

Bill Toomey

Quotes

*Athlete, Games, Sports, Journey, Drug, Country, People, Fun, Motivational,
Keys, Accomplishment, Workout, Optimum, Athletic, Coaching, Ability, Exercise,
Greek, Science, Effort*

The greatest feeling of accomplishment for me is the fact that I was an athlete who was somewhat disabled.

~Bill Toomey

Nutrition is also a valuable component that can help athletes both protect themselves and improve performance.

~Bill Toomey

Realize that from the start, every activity that comprises the journey has value and the ability to teach you something.

~Bill Toomey

I have read many studies out of the Karolinska Institute in Sweden and they demonstrated that Vitamin E, Co-Q-10, and Fish Oil could protect the immune system of athletes and prevent disease.

~Bill Toomey

The East Germans first used biomechanics. This meant that rather than guessing about technique and form, they could apply changes to athletic performance based on science.

~Bill Toomey

During the 60's, drug use was in fashion in the U.S.

~Bill Toomey

As I mentioned previously, the tools that allow for optimum health are diet and exercise.

~Bill Toomey

Past Olympians have a continuing role within the Olympic family.

~Bill Toomey

Olympians are the product of the Movement, and to get them to the stadiums, pools and playing fields, it takes the actions of legions of

people who might not be Olympians.

~Bill Toomey

The Olympic Games of the Modern Era began in 1896 in the city of Athens.

~Bill Toomey

Athens will again be the host of the Games in 2004, but there are rumors that they might be switched if the Greeks don't begin to construct the sites faster.

~Bill Toomey

Whatever pursuit you undertake, the requirements should start with a love of what it is that you are pursuing.

~Bill Toomey

There is no magic move or secret that creates victory but lots of little items that, when added together, can make you victorious.

~Bill Toomey

I have competed before empty stadiums a lot in my career.

~Bill Toomey

Once you have selected a sport or a creative activity, the rules are pretty much the same.

~Bill Toomey

My family knew, but most of the sporting world did not realize that my right hand been some 75% paralyzed.

~Bill Toomey

A buddy will keep you honest and add a dimension of fun to your workout.

~Bill Toomey

Anabolic steroids were not banned until after the 72 Olympics.

~Bill Toomey

My Olympic voyage has continued because it is so rewarding.

~Bill Toomey

One of the key elements is the ability to be honest with yourself.

~Bill Toomey

Understand from top to bottom what the effort requires.

~Bill Toomey

We have made drugs an Olympic event. It receives most of the coverage at the Games and even the suspicion of guilt can ruin a reputation for life.

~Bill Toomey

The Olympics have been with the world since 776 B.C., and have only been interrupted by war, especially in the modern era.

~Bill Toomey

The fans and supporters are also part of the Olympic family.

~Bill Toomey

Behind every good decathlete, there's a good doctor.

~Bill Toomey

It is always possible to improve.

~Bill Toomey

A key factor is to do training that is fun.

~Bill Toomey

People need to know that by donating, coaching, and just lending

support, anyone can become part of the wonderful global family.

~Bill Toomey

Actually, the moment of victory is wonderful, but also sad. It means that your trip is ended.

~Bill Toomey

Too many athletes do not admit their weaknesses.

~Bill Toomey

When I competed, it was for honor and country. It was a privilege to be a part of the U.S. team.

~Bill Toomey

I think that money has changed my sport.

~Bill Toomey

Too many athletes don't have the ability to set a goal and then carefully go towards it.

~Bill Toomey

The ability to mingle with so many countries and cultures is extremely valuable for men and women.

~Bill Toomey

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