

Sasha Cohen

Quotes

Sports, Skating, Vegetables, Ice, Dream, Japan, Persons, Attention, School, Done, Schedules, Hard Work, Interest, Team, Crazy, Competition, Running, Trying, Cooking, Ipods

Follow your dreams, work hard, practice and persevere. Make sure you eat a variety of foods, get plenty of exercise and maintain a healthy lifestyle.

~Sasha Cohen

The Olympics is about showing what you've done with your life, your dream as an athlete and sharing that with the World.

~Sasha Cohen

I'm a competitive person and I love the challenge of mastering new things.

~Sasha Cohen

A year ago I had a back injury and followed a good nutrition program to help speed up my recovery. I focused on exercise and staying healthy in order to get back out on the ice.

~Sasha Cohen

I want to be the first lady to land a quadruple jump in competition. As I grow older, I know that my skating style will develop and mature.

~Sasha Cohen

I eat a variety of foods like vegetables, fruit and beef for protein and iron.

~Sasha Cohen

My academic schedule is lighter this year because it's an Olympic year.

~Sasha Cohen

I worked with my coach to develop some new spiral variations to make my program more interesting. Each one is different and you'll have to wait until January to see them.

~Sasha Cohen

I skate about 15 to 20 hours a week and also incorporate a lot of off-ice training. I take ballet and Pilates classes and lift weights with my physical therapist when I'm not on the ice.

~Sasha Cohen

Cardio is tough after a day of skating, but with my iPod I can get into the moment and complete the cardio training for the day.

~Sasha Cohen

I'd like to cause a little riot in skating.

~Sasha Cohen

My training has been going really well these past few days and my goal is to keep it up for the next few weeks and hopefully earn a spot on the U.S. Olympic team.

~Sasha Cohen

Skating has always been a major area of interest to me.

~Sasha Cohen

I love attention. I love going to events and photo shoots... I enjoy it all; the clothing, the makeup, the excitement.

~Sasha Cohen

I had whale tartare when I was in Japan, but I probably wouldn't have it again.

~Sasha Cohen

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