

Quotes

- Work ethic is contagious.
- No days off.
- Win the day.
- Doing the best at this moment puts you in the best place for the next moment. – Oprah
- "Greatness usually lies just beyond fatigue."
- "I'm all about I, give the rest of the vowels back." – Lil Wayne
- Do not mistake activity for achievement.
- Two easiest things to do in basketball is talk and run.
- "Hunt together. Kill together." – Roose
- No Excuses. Find a way.
- "It is our humility that defines us."
- "Time is the most valuable thing you can spend."
- If you focus on what you've left behind, you'll never be able to see what lies ahead.
- "You can't get much done in life if you only work hard on the days when you feel great."
- "Minds are like parachutes - they only function when open." - Thomas Dewar
- "All of our drills have goals and consequences." - Tom Dempsey
- Are you chasing success or significance? There is a difference!
- "There are no office hours for Champions" - Lou Holtz
- "Sometimes it takes having a few guys with an almost unrealistic level of confidence to make that type of run." @coachsmartvcu
- "No one ever drowned in sweat". Chase your greatness today. #SweatEquity
- "Success usually comes to those too busy to be looking for it."
- "What is defeat? Nothing but education; nothing but the first step to something better." - Wendell Phillips
- "Success consists of going from failure to failure without loss of enthusiasm." - W. Churchill"
- "Your attitude is either the lock on, or the key to the door of success." - Denis Waitley
- Excellence is not a singular act but a habit. You are what you do repeatedly. -Shaquille O'Neal
- Never compare yourself to other people. Compare the person you are now to the person you wish to be in the future.
- "You will never find the time for anything. If you want something bad enough you will make the time for it."
- Discouragement and failure are two of the surest stepping stones to success. - Dale Carnegie
- "Life is a grindstone. Whether it grinds you down or polishes you up depends on what you're made of."
- "Character is made by what you stand for; reputation is made by what you fall for."
- Life is ten percent what happens to you and ninety percent how you respond to it. -Lou Holtz
- "It wasn't raining when Noah built the ark." - Howard Ruff
- "Most people never run far enough on their first wind to find out they've got a second."
- "The ratio of We's to I's is the best indicator of the development of a team."
- "Doing things is not the same as getting things done."
- Character is not made in a crisis; it is only exhibited. - Robert Freeman.