

Quotes of the Day

“What lies ahead of you and what lies behind you are nothing compared to what lies within you.”
- Mary Engelbreit

“A man who wants to lead the orchestra must turn his back to the crowd.” - James Crook

“I am not afraid of storms, for I am learning how to sail my ship.” - Louisa May Alcott

“There is no exercise better for the heart than reaching down and lifting people up.”
- John Andrew Holmes

“Nothing great was ever achieved without enthusiasm, and true enthusiasm comes from giving ourselves to a purpose.” - Ralph Waldo Emerson

“We are the music makers. We are the dreamers of dreams.” - Willie Wonka

“I get knocked down, but I get up again. You’re never going to keep me down.”
- From the singing group Chumbawumba

“Best vitamin for making friends: B1” - Rudy Benton, P.E. teacher extraordinaire

“Victories that are easy are cheap. Those only are worth having which come as the result of hard work.” - Henry Ward Beecher

“The future belongs to those who believe in the beauty of their dreams.” - Eleanor Roosevelt

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” - Aristotle

“7 days without exercise makes one weak.” - Rudy Benton

“True enjoyment comes from activity of the mind and exercise of the body. The two are ever united.” - Humboldt

“The game is never more important than the people you play it with.”
- Pat Vickroy, P.E. teacher extraordinaire