

Kristi Yamaguchi

Quotes

*Sports, Thinking, Kids, Dream, Olympics, Want, Trying, People, Winning, Hard
Work, Wanted, Mom, Important, Past, Way, Heart, Athlete, Years, Skating,
Certain*

I don't know how many people really knew who I was before the Olympics and that's the fun thing of the Olympics - you get to know someone who captures your heart, hopefully.

~Kristi Yamaguchi

Every day, someone realizes a dream. I believe dreams help light our darkness and give us the push we need to move across the rink of life.

~Kristi Yamaguchi

I'd try to channel my nervous energy in a positive way into strength and endurance. It didn't always work.

~Kristi Yamaguchi

At 6 years old, the ice became a place for me to express myself. Because I was so shy off the ice, it became my safe haven, with music and freedom and self-expression. That was my emotional outlet.

~Kristi Yamaguchi

I'm always looking for inspiring ways to stay motivated and stay active.

~Kristi Yamaguchi

Once you have a child, your heart is forever outside your body. I totally understand that now.

~Kristi Yamaguchi

Being an athlete, you know how to train and prepare your body for a performance and you're able to do it under pressure.

~Kristi Yamaguchi

Winning in women's singles felt surreal. I felt that everything I had done - the hard work, the tough times - was all worth it.

~Kristi Yamaguchi

I never wanted to feel I hadn't worked hard enough.

~Kristi Yamaguchi

I feel like I missed out on the regular high school social life, but that's the way I chose to be.

~Kristi Yamaguchi

As a teenager especially, I just wanted to do my thing and not be noticed.

~Kristi Yamaguchi

Now, I am thrilled to be a wife and mother, and I hope to be as good of a mother as my own mother, Carole.

~Kristi Yamaguchi

The past couple years training with Kurt have really brought inspiration into my skating.

~Kristi Yamaguchi

I always try to start out with some type of goal. Then I work backward and think of what I need to do to get there, and give myself smaller goals that are more immediate

~Kristi Yamaguchi

Childhood reading is so important.

~Kristi Yamaguchi

Training for the Olympics was a lifelong endeavor and took many years.

~Kristi Yamaguchi

There are two or three performances in your life that are absolutely on, where all the planets are lined up for you and you feel you're invincible.

~Kristi Yamaguchi

Probably a few weeks after I was born I started having casts put on my legs to straighten them out. After that corrective shoes and with a brace in between.

~Kristi Yamaguchi

One of my mottos not only just in skating but in life in general and I try to enforce it as well, is like no regrets and just like going for it.

~Kristi Yamaguchi

Having achieved my own dreams, I want to give to kids who are less fortunate, who struggle with everyday obstacles. I want to give them something positive in their lives: support.

~Kristi Yamaguchi

Dorothy Hamill was my big idol as a kid. She'd won the Olympics in 1976. She was America's sweetheart with her personality, her talent, her haircut.

~Kristi Yamaguchi

In terms of my career, having the gold definitely changed my life. The Olympics are different, you know? They're every four years and it's such a small group.

~Kristi Yamaguchi

The good feeling I get from contributing rivals anything I felt on the Olympic stand in Albertville.

~Kristi Yamaguchi

Skating was something I really wanted to do; my parents knew nothing about it. They said they'd support me as long as I was trying my hardest and enjoying it.

~Kristi Yamaguchi

My experience at the 1992 Winter Olympics was my fulfillment of

dreaming the Impossible Dream.

~Kristi Yamaguchi

I'm kind of a homebody. My husband says I like to just stay home and do nothing, but that's just how I am.

~Kristi Yamaguchi

Figure skaters have awful perceptions of hockey players.

~Kristi Yamaguchi

I don't mind the sparkle - I think it's kind of a tradition in skating. I don't think the men really need sparkles, but for the women it's part of the glamour of our sport.

~Kristi Yamaguchi

As a professional, I think we're not being judged solely on technical ability anymore. People really want to be entertained and enjoy what they're watching.

~Kristi Yamaguchi

Before turning pro, I would never have just left my skates sitting in the locker room unattended.

~Kristi Yamaguchi

I didn't want to skate for someone else or for certain marks.

~Kristi Yamaguchi

I burnt myself out of skating. I was ready to focus on being a mom.

~Kristi Yamaguchi

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