

# Kerri Walsh

## Quotes

*Volleyball, Thinking, Funny, Inspirational, Beach, Sports, Want, Home, Athlete, Kids, Children, Jobs, Girl, Baby, Smart, Growing Up, Mind, Winning, Believe, Way*

I don't want to be better than you or her or him - I want to be better than I am right now

~Kerri Walsh

A true competitor works the hardest, cares the most, and makes the best of what they have.

~Kerri Walsh

Passion is a huge prerequisite to winning. It makes you willing to jump through hoops, go through all the ups and downs and everything in between to reach your goal.

~Kerri Walsh

That wall is your mind playing tricks on you. You just need to say, 'One more step, I can do this. I have more in me.' You'll be so proud of yourself once you push yourself past your threshold.

~Kerri Walsh

Adversity, if you allow it to, will fortify you and make you the best you can be.

~Kerri Walsh

You touch every other ball and, if you screw up, you only have one more person to back you up. You can't go hide in the corner.

~Kerri Walsh

To me, crying is not a sign of weakness. She wants it that bad and she puts her whole heart into it. She had really high expectations, and that's why she's so good. She just had a bad game.

~Kerri Walsh

We have to fight the entire time, we can't start at the end when it's getting down to crunch time. We can't leave anything on the floor.

~Kerri Walsh

If you are not prepared, you cannot work out intensely. If you do not perform, you cannot get results, and if you can't do your best to recover, you won't get the benefits of your hard work.

~Kerri Walsh

I firmly believe that when you have a foundation of respect, love of what you're doing, and a shared vision, so much is possible.

~Kerri Walsh

We had two goals...One was to cherish every moment together, cherish the journey because the journey allows you to learn and grow. The other was to win a gold medal.

~Kerri Walsh

We were very aggressive, and when we're aggressive, it's hard to stop us.

~Kerri Walsh

Being a working mommy is something I've always wanted to be. My mother is my biggest role model and she showed me how to do it right.

~Kerri Walsh

It's the best thing in the world, the most challenging thing in the world, being a parent, and one of the first lessons I learned was to ask for help.

~Kerri Walsh

In my heart, I'm so far from done.

~Kerri Walsh

The advice I will give my children, if and when they have Olympic aspirations, will be to go for it.

~Kerri Walsh

At some point you're like, gosh, this rehab is never going to end, and then all of a sudden I'm full strength and I'm about to go to my first competition. So I feel really great.

~Kerri Walsh

The balancing act of motherhood and a career, and being a wife, is something that I don't think I'll ever perfect, but I love the challenge of it.

~Kerri Walsh

We don't have a World Series or a Super Bowl, so to be able to come home with a gold medal is amazing. I want to do it again in four more years.

~Kerri Walsh

People think we have coasted the last four years. We fought, we had a lot of battles. We've always had to battle.

~Kerri Walsh

It's not a sprint to get in shape.

~Kerri Walsh

What's not to love about us! People got to know Misty and me in Athens. We've continued to be successful and continued to connect with the fans. I promise we're going to be tough to get rid of.

~Kerri Walsh

Sometimes it's just the beer and bikinis that get people to come and watch, but it's the competition that's keeping them there.

~Kerri Walsh

I think the hard part is over. Now it's time for us to play.

~Kerri Walsh

[Nutrition] is a huge piece of the puzzle. It's not just about working hard and being physical. It's about being smart and mindful of what's going in and out of our bodies.

~Kerri Walsh

I used to sleep, eat, breathe volleyball. Now I have that with my kids.

~Kerri Walsh

My mom is a constant in my life in so many ways.

~Kerri Walsh

Growing up, Michael Jordan was my Olympic hero.

~Kerri Walsh

My job is to be fit and I'm really blessed that I get to go and work out and live a really healthy lifestyle.

~Kerri Walsh

I love that our sport is sexy. I think it is appropriately so.

~Kerri Walsh

I want to win a gold medal in London.

~Kerri Walsh

I want to be efficient and effective in everything I do.

~Kerri Walsh

I'm doing mental training as well. So, you know, body, mind, and spirit - everything is being addressed, every single day. Generally I'll have three training sessions a day.

~Kerri Walsh

I want our kids to know that we have to feel our bodies. And nutrition is a huge part of that.

~Kerri Walsh

That's a very privileged job and I love it with all my heart. I'm planning on playing my best volleyball to date throughout 2016 and certainly during the Olympics.

~Kerri Walsh

Misty May was looking for a partner, I was looking to stay at home, and the beach just came calling.

~Kerri Walsh

I honestly feel like my job since I was 22 has been to be an Olympian.

~Kerri Walsh

I want to be the best role model I can be for my family.

~Kerri Walsh

We want to seal the deal that we're the best team that's ever happened.

~Kerri Walsh

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