



(1) Attitude



1. Attitude

- Successful athletes realize that attitude is a choice.
- They choose an attitude that is predominately positive.
- They view sport as an opportunity to compete against themselves and they learn from their successes and failures.
- They pursue excellence, not perfection, and realize that they, as well as their coaches, teammates, officials, and others, are not perfect.
- They maintain balance and perspective between their sport and the rest of their lives.

Dear Dr. Jack,

Here are the notecards you wanted to see. I was going to copy them, I know, I know. But... I had already made new ones for Tri-States this weekend. Different competition, different feelings, you know :) I hope you like them, my favorite quote is (most helpful) &

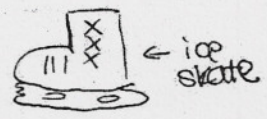
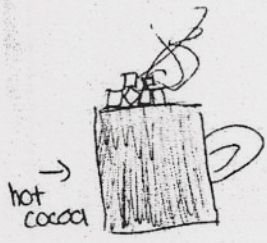
~ "Let me win, but if I can not win, let me be brave in the attempt" ~ (other than that quote about the archer, I still love that one)

I also wanted to say THANK YOU SOOO MUCH! You have helped me so much, it's hard to imagine it's only been a year since I started coming to your "office" (and to get hot chocolate) You helped me get the best coach ever and to feel better about my skating, competing, and myself. I love skating again.

I'll keep in touch and see you soon, but I'll definitely remember you forever!

Love,
~

Figure Skater



My 8th grade trip destination, the exotic ENTHRALLING COLUMBUS!

Before Competing #1

Easy Does it

Go for it, you've got nothing to loose

"You have no control over what the other guy does, you only have control over what YOU do"

"At the end of the day, I'm the only one I have to please"

"Let me win, but if I cannot win, let me be brave in the attempt"

"Whenever you go, go with all of your heart"

AFTER COMPETITION

We few, we happy few, we band of brothers
For he who sheds his blood here today
Shall be my brother
"win or lose"
It's time to forget, the game is finished. It's over,
"Shrug off the bad days, keep patient & know in
your heart sooner than later you will be back on
top"
"let me win, but if I can not win, let me be
brave in the attempt."