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Sports Quotes

Succeeding

If you're ahead, shut up and stay there.

Try not to screw up. This will satisfy a few people and amaze everybody else.

Fame is something other people give you. Success you earn yourself.

You win without taking chances. Babe Ruth was the home run king and the strikeout king.

Remember, piece of mind over piece of ass.

Winners never quit and quitters never win.

Never let a win get to your head, or a loss to your heart

Success is how high you bounce when you hit bottom.

It's not so important who starts the game but who finishes it.

An obstacle is what you see when you take your eyes off the goal.

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

Practice

The more you practice, the luckier you get.

Amateurs work until they get it right. Professionals work until they can't get it wrong.

When people tell me, okay that's enough already, I say, you don't understand. I'm still thinking about the moves. I have to continue to practice until I stop thinking about it. Where my body can do it without having to think. Michael Jackson (at his height of success, when he was the king of dancing)

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it-as long as you really believe 100 percent. Arnold Schwarzenegger

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

Sports do not build character. They reveal it.

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

Fifty-percent of baseball is ninety-percent mental. Yogi Berra

Sports serve society by providing vivid examples of excellence.

Walking is the best possible exercise. Habituate yourself to walk very far. Thomas Jefferson

Hank Aaron

My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging.

I never smile when I have a bat in my hands. That's when you've got to be serious. When I get out on the field, nothing's a joke to me. I don't feel like I should walk around with a smile on my face.

I'm hoping someday that some kid, black or white, will hit more home runs than myself. Whoever it is, I'd be pulling for him.

Age is whatever you think it is. You are as old as you think you are.

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Muhammad Ali

I am the greatest. I said that even before I knew I was.

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

Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even.

The fight is won or lost far away from witnesses - behind the lines, in the gym, and out there on the road, long before I dance under those lights.

Leadership

A good coach will make his players see what they can be, rather than what they are.

For me, it's a lot better to see who your boss is and really know what kind of person he is. That way, you can say, "This is a good guy and I'm going to bust my tail for him."

I, too, have many detractors. People at the forefront of great struggles all have enemies. There is no need to fear them. Those who try to avoid enemies and want to be popular are third- or fourth-rate leaders. All great results arise from interactions between individuals who ignite an active impulse in the heart of each other.

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