



"The most important lesson I've learned from sports is how to be not only a gracious winner, but a good loser as well. Not everyone wins all the time, as a matter of fact, no one wins all the time. Winning is the easy part, losing is really tough. But, you learn more from one loss than you do from a million wins. You learn a lot about sportsmanship. I mean, it's really tough to shake the hand of someone who just beat you, and it's even harder to do it with a smile. If you can learn to do this and push through that pain, you will remember what that moment is like the next time you win and have a better sense of how those competitors around you feel. This experience will teach you a lot on and off the field!"

-Amy Van Dyken



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