



WINNING INSIGHTS

INSPIRATIONAL IN-THE-MOMENT
QUOTES ACROSS ALL SPORTS

VOLUME ONE

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About this eBook

I'm a big fan of quotes. When positioned correctly, they can help bring clarity to a team and its purpose. I use quotes with clients to help align specific ideas and initiatives, and find them useful in positioning learning insights and concepts.

In August 2017, Learning Curve Consultants® started an online feature I called *Weekend Insights*. Every Monday morning, I send out a series of quotes (usually 3-4) to help set the mood and start one's week out on the right foot. These quotes are captured from different outlets across all sport events that occurred the prior weekend. When attending meetings with clients or grabbing lunch with someone, it never fails for a friend or colleague to say, "I look forward to your quotes!" Based on this very positive feedback, the *Weekend Insights* feature has continued. If you are not currently receiving our *Weekend Insights*, [email us](#) to subscribe.

This eBook captures the quotes shared throughout the last four months of 2017. We have broken them down into five key coaching traits referred to as the X&O Model™. The five traits are as follows:

- Trait 1 – Articulate a Clear Vision of Success
- Trait 2 – Assess, Develop and Manage Your Talent
- Trait 3 – Make a Personal Connection with Each Individual on Your Team
- Trait 4 – Set Stretch Goals
- Trait 5 – Be a Role Model

If you would like to read more about these traits, [download our free whitepaper](#). The traits are taught in our leadership training course, [Put Me In, Coach](#).

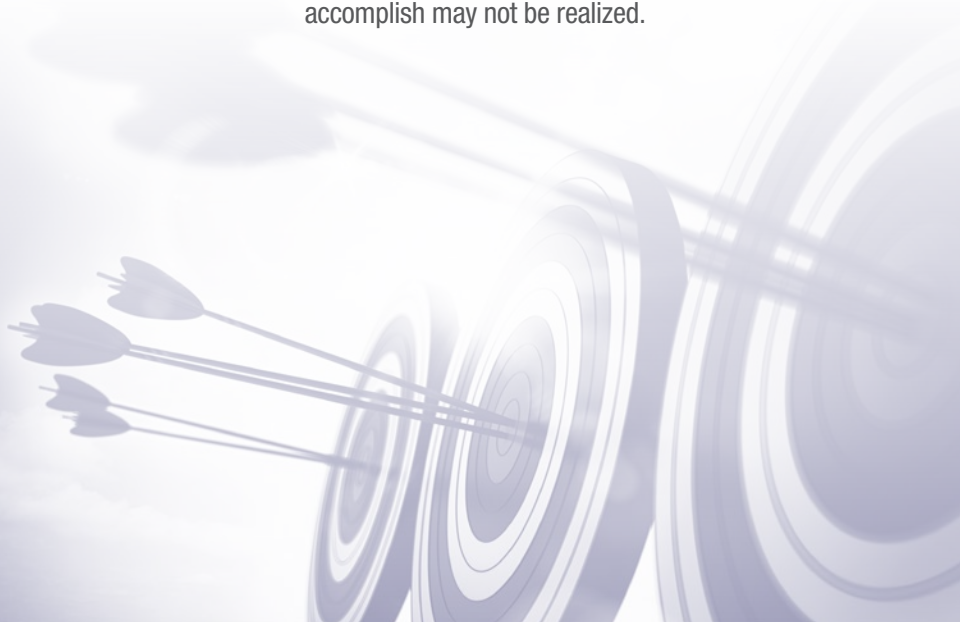
Have a quote you would like to share with other readers? [Email us](#) and let us know. We'll drop it in and give you credit!



Trait 1:

Articulate a Clear Vision of Success

Often, employees are disconnected from their job because they don't feel a sense of belonging to the team or the organization. It is the job of you, their leader, to explain where your team or department is and where it is going, as well as how they fit in to the big picture. Without this information, the sense of commitment and passion for what you are trying to accomplish may not be realized.



**“You know, I dream of times like this.
Unfortunately, it just went the wrong
way today.”**

-Barrett Moehring, Navy college football placekicker

*Post-game comments after 14-13 loss to Army in the Commander-in-Chief
game; Moehring missed game winning field at the end.
(USA Today, 12/17/17)*

“I asked these players, when they came here, to believe in doing something really, really special.”

-Cori Close, UCLA women's basketball coach

*Post-game comments after defeating #3 Baylor. Coach Close was excited about her team's next game against perennial #1 Connecticut.
(ESPN.com, 11/18/17)*

**“When you face adversity, you either
get better from it or fold your tent.
Our team got better.”**

-Gus Malzahn, Auburn college football head coach

*Post-game comments after beating #1 Georgia 40-17 (when asked about
his team's turnaround since its loss to LSU).
(seccountry.com, 11/4/17)*

“I asked him one question: ‘Why don’t we talk about winning?’”

-A.J. Hinch, Houston Astros manager

*Explaining his first question to team leader Jose Altuve upon taking the head coaching job three years ago; Hinch’s first priority as head coach was to change the culture and team mindset.
(MLB.com, 11/5/17)*

“...the formula that I know works... focusing on the task at hand.”

-James Franklin, Penn State college football head coach

*Post-game comments after losing second game in a row since starting the season 7-0; he forced his players to take a “back to basics” approach by removing all social media.
(ESPN.com, 11/5/17)*

“You win championships with what you do every day. This team works really hard.”

-Michele Madison, UVA women's field hockey head coach

*Commenting on her team, ranked #3 nationally, winning the ACC title.
(NCAA.com, 10/21/17)*

“If you’re a fan, are you going to be loyal or not? Just keep fighting with us.”

-Jimbo Fisher, (former) FSU college football head coach

*Post-game comments regarding his verbal altercation with fan after team
fell to 2-4.
(ESPN.com, 10/21/17)*

**“They’re not to be taken lightly, but
we’re not to be either.”**

-Dallas Keuchel, Houston Astros starting pitcher

*Post-game comments about playing LA Dodgers in World Series after
Astros’ classic game 7 ALCS series victory over NY Yankees.
(MLB.com, 10/21/17)*

**“...your windshield is 10 times bigger
than your rearview mirror.”**

-Jimbo Fisher, (former) FSU college football head coach

*Sharing with media what he told his team after their 1-3 start to the season
headed into Saturday game against Duke. FSU was ranked #1 in many
preseason polls.
(foxsports.com, 10/14/17)*

“...that’s the goal we go into every game: a clean sheet.”

-Emily Menges, defender, Portland Thorns Football Club

*Discussing the symbolism around the defense’s focus on dryer sheets, which signifies a shutout. Thorns won NWSL championship 1-0 over North Carolina Courage.
(NWSLsoccer.com, 10/14/17)*

“...we gotta take it to the next level.”

-Casey Short, defender, Chicago Red Stars

Commenting on what needs to happen next season after her team's semifinals loss to North Carolina Courage (National Women's Soccer League).

(NWSLsoccer.com, 10/8/17)

**“The goal is to open up minds and
change hearts.”**

-Samantha Ponder, ESPN Sunday NFL Countdown reporter

*Addressing Cam Newton's sexist comments about female reporters.
(ESPN.com, 10/8/17)*

“We have to give the people something to stand up and cheer about.”

-Anthony Lynn, LA Chargers head coach

Post-game comments after Chargers record moved to 0-4. Team relocated to LA from San Diego and home games are said to feel like road games. (ESPN.com, 10/2/17)

“Game 5 is going to be who wants it more.”

-Maya Moore, WNBA Minnesota Lynx forward

*Lynx beat LA Sparks to force decisive Game 5 in WNBA Championship.
Lynx was trying to win 4th championship in past 7 years.
(WNBA.com, 10/1/17)*

“Sports is the United States. Sports is what brings us all together.”

-Kevin Durant, NBA basketball player (Golden State Warriors)

*Responding to what the NFL is doing to show unity and a desire for equality by kneeling during the National Anthem (in spite of President Trump's disapproval).
(ESPN.com, 9/25/17)*

“I think you need to be able to deliver on your plan, not just have a great plan.”

-Major League Soccer Commissioner Don Garber

Reacting to Atlanta United owner Arthur Blank's vision becoming a reality as evidenced by Mls record crowd of 70,425 tickets sold for Saturday's game.

(Atlanta Journal-Constitution, 9/16/17)

“...we really don’t [think about the streak]. We kind of move on pretty quick.”

-Terry Francona, Cleveland Indians Manager

Responding to his team’s 18-game winning streak, longest in MLB since 2002.

(MLB.com, 9/10/17)

“We pushed the envelope and had some success. It wasn’t the best business model.”

-Al Avila, Detroit Tigers General Manager

*Explaining that trades of its top 5 players was due to a need to build sustainable success.
(ESPN.com, 9/3/17)*

“...Texas A&M...thought the game was over, and our guys never quit.”

-Tom Bradley, UCLA Defensive Coordinator

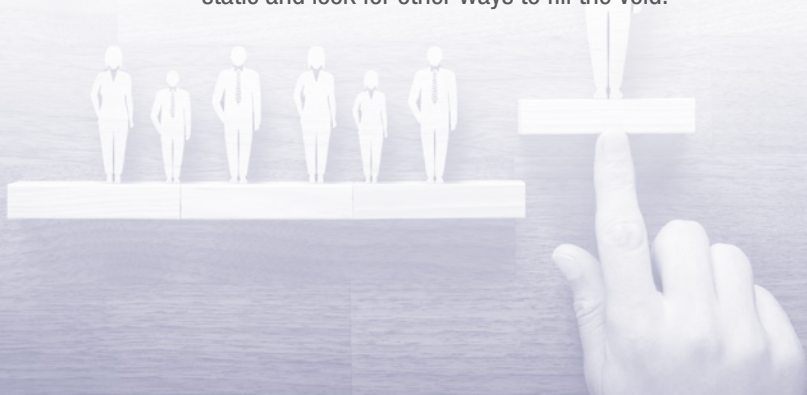
*Responding to UCLA's miraculous comeback from 34 points down.
(ESPN.com, 9/3/17)*



Trait 2:

Assess, Develop and Manage Your Talent

It is difficult to balance coaching, leadership and management of your employees. I like to call this a “three-legged stool.” There is both an art and science to doing them simultaneously and in an equally effective manner. When taking over a new team or adding employees to an existing group that you manage, it is important for you to determine if you have the right teammates who fit the culture you are building and complement one another’s skill set. Think about the clarity of your onboarding and performance management, and keep an eye on their development. If your employees are not nourished and “pushed” on a regular basis, they will become static and look for other ways to fill the void.



“It’s our job to be ready. I didn’t think we did a good job of that. I thought guys on our bench were pouting.”

-Luke Walton, LA Lakers NBA head basketball coach

*Post-game comments after his team’s fifth loss in six games and amidst rumors that the team will be getting rid of players to free salary cap space.
(ESPN.com, 12/24/17)*



“...to see a young team kind of come through with the veteran leadership... gives us sustainability and hope for the future.”

-Shad Kahn, Jacksonville Jaguars owner

*Commenting after their 45-7 win propelled them to the playoffs for the first time since 2007.
(ESPN.com, 12/17/17)*



“I’m a strong believer that coaches coach and players play. If you look at today’s game, the players [and I] didn’t play.”

-Jameis Winston, Tampa Bay Buccaneers NFL quarterback

Post-game remarks about his relationship with Head Coach Dirk Koetter after a report suggested there is friction between them; team loss moved them to 4-9.



**“It’s about facing adversity,
embracing mistakes...and moving
forward and being better in the
future.”**

-Baker Mayfield, Oklahoma college football quarterback

*Speaking after receiving Heisman Trophy given to the top NCAA player in
the country.
(ESPN.com, 12/10/17)*



“Alabama was consistent over the course of the year...week in and week out.”

*-Kirby Hocutt, FBS football selection committee chairperson
Explaining why Alabama was chosen over Ohio State for final (fourth) spot.
(ESPN.com, 12/4/17)*



“We played our best game on the biggest stage tonight.”

-Dabo Swinney, Clemson head football coach

*Post-game comments after 38-3 win over Miami to win ACC Championship and #1 seed in playoffs.
(ESPN.com, 12/4/17)*



“We have to look at the man in the mirror and see how we can improve.”

-Braxton Berrios, University of Miami college football wide receiver

Post-game comments after Miami lost to unranked Pitt 24-14 for first loss of season.

(Palm Beach Post, 11/24/14)



“...we’ve got to get them up to speed with...expectation levels of what we want.”

-Dawn Staley, University of South Carolina women’s basketball head coach

*In response to her team’s first practices of the season to prepare to defend last year’s national championship. The team received their championship rings.
(NCAA.com, 10/29/17)*



“...we have to move forward.”

-Mike McCarthy, Green Bay Packers NFL football head coach

*Post-game remarks following QB Aaron Rodgers' diagnosis of broken right collarbone sustained in game versus Minnesota Vikings.
(nfl.com, 10/15/17)*



“Our guys kept playing. That’s the biggest thing.”

-Tim Lester, Western Michigan head football coach

*Speaking of his team’s FBS record-breaking 71-68 (seven OT) win over Buffalo.
(You Tube, 10/17/17)*



“Those are the dividends that get paid later on when you’re in those situations.”

-Dan Quinn, Atlanta Falcons NFL head coach

*Responding to his team’s last minute goal line stance in its 23-17 win over Chicago Bears.
(myajc.com, 9/10/17)*



**“I just loved being out there...
something that I will remember
forever.”**

- Jake Olson, USC long snapper

*In response to getting to make his first snap in a game; Olson has been
blind since age 12.*

(National Public Radio, 9/3/17).



“I need to figure out things before I talk about this.”

-Adam Gase, Miami Dolphins NFL head coach

*Responding to making starting linebacker Lawrence Timmons inactive prior to their game. Timmons “went AWOL” the day before becoming angry.
(247sports.com, 9/17/17)*



“...he’s not that fast, he’s not that powerful, but boy is he composed in there.”

-Connor McGregor, MMA, UFC and first time Welterweight boxer

Referring to opponent, 50-0 Floyd Mayweather, after losing on TKO in round 10.

(Twitter/MMA Fighting, 8/26/17)





Trait 3:

Make a Personal Connection with Each Individual on Your Team

Getting to know each of your employees individually on a personal and professional is paramount to leading, coaching and managing them more effectively. Gaining a better perspective about how they see things, communicate and make decisions helps you guide their development and get the most out of them. Take some quality time with your employees to better understand and relate to them. You won't regret it!



“He gets it. He understands. You’re going to rally behind a guy like that.”

-Isaac Nauta, University of Georgia college football tight end

*Speaking of Heach Coach Kirby Smart’s focus on getting his team to the top; UGA is a #3 seed in the college football playoff.
(cbssports.com, 12/3/17)*

**“It’s...disappointing when everybody
doesn’t want to come together...”**

-David Reese, University of Florida linebacker

*Commenting on 45-16 lost to University of Missouri, the program’s first
time giving up 45+ points in back to back games since 1917.
(ESPN.com, 11/4/17)*

“He wasn’t surprised...He’s tough enough to handle it.”

-AJ Hinch, Houston Astros manager

*Post-game comments about informing Astros closer Ken Giles he’d been removed from the role after losing Game 4 of World Series.
(ESPN.com, 10/30/17)*

“Tony Romo is doing something revolutionary in the broadcast booth. He’s analyzing football.”

-Alex Reimer, WEEI Sports Radio Network Contributor

*Writing about former Dallas QB’s instant success announcing NFL games.
(weei.com, 9/17/17)*

“We wanted to try everything and have people give us feedback.”

Rich McKay, Atlanta Falcons President and CEO

*In response to questions on “soft” opening of new \$1.5B
Mercedes-Benz Stadium.*

(Atlanta Journal-Constitution, 8/26/17)



Trait 4:

Set Stretch Goals

Once you have a better understanding of an employee's personal and professional interests, it is easier to help them with their ongoing development. Uncovering their passions and “what makes them tick” will allow you to get the most out of them and put them on a path to success.



“When you do things you’ve never done before, you remember it for the rest of your life.”

-Shawn Elliott, Georgia State college head football coach

*Post-game comments after his team’s Cure Bowl victory over Western Kentucky 27-17; first bowl win ever for GSU in Elliott’s first year as head coach.
(myajc.com, 12/16/17)*



**“You don’t shake a memory. You put it
in their face.”**

-Kirby Smart, University of Georgia college football head coach

*Comments regarding preparing his team to face Auburn a 2nd time in the
SEC Championship (which they would go on to win).
(dawgnation.com, 11/26/17)*

“Our team did it. We had to win five to get here, and we took it one week at a time.”

-Guz Malzahn, Auburn college football head coach

Opening remarks after win against #1 Alabama, their second win over a #1 team in three weeks.

(al.com, 11/25/17)

“People have different ways of celebrating a turnover. We just have the best one.”

-Mark Richt, University of Miami college football head coach

*Commenting on team's use of the “Turnover Chain” after 41-8 victory over #3 Notre Dame. Chain is awarded to player who forces a turnover.
(cbssports.com, 11/4/17)*

**“I think it will kick in in a little bit...
relief, happiness – you name it...”**

-Andrew Romine, Detroit Tigers baseball player

*Romine became 4th player in MLB history to play all 9 positions in one game. He helped his team win 3-2.
(ESPN.com, 9/30/17)*

**“You play this game long enough,
some weird stuff happens
sometimes...”**

-Aaron Rodgers, Green Bay Packers quarterback

*Speaking on his team's OT comeback win sparked by his 72-yard pass to
set up the win.*

(ESPN.com, 9/25/17)



**“Personally, it’s just unbelievable
what happened this year.”**

- Rafael Nadal, Professional tennis player

*After winning U.S. Open, his 16th grand slam and 2nd this year (previous
title was 2013).
(ESPN.com, 9/11/17)*



Trait 5:

Be a Role Model

Think about the legacy you would like to leave behind for your team and organization. Applying the first four Traits is a start. In our leadership course, we talk about additional characteristics such as *Humility, Integrity, Servant Leadership (Selflessness/ Servitude) and Respect* as crucial to paying it forward and embodying principles that your team will need to embrace to become an effective leader.



“It is probably the most important position in team sports. He is doing a terrific job out there.”

-Joe Staley, San Francisco 49ers offensive tackle

Post-game comments about QB Jimmy Garoppolo after he led the team to its fourth consecutive win since being given the starting job after the team's 0-9 start.

(ESPN.com, 12/24/17)

**“...you want to do good for him...
and...pick up as many things as you
can from him.”**

-Antoine Roussel, Dallas Stars NHL wing

*Post-game comments following his team's 4-0 win over Chicago Blackhawks; his coach (Ken Hitchcock) picked up his 800th win – only the third coach in NHL history with 800+ wins.
(ESPN.com, 12/22/17)*

“I think it’s appropriate he’s getting two numbers retired. That’s how much he’s done for this Laker team... for the city of L.A.”

-Luke Walton, Los Angeles Lakers head basketball coach

*Speaking on the retirement of both Kobe Bryant jerseys (#8 and #24).
(ESPN.com, 12/17/17)*

**“It’s about facing adversity,
embracing mistakes...and moving
forward and being better in the
future.”**

-Baker Mayfield, Oklahoma quarterback

*Speech after receiving Heisman Trophy given to top college football player
in the country.
(ESPN.com, 12/10/17)*

“We’ve believed in him the whole time...we’ve all had faith in him and he’s had faith in us.”

-Caleb Kelly, Oklahoma college football linebacker

*Post-game remarks about Head Coach Lincoln Riley after 41-17 win over TCU in Big 12 championship; 34-year old coach Riley is the first Big 12 coach to win the league title in first season as coach.
(newsok.com, 12/2/17)*

“Win or lose you helped change my life and other guys’ lives. THANK YOU.”

-Takkarist McKinley, Atlanta Falcons linebacker/defensive end

*Reacting to UCLA football head coach Jim Mora’s firing. McKinley and others who played for Mora at UCLA spoke of his passion for the game, players and university.
(Twitter, 11/19/18)*

“I truly do apologize. It’s not the example I want to set. It’s not the legacy I want to leave.”

-Baker Mayfield, Oklahoma college football quarterback

Post-game comments after his questionable on-field comments and gestures in win over Kansas. Oklahoma was ranked #3 at the time and Mayfield the front runner as the Heisman Trophy winner (which he eventually did go on to win).

(Twitter, 11/18/17)

“[McVay] gives the whole team confidence...that’s rare for that feeling to happen on every play.”

-Jared Goff, NFL football LA Rams quarterback

Describing Rams head coach Sean McVay, the youngest in NFL history at age 31. He is said to pursue perfection and is committed to the team’s success.

(The Bleacher Report, 11/10/17)

“I can’t put my team in situations like that.”

-Von Miller, Denver Broncos linebacker

*Responding to an unsportsmanlike penalty he received that extended a drive for the Buffalo Bills (who ended up winning 26-16).
(ESPN.com, 9/25/17)*

**“...I appreciate him having my back.
That’s just one less thing I have to
worry about.”**

-Jim Johnson, Atlanta Braves reliever

*Struggling pitcher credits Manager Brian Snitker for his Supportive
Coaching Style.*

(Atlanta Journal-Constitution, 8/26/17)



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