"Champions are champions not because they do anything extraordinary, but because they do the ordinary things better than anyone else." -**Chuck Noll** *"Hard work beats talent when talent fails to work hard."* -**Tim Notke** *"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill-none have wrestled without pride."* -**Dan Gable** *"Most people quit at 40%."* -**David Goggins** *There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do."* -**Derek Jeter** *"Champions don't show up to get everything they want, they show up to give everything they have."* -**Coach Lisle** *"Be aggressive, be more aggressive and never be satisfied."* -**Pete Rose** *"Impossible is just a word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact."* -**Mohammad Ali** *"Pain isn't a sign to stop, the pain is a sign to push. When you go through pain or hardship in life, it doesn't mean it's time to quit. It means it's time to push."* -***anonymous*** *"The Six W's: Work will win, when wishing won't."* -**Todd Blackledge** *"The harder you work, the more you win. The more you sacrifice the harder it is to surrender."* -**Jordan Burroughs** *"There is no difference between a hero and a coward in what they feel. It's what they do that makes them different. The hero and the coward feel exactly the same, but you have to have discipline to do what a hero does and to keep yourself from doing what the coward does."* -**'Cus D'amato** *"When you're good at something, you'll tell everyone. When you're great at something, they'll tell you."* -**Walter Payton** *"I take pride in my wrestling, and I take pride in my academic accolades. It's a lifestyle choice, and t hat's what I'm trying to apply in every accept of my life."* - **David Taylor**

BBP WRESTLING

WHO: Grades K-8

WHEN: Tuesdays and Thursdays
Grades K-3: 5:00-6:00
Grades 4-8: 6:00-7:30

WHERE: BBP HS Wrestling Room

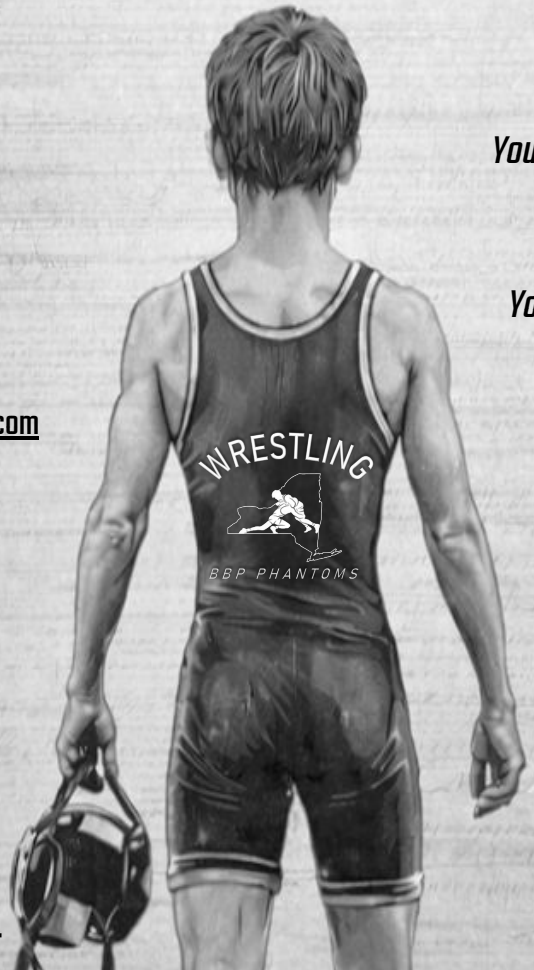
HOW: Register @ www.phantomwrestling.com

START DATE: Thursday, 11/12

END DATE: Thursday, 2/4 (k-3)
Thursday, 3/11 (4-8)

COST: Grades K-3: $210
Grades 4-8: $230

K-3 Takedown Tournament: 2/4



Always be ready-anticipate, don't react.

You've got what it takes but it will take everything you got.

Be humble when you are victorious.

Your character is more important than how good you are.

Communication is crucial to succeed.

You compete how you practice.

Celebrate the wins but learn from the losses.

It takes no talent to hustle.

Teamwork-together we rise.

You are part of something bigger than yourself.

Discipline builds champions.