



Sunday, December 15, 2019

## **“FOCUS, EFFORT & ATTITUDE”**

- **When your mindset is “I get to go to practice” instead of “I have to go to practice”....THAT’S when you know you love the process and have a chance at reaching your dreams.**
- **There may be people with more talent than you, but there is no excuse for anyone to work harder than you do.**
- **Every time you skip a rep behind your coach’s back you are not tricking them, you are cheating your teammates and yourself.**
- **When a team really wants to be successful, tough training sessions become a reward and never a punishment. WINNERS love to put work in.**
- **There is no glory in practice, but without practice, there is no glory.**
- **If you think practicing is boring....try sitting on the bench!**
- **One important key to success is CONFIDENCE. An important key to CONFIDENCE is preparation. If you do the little things well, you will have the CONFIDENCE to accomplish big things.**