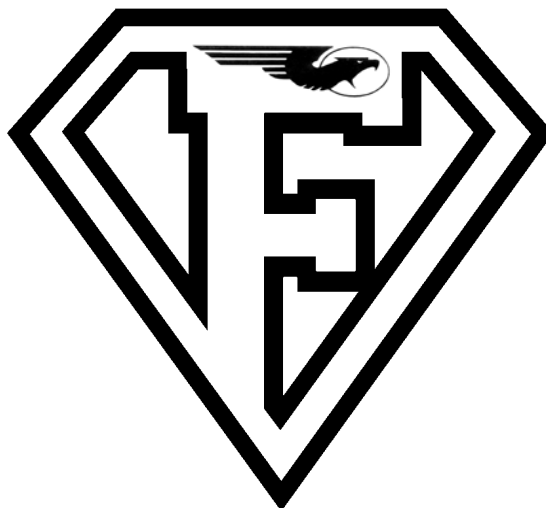


KETTERING FAIRMONT WRESTLING FIREBIRDS CHAMPIONS MANUAL 2018-19



LIFT AS WE CLIMB

Elite levels of discipline have historically outperformed elite levels of talent.

19 STATE PLACEWINNERS

- | | |
|---|--|
| 1970 - Bryan Oswald (West, Sr. - 132) - 5 th | 2009 - Jake Sage (Jr. - 125) - 4 th |
| 1972 - Bob Kuntz (East, Sr. - 155) - 5 th | 2011 - Matt Denlinger (So. - 130) - 8 th |
| 1974 - Russ Compton (East, Sr. - Hvy) - 3 rd | 2011 - Tommy Kimbrell (Jr. - 160) - 6 th |
| 1978 - Ken Cableck (West, Sr. - 185) - 6 th | 2012 - Tommy Kimbrell (Sr. - 170) - 3 rd |
| 1980 - Dave McVey (East, Jr. - 175) - 2 nd | 2013 - Josh Parrett (Jr. - 126) - 7 th |
| 1981 - Dave McVey (East, Sr. - 175) - 5 th | 2014 - Josh Parrett (Sr. - 126) - 2 nd |
| 1984 - Chris Gelvin (Jr. - 98) - STATE CHAMPION | 2015 - Brad Carroll (Sr. - 152) - 6 th |
| 2000 - Kenny Leckrone (Jr. - 275) - 4 th | 2017 - Nevan Snodgrass (Fr. - 145) - 4 th |
| 2001 - Kenny Leckrone (Sr. - 275) - 2 nd | 2018 - Nevan Snodgrass (So. - 160) - 4 th |
| 2002 - Marc Alban (Sr. - 119) - 4 th | |

81
State
Qualifiers

34
District
Champions

59
Sectional
Champions

88
Conference
Champions



DEVELOPING
CHAMPIONS
ON AND OFF
THE MAT



#AhmadStrong

Kettering Fairmont Wrestling Firebirds

WHAT IS EXPECTED OF A FAIRMONT WRESTLER?

1. OFF THE MAT

Represent your community, school, program, family, and yourself with class.

Before you act, ask yourself these four questions:

- *Would your parents approve of what you are doing?*
- *Would your coaches approve of what you are doing?*
- *Is it allowable based on the Code of Conduct you signed?*
- *If you knew someone was watching, would you do it?*

If the answer is "yes" to those questions, it's probably ok. Otherwise, don't do it!

2. IN THE CLASSROOM

Do your best to excel in the classroom.

Go to class – Participate – Prepare for tests and quizzes!

Be a scholar-athlete, not a dumb jock!

Your # 1 priority is school & our team goal is a 3.0 GPA.

A "D" or "F" in any class requires Study Table 2x per week until that grade is a "C" or higher.

3. ON THE MAT

Give your best effort every day and be committed to the program.

The coaches know that "best" effort is a relative term. Things outside wrestling will have an impact on you, we know that. However, we expect you to do the very best you can each day. That means having a positive attitude, being committed to getting better, and working hard to develop your mental/physical/technical skills for wrestling.

Commitment by definition is TOTAL and COMPLETE. We expect you to:

- *Attend practice every day.* *Unexcused absences are unacceptable. If you must miss for an approved reason, tell a coach in advance and bring a note upon return.*
- *Communicate with your coaches* *regarding your academics, physical and mental well-being, and any issues you may be having.*
- *Listen to your coaches* *and follow their directives to the best of your ability.*

4. THE PROCESS

Concentrate on the steps to success instead of the end result.

Instead of thinking about beating an opponent, focus on dominating individual positions.

Instead of thinking about your final grade, focus on making each assignment outstanding.

Instead of thinking about what others think, focus on doing the right thing in each situation.

Focus on the process and the results will take care of themselves.

5. EXPECT SUCCESS

You are a member of a first-class, top-notch program. You will work hard on and off the mat and be held to very high standards. When you work hard and embrace high standards, success will come. **EXPECT IT!**

Life is full of challenges. Champions accept them, and with time and commitment, conquer them. Champions care more than others think is wise, risk more than others think is safe, dream more than others think is practical, and expect more than others think is possible.

Kettering Fairmont Wrestling Firebirds
COMPETITION SCHEDULES 2018-2019

As of 11/5/18 – Subject to Change!

<p>Fri., Nov. 9 Sun., Nov. 11 Wed., Nov. 14 Thu., Nov. 15 Fri., Nov. 16 Sat., Nov. 17 Wed., Nov. 21 Sat., Nov. 24</p>	<p><i>Mandatory Practice Begins 3:36-6:00 p.m.</i> <i>Parent-Athlete Meeting / Trent Arena 6:00 p.m. with Wrestling Meeting to follow in Library!</i> <i>Study Tables begin (list announced on Mondays)</i> <i>Team Pics after practice</i> <i>Clothes Orders & Power Day Money Due!</i> @ Miamisburg Scrimmage..... 9:00 a.m. Official Weight Certification & HOME Scrimmage..... 8:00 a.m. @ Mason Scrimmage 9:00 a.m.</p>
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VARSITY (NAVY)

<p>Sat., Dec. 1 Fri.-Sat., Dec. 7-8 Sat., Dec. 8 Sat., Dec. 15 Thu., Dec. 20 Fri.-Sat., Dec. 28-29 Thu., Jan. 3 Wed., Jan. 9 Sat., Jan. 12 Fri.-Sat., Jan. 18-19 Thu., Jan. 24 Sat., Feb. 2 Fri.-Sat., Feb. 8-9 Sun., Feb. 10 Fri.-Sat., Feb. 22-23 Fri.-Sat., Mar. 1-2 Thu.-Sat., Mar. 7-9</p>	<p>@ Cincinnati Elder Duals10:00 a.m. @ Walsh Jesuit Ironman Tournament (<i>Varsity Silver</i>)..... all day @ Bellefontaine Duals..... 9:30 a.m. FIREBIRD WRESTLING CLASSIC XIV10:00 a.m. ALUMNI DUALS (Alumni Night)6:00 p.m. @ Brecksville Holiday Tournament all day COUNTY LINE XI (Youth/Middle School Night)7:30 p.m. FAR HILLS XIII7:30 p.m. @ Middletown Tournament10:00 a.m. @ Maumee Bay Classic..... all day FAIRMONT DUALS (Senior Night).....6:00 p.m. OHSAA Team State – Regional Championships (site TBA)..... TBA @ GWOC Championships5:30 p.m. / 10:00 a.m. @ OHSAA Team State Finals (St. John Arena/OSU)11:00 a.m. @ Sectional Championships (Centerville)..... 6:00 p.m. DISTRICT CHAMPIONSHIPS 4:00 p.m. / 10:00 a.m. @ OHSAA State Wrestling Championships (Schottenstein Center/OSU)</p>
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VARSITY (SILVER)

<p>Fri.-Sat., Dec. 7-8</p>	<p>@ Walsh Jesuit Ironman Tournament..... all day</p>
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JUNIOR VARSITY & FRESHMEN

<p>Sat., Dec. 1 Tue., Dec. 4 Sat., Dec. 8 Wed., Dec. 12 Sat., Dec. 22 Thu., Jan. 3 Tue., Jan. 8 Wed., Jan. 9 Wed., Jan. 16 Fri.-Sat., Jan. 18-19 Sat., Jan. 26 Thu., Jan. 31 Thu., Feb. 14</p>	<p>@ Lakota East Tournament10:00 a.m. @ Carroll Round-Robin 6:00 p.m. @ Fairfield JV/FR Tournament..... 8:30 a.m. @ Miamisburg Round-Robin..... 6:00 p.m. @ Butler Round-Robin12:00 p.m. COUNTY LINE XI (Youth/Middle School Night)6:00 p.m. @ Carroll Round-Robin..... 6:00 p.m. FAR HILLS XIII6:00 p.m. @ Miamisburg Round-Robin 6:00 p.m. @ Centerville Buckeye Classic (<i>FR ONLY</i>)..... all day @ Butler Tournament.....10:00 a.m. FAIRMONT JV-PALOOZA 6:00 p.m. FIREBIRD JV-PALOOZA 6:00 p.m.</p>
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JV/9 events may be added.

Kettering Fairmont Wrestling Firebirds

PROGRAM PHILOSOPHY

CLARITY OF PURPOSE

Develop champions on and off the mat.

CORE VALUES

Accountable

Committed

Competitive

THE TOTAL PERSON

Fairmont Wrestling is not concerned simply with wrestling-related issues. Our goal is to create positive and productive CITIZENS! We will develop young men who understand the importance of academics, work ethic, first-class behavior, and perseverance. We will NEVER compromise the integrity to win matches. When the community speaks about our program, we want them to say we develop champions on and off the mat.

GENERAL PROGRAM EXPECTATIONS

1. Represent Fairmont High School and the city of Kettering with class.
2. Make our athletic department, school, and community better through interaction with our program.
3. Coaches will be positive role models for our student-athletes.
4. Student-athletes will be positive role models for their peers and young athletes who look up to them.
5. Continuously improve a year-round, comprehensive K-12 athletic program.
6. Maximize academic achievement of our student-athletes.
7. Maximize athletic achievement of our student-athletes.
8. Create an environment that fosters hard work, respect, and success.

SPECIFIC PROGRAM OBJECTIVES

1. Team GPA of 3.0 or higher.
 2. Qualify as many athletes as possible to the state tournament on a yearly basis.
 3. Contend for the District title on a yearly basis.
 4. Contend for the Sectional title on a yearly basis.
 5. Contend for the Greater Western Ohio Conference on a yearly basis.
- *Specific objectives may vary according to level of program, personnel, etc.*

Kettering Fairmont Wrestling Firebirds

TEAM STANDARDS

1. GENERAL CONDUCT AND BEHAVIOR - We are FIRST CLASS on and off the mat! You will wrestle hard and behave as gentlemen. You will learn how to handle victory and respond to setbacks in the appropriate manner. You will conduct yourselves as leaders on and off the mat. Show character don't be one!
2. TEAM AND PERSONAL PRIDE - Everyone on this team is needed to help us realize our goals. Although our backgrounds and abilities may vary, working together is of paramount importance. In addition, you are a unique and special person. No one in this world is exactly like you. Be proud of your talents, abilities, and uniqueness. Likewise, be proud of your teammates for their talents and abilities. You are a member of the Fairmont wrestling program - HAVE PRIDE IN OUR PROGRAM AND THE PEOPLE IN OUR PROGRAM!
3. PRACTICE - You must wrestle as hard in practice as you would in the state finals. Preparation is the key to success. Your attitude when you enter the room will be to learn, to improve, to help your teammates, and at all times, to wrestle hard. All team members are expected and required to attend practice every day. Two UNEXCUSED absences may result in suspension for the remainder of the season. If you need to miss a practice/match for family or academic reasons, let Coach Baxter know ahead of time. All absences must be accompanied by a parent note upon return in order to be excused.
4. SCHOOL RULES, GRADES, AND COLLEGE PLACEMENT TESTS - Our school rules, regulations, grades, ACT and SAT tests come first! Wrestling comes second after the above have been taken care of properly. All students are expected to be in school at least 1/2 day the day of a competition to be eligible to compete. If you are absent from school or leave school early, you must let a coach know in person. Wrestling will eventually end, but your education will last a lifetime. SCHOOL IS YOUR NUMBER ONE PRIORITY!
5. CURFEWS - In order to perform in an adequate manner on the mat and in the classroom, every wrestler should treat his body in the proper manner. You are expected by the following curfews:
 - a. School nights - 10:30 p.m.
 - b. School nights prior to a competition - 9:30 p.m.
 - c. Weekends - 12:30 a.m. (where applicable)
6. ALCOHOL AND DRUG USE - There will be absolutely no use of drugs of any kind (tobacco, alcohol, marijuana, etc.). We will follow the school board policy/athletic handbook for such offenses.
7. GROOMING AND APPEARANCE / TEAM DRESS CODE - We will be neat in appearance at all times! Per National Federation rules, hair is to be off the eyes and shirt collar and beards or mustaches are prohibited. Also, sideburns shall be no lower than the bottom of the earlobe. At no time shall a team member wear any clothing that makes reference to drugs; refers to or illustrates any sexual implication; contains any distasteful or profane words. Within the wrestling area, no plastic or rubber suits, shirts, or pants are allowed. No hats in the wrestling room. On match days, the dress code will be announced in advance. Generally, we will wear shirts and ties on match days. These regulations apply to all team members, not just those who are wrestling. All attire is subject to the approval of the coaching staff. Finally, to have class, you dress and act with class!
8. OUR FACILITIES (WRESTLING ROOM, LOCKER ROOM, ARENA, ETC.) - No horseplay or destruction of any kind will be tolerated! Only team members are allowed in the locker room. Treat our facilities as if you bought them yourself. This also applies to our opponents facilities. The first violation of this policy will result in a one week suspension. A second violation may result in suspension for the remainder of the season.

Kettering Fairmont Wrestling Firebirds

TEAM STANDARDS

9. HAZING/BULLYING - No form of hazing, bullying, or student harassment is permitted at any time in our program or by our athletes! Any wrestler involved in hazing/bullying/harassment will be suspended for the remainder of the season.
10. MATCH / TOURNAMENT CONDUCT - All team members are required to attend and will help in the preparation for and clean-up after the match. All team members not wrestling in the match will sit together in the appropriate manner. If you are not wrestling, pay close attention to the action - you are not to converse with family or friends until after the match is completed - BE A TEAM! Support our team rather than "get on" opponents and NEVER criticize the referee. Always shake hands with your opponent after the match, regardless of the outcome. Do not show hostile emotion if you lose and do not show arrogance when you win. There will be no fighting or taunting! The first violation may result in suspension for one week. A second violation may result in suspension for the remainder of the season.
11. RESPECT OF COACHES / SCHOOL PERSONNEL - Wrestlers must treat coaches and school personnel with the highest respect. The first violation will result in incentive training, suspension for one match, and a written behavior contract will be signed. A second violation may result in suspension for the remainder of the season.
12. WRESTLE-OFF POLICY - Wrestle-offs will usually take place early in the week (Tuesday or Wednesday). Wrestle-offs will be 2-2-2 in length, unless otherwise noted (for weight classes with numerous athletes involved). In order to wrestle-off, a wrestler must be within the prescribed weights as deemed by the coaching staff. Generally, as the season progresses, we will have fewer wrestle-offs as individuals solidify their weight class. If a wrestler wins his weight 3 consecutive weeks (which includes actual competition matches, where applicable), he must be beaten in two consecutive wrestle-off bouts to lose his spot. However, all wrestle-offs are at the discretion of the coaching staff. Wrestle-offs are an earned privilege, not a guaranteed right. Finally, in some instances, the coaching staff will make the final team selections.
13. END OF THE SEASON PROCEDURE - Everyone is to practice with the team every day scheduled on the team calendar unless told otherwise by Coach Baxter. You are also required to make weight the first day of the sectional tournaments (everyone, not just those who are wrestling). Equipment must be returned on the assigned date. If this policy is not followed, you will pay for lost/damaged equipment and be ineligible for any awards at the banquet. Everyone is required to attend the banquet - the season does not end until after the banquet. To earn a letter, you must:
 - a. Wrestle in 50% of all varsity competition points (3 pts. for 2-day tournament, 2 pts. for 1-day tournament/quad, 1 pt. for duals/double duals).
 - b. Seniors that do not meet qualification A may letter based on their contributions to the team.
 - c. All team members that finish the season will receive awards based on participation.
 - d. Varsity "B" matches DO NOT COUNT towards earning a letter.
 - e. If there are any questions, ASK COACH BAXTER. We do not want any misunderstandings!
14. DISMISSAL POLICY - As a member of this team, you have an obligation to live up to the standards set forth by the community, the school/administration, the coaching staff, and the tradition of Fairmont Wrestling. If, at any time, a wrestler does not meet those standards on or off the mat, they may be dismissed from the team. Any wrestler dismissed from the team will be notified as will their parent(s)/guardian(s).
15. EXPECTATIONS - As a member of this team, you will be expected to wrestle hard, wrestle tough, and act with class. You will be expected to do your best to excel in the classroom. You will be a leader and as a leader you will set an example for all those young wrestlers who look up to you. The coaching staff has made a commitment to you and all we ask is that you make that same commitment to us. If you ever have any questions, concerns, or problems, please talk to a coach. Communication is the key to our success. Finally, we expect you to expect success!

Kettering Fairmont Wrestling Firebirds
WEIGHT LOSS & NUTRITIONAL POLICY

WEIGHT LOSS POLICY

Unhealthy weight loss / starvation WILL NOT BE TOLERATED! We will help you understand proper nutrition and help you and your parents make the decision of what weight class you will wrestle. Any signs of improper nutrition and/or weight loss will be referred to the team doctor for evaluation. The following represents the weight loss policy of the Fairmont wrestling program:

1. State Weight Loss Rule

"The OHSAA does not approve any practice that endangers the health and safety of the participants. Crash dieting, the use of diuretic and other drugs for weight reduction, the use of a sweat box, any type of rubber, vinyl plastic sweat suit or bag, hot showers, whirlpools or similar artificial heat devices for weight reduction is prohibited. The wrestling practice facility must be kept at a temperature not to exceed 80 degrees Fahrenheit at the start of practice. Violation shall be investigated per bylaw 3.1.1. Any necessary penalty shall be assessed per bylaw 11.

2. Weight Classes

Varsity/JV: 106-113-120-126-132-138-145-152-160-170-182-195-220-285 (min. 215 + growth allowance)

9th-only Events: 98-106-113-120-126-132-138-145-152-160-170-182-195-220-265 (min. 215 + growth allowance)

3. NFHS/OHSAA Weight Class Certification

All wrestlers must certify their weight class prior to competing for the first time. Hydration, weight, body composition will be assessed (November 21, 2018). Numbers entered into NWCA Performance Calculator and you will be given your lowest allowable weight class and a descent plan (when you can get to that weight). AT NO TIME CAN A WRESTLER WEIGH-IN MORE THAN 1 WEIGHT CLASS OVER HIS CURRENT ALLOWABLE WEIGHT. This process will not allow any wrestler to go below 7% body fat or lose more than 1.5% of their alpha (initial) bodyweight per week based on their initial weigh-in.

Deadline for certification: January 15, 2019.

4. Growth Allowance

A two pound allowance will be given on December 25, 2018.

5. Weigh-in Procedures

- You are required to weigh-out after practice WITH A COACH.
- You must be within the required/posted allowance before practice in order to wrestle-off.
- EVERY wrestler on the team must make weight, regardless if they are in the starting lineup or not.

NUTRITIONAL INFORMATION

Please read the attached sheet for nutritional information. What you put into your will help determine how your body performs during competition - EAT TO WIN! Here are some key points to remember when deciding what weight class to wrestle and losing the weight:

1. Decide EARLY what weight class to wrestle and GRADUALLY lose the weight (1-2 pounds per week).
2. Never use starvation as a method to lose weight.
3. Drink water! This will HELP you lose weight and keep you hydrated.
4. Burn more calories! Increased exercise level will help you lose weight and become physically fit for wrestling.
5. Eat foods high in complex carbohydrates and low in fat / sodium.
6. Calorie considerations. Always remember the following guidelines when reading labels, etc.
 - 1 gram of carbohydrate = 4 calories
 - 1 gram of protein = 4 calories
 - 1 gram of fat = 9 calories* Obviously, carbohydrate and protein should be your main food choices.

Analyze the Sports Nutrition Manual available on our website – www.fairmontwrestling.com
Coach Baxter will distribute additional/more specific nutritional information.

Kettering Fairmont Wrestling Firebirds
HYGIENE POLICY / SKIN DISEASE INFORMATION

HYGIENE PROTOCOL

1. Any wrestler with any form of skin disease will sit out of practice / competition until cleared by a physician.
2. At no time will coaches infected with any form of skin disease have physical contact with the athletes.

GENERAL HYGIENE GUIDELINES

1. Shower after every practice and match.
2. Wear clean clothes every day. Use different towels each shower. If you have an infection, change sheets daily.
3. Check your ENTIRE body after you shower - morning and night!
4. Report any abnormal marks or rash to a coach immediately! Even if you think it is "nothing," let a coach know.
5. If you see an abnormal mark or rash on a teammate, let him know and advise him to tell a coach.
6. Use specific types of antibacterial soap such as *Dial, Safeguard, Betadine, Selson Blue*.

SKIN INFECTION INFORMATION

1. Ringworm (CONTAGIOUS – NEEDS TREATMENT)

What is it? A contagious fungus called tinea that infects the skin.

What are the symptoms? Round, scaly patches on the scalp, trunk, or feet (athlete's foot). On the scalp, bald patches will appear. Ringworm on the trunk starts as small, round, red patches that are scaly and itchy. As the patch grows, others may appear in the surrounding area.

2. Impetigo (CONTAGIOUS – NEEDS TREATMENT)

What is it? A contagious bacterial infection caused by staphylococcal or streptococcal bacteria.

What are the symptoms? Usually appears around the nose/mouth area. A small patch of tiny blisters which soon break and expose a patch of red, moist, skin beneath. Gradually, the area becomes covered by a tan crust that looks like brown sugar. The infection then spreads at the edges and newly affected areas may develop.

3. Staph (CONTAGIOUS – NEEDS TREATMENT)

What is it? Bacterial infection caused by the *Staphylococcus* bacteria entering body through a cut/ abrasion.

What are the symptoms? Generally, staph infections become pus-filling infections. Initial symptoms include redness/pain/swelling/warmth at the site of a cut or abrasion (although there may not always be an apparent opening to the skin). Eventually, the area forms boils/ulcers and fever or chills may develop.

4. Herpes Gladiatorum (CONTAGIOUS – NEEDS TREATMENT)

What is it? A contagious viral infection caused by the HSV infection that is transmitted usually through the abrasion of skin in a contact sport.

What are the symptoms? Generally found on the face, herpes gladiatorum looks somewhat like cold-sores or fever sores.

5. Contact Dermatitis

What is it? Allergic reaction of the skin resulting from surface contact with outside agents.

What are the symptoms? Skin inflammation or an itchy, red rash.

Kettering Fairmont Wrestling Firebirds

WISDOM PART 1

You don't get what you want at the price you want. You get what you want when you're willing to pay the entire price.

Kaizen – Japanese for resisting the plateau of arrested development. Literal translation = “continuous improvement.”

Elite levels of discipline have historically outperformed elite levels of talent.

The unforgettable moment... is created by the countless moments of work, struggle, sacrifice, and grit.

You don't get dropped off at the top of the mountain.

E + R = O (Event + Response = Outcome). The outcome you get depends on the quality of your response. If you want a better O, choose a better R. Choices make you life. Not luck, not fate, not society. Your choices determine who you are and where you'll go. *Brian Kight*

If your target is for betterment and brilliance, then struggle and challenges will be normal and expected. *Mark Schwab*

Everyone is gifted but some never open the package.

You want big results? Then do the little things. Just do them consistently and persistently. *Jon Sioredas*

There are no great people in this world. Just great challenges, that ordinary people overcome. *Jordan Burroughs*

Mentally tough people are good at holding themselves accountable day in and day out.

Under pressure, you don't rise to the occasion. You sink to the level of your training. That's why we train so hard.
NAVY SEALS

ARE YOU ABOVE OR BELOW THE LINE?

Above the Line (Intentional, Skillful, On Purpose)

Below the Line (Impulsive, On Autopilot, Resistant)

Talent does not determine the winner. Work determines the winner.

You have to pay the price for success up front. Everybody wants to do it.
Not everybody is willing to do what they have to do to do it. *Nick Saban*

Losers make excuses. Winners just win.

You can't do common things and expect uncommon results. *Mike Barwis*

In sports, you don't get what you wish for. You get what you work for.

You are today where your thoughts have brought you. You will be tomorrow where your thoughts take you.
Trent Paulson

You stop being average the day you decide to become a Champion,
because the average person won't make that decision.

Real success comes one day at a time. You've got to learn to do the little things well consistently
before you get to do the big things. *Dr. Coyte Cooper*

Get better. Or get beat. The choice is yours. *Jordan Burroughs*

If you want a Championship in March you need to give a Championship effort today.

Practice – Compete – Evaluate. *Bruce Burnett, US National Team Coach*

Kettering Fairmont Wrestling Firebirds

WISDOM PART 2

Don't talk, just act. Don't say, just show. Don't promise, just prove.

The bigger the vision, the more significant investment and sacrifice it will take to achieve it.

A man, as a general rule, owes very little to what he is born with. A man is what he makes of himself.

Alexander Graham Bell

It's not who you are that holds you back, it's who you think you're not.

As an athlete or coach, if you follow these 3 rules, I guarantee you will get better: Show up – Listen – Work Hard

Jordan Burroughs

If you buy something you have to pay with money. If you dream something, you must pay with much more. *Nick Heflin*

It's a little like wrestling a gorilla. You don't quit when you're tired... you quit when the gorilla is tired.

The harder you work, the harder it is to surrender.

The will to win is not nearly as important as the will to prepare to win. Failure to prepare is preparing to fail.

Life is full of challenges. Champions accept them, and with time and commitment, conquer them.

Champions care more than others think is wise, risk more than others think is safe,
dream more than others think is practical, and expect more than others think is possible.

Success is not so much an occurrence as it is an attitude.

The people who get on in this world are the people who get up and look for the circumstances they want.

And, if they can't find them, make the circumstances they want.

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

The vision of a champion is a person bent over, drenched in sweat, when no one is watching.

The best way to predict the future is to create it.

The greatest achievement is not in never failing, but in rising again once you have fallen.

Nothing worthwhile in life comes easy.

I will shake his hand before the match. I will shake his hand after the match. But during the match, I own him.

THE MAN IN THE GLASS

When you get what you want in your struggle for self

And the world makes you king for a day,

Just go to the mirror and look at yourself

And see what that man has to say.

For it isn't your father or mother or wife

Whose judgment upon you must pass.

The fellow whose verdict counts most in your life

Is the one staring back from the glass.

You may be like Jack Horner and chisel a plum

And think you're a wonderful guy.

But the man in the glass says you're only a bum

If you can't look him straight in the eye.

He's the fellow to please, never mind all the rest,

For he's with you clear to the end.

And you've passed your most dangerous, difficult test

If the man in the glass is your friend.

You may fool the whole world down the pathway of years

And get pats on the back as you pass.

But your final reward will be heartache and tears

IF YOU'VE CHEATED THE MAN IN THE GLASS!