Whether you think you can or you can’t, YOU’RE RIGHT!

THINK YOU CAN!
PMA ALL THE WAY!
ATTITUDES ARE CONTAGIOUS,

Is YOURS WORTH CATCHING?
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
“The Key is Consistency”
We can not become what we need to be, remaining who we are!

Max Depree
There is always MORE!

Don’t tell me how good you are, SHOW ME!
Anyone who can think can learn!

Everything is difficult before it becomes EASY!
The Strength of the Wolf is the Pack, the Strength of the Pack is the Wolf!
If you can honestly answer the following question after every workout with an absolute YES!
Then our team will be successful.

I WORKED AS HARD AS I COULD TODAY!
GOALS

Effort and courage are not enough without purpose and direction!
“The harder the conflict, the more glorious the triumph, what we obtain too cheaply, we esteem too lightly!"  
Thomas Pane
The Body doesn’t know what is real or what is not, only what the mind tells it! Keep telling yourself you feeling GREAT!
COMPETITION BREEDS GROWTH!
DON’T COUNT THE DAYS! MAKE THE DAYS COUNT
CHARACTER IS NOT MADE IN A CRISIS-IT IS MERELY EXHIBITED

ROBERT FREEMAN
ADVICE LIKE SNOW; THE SOFTER IT FALLS THE LONGER IT DWELLS UPON, AND THE DEEPER IT SINKS INTO THE MIND
SAMUEL TAYLER COLERIDGE
ONLY THOSE WHO ATTEMPT THE ABSURD CAN ACHIEVE THE IMPOSSIBLE!
THERE IS NO “I “ IN TEAM
What we do we do for neither glory, nor fame, nor money. We do it for the TEAM. TEAM is more than of this.

TEAM IS FOREVER!
COOPERATION IS DOING WITH A SMILE WHAT YOU HAVE TO DO ANYWAY.
LEAD, FOLLOW, 
OR GET THE HECK 
OUT OF OUR WAY!
IF YOU DON’T KNOW WHERE YOU’RE GOING, ANY ROAD WILL DO!
THE QUALITY OF A MAN’S LIFE IS IN DIRECT PROPORTION TO HIS COMMITMENT TO EXCELLENCE, REGARDLESS OF HIS CHOSEN ENDEAVOR.

VINCE LOMBARDI
EXCELLENCE MUST BE MET WITH DAILY PREPARATION EVEN THOUGH IT DOES NOT IMMEDIATELY ACHIEVE RESULTS.
IF YOU’RE NOT RIDING THE WAVE OF CHANGE.... YOU’LL FIND YOURSELF BENEATH IT!
Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.
Do not let what you cannot do interfere with what you can do.
Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.

John Wooden
Things turn out best for the people who make the best of the way things turn out.
What you are as a person is far more important that what you are as a basketball player.

John Wooden
You can't live a perfect day without doing something for someone who will never be able to repay you.

John Wooden
No one can make you feel inferior without your consent.

Joseph Joubert
It’s not what happens to you, but how you react to it that matters.

Epictetus
You always pass failure on the way to success.

Mickey Rooney
Many of life’s failures are people who did not realize how close they were to success when they gave up.

Thomas Edison
If you can keep your head when all about you are losing theirs and blaming it on you...you’ll be a Man, my son!

Rudyard Kipling
"The only one who can tell you 'you can't' is you. And you don't have to listen."

Nike
"It does not matter how many times you get knocked down, but how many times you get up."

Vince Lombardi
"Excellence is not a singular act but a habit. You are what you do repeatedly."

Shaquille O'Neal
"Teamwork is the fuel that allows common people to produce uncommon results."

Unknown
"One man practicing sportsmanship is far better than 50 preaching it."

Knute Rockne
"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."

Helen Keller
Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat.

Theodore Roosevelt
Luck is what happens when preparation meets opportunity.
One man can be a crucial ingredient on a team, but one man cannot make a team.

Kareem Abdul-Jabbar: Quotes on Team Work
The only true disability in life is a bad attitude!
“Things turn out best for the people who make the best of the way things turn out”!
“Never mistake activity for achievement”

“Be quick, but don’t hurry.”
“If you don’t have the time to do it right, when will you have the time to do it over?”
“The main ingredient to stardom is the rest of the team”
The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will!

Ashley Brown
“NO MATTER WHAT YOU DO
TIME IS ALWAYS TICKING
AWAY AND I BELIEVE EACH
AND EVERY ONE OF US
SHOULD ASPIRE TO
FULFILL OUR DREAMS.
ANYTHING IS POSSIBLE FOR
THOSE WHO ARE WILLING
TO TRY.”
“DO YOU WANT TO KNOW WHO YOU ARE? DON’T ASK, ASK, ACT! ACTION WILL DELINEATE AND DEFINE YOU”

THOMAS JEFFERSON
“ENJOY THE LITTLE THINGS IN LIFE, FOR ONE DAY YOU’LL LOOK BACK AND REALIZE THEY WERE THE BIG THINGS!”

“THERE ARE NO PERFECT MEN IN THE WORLD, JUST PERFECT INTENTIONS!”

“MOST PEOPLE RUN BECAUSE DEEP DOWN THEY WANT TO BE CHASED”
“BEING ON THE TOP OF THE WORLD DOESN’T MEAN ANYTHING UNLESS YOU KNOW WHAT IT’S LIKE TO BE AT THE BOTTOM!”
“LIFE’S NOT THE BREATH YOU TAKE BUT THE MOMENTS THAT TAKE YOUR BREATH AWAY!”
“DREAM AS IF YOU’LL LIVE FOREVER, LIVE AS IF YOU’LL DIE TOMORROW.”

JAMES DEAN
“NOBODY CAN GO BACK & START A NEW BEGINNING, BUT ANYONE CAN START TODAY & MAKE A NEW ENDING.”

MARIA ROBINSON
SOME PEOPLE DREAM OF SUCCESS, WHILE OTHERS WAKE UP AND WORK HARD AT IT!
GOALS

NO ONE CAN PREDICT TO WHAT HEIGHTS YOU CAN SOAR, NOT EVEN YOU WILL KNOW UNTIL YOU SPREAD YOU WINGS.
IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES OF GOLD AND SILVER!

MOHATMA GANDHI
PHYSICAL FITNESS IS NOT ONLY ONE OF THE MOST IMPORTANT KEYS TO A HEALTHY BODY, IT IS THE BASIS OF DYNAMIC AND CREATIVE INTELLECTUAL ACTIVITY.

JOHN FITZGERALD KENNEDY
DO ALL THE GOOD YOU CAN!
AT ALL THE TIMES YOU CAN!
BY ALL THE MEANS YOU CAN!
FOR AS LONG AS YOU CAN!
SOME PEOPLE DREAM OF SUCCESS, WHILE OTHERS WAKE UP AND WORK HARD TO ACHIEVE IT!
DREAMS ARE NOT SOMETHING TO WAIT FOR THEY ARE SOMETHING TO WORK FOR!
“THE ONLY WAY TO KEEP YOUR HEALTH IS TO EAT WHAT YOU DON’T WANT, DRINK WHAT YOU DON’T LIKE, AND DO WHAT YOU’D RATHER NOT.”

MARK TWAIN
SUCCESS IS OFTEN THE RESULT OF TAKING A MISSTEP IN THE RIGHT DIRECTION.

SUCCESS IS NOT SO MUCH WHAT WE HAVE AS IT IS WHAT WE ARE.
I BELIEVE THE GREATER
THE HANDICAP THE
GREATER THE TRIUMPH

SUCCESS IS THE
WILLINGNESS TO DO WHAT
THE AVERAGE PERSON IS
NOT WILLING DO!
SUCCESS IS A JOURNEY NOT A DESTINATION!

THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT!
WHY TRY TO FIT IN,
WHEN YOU WERE BORN TO STAND OUT!
IT’S NOT THE SIZE OF THE DOG IN THE FIGHT; BUT THE SIZE OF THE FIGHT IN THE DOG!
DON’T TELL ME THE SKY’S THE LIMIT WHEN THERE ARE FOOTSTEPS ON THE MOON!
SUCCESSFUL PEOPLE WILL DO WHAT FAILURES WILL NOT!
IF YOU HAVE BUILT CASTLES IN THE AIR, YOUR WORK NEED NOT BE LOST; THAT IS WHERE THEY SHOULD BE.
NOW PUT FOUNDATIONS UNDER THEM!

HENRY DAVID THOREAU
WINNERS VS LOSERS

The Winner-
   Is always part of the answer

The Loser-
   Is always part of the problem

The Winner-
   Always has a program

The Loser-
   Always has an excuse
WINNERS VS LOSERS

The Winner-
says “Let me do it for you;”

The Loser-
says “That’s not my job;”

The Winner-
sees an answer for every problem;

The Loser-
sees a problem for every answer;
WINNERS VS LOSERS

The Winner-
sees a green near every sand trap;
The Loser-
sees two or three sand traps near every green;
The Winner-
say’s “It may be difficult but it’s possible!

The Loser-
says, “It may be possible but it’s too difficult.”
“Don’t say you don’t have enough time; you have exactly the same number of hours per day that were given to Louis Pasteur, Michaelangelo, Da Vinci and Albert Einstein.”

H. Jackson Brown
“OUT OF CLUTTER, FIND SIMPLICITY. FROM DISCORD, FIND HARMONY. IN THE MIDDLE OF DIFFICULTY, LIES OPPORTUNITY.”

Albert Einstein
“I DREAM MY PAINTINGS, THEN I PAINT MY DREAMS”

Van Gogh
“HOLDING ONTO ANGER IS LIKE GRASPING A HOT COAL WITH THE INTENT OF THROWING IT AT SOMEONE ELSE; YOU ARE THE ONE WHO GETS BURNED.”

Dennis P. Kimbro
“SOMETIMES YOUR JOY IS THE SOURCE OF YOUR SMILE, BUT SOMETIMES YOUR SMILE IS THE SOURCE OF YOUR JOY.”

Thich Nhat Hahn