

# Amanda Beard Quotes

*Water, People, Swimming, Kids, Want, Athlete, Practice, Swimmer, Winning,  
Competition, Yoga, Skins, Stress, Sports, Important, Teacher, Swim, Meditation,  
Grandma, Focus*

I protect my skin with sunscreen and am religious about keeping my face moisturized and properly protected all day, so I also use a face lotion with SPF 30.

~Amanda Beard

I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them.

~Amanda Beard

Sometimes success is simply being willing to give it your all.

~Amanda Beard

Breaking composure, confidence, and speed in the water makes you lose the race, not the goggles that fell off your head when you dove in.

~Amanda Beard

In swimming, everyone calls me grandma, because I'm the oldest there. Then with my friends, I'm the youngest and I'm the baby. It's definitely bizarre.

~Amanda Beard

To look good in the water you have to pick the right swimsuit. I own close to 500.

~Amanda Beard

People wanted to be friends with me for not the right reasons. They'd introduce me to somebody else as the Olympian or the swimmer. I didn't want to stand out. I wanted to blend in.

~Amanda Beard

I always tell people, I'm a better swimmer because I'm a mom and a better mom because I'm swimmer.

~Amanda Beard

If you want me to swim fast, you have to let me enjoy my life.

~Amanda Beard

I don't underestimate the power of mental preparation throughout all of my training. I'm in a much better state of mind about competition.

~Amanda Beard

Some people like to focus on other aspects of my life, but first and foremost I am a dedicated and top swimmer.

~Amanda Beard

Malfunctions are inevitable. It's important to push through them during practice - versus stopping to fix and restart - so that you're prepared for one mid-competition.

~Amanda Beard

Life is all about balance: sprinting hard and fast, breathing deep and slow. Working out with my coaches, playing with my kids. Eating whole foods for fuel, enjoying a glass of wine with friends.

~Amanda Beard

I know that I do deserve good things.

~Amanda Beard

My performance has improved dramatically from yoga and meditation. No athlete ever dominated by sticking to one sport all the time.

~Amanda Beard

When people say to me, 'You're like the Anna Kournikova who wins,' I definitely take it as a compliment, because she's quite gorgeous.

~Amanda Beard

The swimming community is really conservative. I don't know why, because we're in no clothing whatsoever.

~Amanda Beard

With my sport, I am outside and in the water, which can be really drying and damaging to the skin, so I try to be vigilant about taking good care of it.

~Amanda Beard

Obviously, the competitor in you, you want to be in the top three every time in the pool.

~Amanda Beard

I'm a firm believer in slowing down to improve my state of mind when I'm training, and yoga and meditation have been paramount to my success in this way.

~Amanda Beard

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