

Inspirational Quotes for Sports Coaches

18th Edition

Edited by Charles “Hal” Wilson, Jr.

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PREFACE

If you are looking for fancy formatting and graphics- this ain't it! These are simply some of the best quotes compiled from a variety of sources over a career in coaching at the youth, high school, and college level. As a player I found quotes to be motivational, and as a coach I found them to be a wonderful way to emphasize core values, emphasize a point our coaching staff was trying to make, or respond to a situation our team was facing.

Many coaches collect and use quotes, but **in my coaching career I found few books or websites with a large number of quality quotes specifically for coaches, and I never found a source that arranged them topically as done here.** There are three sections: In Season Thoughts, Out of Season Thoughts, and Alphabetical Topics. In each section there are then topical headings. Many quotes could (and perhaps should) go under several different headings, but for brevity's sake I have just placed them under one. In addition, I have included biographical information on the authors when possible because even though we as coaches know who most of them are, our players often do not. Do not assume they do- time moves fast and even our heroes are soon off of the next generation's radar.

I have had several players over my career tell me years later that one of the things they remember most from their playing career was starting our practices with one of these thoughts and how much it meant to them. A more famous example would be former UCLA Men's Basketball Coach **John Wooden**- one of the most decorated and revered coaches of all time (he won more NCAA Men's Basketball Championships than any coach ever). At his funeral at age 99 in 2010, they filmed his former players reciting the many quotes, maxims, and aphorisms that were ingrained in their minds decades after their playing career but still providing guidance and inspiration.

I want to thank all of my coaches and coaching mentors that still provide me guidance and wisdom to this day. Although I hate to name anyone because so many have had an impact on my life, I especially want to thank my high school football coach: the late **Charlie Griffin** who showed me you can win and have fun doing it, my college basketball coach, **Jerry Wainwright**, who showed me attention to detail and toughness, and Davidson College Head Basketball Coach **Bob McKillop** whose class and focus made a huge impression on me as a young coach while working his camps and watching him recruit and coach one of my players long before the country knew him for leading Davidson to the Elite 8 with current NBA star Stephen Curry.

I am calling this the 18th edition because I have added to it annually since 1996. If you would like to submit quotes or corrections for future editions please email me hal@coachingwisely.com. I hope you find them useful, motivational, and inspirational.

Coach 'em up!



Charles "Hal" Wilson, Jr.
Knoxville, TN
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Section I: In Season Thoughts

AFTER A LOSS

"No snowflake in an avalanche feels responsible."

-Voltaire (1694-1778), French philosopher

"Who has never tasted what is bitter does not know what is sweet."

-German proverb

"My motto was always to keep swinging. Whether I was in a slump feeling badly or having trouble off the field, the only thing to do was keep swinging."

-Hank Aaron (b. 1934), Hall of Fame baseball player

"There are no hopeless situations; there are only men who have grown hopeless about them."

-Clare Booth Luce (1903-1987), American Playwright

"Sweet are the uses of adversity."

-William Shakespeare (1564-1616), English author

"Noble souls, through dust and heat, rise from disaster and defeat the stronger."

-Henry Wadsworth Longfellow (1807-1882), American poet

"The gem cannot be polished without friction, nor man perfected without trials."

-Confucius (551-479 BC), Chinese philosopher

"I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection."

-Thomas Paine (1737-1809), American revolutionary

"He that is good for making excuses is seldom good for anything else."

-Benjamin Franklin (1706-1790), American Founding Father

"When things go wrong, don't go with them."

-Unknown

"Good teams go about their business knowing that a loss only means you go home and come back tomorrow expecting to win."

-Jim Leyland (b. 1944), World Series Winning Manager

"What the caterpillar calls a tragedy, the Master calls a butterfly."

-Richard Bach (b. 1936) American author

"Success depends on backbone not wishbone."

-Unknown