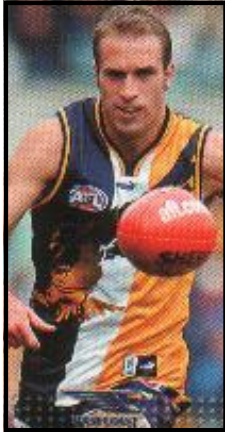


1

Selection 1

2



*Champions
are
distinguished
by differences
The different
things they do,
and
The things
they do
differently*



**The Quitter
never wins**

**The
Winner
never
quits**

3



*Believe
and
Achieve*

4



*Girls
Power
Rules*

5



*In the end
it all
comes
down to
character*

6

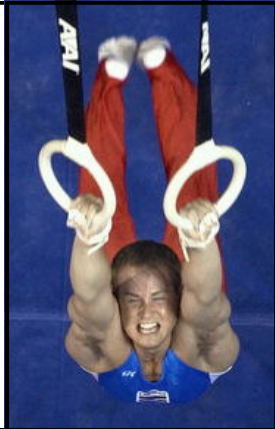


**Be
YOUR
Best**
*No More
No Less
No Excuses*

7



*The difference
between
ordinary
and
extra
ordinary
is that
little
extra*



**Tough Times
Don't last
Tough People
Do**

8



*To succeed:
Do the best
you can,
Where you
are,
With what
you have.*



*Today
I did
my best*

11



*The best
place to find a
helping hand,
is at
the end of
your arm*



*The harder
you work,
the harder
it is
to
surrender*

12

13



*Today
is the
Tomorrow
YOU
created
Yesterday*



*When the
mind is
stretched by a
new idea, it
never returns
to its original
dimensions*

14

15



*We are what
we
repeatedly
do ..
make
excellence
your habit*



*What you are
today,
is dependent, on
what you did
yesterday ..
tomorrow
depends on today*

16

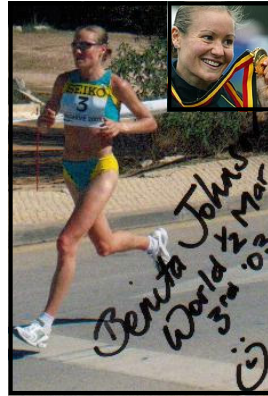


Benita Johnson
WORLD Cross
Country (8K)
Champion, 2004



The
harder
(and **smarter**)
you work
the
harder it is
to surrender

www.nwaswimaths.com

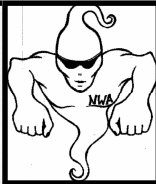
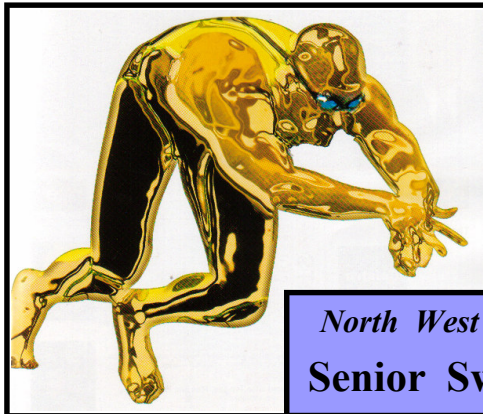


You can be an
outstanding athlete
for a few exciting years

You can be an
outstanding person
All your life

Benita Johnson (AUS)
World Cross Country
Champion, 2004

www.nwaswimaths.com



Be Your
Best

North West Athletics
Senior Swimmer



Potential
is what you may be
capable of doing
Motivation
directs what you do
Attitude
determines
how well you do

www.nwaswimaths.com



*If you
really believe
you can do
something ..
you are
absolutely
correct*

www.nwaswimaths.com



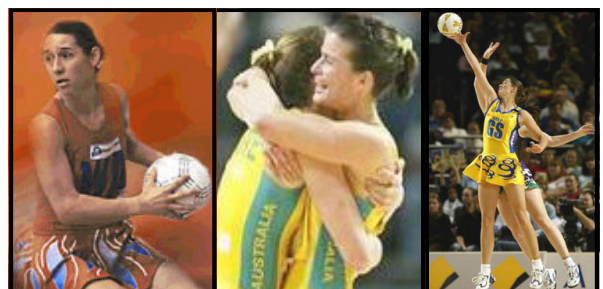
Howzat !!
(RPPR)
**Relentless
Pressure
Produces
Results**

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The harder
you work,
the harder
it is
to surrender

www.nwaswimaths.com



**Team mates are always
there for each other**