team.  
Be committed, play fair as a team player -  
Beat out another quarter of the team.  
The last quarter is your desire and beliefs, and where you are playing.  
— **John Kessel**

Make new friends, but keep the old; one is silver, the other gold.  
— **Unknown**

These are the highlights in a lifetime of following sports. *Hilarity*. The most sheer fun I ever had in sports was playing volleyball, a game I commend highly ... if you have ever seen the great women's teams of Japan and Russia or the equally good men's teams of Cuba and East Germany, you know how exciting this playground game, which requires so little equipment, can be.  
—**James Michener, excerpt from "Sport in America"**

Only two groups of players fall for positive coaching styles - men and women.  
— **Unknown**

There is no such thing as "staying in shape;" you either work to get better, or you allow yourself to get worse.  
— **John Kessel**

Even if you're on the right track, you'll get run over if you just sit there.  
— **Will Rogers, humorist**

The average person has 66 pounds of muscle and about three pounds of brains -which explains a lot of things.  
— **Unknown**

You can get defeated, just as long as you don't fail.  
—**Billy Mills, 1964 U.S. Olympic gold medalist [track]**

Don't count the days, make the days count!  
—**Unknown**

## Sport Quote Collection – Boxed Part Two

It is only a game when you win. When you lose it's hell.  
—**Hank Strain, former NFL head coach**

The idea is to win you guys, the idea is to win.  
—**Doug Beal, 1984 U.S. Olympic men's head coach on coaching a drill**

Always bear in mind that your own resolution to succeed is more important than any one thing.  
—**Abraham Lincoln, 16th president of the United States**

To travel hopefully is a better thing than to arrive.  
—**Robert Louis Stevenson, novelist/poet**

The journey is better than the end.  
—**Miguel Cervantes, novelist**

If we control the ball, they pay.  
—**Mary Dunphy, 1988 U.S. Olympic men's head coach**

Never mistake activity for achievement.  
—**John Wooden, former college basketball head coach**

I'm not looking for starters, I'm looking for finishers.  
—**John Townsend**

Talk low, talk slow, and don't say much.  
—**John Wayne, actor**

If you cannot win, make the one ahead of you break the record.  
—**Jan McKeithen**

The important thing about your lot in life is if you use it for building or parking.  
—**Unknown**

I said, "You missed practice yesterday didn't you?" The player replied, "No coach, not a bit."  
— **Vince Lombardi, former NFL head coach**

The highest reward for a person's toil is not what he gets for it, but what he becomes by it.  
— **Unknown**

The difference between ordinary and extraordinary is that little extra.  
—**Unknown**

## Sport Quote Collection – Boxed Part Two

Paralyze resistance with persistence.

— **Woody Hayes, former college football head coach**

Never, never, never quit.

— **Sir Winston Churchill, statesman**

Different strokes for different folks.

— **Unknown**

Volleyball is one of the most interactive sports going. It is a game of intuition. Imagination. Improvisation. But most of all, of reciprocity. Of teamwork. There is no way to freelance in volleyball.

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

The boast of heraldry, the pomp of pow'r,  
And all that beauty, all that wealth e're gave;  
Awaits alike th' inevitable hour:  
The paths of glory lead but to the grave.

—**Thomas Gray, poet**

Decisions are more apt to be accepted when you've listened to suggestions first. I wanted them to see the reason behind what I asked of them, not to do things just because I said so.

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

The only time you can afford to fail is the last time you try.

— **Charles Kettering, inventor**

Championships are mythical. The real champions are those who live through what they are taught in their homes and churches. The attitude that "We've got to win" in sports must be changed. Teach your youngsters, who are the future hope of America, the importance of love, respect, dedication, determination, self-sacrifice, self-discipline and good attitude. That's the road up the ladder to the championships.

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

Today's preparation determines tomorrow's achievement.

—**Unknown**

Don't wish to be anything but what you are, and try to be that perfectly.

—**St. Francis De Sales**

Some men dream of worthy accomplishments, while others stay awake and do them.

—**Unknown**

## Sport Quote Collection – Boxed Part Two

Believe in yourself, believe you were made to do any task without calling for aid  
Believe, without growing scornfully proud that you as the greatest and least are endowed  
A mind to do the thinking, two hands and two eyes are all the equipment God give to the wise  
Believe in yourself, your divinely designed and perfectly made for the work of mankind  
This truth you must cling to through danger and pain the heights man has reached you can also attain  
Believe to the very last hour, for it is true that whatever you will, you've been gifted to do  
Believe in yourself and step out unafraid by misgivings and doubt be not easily swayed  
You've the right to succeed, the precision of skill which betokens the great, you can earn if you will  
The wisdom of ages is yours if you'll read but you've got to believe in yourself to succeed.  
— **Unknown**

We cannot adjust the wind, but we can adjust the sails.  
—**Unknown**

Ingenuity, plus courage, plus work, equals miracles.  
—**Bob Richards**

When everyone has good players, teaching will be a telling difference.  
— **John Wooden, former college basketball head coach**

The great thing in this world is not so much where we are, but in what direction we are headed.  
— **Oliver Wendell Holmes, jurist**

The coach is my shepherd, I shall not foot fault.  
He maketh me not to double hit.  
He leadeth me beside setters who do not cheat up.  
He restoreth my vertical jump.  
He leadeth me in the path of drifting blockers.  
Yea, tho' I walk through the valley of power hitters,  
I shall fear no six-pack in the face,  
For thou are with me.

Thy trainer and ice pack, they comfort me.  
Thou preparest a table of trophies before me  
In the presence of my opponents.  
Thou annointest my legs in analgesic balm  
And my cup runneth over with electrolytes.  
Surely, straight games in the finals  
Shall follow me all the days of my life,  
And I will use the blockers to set my position  
And dig cross court forever.  
AMEN.

— **M. Tosiello and M. Hatten**

## Sport Quote Collection – Boxed Part Two

Keep your patience! For if you lose it you will lose your: Composure, Confidence, Assurance, Will and Success. Patience is victorious: Oftentimes outruns skill and outwits impulsiveness. Patience is productive: In time the mulberry leaf becomes silk. Patience is visionary: Visualizes the ripened grain as the fruition of a series of successive steps of working and waiting - securing the land, breaking the soil and planting the seed. Nature is wise enough to wait and persistent enough to eventually have her way, and so can man, if he will add patience to diligence. Patience is a possessor: The world belongs to him who bides his time.

— **Leroy Brownlow**

Without perseverance, talent is a barren bed.

— **Welsh proverb**

The difference between the wise man and the fool? The fool says what he knows - the wise man knows what he says.

—**Unknown**

Teach them, teach them all!  
The stout, the thin and the tall  
The shy and the others  
The sisters as well as the brothers  
The handicapped, awkward and small

Teach them all, teach them seeds  
The balance, endurance, their needs  
Respect and good manners  
Three R's and the grammars  
The ethics, principle and creeds

Let them search and explore  
Their space, the walls, the floor  
The science of motion  
The creative notion  
Decisions and problems galore

What's our task? Our main goal?  
Simply to guide and develop the "Whole!"  
Not merely athletics  
Not just alphabetics  
Teach them all, teach it all, that's our role

— **Ambrose Brazelton**

To sin by silence when they should protest makes cowards out of men.

— **Abraham Lincoln, 16th president of the United States**

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

— **Karch Kiraly, two-time U.S. Olympic gold medalist [volleyball]**

## Sport Quote Collection – Boxed Part Two

Silence is not always golden; sometimes it is just plain yellow.  
— **Unknown**

What a man does for others, not what they do for him, gives him immortality.  
— **Daniel Webster, statesman**

I know it sounds selfish, wanting to do something no one else has done. But that's what you're out here for - to separate yourself from everyone else.  
— **Jack Nicklaus, professional golfer**

Intelligence plus character; this is the goal of true education.  
— **Martin Luther King, civil rights leader**

The most interesting thing about this sport, at least to me, is the activity of preparation--any aspect of preparation for the games. The thrill isn't in the winning, it's in the doing.  
— **Chuck Noll, former NFL head coach**

Recruiting is like shaving. Do it every day or you'll look like a bum.  
— **Unknown**

I don't think you're going to be a success in anything if you think about losing, whether it's in sports or in politics.  
— **Sen. Edward Kennedy**

Associate yourself with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.  
— **George Washington, first president of the United States**

If muscles were everything, a bull could catch a rabbit.  
— **Unknown**

Opportunity is missed by most people because it is dressed in practice sweats and looks like training, not like the game.  
— **Unknown**

Progress always involves risk; you can't steal second base and keep your foot on first.  
— **Fredrick Wilcox**

Play your heart out each game, so you can look your teammates in the eyes and ask, without saying it, "I played full out, did you?"  
— **John Kessel**

Kind words don't wear out the tongue.  
— **Unknown**

## Sport Quote Collection – Boxed Part Two

If I make a set of rules, then a guy goes out and steals an airplane. He comes back and says, "It wasn't in the rules."

— **Abe Lemons, former college basketball head coach**

Pay no attention to what the critics say. A statue has never been erected in honor of a critic.

— **Jean Sibelius, composer**

It's impossible to get a toehold on success by acting like a heel.

— **Unknown**

Anytime you feel like quitting throughout your career, perhaps you'll remember this story of one of our people:

He failed in business in '31

He ran as a state legislator and lost in '32

He tried business again in '33 and failed again

His sweetheart died in '35

He had a nervous breakdown in '36

He ran for state elector in '40 after he regained his health

He was defeated for Congress in '43

He was defeated again for Congress in '48

He was defeated when he ran for the Senate in '55

He was defeated for the Vice Presidency of the United States in '56

He ran for the Senate again in '58 and lost

This man never quit.

He kept on fighting till the last

In 1860, this man, Abraham Lincoln, was elected President of the United States of America.

— **Unknown**

There is no traffic jam on the extra mile.

— **Unknown**

The word American ends in I CAN!

— **Unknown**

A really great man is known by three signs -- generosity in design, humanity in execution, moderation in success.

— **Bismark**

Some make excuses, some make trouble, we make good.

— **Unknown**

We do not stop playing because we are old; we grow old because we stop playing.

— **Unknown**

## Sport Quote Collection – Boxed Part Two

The will to excel and the will to win; they endure. They are more important than any of the events that occasion them.

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

When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without a crack showing in it. Yet at the hundredth and first blow it will split in two. I know that it was not that blow that did it, but all that had gone before.

— **Jacob Riis**

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

— **Issac Asimov, author**

Conservative coaches have one thing in common; they are unemployed.

—**Chuck Knox, NFL head coach**

Miracles are great, but they're so damn unpredictable.

—**Peter Drucker**

Always borrow from a pessimist, he'll never expect it back.

—**Unknown**

I ain't won but one. My team won the rest in spite of me.

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

The art of living is more like wrestling than dance.

— **Marcus Aurelius**

Volleyball rules are simple. If it is on the floor, pick it up and get it into the air. If it is in the air, keep it off the floor.

— **John Kessel**

If you only could recognize that life is hard, things would be so much easier for you.

— **Justice Brandeis**

There is no thrill in east sailing when the skies are clear and blue. There is no joy in merely doing things which anyone can do But there is some satisfaction that is mighty sweet to take When you reach a destination that you thought you couldn't make.

— **Unknown**

A smile is a curve that can set things straight.

— **Unknown**

## Sport Quote Collection – Boxed Part Two

It's all very well to have courage and skill and its fine to be counted a star. But the single deed with its touch of thrill doesn't tell us the person you are. For there's no lone hand in the game we play, we must work to a bigger scheme. And the thing that counts in the world today is how do you pull with the team?

They may sound your praise and may call you great, they may single you out for fame.  
But you must work with your training mate or you'll never win the game.  
For never the work in life is done by the person with a selfish dream. For the battle is lost or the battle is won by the spirit of the team

You may think its fine to be praised for skill but a greater thing to do;  
Is to set your mind and your will on the goal that is just in view. It's helping your fellow human to score when the chances hopeless seem. It's forgetting self till the game is o'er and fighting for the team.

— **Unknown**

Only a mediocre person is always at his best.

— **W. Somerset Maugham, author**

What lies behind, and what lies ahead of us, is of little importance when compared to what lies within.

— **Oliver Wendell Holmes, jurist**

We have met the enemy, and they is us.

— **Pogo**

To fate resigned, they wait upon the bench and lean their chins upon their hands. They watch every play and vaguely hear the cheers that thunder from the stands Out there teammates execute the plays the sub's sweat and toil helped them to learn While subs can only watch and hope and patiently await their turn. The din of cheering crowds roll o'er a sub's head unknown the service each perform. They only see subs waiting for their chance, the chance that often never comes. Unsung, but still alert to give their best, content when thousands laud their mates; Successful teams were never built without The Sub who hopes and works and waits.

— **Unknown**

In matters of principle, stand like a rock, in matters of taste, swim with current. Give up money, give up fame, give up science, give the earth itself and all it contains, rather than do an immoral act. And never suppose, that in any possible situation, or under any circumstances, it is best for you to do a dishonorable thing, though it can never be known but to appear to you. Whenever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly.

— **Thomas Jefferson, second president of the United States**

The longer I play sports, the more realistic my expectations become.

— **Unknown**

Courage is the first of human qualities because it is the quality which guarantees all others.

— **Sir Winston Churchill, statesman**

## Sport Quote Collection – Boxed Part Two

I don't like to talk too much to people who always agree with me. It is amusing to coquette with an echo for a little while, but one soon tires of it.

— **Thomas Carlyle, historian**

You cannot turn your winning attitude on when you think you “need it.” You must work on it every day, every practice, every match - win or lose. Focus on playing to win, not playing to lose, for there is a season of difference between the two.

— **John Kessel**

It is all in vain to preach the truth to the eager ears of trusting youth If, whenever players are standing by, they see you cheat and hear you lie. Fine words may grace the advice you give, but youths will learn from the way you live. Honor's a word that a thief may use high sounding language the basest may choose Speech is empty and preaching vain, though the truth shines clear and the lesson's plain

If you play false they will turn away,  
for your life must be square with the things you say.

They won't tread the path of your righteous talk but will follow the path which you daily walk. Not as I do, but do as I say, won t win them to follow the better way. Through the thin veneer of your speech they'll see unless you're the one you would have them be.

The longer you live you will find this true As you would teach, you must also do. If you teach them to live to their very best you must live your life by the self same test.

— **Unknown**

Most of us are referees at heart; we like to call throws and errors on someone else.

—**John Kessel**

Shared victory is a double victory, shared defeat is half-defeat.

— **John Kessel**

There is no such thing as a necessary evil. For, if a thing is really necessary, it cannot be evil and if it is an evil, it is not necessary.

— **Tiorio**

Some days you step on it, some days you don't.

— **Unknown**

What really counts is not the number of hours you put in, but how much you put in the hours.

— **Unknown**

The Pilgrims didn't have any experience when they landed here. Hell, if experience was that important, we'd never have anybody walking on the moon.

— **Doug Rader, former major league baseball player/manager**

## Sport Quote Collection – Boxed Part Two

Focus on winning the contest with yourself.  
— **John Kessel**

Freedom is like a coin. It has the word privilege on one side and responsibility on the other. It does not have privilege on both sides. There are too many today who want everything involved in privilege, but many refuse to accept anything that approaches the sense of responsibility.  
— **Joseph R. Sizoo**

You can see a lot by observing.  
— **Yogi Berra, former major league baseball player**

Be quick, but never hurry.  
— **John Wooden, former college basketball head coach**

Character is not made in a crisis, only displayed.  
— **Unknown**

If you don't start, it is certain you won't arrive.  
— **Robert Anthony**

Winning can be defined as the science of being totally prepared.  
— **George Allen, former NFL/college head coach**

If people really concentrated on the important things in life, there'd be a shortage of volleyballs.  
— **John Kessel**

A juvenile activity that makes delinquents out of adults.  
— **Jim Murray, sports writer defining Little League**

There is no sight sadder than a young pessimist.  
— **Mark Twain, author**

He doesn't know the meaning of the word fear. Of course, there are lots of other words he doesn't know either.  
— **Sid Gillman, former NFL head coach**

Glory may be fleeting, but obscurity lasts forever.  
— **Unknown**

Alter strategies and tactics, but never your principles.  
— **John Kessel**

The game's not over till it's over.  
— **Yogi Berra, former major league baseball player**

## Sport Quote Collection – Boxed Part Two

Trying simply provides an excuse for not doing.  
— **John Kessel**

You can't tell which way the train went by looking at the tracks.  
— **Unknown**

One thought driven home is better than three left on base.  
— **Unknown**

Character may be manifested in great moments, but it is made in small ones.  
— **Phillip Brooks**

Officiating is where you are right, but no one remembers, but when you are wrong, no one forgets.  
— **Unknown**

People who never get carried away, should be.  
— **Malcolm Forbes, publisher**

There is no substitute for excellence. Not even success.  
— **Thomas Boswell**

We are what we continually do. Excellence, then, is not a single act, but a habit.  
— **Aristotle, philosopher**

There is nothing less important in life than the score after one game of a two out of three game match.  
— **John Kessel**

People want to know you care, before they care what you know.  
— **Unknown**

What do you think of my team's execution? By all means yes, execute them.  
— **John McKay, former NFL/college head coach**

A coach must sometimes see players with his heart, and hear them with his eyes.  
— **John Kessel**

If it is meant to be, it is up to me.  
— **Unknown**

## Sport Quote Collection – Boxed Part Two

What is hustle? It is...

Doing something that everyone is absolutely certain that cannot be done.

Earning a position because you learned it first, or stayed with it when everyone else gave up.

Getting other players to say “yes” when they have already said “no.”

The sheer joy of winning.

Heaven if you are a hustler and hell if you are not.

—Unknown

To be employed in useless things is half to be idle.

— Thomas Fuller

Anybody who thinks the sky is the limit has no imagination.

— Unknown

We make a living by what we get. We make a life by what we give.

—Sir Winston Churchill, statesman

A hard-fought, well-fought, hairline-close game is as classical in sports as tragedy is in the theater. Victory is contained within defeat, and defeat is contained within victory. That's the way it is in the best of games. What counts in sports is not the victory, but the magnificence of the struggle.

— Joe Paterno, college football head coach

### The Paradoxical Commends for Leadership

People are unreasonable, illogical and self-centered - Love them anyway.

If you are successful, you win false friends and true enemies - Succeed anyway.

The good deeds you do today will be forgotten tomorrow - Do good deeds anyway.

Honesty and frankness make you vulnerable - Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest minds - Think big anyway.

People will favor underdogs, but only follow top dogs - Fight for some underdogs anyway.

What you spent years building may be destroyed overnight - Build anyway. People really need help, but may attack you if you help them - Help people anyway.

Give the world the best you have and you will get kicked in the teeth - Give the world the best you've got anyway.

— Kent Keith

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

— Henry David Thoreau, author

Putting 100 percent into your life, your work, or sport, doesn't give you the right to expect success at whatever you are trying to do - it just provides the opportunity.

— Graham Lowe

True motivation is not getting people to play to their potential. True motivation is getting people to play beyond their potential.

— Rick Pitino, college basketball head coach

## Sport Quote Collection – Boxed Part Two

My father taught me that only through self-discipline can you achieve freedom. Pour water in a cup and you can drink; without the cup, the water would splash all over. The cup is discipline.  
— **Ricardo Montalban, actor**

If you are losing a tug of war with a tiger, give him the rope before he gets to your arm. You can always buy a new rope.  
— **Max Gunther**

To carry a grudge is like being stung to death by one bee.  
— **William H. Walton**

An error doesn't become a mistake until you refuse to correct it.  
— **O.A. Battista**

I must create a system, or be enslaved by another man's.  
— **William Blake, poet**

Difficulties exist to be surmounted.  
— **Ralph Waldo Emerson, poet**

Luck never gives, only lends.  
— **Swedish proverb**

Training is everything. The peach was once a bitter almond. The cauliflower is nothing but a cabbage with a college education.  
— **Mark Twain, author**

I am here to give my players the little push they need, just like they needed long ago, when first learning the art of the swing. All you needed then was a little push, and quickly you were pumping away, flying higher and higher, without any more help from the "coach."  
— **John Kessel**

Winning isn't worthwhile unless one has something finer and nobler behind it. When I reach the soul of one of my boys with an idea, or ideal, or vision, then I have done my job as a coach.  
— **Amos Alonzo Stagg, former college football head coach**

There ain't no surer way to find out whether you like people or hate them than to travel with them.  
— **Mark Twain, author**

Making the team is one thing, becoming a team is another.  
— **Graham Lowe**

## Sport Quote Collection – Boxed Part Two

Success and excellence are not the same. Excellence grows within a person, is largely within that person's control, and its meaning lasts. Success is measured externally, by comparison to others, is often outside our control, and is perishable.

— **Joe Paterno, college football head coach**

The mind is its own place, and in itself can make a Heaven of Hell and a Hell of Heaven.

— **John Milton, poet**

Always do right. This will gratify some people, and astonish the rest.

— **Mark Twain, author**

Strive for the stars. They are the most difficult. Yet in that striving, you reach the mountaintop.

— **Unknown**

The wise coach takes all the heat when his players lose, and gives them all the credit when they win.

— **John Kessel**

Never confuse effort with results.

— **Unknown**

When I was a young man, I observed that nine out of ten things I did were failures. I did not want to be a failure, so I did ten times more work.

—**George Bernard Shaw, dramatist**

You can't be really strong until you see a funny side to things.

—**Ken Kesey**

He practiced as if he was killing snakes out on the court.

—**Unknown**

An athlete should be measured by the heart of the player and not by the school board.

— **Unknown**

Show me someone who has done something worthwhile, and I'll show you someone who has overcome adversity.

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

If you work for a man, in heaven's name work for him, speak well of him, and stand by the institution he represents. Remember, an ounce of loyalty is worth a pound of cleverness.

If you must growl, condemn, and eternally find fault - 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, the first high wind that comes along will blow you away, and probably you will never know why.

— **Elbert Hubbard**

## Sport Quote Collection – Boxed Part Two

Whether you know it or not, whether you like it or not, the habits you are developing now will be with you for the rest of your life.

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

Volleyball is like a high wire, if you don't look down, you're fine.

— **Unknown**

Study hard, practice hard, play ferociously.

— **John Kessel**

Do your share, and a little bit more.

—**Unknown**

The six most important words are "I admit I made a mistake." The five most important words are "You did a good job." The four most important words are "What do you think?" The three most important words are "if you please. The two most important words are "Thank you." The least important word is "I."

—**David Weiss**

It's easier to practice to practice, than it is to practice to play.

—**Unknown**

If you want privacy, take up golf, not the ultimate team sport of volleyball.

—**Unknown**

Superior athletes want to be accountable for their own results.

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

When I was coaching I always considered myself a teacher. Teachers tend to follow the laws of learning better than coaches who do not have any teaching background. A coach is nothing more than a teacher. I used to encourage anyone who wanted to coach to get a degree in teaching so they could apply those principles to athletics.

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

Think like a champion, act like a champion, train like a champion, and you'll be a champion.

— **Unknown**

Coaches who keep looking at the stars will trip over their shoelaces.

— **Unknown**

I hate quotations. Tell me what you know.

— **Ralph Waldo Emerson, poet**

## Sport Quote Collection – Boxed Part Two

Don't fight the rabbits. If you fight the rabbits, the elephants are going to kill you.  
— **Bobby Knight, college basketball head coach**

The single most important thing in coaching is turning out educated kids who are ready for society.  
— **Newell**

One man practicing sportsmanship is far better than 50 preaching it.  
— **Knute Rockne, former college football head coach**

An athletic coach knocked at the Heavenly Gate A face quite scarred and old  
And stood before the man of fate For admission to the fold "What have you done," Saint Peter said, "To gain admission here?"  
"I've been an athletic coach, kind sir, For many and many a year." The pearly gate swung open wide,  
St. Peter touched a bell. "Come in and chose your harp," he said, "You've had your share of hell."  
— **Unknown**

The pessimistic coach complains about the play. The optimistic coach expects it to change. The realistic coach adjusts what he can control.  
— **John Kessel**

Even a mosquito doesn't get a slap on the back until he starts to work.  
— **Vein McLellan**

If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to laugh at himself.  
— **Charles Schultz, cartoonist**

I never learn anything talking. I only learn things when I ask questions  
— **Lou Holtz, college football head coach**

Discipline: doing what you have to do, and doing it as well as you possible can, and doing it that way all the time.  
— **Bobby Knight, college basketball head coach**

It isn't so much how busy you are -- but why you are busy. The bee is praised, the mosquito is swatted.  
— **Roger Devlin**

The chains of habit are generally too small to be felt until they are too small to be broken.  
— **Samuel Johnson, author**

People throw away what they could have by insisting on perfection, which they cannot have, and looking for it where they will never find it.  
— **Edith Schaeffer**

## Sport Quote Collection – Boxed Part Two

For many players the hardest point to get is the point from dependence to independence. For many coaches the hardest point to gain is the point from imitation to innovation.

—Unknown

The final test of a leader is that he leaves behind in other men the will and conviction to carry on.

—Walt Whitman, poet

Badness you can get easily, in quantity. The road is smooth and lies close by. But in front of excellence the immortal gods have put sweat, and long and steep is the way to do it, and rough at first. But when you come to the top, then it is easy, even though it is hard.

—Hesiod [700 B.C.]

Instead of pointing a critical finger, lend a helping hand.

— Unknown

You have to learn every day. You can't be playing every day, but you can be practicing. If you cannot be practicing with a net and others daily, you still can be learning about the game by reading, watching and imaging. You must learn every day, if you want to be a real volleyball player.

— John Kessel

Together  
Everyone  
Accomplishes  
More

— Unknown

Have patience. All things are difficult before they become easy.

—Saadi

Temper is a quality that at a critical moment brings out the best in steel and the worst in people.

— William Groshe

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

— Unknown

Make the most of yourself, for that is all there is of you ... Man becomes what he thinks about all day long.

— Ralph Waldo Emerson, poet

Winning and losing are only temporary; Friendship lasts forever.

— Chinese sport saying

There is no greater glory for a man as long as he lives than that which he wins by his own hands and feet.

— Homer, an excerpt from "The Odyssey"

## Sport Quote Collection – Boxed Part Two

Learn as if you were to live forever. Live as if you were going to die tomorrow.  
— **John Wooden, former college basketball head coach**

We do not remember days, we remember moments.  
— **Unknown**

Since we learn best in training situations that are basically game-like, we should incorporate three contact drills as often as possible. I am convinced that the best hitting drills are Pass, Set, Hit (P-S-H), the best setting drills are P-S-H, and the best passing drills are P-S-H. Likewise, the best defensive drills are Dig, Set, Hit combinations.  
— **Mary Dunphy, 1988 U.S. Olympic men's volleyball head coach**

Against the assault of laughter, nothing can stand.  
— **Mark Twain, author**

Laughter is the shortest distance between two people.  
— **Victor Borge, pianist/comedian**

We are here for just a spell, so get a few laughs.  
— **Will Rogers, humorist**