

SACHEM NORTH TRACK & FIELD

Teammates: The sisters you acquire, the peers with which you grow as an athlete, as a person, as a human being. They will push you harder, rival your talents, challenge you, and knock you to the ground more than your opponents. Then they pick you up; brush you off -only to do it again. They share your goals, they feel your rage, they cry your tears, and they know how you feel at the end of the day. They teach you life and together you learn to survive. Then, when you look back at your glory days, it's their faces, their smiles, and their laughter that will stand the test of time. Not the final score, not the victory or defeat, but the bond of a family, and the love of a sister.

The truth is you can always run faster, but hey, sometimes the truth hurts.

Some people ask me how I run so fast, I say- what do you do when you hear a gun?

Finish lines are just a reminder to stop

If you make practice feel like a race, the race will feel like a practice

A race is not won at the finish line, it's won somewhere in the race where nobody else can see

No one ever drowned in sweat

Our sport is your sports punishment

Running is the feeling of someone pushing you from behind...and realizing it is you

I don't run fast to win.. I just want to be polite and cheer you on as you finish

“Obsessed”: a word the lazy use to describe the dedicated

“ ‘Cause sometimes you feel tired, you feel weak, when you feel weak, you feel like you just want to give up- but you have to search within you, find that inner strength and just pull that right out of you, and get that motivation to not give up, and not be a quitter- no matter how bad you want to just fall flat on your face and collapse...”

If you can't win, make the guy ahead of you break the record.

Desire is waking up at 7am on a Saturday morning for a 2 hour practice. *Desire* is telling yourself that no matter what the weather is like- it is still perfect. *Desire* is running with everything that lives in your heart- every time you step on the track. *Desire* is never giving up, even when your body is telling you to. In a runners world, *desire* is **everything**.

I always thought that there was one person in the stands that has never seen me run, and I did not want to let them down.

Bathed in sweat, bent over gasping for breath, the athlete might have wondered aloud if this is what death feels like. In time, this same athlete will surely realize the opposite. Indeed- this is what life feels like.

It's hard to beat a person that never gives up

Champions aren't made in the gyms. Champions are made from something they have deep inside them- a desire, a vision, a dream.

I think that a lot of our team commitment is a silent understanding that each one of us has poured our life into what we are doing.

There are some who are born scared, afraid, and not willing to show some guts. We eat those people for breakfast.

The pain of hard work is so much better than the pain of regret.

“You learn you can do your best even when it’s hard, even when you’re tired and maybe even hurting a bit. It feels good to show some courage.” – Joe Namath

You don’t have to reach for the stars, they are already inside of you. All you have to do is reach deep within yourself.

If you aren’t willing to risk it all, you don’t want it bad enough

You can’t just beat a team, you have to leave a lasting impression in their minds so that they never want to see you again.

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender- that is strength.

An athlete is a normal person with the gift of an undying passion to be the best and achieve greatness.

Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. *That's* what little girls are made of.

Victory is what happens when thousands of hours of practice meet with one moment of opportunity

Athletes are driven by commitment. To their sport. To themselves. To excellence itself. Commitment fuels the extra mile, the final set, the last quarter, the sprint to the line. **Going on when the body begs to stop.**

You can either throw in the towel, or use it to wipe off your sweat.