

Mia Hamm

Quotes

Sports, Soccer, Motivational, Success, People, Long, Girl, Games, Teamwork, Play, Player, Team, Inspirational, Volleyball, Sacrifice, Athlete, Winning, Want, Golf, Softball

Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her.

~Mia Hamm

My coach said I ran like a girl, I said if he could run a little faster he could too

~Mia Hamm

Celebrate what you've accomplished, but raise the bar a little higher each time you succeed.

~Mia Hamm

I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion.

~Mia Hamm

A winner is that person who gets up one more time than she is knocked down.

~Mia Hamm

Failure happens all the time. It happens every day in practice. What makes you better is how you react to it.

~Mia Hamm

I am building a fire, and everyday I train, I add more fuel. At just the right moment, I light the match.

~Mia Hamm

The vision of a champion is bent over, drenched in sweat, at the point of exhaustion, when nobody else is looking.

~Mia Hamm

I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down.

~Mia Hamm

The backbone of success is...hard work, determination, good planning, and perserverence.

~Mia Hamm

You can't just beat a team, you have to leave a lasting impression in their minds so they never want to see you again.

~Mia Hamm

Good players create opportunities. The great players and the great people seize them

~Mia Hamm

Being a good teammate is when you try to sprint down a ball that everyone thinks is going out of bounds. But you go after it anyways and you get it.

~Mia Hamm

True champions aren't always the ones that win, but those with the most guts.

~Mia Hamm

Goals have never defined me as a player. What has defined me is my impact on the team. If that means passing or playing defense to win, I'll do it.

~Mia Hamm

The most important attribute a player must have is mental toughness.

~Mia Hamm

After each game, I want to be able to say: I gave it all I could, I gave it

my best.

~Mia Hamm

I played basketball and soccer my freshman year in high school.

~Mia Hamm

I could just have chips and salsa for dinner every day.

~Mia Hamm

It is more difficult to stay on top than to get there.

~Mia Hamm

There are always new, grander challenges to confront, and a true winner will embrace each one.

~Mia Hamm

The team, not the individual, is the ultimate champion.

~Mia Hamm

I learned a long time ago that there is something worse than missing the goal, and that's not pulling the trigger.

~Mia Hamm

Chicken, brown rice, and veggies is a great healthy dinner option. It's full of whole grains and protein, and will keep you full for a long time.

~Mia Hamm

Many people say I'm the best women's soccer player in the world. I don't think so. And because of that, someday I just might be.

~Mia Hamm

Learn to differentiate between what is truly important and what can be dealt with at another time.

~Mia Hamm

The person that said winning isn't everything, never won anything.

~Mia Hamm

English muffins with avocado is one of my favorite breakfasts.

~Mia Hamm

Take your victories, whatever they may be, cherish them, use them, but don't settle for them.

~Mia Hamm

If you don't love what you do, you won't do it with much conviction or passion.

~Mia Hamm

We play because we love the game, we love each other, and we love to win.

~Mia Hamm

You may get skinned knees and elbows, but it's worth it if you score a spectacular goal.

~Mia Hamm

Sports can do so much. It's given me confidence, self-esteem, discipline, and motivation.

~Mia Hamm

It isn't sacrifice if you love what you're doing.

~Mia Hamm

I will not let my teammates down and I will not let myself down.

~Mia Hamm

Sports are not about awards or world championships, though those are great. They're about the relationships we have with each other.

~Mia Hamm

Every single day I wake up and commit to myself to becoming a better player.

~Mia Hamm

I was given a tremendous gift in terms of athleticism. Maybe it was because I wasn't so confident in other areas.

~Mia Hamm

Soccer isn't very social. Plus, if you don't like someone on the other team, you can do something about it.

~Mia Hamm

If a team intimidate you physically and you let them, they've won.

~Mia Hamm

Follow your heart and make it your decision.

~Mia Hamm

I don't like to play rough, but I will if I have to.

~Mia Hamm

I love watching gymnastics, swimming, and track and field.

~Mia Hamm

Success breeds success.

~Mia Hamm

Every morning, I wake up trying to be the best mom and the best role model for my kids in a healthy diet and active lifestyle.

~Mia Hamm

I am happy that the young girls have a lot more choices these days and

an opportunity to feel better about themselves.

~Mia Hamm

You're worth the investment in yourself and what you feel, you can and want to be

~Mia Hamm

People ask me, 'Would you ever want to play professional golf?' And I'm like, 'No. No, no, no, no. Just because I can hit a good shot every now and then doesn't make me a pro.'

~Mia Hamm

Sport taught me how to goal set, it really gave me a voice and identity.

~Mia Hamm

I'm not someone who goes around the locker room before a game trying to motivate my teammates. I don't say a lot before the game. I don't say a lot in general. It takes too much energy to do that.

~Mia Hamm

Sports have become increasingly more specialized, but that doesn't mean they shouldn't be fun.

~Mia Hamm

I don't like to stop. I'm a big person who looks at where the hubs are because I hate changing planes.

~Mia Hamm

I got to experience soccer at the highest level at a young age; I decided I wanted to be part of that for as long as possible.

~Mia Hamm

I hope all you young girls see yourself up there... we were just like you.

~Mia Hamm

Experience means you did a lot of things wrong.

~Mia Hamm

I could sit there and eat pasta all day long and not worry about it when I was younger, and now I really have to focus on making sure I set a good example for my kids.

~Mia Hamm

I played soccer because my friends did. Besides we got sodas afterwards.

~Mia Hamm

Golf is social. It brings a lot of people together.

~Mia Hamm

If you've got hips, you can't be a gymnast or dancer. That ruled me out.

~Mia Hamm

I don't want to sit and look at all the trophies. I don't want to live in the past -- I want to live now!

~Mia Hamm

Golf is social. It brings a lot of people together. And the great thing about a scramble, there's less pressure because you don't feel like every shot has to be your shot.

~Mia Hamm

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