

I will try to develop my skills to the best of my ability and to give my best effort in competition.

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle

"The only place where success comes before work is in the dictionary." - Vidal Sassoon

"The will to win is important, but the will to prepare is vital." - Joe Paterno

"I tried to convince my players that they could never be truly successful or attain peace of mind unless they had the self-satisfaction of knowing they had done their best. Although I wanted them to work to win, I tried to convince them they had always won when they had done their best." - John Wooden

"Goals achieved with little effort are seldom appreciated and give no personal satisfaction." - John Wooden

"I don't think it makes sense to strive for perfection. Perfection is not attainable. I believe totally in striving for excellence, and I think there is a great deal of difference between the two. Although we strive for excellence, we set sensible goals because one of the most frustrating things in the world is to set our goals so high that we have no chance of reaching them." - Bart Starr

"I was out there to play and give it all I had. I looked at it like 'I'm doing my best.' If I got a hit, fine. I always felt good that I had given my best." - Joe DiMaggio

"Whether you think you can, or can't, you're right." - Henry Ford

I will compete within the rules of my sport.

"Anybody who gets away with something will come back to get away with a little bit more." - Harold Schoenberg

"We who coach have great influence on the lives of all the young men who come under our supervision, and the lives we lead will play an important role in their future. It is essential that we regard this as a sacred trust and set the example that we know is right. We must try to prevent the pressures for winning scores from causing us to swerve from moral principles." - John Wooden

"If you keep too busy learning the tricks of the trade, you may never learn the trade." - John Wooden

"Men do not stumble over mountains, but over molehills." - Confucius

I will respect the dignity of every human being, and will not be abusive or dehumanizing of another either as an athlete or as a fan.

"Treat people as if they were what they ought to be and you help them to become what they are capable of being." - Johann Wolfgang von Goethe

"It's pretty hard to expect a boy not to do something that he knows you do. I always tried to live the life I wanted them to follow." - John Wooden

"By inflection you can say much more than your words do." - Malcolm S. Forbes

"The other person is a person, just as I am." Albert Switzer

I will place team goals ahead of personal goals.

"Ask not what your teammates can do for you. Ask what you can do for your teammates." - Magic Johnson

"The moment we break faith with one another, the sea engulfs us and the light goes out." - James Baldwin

"We must all hang together, else we shall all hang separately." - Benjamin Franklin, on the signing of the Declaration of Independence

"A team championship exposes the limits of self-reliance, selfishness, and irresponsibility. One man alone can't make it happen; in fact, the contrary is true: a single man can prevent it from happening. The success of the group assures the success of the individual, but not the other way around." - Bill Bradley

"It is amazing how much can be accomplished if no one cares who gets the credit." - John Wooden

"In order to have a winner, the team must have a feeling of unity; every player must put the team first ahead of personal glory." - Bear Bryant

"There is no "I" in the word team."

"Some say you have to use your five best players, but I found out you win with the five who fit together best as a team." - Red Auerbach

"No two snowflakes are alike. It's inspiring that they work so well together on such joint projects as closing schools and making roads impassable."

I will be a positive influence on the relationships on the team.

"To be trusted is a greater compliment than to be loved." George MacDonald

"What really flatters a man is that you think him worth flattering." - George Bernard Shaw

"Alston is like a man handling a dove. If you squeeze it too tightly, you'll smother or kill it. If you hold it too loose, it'll fly away." - Al Campanis

If a child lives with criticism, he learns to condemn.

If a child lives with hostility, he learns to fight.

If a child lives with fears, he learns to be apprehensive.

If a child lives with pity, he learns to feel sorry for himself.

If a child lives with jealousy, he learns to feel guilty.

If a child lives with encouragement, he learns to be confident.

If a child lives with tolerance, he learns to be patient.

If a child lives with praise, he learns to be appreciative.

If a child lives with acceptance, he learns to love.

If a child lives with approval, he learns to like himself.

If a child lives with recognition, he learns to have a goal.

If a child lives with fairness, he learns what justice is.

If a child lives with honesty, he learns what truth is.

If a child lives with security, he learns to have faith in himself and in those about him.

If a child lives with friendliness, he learns that the world is a good place in which to live.

"You can motivate players better with kind words than you can with a whip." - Bud Wilkinson

"A house divided against itself cannot stand." - Abraham Lincoln

"It isn't the plays or the system that gets the job done, it's the quality of the people in the system." - Joe Paterno

I will follow the team rules established by the coach.

"A great manager has a knack for making ballplayers think they are better than they think they are." - Reggie Jackson

"It has always been my contention that controls must be placed on the boys, and controls must govern every facet of the program. Perhaps a better word than control would be organization. Without organization and leadership toward a realistic goal there is no chance of realizing more than a small percentage of your full potential." - John Wooden

I recognize that my behavior becomes a model others may choose to emulate, and will seek to be a positive influence in my community and world.

"The true athlete should have character, not be a character." - John Wooden

"It's pretty hard to expect a boy not to do something that he knows you do. I always tried to live the life I wanted them to follow." - John Wooden

"Young people need models, not critics." - John Wooden

"When the One Great Scorer comes to mark against your name He writes--not that you won nor lost--but how you played the game." -Grantland Rice

"The great thing in this world is not so much where we are, but in what direction we are moving." - O.W. Holmes

I will work toward the goal of giving a significant amount of my time and income for the betterment of my community and world.

"You cannot live a perfect day without doing something for someone who will never be able to repay you." - John Wooden

"I shall pass through this world but once. Any good that I can do, or any kindness that I can show any human being, let me do it now and not defer it, for I shall not pass this way again."

"Do all the good you can by all the means you can in all the ways you can, in all the places you can at all the times you can to all the people you can as long as you can."

"Everybody can be great because anyone can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve...You only need a heart full of grace. A soul generated by love." - Martin Luther King