

“Inspirational Quote for Athletes and Others as Well”

Your success depends on believing in yourself.

There is no such thing as a “make up practice”. What is missed is missed.

Everyone wants to fill a champion’s shoes, but a champion’s shoes are not loafers.

You race in meets the way you race in practice.

If you think you can’t, you’re right.

“YOUGOTTANWANNA”

Luck is when preparation meets opportunity.

You can’t control the wind, but you can adjust your sails.

There are 3 kinds of people. (1) Those who make it happen (2) Those who watch things happen (3) Those who wonder what happened. Be the one to make it happen.

The training pool is where you make it happen. The racing pool is where you let it happen. Stop whining and start winning.

Be open to everything and attached to nothing.

If you don’t like the feeling, change the picture.

Every now and then bite off more than you can chew.

“If you can dream it, you can do it.” Walt Disney

There are only two choices. Make excuses or make progress.

Today in practice I gave everything I had. What’s left is gone forever.

“Failure is the opportunity to begin again, more intelligently.” Henry Ford

Don’t accept “good enough” as “good enough”.

Honest criticism is better than undeserved praise.

The training pool is where you make it happen. The racing pool is where you let it happen.

Pressure makes people great.

When we drill, we drill perfect. When we train, we train hard. When we race, we win.

Winners see what they want to be! Losers see what they want to avoid.

No deposit, no return.

Success happens one lap at a time.

It is not how good you are on a good day. It is how good you are on a bad day.

Some people die at 25 and aren’t buried until they are 75.

Write your injuries in dust.

“I never knew a man who was good at making excuses who was good at anything else.” Will Rogers

When you are finished changing, you are finished.

“Rather fail with honor than succeed by fraud.” Sophocles

“To be prepared is half the victory.” Cervantes

“It is better to deserve honors and not have them, than to have them and not deserve them.” Mark Twain

Work while it hurts, not until it hurts.

You can't force the feel. You must feel the force.

The strength of the wolf is in the pack. The strength of the pack is in the wolf.

What are you made of? You are made of what you do.

What is more important than believing? Action!

The world is full of dreamers who never act on their dreams.

The few who do are the envy of the many who only watch.

If your sword is too short, increase it's length by taking a step forward.

"Your goals are the road maps that guide you and show you what is possible in your life." Les Brown

Goals are dreams with deadlines.

Make your life a mission not an intermission.

"What you get by achieving your goals is not as important as what you have become by achieving them." Zig Ziglar

If you chase two rabbits, both will escape.

"Your emotions affect every cell of your body. Mind and body, mental and physical are intertwined." Dr. Tom Tutko

A bird sitting on a branch is not afraid of it breaking. It's trust is not in the branch but in it's own wings. Always believe in yourself.

It is not how you start, it is how you finish.

"The harder you work, the harder it is to surrender. " Vince Lombardi

“Difficulties in life are intended to make us better not bitter.” Dan Reeves

“Failure is the opportunity to begin again, more intelligently.” Henry Ford

“All that we are is the result of what we have thought.” Buddha

“Grind it out one second at a time. Every SECOND counts.” Lance Armstrong

Think that you can, and you will.

Success is a matter of hanging in there after others have let go.

Every burden bares a gift, every challenge brings a treasure and every set back hides a blessing.

“The real secret of success is enthusiasm.” Walt Chrysler

“A man can succeed at almost anything for which he has unlimited enthusiasm.” Charles Schwab

Motivation will almost always beat talent.

First, we form habits, then they form us. Conquer your bad habits or eventually they will conquer you.

“Hard work has made it easy. That is my secret. That is why I win.” Nadia Comaneci

“Enthusiasm is faith set on fire.” George Adams

You race the way you practice.

“If you train hard, you’ll not only be hard, you’ll be hard to beat.” Hershel Walker

Good luck is a lazy man’s estimate of a swimmer’s success.

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

“Champions know there is no shortcut to the top. They climb the mountain one step at a time. They have no use for helicopters.” Jud Adler

“Habits are cobwebs at first, cables at last.” Chinese proverb

“The best and fastest way to learn a sport is to watch a champion.” Jean Claude Killy

If one has not given everything, he has not given anything.

“Whatever we hope to do with ease, we must first learn to do with diligence.” Samuel Johnson

“Once you learn to quit, it becomes a habit.” Vince Lombardi

“Nothing can come of nothing.” Shakespeare

If it's to be it's up to me.

We train to race not train to train.

Now I lay me down to swim. I pray the Lord I will win. If I die before I do, I pray the Lord I still beat you.

“Laws are never as effective as habits.” Adli Stevenson

“Well done is better than well said.” Benjamin Franklin

Make your mother proud and surprise your father.

“If you don't know where you are going, you might end up some place else.” Yogi Berra

“The man who can drive himself further once the effort gets painful is the man who will win.” Roger Bannister

“You may delay but time will not.” Benjamin Franklin

“Champions are not made in the gym. Champions are made from something they have deep inside them – a desire, a dream, a vision.” Muhammed Ali

“Write your injuries in dust, your benefits in marble.” Benjamin Franklin

You may have the skill and the will, but the will must be stronger.

“The surest way not to fail is to be determined to succeed.” Richard Sheridan

“Desire wakens only the things that are thought possible.” Rene Descartes

“Carry on any enterprise as if all the future depends on it.” Cardinal Richelieu

“When you’re finished changing, you’re finished.” Benjamin Franklin

“If you don’t invest very much, then defeat doesn’t hurt very much, and winning is not very exciting.” Dick Vermeil

“A man can do all things if he just wills them.” Leon Battista Albert

“The achievement of your goal is assured the moment you commit yourself to it.” Mark Douglas

“People do not lack strength, they lack will.” Arthur Schopenhaver

“Never let a day pass that you will have cause to say I will do better tomorrow.” Brigham Young

“The difference between the impossible and possible lies in a person’s determination.” Tommy Lasorda

“Life is like a 10-speed bicycle. Most of us have gears we never use.” Charles Schultz

Practice doesn’t make perfect, perfect practice makes perfect.

“People have given their health to the Dr., their soul to the priest, their money to the banker, their kids to the school system and have lost their power to control their lives.” Chief Two Trees and Raymond Grace

**“I can accept failure, everyone fails at something. But I can’t accept not trying.”
Michael Jordan**

If you aren’t in over your head, how do you know how tall you are?

“It is not that I am so smart, it’s just that I stay with problems longer.” Albert Einstein

“Pain is inevitable. Suffering is optional.” Kathleen Casey

“The bravest sight in the world is to see a great man struggling against adversity.” Seneca

“Accept the challenge so that you can feel the exhilaration of victory.” George Patton

SWIMS upside down is still SWIMS.

“You must learn from the mistakes of others. You can’t possibly live long enough to make them all yourself.” Sam Levenson

“More people could learn from their mistake if they weren’t so busy denying them.” Harold Smith

“My mother taught me very early to believe I could achieve any accomplishment I wanted to. The first was to walk without braces.” Wilma Rudolph – Olympic Champion

Worrying doesn’t stop the bad stuff from happening. It just stops you from enjoying the good.

“Being young is a state of mind. It doesn’t depend on one’s body; I am actually a young girl; it’s just that I haven’t looked so good for the past 70 years.” Jeanne Calment – lived to 122 years & 164 days

“When a great moment knocks on the door of your life, it is often no louder than the beating of your heart and it is easy to miss it.” Boris Pasternak

“In victory you deserve champagne, in defeat you need it.” Napoleon

“If a man deliberately abstains from wine to such an extent that he does serious harm to his nature, he will not be free from blame.” St. Thomas Aquinas

Do something spectacular, others may imitate it.

“You know you’re old when someone compliments you on your alligator shoes and you’re barefoot.” Phyllis Diller

“There is no chance, no destiny, no fate that can hinder or control the resolve of a determined person.” Ella Wheeler Wilcox

“Strength does not come from physical capacity. It comes from an indomitable will.” Shandi

“Lord, grant that I may always desire more than I can accomplish.” Michelangelo

“Talent wins games but teamwork and intelligence win championships.” Michael Jordan

“Responsibilities gravitate to the person who can shoulder them.” Elbert Hubbard

“I attribute my success to this – I never gave or took any excuses.” Florence Nightingale

“Excuses are the nails used to build the house of failure.” George Carver

“Ninety-nine percent of failures come from people who have a habit of making excuses.” Don Wilder

**“The more elaborate our means of communication, the less we communicate.”
Diogenes Laertius (240 AD)**

“We will be known forever by the tracks we leave.” Dakota

“The truth is like a lion. You don’t have to defend it. Let it loose. It will defend itself.” St. Augustine

“Good judgement comes from experience and a lot of that comes from bad judgement.” Will Rodgers

“No matter what you believe, it won’t change the facts.” Al Karsh

**“Fun helps remove the barriers that allow people to motivate themselves.”
Herman Cain**

**“Keep your fears to yourself but share your inspiration with others.” Robert
Louis Stevenson**

**“Motivation is what helps get you started. Habit is what keeps you going.” Jim
Ryun**

**“People often say that motivation doesn’t last. Well neither does bathing, that
is why we recommend it daily.” Zig Ziglar**

Dreams are free.

**“We should be as water, which is lower than all things yet stronger even than
the rocks.” Oglala Sioux**

“Vision is the art of seeing the invisible.” Jonathan Swift

“If there were dreams to sell, what would you buy?” Thomas Beddoes

“There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.” Ronald Reagan

“Most powerful is he who has himself in his own power.” Lucius Annaeus Seneca (5 BC-65 AD)

“An ant on the move, does more than a dozing ox.” Lao Tzu (604-531 BC)

“The more you ask how far you have to go, the longer the journey seems.” Seneca

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

“We don’t stop playing because we grow old, we grow old because we stop playing. “ George Bernard Shaw

“Promise me you’ll always remember, you’re braver than you believe and stronger than you seem and smarter than you think.” Christopher Robin to Pooh

“Knowledge that is not used is abused.” Cree

“Force, no matter how concealed, begets resistance.” Lakota

“The first time you quit, it is hard. The second time, it gets easier. The third time, you don’t even have to think about it.” Coach Bear Bryant

“No pressure, no diamonds.” Mary Case

“To learn, you must want to be taught.” Proverbs 12:1

“Don’t be an “if” thinker, be a “how” thinker.” Mary Crowley

“What you seek is seeking you.” Rumi – poet (1207-1273)

“Be yourself, everyone else is already taken.” Oscar Wilde

Every choice has an end result.

“You already possess everything necessary to become great.” Crow

“When your heart is your dream, no request is too extreme.” Jiminy Cricket

“We could hardly wait to get up in the morning.” Wilbur Wright

“If you don’t teach a man a trade, you raise a thief.” Jewish proverb

Sometimes adversity is what you need in order to become successful.

The difference between winning and being second is very small.

“One has to face fear or forever run from it.” Crow

“Greatness is the dream of youth realized in old age.” Alfred Vigny

“Tough times don’t last, but tough people do.” Robert Schuller

You don’t pay the price for success, we pay the price for failure.

“Only fools refuse to be taught.” Proverbs 1:71

“It is good to be reminded that each of us has a different dream.” Crow

When the student is ready, the teacher will appear.

Success is dependent on the glands – the sweat glands.

“You may give out, but never give up.” Mary Crowley

Desire is the great equalizer

It’s the qualities you have – it’s the qualities you recognize you have and use that will make the difference.

The way you see yourself today will affect your performance.

“Be a matter great or small, you do it well or not at all.” Mama Ziglar

You don't pay the price for good health. You enjoy the benefits.

We learn things consciously, but we never do them well until we learn to do them subconsciously.

Conceit is a weird disease. It makes everyone sick except the one who has got it.

The way to get out of a job you don't like is to do it so extraordinarily well that nobody can afford to keep you in that position.

**“Be an early riser: the game does not snuggle their heads on a feather pillow.”
Assiniboine tribe**

Incentive is the soul of success.

“When a task is once begun, you leave it not until it is done.” Mama Ziglar

It's awesome when we start examining what we are worth.

“Difficulties strengthen the mind, as labor does the body.” Lucius Annaeus Seneca

“Very little is needed to make a happy life. It is all within yourself, in your way of thinking.” Marcus Aurelius (121-180 AD)

“Yesterday's the past, tomorrow is the future, but today is a gift. That is why they call it the present.” Bill Keane-cartoonist

Life is 10% of what happens to you and 90% of how you react to it.

“The biggest adventure you can take is to live the life of your dreams.” Oprah Winfrey

“A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.” Wade Boggs

“The more things you do, the more you can do.” Lucille Ball

“What we speak becomes the house we live in.” Hafez (poet/1325-1390)

Many people suffer poor health not because of what they eat, but what is eating them.

Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.

“One finds limits by pushing them.” Herbert Simon

Per aspera ad Astra – through hardships to the stars.

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that, you too, can become great.” Mark Twain

“Once you replace negative thoughts with positive ones, you’ll start having positive results.” Willie Nelson

“The best way out is always through.” Robert Frost

“The way to get started is to quit talking and begin doing.” Walt Disney

“In the midst of winter, I found there was within me, an invincible summer.” Albert Camus

“We either make ourselves miserable or we make ourselves strong. The amount of work is the same.” Carlos Castaneda

“Our greatest glory is not in never failing, but in rising every time we fail.” Confucius

“Reality is created by the mind. We can change our reality by changing our mind.” Plato

“Tell me and I forget, teach me and I may remember, involve me and I learn.” Benjamin Franklin

“The secret of getting ahead is getting started.” Mark Twain

“The secret of getting started is breaking your complex, overwhelming tasks into smaller, manageable tasks and then starting on the first one.” Mark Twain

“Remember a dead fish can float downstream, but it takes a live one to swim upstream.” W. C. Fields

“Success consists of going from failure to failure without loss of enthusiasm.” Winston Churchill

“The secret to success is competing in practice.” Mark Schubert

“I’ve missed more than 9,000 shots in my career, I’ve lost almost 300 games. 26 times I’ve been trusted to take the winning shot and missed. I’ve failed over and over again in my career and that is why I succeed.” Michael Jordan

“There is nothing impossible to aim who will try.” Alexander the Great

“How old would you be if you didn’t know how old you was.” Satchel Page

“Swimming is a deceleration sport. You have to learn to decelerate less than everyone else.” Mark Schubert

GOD didn’t promise days without pain, laughter without sorrow, sun without rain, but he did promise strength for the day, comfort for the tears, and light for the way.

“Never give up because that is just the time and place that the tide will turn.” Harriet Beecher Stowe

"I find that the harder I work, the more luck I seem to have." Thomas Jefferson

The fastest swimmer has something yet to learn.

"As the sun melts ice, kindness causes misunderstanding, mistrust and hostility to evaporate." Albert Schweitzer

**"The achievement of one goal should be the starting point of another."
Alexander Graham Bell**

"Life isn't about finding yourself. Life is about creating yourself." George Bernard Shaw

"You have power over your mind - not outside events. Realize this and you will find strength." Marcus Aurelius

"I am always doing that which I cannot do, in order that I may learn how to do it." Pablo Picasso

"Sometimes what you are most afraid of doing is the very thing that will set you free." Robert Tew

"Swimming is a means to an end...to build self-confidence, self-discipline, integrity and courage for life." Forbes Carlisle

"We cannot teach people anything, we can only help them to discover it within themselves." Galileo Galilei

**"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and forgotten the gift."
Albert Einstein**

"Let the reality of what you love be what you do." Rumi (1207-1273)

A great paradox of your physical senses is that your eyes actually show you what you believe, not what you see. It is easier to change what you believe than what you see.

“I hated every minute of training, but I said don’t quit. Suffer now and live the rest of your life as a champion.” Muhammad Ali

“Not is a terrible word when striving for excellence when connected to I do, I can, I will and I could.” Tom Meade

Happiness resides not in possessions, and not in gold, happiness dwells in the soul.” Democritus (469-370 BC)

“Knowledge is power and knowledge of self is self-empowerment.” Bruce Lipton

“Give me a child for the 1st seven years, and I will give you a man.” Ignatius Loyola

Better to try and fail than forever wonder what might have been.

“Learn the difference between power vs. force and you will become a master of what you do.” Tom Meade

“With a lift of his chin and a bit of a grin, without doubting or quitting, he started to sing as he tackled the thing, that couldn’t be done, and he did it.” Edgar Guest

“Everyone thinks of changing the world, but no one thinks of changing themselves.” Leo Tolstoy

“Could have, would have, should have explains a lot of poor performances.” Tom Meade

“Associate with people who are likely to improve you.” Lucius Annaeus Seneca

“Slayer of dragons. Matador of all time and space. Rightful heir to heaven on earth. Don’t be afraid, not even a little.” Mike Dooley

“If you light a lamp for someone else, it will also lighten your path.” Buddha

**“Rest satisfied with doing well and leave others to talk of you as they will.”
Pythagoras**

Do it now, sometimes later becomes never.

“You have to learn the rules of the game, and then you have to play better than everyone else.” Albert Einstein

If you want to change what is going on around you, change what is going on within you.

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, “I will try again tomorrow.” Mary Ann Radmacher

“Be not the slave of your own past... Plunge into the sublime seas, dive deep, and swim far, so you come back with self-respect, with new power, with an advanced experience, that shall explain and overlook the old.” Ralph Waldo Emerson

“Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it. “Bruce Lee

“Man is always more than he can know of himself, consequently, his accomplishments, time and again, will come as a surprise to him.” Henry Wadsworth Longfellow

“This above all else; to thine own self be true.” Shakespeare

“To find yourself, think for yourself.” Socrates

You may have a long way to go, but never discredit how far you have come.

“Don’t be afraid to fail.” Hans Selye

“You have to think outside the box...break the rules...to do what hasn’t been done before.” Hans Selye

“Courage and perseverance have a magical talisman before which difficulties disappear and obstacles vanish into air.” John Quincy Adams

Desire creates power.

Success is a journey not a destination.

Believing you can't, won't change that you can. It just hides it.

“Do you want to know who you are? Don't ask. Act! Action will delineate and define you.” Thomas Jefferson

“Find a place where there is joy and the joy will burn out the pain.” Joseph Campbell

“If you want quality, act as if you already had it.” William James (philosopher)

If you truly believed you were powerful, wouldn't every desire be followed by action? Believe!

“The pessimist complains about the wind. The optimist expects it to change. The realist adjusts the sails.” William Arthur Ward

The water is your friend, it welcomes you to enter and move through it with loving joy.

“One finds limits by pushing them.” Herbert Simon

“Nothing is so praiseworthy, nothing so clearly shows a great and noble soul, as clemency and a readiness to forgive.” Marcus Tullius Cicero (106-43 BC)

“No act of kindness, no matter how small, is ever wasted.” Aesop (620-560 BC)

“The Constitution only gives people the right to pursue happiness. You have to catch it yourself.” Benjamin Franklin

“To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.” William Shakespeare

“Racing is about forcing yourself out of your comfort zone.” Karlyn Pipes

“Attitude is the mind’s paintbrush, it can color any situation.” Karlyn Pipes

“Success is not final, failure is not fatal: it is the courage to continue that counts.” Winston Churchill

Is today the day you leave your comfort zone?

“You can create your own experience. You can alter it at any time.” Kathleen Quinlivan

“The future belongs to those who believe in the beauty of their dreams.” Eleanor Roosevelt

“Our greatest weakness lies in giving up. The most certain way to succeed is to always try one more time.” Thomas Edison

“Why fit in when you were born to stand out.” Dr. Seuss

“Fear is a reaction, courage is a decision.” Winston Churchill

“Hard work beats talent, when talent doesn’t work hard.” Tim Notke

“It is hard to beat a person who never gives up.” Babe Ruth

“The harder the battle, the sweeter the victory.” Les Brown

“Never say never because limits, like fears, are just an illusion.” Michael Jordan

“Each race, each training session and even each stroke is an opportunity to do something different. Do it over, do it better.” Karlyn Pipes

“The positive thinker sees the invisible, feels the intangible and achieves the impossible.” Winston Churchill

“You miss 100% of the shots you don’t take.” Wayne Gretsky

“You have to expect things of yourself before you can do them.” Michael Jordan

“Winning isn’t everything but wanting to win is.” Vince Lombardi

“There may be people who have more talent than you, but there is no excuse for anyone to work harder than you.” Derek Jeter

“I became a good pitcher when I stopped trying to make them miss the ball and started trying to make them hit it.” Sandy Koufax

“When you have something to prove, there is nothing greater than a challenge.” Terry Bradshaw

“If you can’t outplay them, outwork them.” Ben Hogan

**“Success consists of going from failure to failure without loss of enthusiasm.”
Winston Churchill**

“Most people never run far enough on their first wind to find out they have a second.” William James

“It’s not whether you get knocked down; it’s whether you get up.” Vince Lombardi

“The more difficult the victory, the greater the happiness in winning.” Pele

**“However beautiful the strategy, you should occasionally look at the results.”
Winston Churchill**

“Nobody whoever gave their best regretted it.” George Halas

“If you can believe it, the mind can achieve it.” Ronnie Lott

“Why do you stay in prison when the door is wide open?” Rumi

“The natural desire of good men (& women) is knowledge.” Leonardo da Vinci

“The person who says it cannot be done, should not interrupt the person who is doing it.” Chinese proverb

“Magic is believing in yourself, if you can do that, you can make anything happen.” Johann Wolfgang von Goethe

“A pessimist sees the difficulty in every opportunity, an optimist sees the opportunity in every difficulty.” Winston Churchill

“The best luck of all is the luck you make for yourself.” Gen. Douglas MacArthur

When we say we can't we are really saying I won't do what is necessary.

“Happiness lies in the joy of achievement and the thrill of creative effort.” Franklin Roosevelt

“Good judgement comes from experiences and a lot of that comes from bad judgement.” Will Rodgers

“There is no failure, except in no longer trying.” Elbert Hubbard

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” Ralph Waldo Emerson

When you say “I can't” it is like hitting the “OFF” button.

“Shine like the whole universe is yours.” Rumi

“It is during our darkest moments that we must focus to see the light.” Buddha

“We are what we think. All that we are arises with our thoughts.” Buddha

