

# Ryan Lochte

## Quotes

*Swimming, Thinking, Olympics, Fun, Fashion, Want, Girl, Trying, Way, People, Needs, Training, Knows, Winning, Sports, Growing Up, Athlete, Water, Focus, Black*

Have fun, because that's what life is all about.

~Ryan Lochte

If you're a man at night, you've got to be a man in the morning.

~Ryan Lochte

Always reach for the moon cuz if u slip up u will still be a star!! #Jeah

~Ryan Lochte

Pain, tolerance, endurance-when it comes down to that point, there's always something left. You just have to find it.

~Ryan Lochte

Something will pop up in my head. It could be like the weirdest thing. Like all'a sudden like I have like a jumping banana in my head.

~Ryan Lochte

I love swimming because racing.

~Ryan Lochte

Abe Lincoln is my favorite president of all time - and he pulls off that top hat pretty well.

~Ryan Lochte

It's not like I'm looking for a blonde or a brunette, light-skinned or dark-skinned. I feel like I give any girl a fighting chance.

~Ryan Lochte

These are my shoes that I designed from top to the very sole to the very top to the bottom. Laces.

~Ryan Lochte

You can tell a great athlete by, like, not how many times he wins, unlike when he loses. Because that's what is gonna make a swimmer.

~Ryan Lochte

I was a little troublemaker. Always trying to get in trouble, always mischief, like throwing rocks at cars when I was younger, all that kind of stuff.

~Ryan Lochte

I've talked in front of ... like... a lot of big business people about stuff I didn't even know.

~Ryan Lochte

I don't know if I'm a good kickball player; I know I'm a good athlete.

~Ryan Lochte

I grew up listening to oldies, like Motown. That's from my mom.

~Ryan Lochte

Too travel is sometimes better to arrive!

~Ryan Lochte

When I was a kid, I looked up to an Olympian superstar. I won't mention his name but when I asked for his autograph he said, 'no.'

~Ryan Lochte

I suddenly said, 'I'm sick of losing'. After that, I trained hard and I never lost there again.

~Ryan Lochte

It's so hard to express yourself, because swimmers are pretty much paying attention to a black line for hours out of a day.

~Ryan Lochte

I'm big into fashion, so after swimming, when I hang up the Speedo, I definitely want to get into fashion and start designing my own clothing

line.

~Ryan Lochte

I hate to lose. I like winning.

~Ryan Lochte

I'm going to focus on speed, doing little things like my turns and my starts - just speed.

~Ryan Lochte

I love working out. I mean, I've been doing it for about 20 years every day of my entire life. So I enjoy working out.

~Ryan Lochte

I grew up with a big family. I want that. I want to have my own family.

~Ryan Lochte

I've hung out with Jay-Z a couple of times, and he was awesome.

~Ryan Lochte

Going out to look for a date, I don't have to do that. They come to me.

~Ryan Lochte

Stay motivated, set goals, have fun

~Ryan Lochte

I think after the 2008 Olympics I wasn't really satisfied with the outcome, so I knew I had to change some things.

~Ryan Lochte

I started eating healthier. I actually gave up fast food. I gave up candy and potato chips and everything else. I started watching what I ate.

~Ryan Lochte

Pain is temporarily, but pride last forever

~Ryan Lochte

All you do is pull the pin, and it releases a startling alarm that can get you out of a bad situation.

~Ryan Lochte

Of course I have bad hair days; I'm human.

~Ryan Lochte

I like girls who really don't care what other people are thinking - girls who are a little goofy. I think that's sexy.

~Ryan Lochte

With swimming, I burn a lot of calories. I'm able to eat pretty much anything and it won't affect me. But I don't.

~Ryan Lochte

I'm not jealous of anybody, because I'm going to live my life the way I want to live it. I'm not going to be like, "Oh my God they have this, I want that."

~Ryan Lochte

I think that is why I do so many different things with the hair, the grills, the crazy shoes. It's just my personality coming out there.

~Ryan Lochte

The big picture is the Trials and Olympics. I just have to keep focused for that, keep moving forward.

~Ryan Lochte

I'm going to keep living my life the way I've been living my life, and nothing is going to change that even if the Olympics are coming up.

~Ryan Lochte

One thing I won't do: I won't give up on love.

~Ryan Lochte

I was a better basketball player growing up in high school than I was a swimmer. Basketball to this day is my favorite sport.

~Ryan Lochte

My last Olympics, I had a girlfriend â€” big mistake. Now I'm single, so London should be really good. I'm excited.

~Ryan Lochte

I believe everyone has a soul mate that they can spend the rest of their life together.

~Ryan Lochte

I honestly really don't get aggravated at all. I just go with the flow. Whatever happens, happens.

~Ryan Lochte

If I break my ankle right now, this Olympics wasn't meant to be.

~Ryan Lochte

Alec Baldwin is so funny.

~Ryan Lochte

For me, being Ryan Lochte is fun.

~Ryan Lochte

I might wear my pink Speedo. I think I should.

~Ryan Lochte

I try not to read the negative comments, and when I do, I let it roll off my back. I remind myself that there will always be haters as long as you are in the public eye.

~Ryan Lochte

There's so much more to me than swimming. I like to go and have fun, like to go dancing, hang out with my friends.

~Ryan Lochte

You know, you pick and choose your battles.

~Ryan Lochte

Just all that hard work, all those hours in the pool, I feel like it's about to pay off. I guess we'll just have to wait and see this summer.

~Ryan Lochte

My suit blew up into a parachute. All this water rushed in, there's air, water in there. I was freaking out.

~Ryan Lochte

The whole Kardashian family, they have a bunch of energy.

~Ryan Lochte

I really want to get into designing my own business suit. I've designed a couple suits for myself that I've worn in the past, and I have a good idea of what I want and need to use.

~Ryan Lochte

I have a lot of endurance and I have a good background right now in my training and it's time to get ready.

~Ryan Lochte

The fact that people actually want my autograph is crazy.

~Ryan Lochte

I don't have a set style, but I try not to dress like everyone else.

~Ryan Lochte

I honestly think if I would've tied my suit and there wouldn't have been any water rushing through it, I think I could've gone at least a second faster.

~Ryan Lochte

Things are moving pretty quick, and of course, the whole focus is training and getting ready and being able to prepare to be on the world's stage and hopefully do the United States proud.

~Ryan Lochte

You'd be amazed at what I can do. Did you know I can swim?

~Ryan Lochte

I'm just going to go out there and try to win the race. When you go out there trying to go for a record, you're usually not going to get it.

~Ryan Lochte

I want people to see the passion I have for swimming and become more involved in the sport.

~Ryan Lochte

You know, honestly, if a girl can make me laugh, I'm pretty much sold.

~Ryan Lochte

I look at him as some other person I need to beat.

~Ryan Lochte

I want to be different, and fashion gives me that outlet to do that.

~Ryan Lochte

I want to design my own clothing line. I'm very into fashion. It's something I really want to focus on when swimming is over.

~Ryan Lochte

In life, like, I'm always living life to the fullest to always have fun.

~Ryan Lochte

The swimming community is really small, but why can't it be as big as the NBA or the NFL?

~Ryan Lochte

I enjoy racing so much. Ever since I was 8 or 9, I trained every stroke, because it was the only way I could race a lot.

~Ryan Lochte

I am at the Olympics, I forgot to tie my suit, how is this gonna happen?

~Ryan Lochte

That's the quickest way to my heart: Laughter.

~Ryan Lochte

The key to the Lochte haircut is being fresh and looking up-to-date.

~Ryan Lochte

I need someone who is able to hold her own - if a girl is really independent, that's a turn-on for me.

~Ryan Lochte

When I was growing up, I was eating fast food every day. I'd drink soda non-stop, candy, just everything. It was horrible. My go-to was McDonald's, for sure.

~Ryan Lochte

After my swims this weekend I think coach realized, you know what, you have to have a good one getting out of this meet. So I put the suit on and had a decent swim.

~Ryan Lochte

Not to have a big head about it, but people love me.

~Ryan Lochte

I took my weight training to a new level.

~Ryan Lochte

For those who are understood no need to explain

~Ryan Lochte

I should have been much more responsible in how I handled myself and for that am sorry.

~Ryan Lochte

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