

Misty May-Treanor Quotes

*Inspirational, Volleyball, Funny, Sports, Want, Thinking, Exciting, Term, Long,
Soy Sauce, Motherhood, Dream, Chocolate, Sacrifice, Hunger, Struggle, Party,
Winning, Juice, Beach*

It takes a lot of hard work and dedication just like any pro sport. Especially for beach volleyball you don't have to be tall or as fast as other sports. You just have to have the skills.

~Misty May-Treanor

The more colorful the food, the better. I try to add color to my diet, which means vegetables and fruits.

~Misty May-Treanor

My dad would tell me to, 'Play for those who couldn't play.' So my motivation is for people who struggle in life daily.

~Misty May-Treanor

I would like to instill in people just to work hard. As long as they keep at it, their dreams will happen.

~Misty May-Treanor

We're a team, and just by the nature of our sport, we're always promoted together. I think we are definitely two different people with two different personalities, but we're always linked.

~Misty May-Treanor

A lot of people had doubts. I tried to tell people I never had doubts.

~Misty May-Treanor

It's important to just kind of get away from your sport until you miss it. It's about taking time to enjoy other aspects of life or learn new things. It helps rejuvenate.

~Misty May-Treanor

I'm stronger than I think I am. Mentally, physically.

~Misty May-Treanor

Over the years, I've made many sacrifices to win two Olympic gold

medals and put together winning streaks that will never be broken.

~Misty May-Treanor

I don't want to be put on a pedestal. I want to be known as a nice and normal person, but my skills are a little more excelled.

~Misty May-Treanor

My favorite power food is Greek yogurt and honey.

~Misty May-Treanor

All my life, I've dreamed in gold.

~Misty May-Treanor

I wouldn't be the best offensive player if I didn't have a great setter. She serves me up nectar.

~Misty May-Treanor

My biggest goal for the future is motherhood.

~Misty May-Treanor

Rest, rest, rest, rest, rest. Nutrition is obviously very important, but rest is equally important. At rest is when your body is trying to recover.

~Misty May-Treanor

She had a hit for every syllable: 'Don't. You. Ever. Talk. To. Me. Like. That. Ever. Again.' That was the last time I ever talked back to Mom.

~Misty May-Treanor

I've never been outside Heathrow so it will be exciting to see what London has to offer. I think I've only flown into Heathrow maybe twice.

~Misty May-Treanor

If you maintain a healthy diet, or at least are smart about your food choices, you'll still see the pounds come off.

~Misty May-Treanor

If there are fresh-baked chocolate chip cookies on the table, I won't say no to those. Soy sauce is another one, even though it's awful - it's so high in sodium.

~Misty May-Treanor

I juice everything! Whether it's beet, carrot, or apple, I'll juice it. I always keep brown rice in the kitchen. I'll often pack a cooler full of food to have throughout the day when I'm busy.

~Misty May-Treanor

I want to go out on my terms.

~Misty May-Treanor

I didn't want to stop before my time was up.

~Misty May-Treanor

I know when things are going to get me a little nervous, because nervous to me feels good.

~Misty May-Treanor

I've got to read the 'Hunger Games' before I see the movie.

~Misty May-Treanor

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