

Troy Polamalu Quotes

*Football, Sports, Games, Hair, Play, Fields, Team, Trying, Sacrifice, Warrior,
Crazy, Hawaii, Nfl, Years, Country, Important, Reading, Athlete, Careers,
Violence*

We're a road team. We're the Pittsburgh Steelers. We have fans everywhere.

~Troy Polamalu

Any time you can squeeze out the opportunity to get better, you should.

~Troy Polamalu

God has control over everything, and obviously, everything to everyone is god-given.

~Troy Polamalu

I've never really been aware of what is said about me, whether it's positive or negative. I ignore it. I've always had the mind-set: 'No one can challenge me better than myself.'

~Troy Polamalu

When I let my hair down, I just let it down. It's more comfortable in my helmet.

~Troy Polamalu

Probably the label 'Jesus freak' is fine with me. Because I know who I am.

~Troy Polamalu

I've never been a fan of individual awards because football is such a team sport. There's so many things that goes into making plays. It's about teammates trusting one another and working together.

~Troy Polamalu

When I'm done playing football, I just might be the couch potato dad.

~Troy Polamalu

A demon, in a way, is a test of your faith. Because if you're doing God's

work, there's no reason for any demon to do anything to you.

~Troy Polamalu

A big hit is all part of the game. If you want to make a lot of big hits, you forget about the one you just made and move onto the next one.

~Troy Polamalu

I have developed a Samoan mentality. You have to be a gentleman everywhere but on the field.

~Troy Polamalu

Some of us might not understand why LeBron James is the way he is, but fortunately he found his great craft in life.

~Troy Polamalu

I always try to sacrifice my body for the team.

~Troy Polamalu

There's so much that I like about Pittsburgh, actually. The cultural district and museums are wonderful, and I encourage everyone to check them out. And the food is excellent, too!

~Troy Polamalu

If you don't eat right as an athlete, you'll get tired and won't be as sharp. It's simple to drink sodas and sports drinks, but water is the most essential drink to put in your body.

~Troy Polamalu

Three English bulldogs count for one kid.

~Troy Polamalu

The barefoot component of my training is about strengthening the toes.

~Troy Polamalu

People call me crazy and a madman. Even 'Tasmanian Devil.' I'd rather be called the 'Tasmanian Angel.'

~Troy Polamalu

Whenever I do the sign of the cross, it always brings comfort in situations when you are faced with adversity and stress.

~Troy Polamalu

My hair has become part of my identity; it's almost an appendage to me.

~Troy Polamalu

When I cook, it's something nobody else would enjoy.

~Troy Polamalu

Throughout history, every great warrior-the Greeks, the Samurais, the American Indians, the Mongolians, you name it-had long hair and would dress it before battle.

~Troy Polamalu

I love Hawaii. I really enjoy surfing in Oahu, and Waianae is such a great area. And Maui - I like Maui a lot, too.

~Troy Polamalu

Football doesn't define me. It's what I do [and] how I carry out my faith.

~Troy Polamalu

Being patient ... and not becoming too stressed out over the big plays, those are the things to remember.

~Troy Polamalu

I knew that I had it tough compared to children around me. But I felt like I needed it. I think I had the wisdom as a child to know that it would help

me later on.

~Troy Polamalu

The greatest thing for me football-wise is that it's a test of will.

~Troy Polamalu

Material things aren't important to me.

~Troy Polamalu

The Coca-Cola Mean Joe Greene ad is one of the most famous commercials of all time, so I was blown away when they asked me to be in this new spot.

~Troy Polamalu

The greatest joy I get is setting up plays for somebody else. I take a lot of pride in helping other people make plays.

~Troy Polamalu

On the field is a place where you can just let it loose and react to everything with violence.

~Troy Polamalu

America needs football. It's a real blue-collar sport; it's played with a blue-collar mentality, a mentality that's the backbone of this country.

~Troy Polamalu

It's important for me to have strong hair in case someone pulls it and tries to rip it all out.

~Troy Polamalu

In football, you're taught to react by being aggressive, taught to react with violence. If you can't separate that on the field and off the field, you're going to be in a lot of trouble in your life.

~Troy Polamalu

I have read the Bible many times. But after fasting, and being baptized Orthodox, it's like reading a whole new Bible. You see the depth behind the words so much more clearly.

~Troy Polamalu

I became a millionaire overnight by signing a piece of paper. I made more money in that one second than my entire family did in their lifetime.

~Troy Polamalu

I take pride in my life-my wife, my family. I try my best not to have football define the person that I am.

~Troy Polamalu

Being compared to the greatest-ever safety is pretty ridiculous. I continue to work toward that, but I'm not there and I know that.

~Troy Polamalu

Orthodox chanting is non-emotional, it's very monotone.

~Troy Polamalu

Playing professional sports, it's important to eat healthy and take care of your body. In the offseason, rest is really important to me.

~Troy Polamalu

Football is pretty much played 16 times a year, where training is kind of a year-round thing.

~Troy Polamalu

As a territory, American Samoa has no representation in the U.S. Senate, and we Samoans lost a respected and powerful ally with the passing of Hawaii Sen. Daniel Inouye.

~Troy Polamalu

I've always been a very self-aware person.

~Troy Polamalu

My wife is Greek. I was a non-denomination Christian before we got married.

~Troy Polamalu

I've never thought about the end of my career. I've had this growing motto in my life to live day to day - and when you live day to day, it's hard to talk years.

~Troy Polamalu

I know where I'm supposed to be at the time of the snap. Now, where the play dictates I'm going to go is a different story.

~Troy Polamalu

I try to take what's given to me and then mold it to be a better football player.

~Troy Polamalu

I've always been fascinated by the military, the discipline they have and the sacrifices they make to defend the country. It's something I've always been interested in.

~Troy Polamalu

It's the perfect environment for prayer. Chanting in Greek is like a beautiful opera, but way better.

~Troy Polamalu

Our sport is not made for anybody to be able to play it, especially at the NFL level, so there's obviously some risk that we all take knowingly.

~Troy Polamalu

I do have a trophy room. It's in my attic in boxes.

~Troy Polamalu

I don't feel that I need a tattoo to represent myself as a Samoan or a Christian.

~Troy Polamalu

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