

SAMPLE:

**HARDWORK** beats  
**TALENT** when talent  
doesn't work hard...

**You can always better your Best!**  
If you cannot win, make the one ahead of you break the record.

The swimmer that makes the fewest mistakes wins.

If you're not doing it in practice, you're not going to do it in a meet.

**If you have a lane, you have a**

I think therefore I M...

**chance.** Kris Ka

Talk is cheap.  
Don't tell them you're the best...  
**SHOW THEM!**

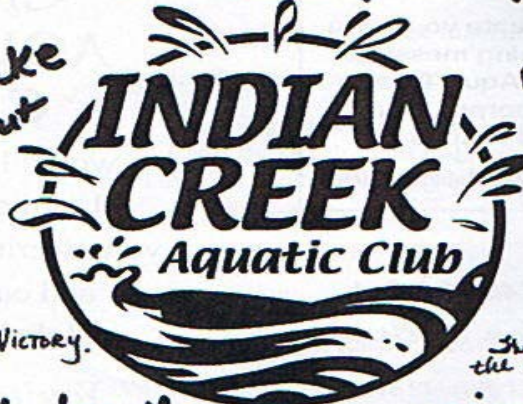
You can't put a limit on anything. The more you dream, the farther you get. (P. help)

Pain is temporary, but quitting is permanent. Lance Armstrong

**Winners make it happen -- Losers let it happen.**

Nothing of value comes without effort.

**Ability may take you to the top, but it takes character to stay there.**



Pain is my weakness leaving the body

**Actions speak louder than Coaches.** If you win, NOTHIN' hurt

Sacrifice is the price of Victory.

The will to win is important, but the will to prepare is vital. - Pat

Nothing great ever came from not trying...

**A team which has become a winner has done so by certain individuals setting and reaching goals for themselves.**

Nobody ever catches up with someone ahead of them by doing less than the leader.

**Compete for something greater than the experience of simply winning.**

**Adversity cause some men to break; others to break records...**

**Winners make goals, losers make excuses.**

Learn to love pain.

**TRUST YOUR HOPES, NOT YOUR FEARS.**

A winner makes commitments to a goal, a loser makes promises.

If I have 1 da to live, please tak me to a swim meet because they last forever

**There's no substitute for guts. (Paul Bear Bryant)**

Every CASL & MPSL team is eligible to place a **full-page ad** in the Mid Cap Swimming Championships meet program for only \$50.00! The team logo must be placed on the center of the page and then either swimmer signatures or inspirational messages placed around the team logo. This ad opportunity is not designed for any other purpose.

**Return ad request and payment to:** Bill Brouwer, 112 Woodland Drive, Jacobus, PA 17407  
E-mail: [bbrouwer1@comcast.net](mailto:bbrouwer1@comcast.net) or call (H) 717-428-1563 (C) 443-831-4640