

# Cathy Rigby Quotes

*Sports, Athlete, Parent, Gymnastics, Losing, Three, Bed, Acting, Competition,  
Hurt, Girl, Youth, Hair, Flying, Roles, Joy, Thinking, Trying, Gold, Golf*

Acting allows me the freedom to let go, to be in the moment, to be spontaneous. I no longer have the fear of losing, of failure.

~Cathy Rigby

In high school I never went to the prom because I was too consumed with gymnastics. Also, with my hair in pigtails and looking about 10, I wasn't exactly date material.

~Cathy Rigby

I would climb on roofs and jump off using my parents' bed sheet, hoping it would open like a parachute. I was always getting hurt, breaking a leg, you know, bruising, cracking my head open.

~Cathy Rigby

Seeing the show is like a visit to the fountain of youth for parents and the children.

~Cathy Rigby

There's so much denial in gymnastics. It's a beautiful sport but the other part is numbing. You become machinelike. They'll refute this, but I've been around it. I know.

~Cathy Rigby

It's really hard to separate fantasy from reality.

~Cathy Rigby

Nowadays a gold medal is a \$1 million contract. Our athletes are our heroes.

~Cathy Rigby

It's that athlete's obsessiveness - the need to prove yourself and work harder than anybody else. I think it's what helped me do well in the theater.

~Cathy Rigby

I will jump into most any role.

~Cathy Rigby

I grew up in a sport that didn't allow you to grow up. There was always the threat of younger competition. So you had to maintain the image of youth.

~Cathy Rigby

I have three dogs and a cockatoo.

~Cathy Rigby

An athlete learns how to hold her breath, but that doesn't work in singing. You have to learn to relax.

~Cathy Rigby

Actually, performing is a lot like golf. You are alone, so vulnerable.

~Cathy Rigby

There's no disgrace in failure, the disgrace is not to try.

~Cathy Rigby

Flying is such a joy. You just want to hoot.

~Cathy Rigby

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- Girl Quotes
- Youth Quotes
- Hair Quotes
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