

# Karch Kiraly

## Quotes

*Volleyball, Beach, Winning, Competition, Team, Men, Games, Player, Sports,  
Jobs, Eye, Ankles, Hats, Inspirational, Kids, Want, Dad, Athlete, Running,  
Funny*

Practice like it's competition and compete like it's another day on the practice court.

~Karch Kiraly

It's hard to give a career like this up, when I tell my wife I'm going to the office, and it's the beach.

~Karch Kiraly

I never did. I only prepared to win the next day.

~Karch Kiraly

When you've done everything you can to train yourself for competition, you'll sleep well when the tournament is over, win or lose.

~Karch Kiraly

I didn't want to use anything as a crutch and ever have excuses heading into a match.

~Karch Kiraly

It's a serve and pass game.

~Karch Kiraly

Volleyball is not like a formula so we must give players some freedom.

~Karch Kiraly

Most people put a hat and glasses on to go incognito. I take them off.

~Karch Kiraly

Playing against better competition makes you better and more focused, so you can do what you have to, to win.

~Karch Kiraly

I played a kid's game, I got to do it at the beach, and I was able to support my family. I consider myself incredibly lucky.

~Karch Kiraly

Physically I'm not as strong as I was, but I try to make up for it mentally. It's a big challenge, and I relish it, competing with guys half my age.

~Karch Kiraly

I want to be as self-reliant as possible and do it all from within.

~Karch Kiraly

We play at the world's most beautiful beaches but in the world's most challenging conditions. It is not like you play one match and you go back to air conditioning. We do it all day long.

~Karch Kiraly

It's the best. And the job site isn't too bad, either.

~Karch Kiraly

It was really an exciting time trying to find my way from being a boy to becoming a man—being toe to toe and eye to eye with grown men, even though I was only 11 or 12.

~Karch Kiraly

The exercises helped get the flexibility back in my ankle and also increased my overall flexibility. As I was getting into my 30s, I wanted to do everything I could to improve my longevity.

~Karch Kiraly

When I warm up now though—especially on center court—there is usually music playing, so I don't really mess with music.

~Karch Kiraly

I thank my dad for my mental longevity and for the fact we played against better competition.

~Karch Kiraly

The first thing I do when I get there—like all of the players on tour—is apply sunscreen. One of the few hazards of the job is the wear-and-tear our skin takes from the sun.

~Karch Kiraly

A lot of guys are out there with their iPods. I'm not one of them. I just never really got into it.

~Karch Kiraly

I have adrenaline going and then focus on what I have to do and do it well. I know we'll have a good chance to win the match that way. I don't concern myself with the other team.

~Karch Kiraly

I just think about what I am doing on my side of the net, which requires focus. Even after all the years I've been playing, I still get butterflies before each match.

~Karch Kiraly

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