

# WHAT DOES IT TAKE TO BE A CHAMPION?



## PERSEVERANCE

“It’s not about how bad you want something, it’s about how bad you are willing to work to get that something.”

—April Holmes

Paralympic Gold Medalist,  
Track & Field



## COMMUNITY

“A small act of kindness can have a very large impact on someone else.”

—Christian Taylor

Olympic Gold Medalist, World Champion,  
Track & Field



## HEALTHY CHOICES

“If you truly believe in yourself, work harder than anyone else, love what you do and dream big, you can do anything.”

—Taylor Ritzel

2011 World Champion & Olympic Gold Medalist,  
Rowing