

Using quotes from sport to motivate national Malaysia bowlers

For the eight weeks leading into the Commonwealth Games, I placed a sports quote each day on the bowlers' team notice board and asked them to read it. Members were to choose one quote per week they could best relate to, and once a quote was chosen, I had them meet the sports psychologist to describe the value of the quote for them as aspiring bowls medalists.

Here are samples of those quotes, still relevant today:

Enjoy, and do your best at the Commonwealth Games if... you made sure you did your best to prepare these past months leading up to Games.

Attitude

'Is about practicing habits. Recall what you do well, recall your teammates good actions, delivery, tactical and mental skill transferred from training to competition.'

'Are you thinking hard or hardly thinking as a competitive bowler.'

Great teams have players who:

'Have attitude, do all things right, enjoy, experiment, has and gets respect, trains exceptionally hard, thinks hard, plans thoroughly, reviews performance, sets goals, is tactically superior, learns from losses, has excellent skills, has trust in the team and accepts criticism, expects to win.'

'A team is as good as its weakest link...protect and support the weakest in your team.'

Ian Schuback, world champion bowler

'Knew 65% of his draw shots are within panjang mat (length) of the jack (target).'

David Bryant, greatest bowler ever:

'Knew 93% of his draw shots were within a yard of the jack (target) on any pace green,' so raises the question as to how many other bowlers know precisely their standard.

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‘If you go home to the Games village after the day’s event and assess each match for tactical and mental strategy, you will be the bowler(s) who eventually wins the big game (medals).’

Lance Armstrong

‘There is a point in every world event where the athlete encounters his real opponent and understands it is...himself.’

Tiger Woods

‘Is so mentally tough he chooses the right shot (delivery) at the right time.’

New Strait times:

‘Tiger Woods knows just when to deliver, his mental strength puts him in a class above his rivals.’

Lance Armstrong:

‘Even as world champion, he had a lot to learn...to seek the smallest margins....to separate him from the other elite athletes...there was a science to winning.’

Brazil world cup soccer coach

‘We won 5-2, but over the next few days the team will view the video of the first and last 10 minutes to watch our mistakes, game plan and recall our strengths.’

Paul Vidmar, Gymnastics gold medalist:

‘Sometimes it is necessary to lose, as that is how we best learn (to focus) on what we NEED to do, not on what we want to do (to win). ‘

Croatia soccer coach:

‘They had an agreement as players (our 25% responsibility) but as the games continued and we were losing, they lacked commitment and concentration (no segmentation).’

Lance Armstrong:

‘Think the competition through and play a smart game.’

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Croatia world cup soccer coach:

‘We had a plan, but the players were too stressed to apply it - thinking hard(ly).’

Kalch Kiraly, triple Olympic gold medalist:

‘Use losses and mistakes to learn important lessons and for motivation and to strengthen your commitment.’

Kiraly:

‘At the same time, you should not make the same mistake twice.’

Kiraly,

‘Each of you will have failures if...you are reaching high enough.’

Soviet Olympic volleyball gold medal coach:

‘I do not choose the players who handle success, I choose the players who respond best after a loss.’

Anders Svensen, Sweden world cup soccer coach:

‘We often did more work after training, taking shooting drills with the best striker to prepare for free kicks when the world cup would be on.’

‘Don’t get angry, get even’

Lance Armstrong:

‘Everyone is strong at international level, what separates the winners is the tactics and mental toughness.’

Nadia Comanci, Gymnastics gold medalist:

‘Hang around success minded people.’

‘If you want to soar like an eagle, do not mix with the turkeys.’

Nancy Hogshead, Swimming gold medalist:

‘Half-hearted trying will just create another disappointment.’

Milt Campbell, Decathlon gold medalist:

‘Not only must you do the right thing, you must do all things right.’

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Rowdy Gaines, Swimming gold medalist:
'Ignore the details and miss out on the gold.'

Tim Daggett, Gymnastics gold medalist:
'How bad do you want it (success).'

Lance Armstrong:
'You sit down and do a mental check of everything, because you do not want to get there' (the games) and not have it.'

'Fail to plan, plan to fail.'

Peter Uberroth, LA Olympics 84 chief:
'Winning is not luck, but preparing every day to be the best you can.'

Lance Armstrong:
'What makes a great athlete is the ability to absorb embarrassment and to suffer without complaint.'

Steve Waugh, Australian cricket captain, voted as world best sport team:
'Train as though you are only the second best team in the world.'

'Failure is not losing, failure is not learning from the loss.'

Lance Armstrong:
'Make an obstacle an opportunity, a negative a positive.'

Lance Armstrong:
'You deny all the pain to win the race.'

Lachlan Tighe, 2016