

Be A Competitor

Nothing can compensate for the lack of will to perform when the situation demands that desire!

Only you can provide this will. No one else can help at the moment of truth. The penalty for the lack of will is usually defeat. (Either mental and/or physical)

"Quitting" is any time the athlete gives up hope of doing his/her best. The difference between a winner and a loser is often the effort to try. The winner tries and therefore regardless of results is a winner. There is no failure like ceasing to try.

Proper training is an extremely important part of being a winner. It does not guarantee success, but it certainly increases the possibilities.

Providing the "potential" is there, mental factors such as courage, will-to-win, subconscious desire for victory, capacity to suffer, fearless determination, frustration, tolerance, and good old intestinal fortitude (otherwise known as "guts" or "gumption") must be combined with proper training to transform potential into reality and give any assurance of success. These mental factors can only come from within the athlete.

You must work at developing your inner motivation. This is a learned skill!

From Motivation and Coaching Psychology by Wilt and Bosen