

#1 Speech

Adapted from Vince Lombardi's famous speech to fit wrestling:

"Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do things right once in a while; you do them right all the time. Winning is a habit.

Unfortunately, so is losing.

"Every time a wrestler goes to the mat his he's got to wrestle from the ground up - from the soles of his feet right up to his head. Every inch of him has to wrestle. Some guys wrestle with their heads. That's O.K. You've got to be smart to be number one in any business. But more importantly, you've got to wrestle with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the mat second.

"It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they are there - to compete. To know the rules and objectives when they get in the game. The object is to win fairly, squarely, by the rules - but to win.

"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for discipline and the harsh reality of head to head combat.

"I don't say these things because I believe in the 'brute' nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour - his greatest fulfillment to all he holds dear - is that moment when he has to work his heart out in a good cause and he's exhausted on the field of battle - victorious."

Dan Gable Quotes:

“The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart.”

“More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride.”

“Once you've wrestled, everything else in life is easy.”