

# Dan Gable Quotes

*Wrestling, Sports, People, Motivational, Inspirational, Succeed, Years, Winning,  
Attitude, Dream, Strong, Mom, Practice, College, Giving, Tired, Mean,  
Remember, Progress, Determination*

Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts.

~Dan Gable

Pain is nothing compared to what it feels like to quit. Give everything you got today for tomorrow may never come.

~Dan Gable

The 1st period is won by the best technician. The 2nd period is won by the kid in the best shape. The 3rd period is won by the kid with the biggest heart.

~Dan Gable

Once you've wrestled, everything in life is easy.

~Dan Gable

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

If you're afraid to fail, you'll never succeed.

~Dan Gable

Wrestling... what men do during boys basketball season.

~Dan Gable

Determination is the strength needed to succeed.

~Dan Gable

There's always ways of motivating yourself to higher levels. Write about it, dream about it. But after that, turn it into action. Don't just dream.

~Dan Gable

I shoot, I score. He shoots, I score.

~Dan Gable

Always remember the pain of defeat, and never let it happen again.

~Dan Gable

Talent is everywhere, winning attitude is not.

~Dan Gable

I never won anything by myself. I was always strong because of help that gave me extra strength to win.

~Dan Gable

My advice to young wrestlers is that your surroundings really make a difference. You want to put yourself in good, positive surroundings.

~Dan Gable

The easiest thing to do in the world is pull the covers up over your head and go back to sleep.

~Dan Gable

I can take anyone down at anytime; they can't take me down; no one can ride or turn me; I can control anyone.

~Dan Gable

If we don't progress, we backslide into bad habits, laziness and poor attitude.

~Dan Gable

Great wrestlers make other wrestlers great

~Dan Gable

Right out of high school I never had the fear of getting beat, which is how most people lose.

~Dan Gable

Wrestlers are a little more dedicated than, and are different from, the other people, which may be strange.

~Dan Gable

We, as a wrestling community, better remember it is more than one individual that makes a winner.

~Dan Gable

All I worried about was what Owings was doing to me, instead of what I was doing to him. When you start worrying about that stuff, you're going down the wrong path.

~Dan Gable

My mind's never gone very far away from what I wanted to accomplish.

~Dan Gable

But we've got to work. We can't just live on reputations at all - by any means.

~Dan Gable

If you are afraid to fail, you will never succeed.

~Dan Gable

My valleys are higher than most people's peaks. I stay at that level.

~Dan Gable

Greatness in the mat is achieved through training that make you push to survive.

~Dan Gable

I'm delighted to be back in coaching. Our goal is to put Iowa wrestling back on top, and I want to do everything I can to make it happen.

~Dan Gable

I've never changed my life since I was 4 and went to the YMCA with a gym bag. I still have that philosophy. In fact, I still have that gym bag.

~Dan Gable

A lot of my intensity in wrestling was due to my mental preparation before the matches. I got myself into a different world.

~Dan Gable

But after that, turn it into action. Don't just dream.

~Dan Gable

My coaches were great. My mom and dad. My dad never missed a wrestling meet.

~Dan Gable

There's nothing like success.

~Dan Gable

My wrestling and family go together. It's always been that way, from day one with my mom and dad, my sister, my wife, four daughters, grandsons, son-in-laws.

~Dan Gable

I've been a fanatic about working out all my life.

~Dan Gable

I don't think college wrestling is in danger of extinction by any means. But I am concerned if one program drops.

~Dan Gable

More endearingly than any other sport, wrestling teaches self control and pride.

~Dan Gable

If you're going to stay in the Olympics, you've got to be entertaining and get sponsorship.

~Dan Gable

The bells are a very good investment. They never break if they are maintained. I can teach the kids the basics. They may play bells for only one year, but many of them go on to play at local churches.

~Dan Gable

When my wrestlers got their hands raised, I jumped for joy.

~Dan Gable

There is no mat space for malcontents or dissenters.

~Dan Gable

You don't really measure the year until the whole year is done. I'm sure there are some concerned people, including the coaches right now.

~Dan Gable

I went to college. I had a double major in biology and physical education, but my major was wrestling.

~Dan Gable

Freedom across the world is a result of many individuals working together.

~Dan Gable

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