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There is a syndrome in sports called paralysis by analysis.

- Ashe, Arthur

The greatest efforts in sports came when the mind is as still as a glass lake.

- Gallwey, Timothy

Competition is the spice of sports; but if you make spice the whole meal you'll be sick.

- Leonard, George

The first thing is to love your sport. Never do it to please someone else. It has to be yours.

- Fleming, Peggy

In order to excel, you must be completely dedicated to your chosen sport. You must also be prepared to work hard and be willing to accept destructive criticism. Without 100 percent dedication, you won't be able to do this.

- Mays, Willie

People in the States used to think that if girls were good at sports their sexuality would be affected. Being feminine meant being a cheerleader, not being an athlete. The image of women is changing now. You don't have to be pretty for people to come and see you play.

At the same time, if you're a good athlete, it doesn't mean you're not a woman.

- Navratilova, Martina

In sport, mental imagery is used primarily to help you get the best out of yourself in training and competition. The developing athletes who make the fastest progress and those who ultimately become their best make extensive use of mental imagery. They use it daily as a means of directing what will happen in training, and as a way of pre-experiencing their best competition performances.

- Orlick, Terry

Tennis is more than just a sport. It's an art, like the ballet. Or like a performance in the theater. When I step on the court I feel like Anna Pavlova. Or like Adelina Patti. Or even like Sarah Bernhardt. I see the footlights in front of me. I hear the whisperings of the audience. I feel an icy shudder. Win or die! Now or never! It's the crisis of my life.

- Tilden, Bill

What the mind attends to, the mind considers. What the mind constantly considers, the mind believes. What the mind believes, the mind eventually does.

- Unknown, Source

When I lose a match, I know that I lose on the court and not in life.

- Sabatini, Gabriela

When you are winning too much, sometimes you think you should never lose again. I am

- Ivanisevic, Goran
Part of being a champ is acting like a champ. You have to learn how to win and not run away when you lose. Everyone has bad stretches and real successes. Either way, you have to be careful not to lose your confidence or get too confident. - Kerrigan, Nancy
You win only if you aren't afraid to lose. - Aoki, Rocky
You can't be a winner and be afraid to lose. - Lynch, Charles
I hate to lose more than I love to win. - Connors, Jimmy
Losing is no disgrace if you've given your best Palmer, Jim
Giving yourself permission to lose guarantees a loss Riley, Pat

learning to lose.

Never change a winning game; always change a losing one. - Tilden, Bill
Many people lose their tempers merely from seeing you keep yours. - Colby, Frank Moore
They said playing basketball would kill me. Well, not playing basketball was killing me. - Johnson, Earvin "Magic"
Winning breeds confidence and confidence breeds winning. - Green, Hubert
Confidence is contagious. So is lack of confidence. - O'Brien, Michael
Confidence awakens confidence Sachsen, Friedrich Von
One important key to success is self-confidence. An important key to self-confidence is preparation. - Ashe, Arthur
Fear can be conquered. I became a better person and a better football player when I

learned that lesson. - Craig, Roger With confidence, you can reach truly amazing heights; without confidence, even the simplest accomplishments are beyond your grasp. - Loehr, Jim I build confidence when I practice a variety of shots - hitting it high or low, working the ball. A lot of golfers go to the range and just hit full shots. That doesn't build on-course confidence, because you won't always hit full shots out there. My confidence is built on knowing I can effectively work the ball in any circumstance. - Carner, JoAnne Positive thinking is the key to success in business, education, pro football, anything that you can mention. I go out there thinking that I'm going to complete every pass. - Jaworski, Ron What is the single most important quality in a tennis champion? I would have to say

- Tracy, Brian

- McEnroe, John

desire, staying in there and winning matches when you are not playing that well.

Whatever we expect with confidence becomes our own self-fulfilling prophecy.

Concentration, Confidence, Competitive urge, Capacity for enjoyment Palmer, Arnold
I am confident. I never give up Vicario, Arantxa Sanchez
If you're prepared, then you're able to feel confident Ringer, Robert J.
Confidence is a very fragile thing Montana, Joe
When you're prepared, you're more confident. When you have a strategy, you're more comfortable. - Couples, Fred
When a team outgrows individual performance and learns team confidence, excellence becomes a reality. - Paterno, Joe
I think it's the mark of a great player to be confident in tough situations. - McEnroe, John

Practice only makes for improvement.
- Brown, Les
Everything can be improved.
- Barron, C. W.
Sports should always be fun.
- Mann, Charles
Success is steady progress toward one's personal goals
- Rohn, Jim
The key to my success has been to give up everything for my dream.
- Johnson, John

