

“

Whenever we set ourselves targets or goals, things can, will, do go wrong. You've got to get through that wall. Climb over it, dig under it, go round it, smash it down, get to the other side of that problem!

”

**Derek Redmond**

British athlete

“

Before any wonderful,  
long-lasting changes  
can take place in  
your life, you have to  
accept just that:  
this is *your* life.  
It's *your* responsibility.  
The buck stops  
with *you*.

”

**Sally Gunnell**

British athlete

“

Champions  
keep playing  
until they get  
it right.

”

**Billie Jean King**

American tennis player

“

The more  
difficult  
the victory,  
the greater the  
happiness in  
winning.

”

**Pelé**

Brazilian footballer

“

What to do  
with a mistake:

**recognise** it,

**admit** it,

**learn** from it,

**forget** it.

”

**Dean Smith**

American basketball player

“

Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks.

”

**Sir Roger Bannister**

British athlete



“

Champions are made  
from something they  
have deep inside them  
– a desire, a dream,  
a vision.

They have to have  
the skill, and the will.  
But the will must be  
stronger than the skill.

”

**Muhammad Ali**

American boxer

“ I always tell kids,  
you have two eyes  
and one mouth.  
Keep two open  
and one closed.  
You never learn  
anything if you're  
the one talking. ”

**Gordie Howe**

Canadian ice hockey player