

*“Everybody wants to win. But very few people are willing to prepare to win.*

*When you are in those final seconds, what allows you to perform well and with confidence is the knowledge that you have worked and prepared up to that point. That’s why we practice so hard. We simulate and prepare and train so that the task of winning does not seem daunting. It’s what we are supposed to do, because we have worked hard all year.*

*We expect to win because we practice it.*

*I believe you get what you expect.”*