

"You have enormous untapped power you'll probably never tap, because most people never run far enough on their first wind to ever find they have a second."
- William James

Give 100 Percent

100% equals everything! When we are asking you to give 100 percent, we are asking you to give everything. We want it all! Do not save anything for later, do not relax, do not take a break to catch your breath, give us everything you've got from start until finish! Leave it all on the field.

It won't be easy. Giving 100 percent isn't for the faint-of-heart. It takes a lot of heart, passion, determination, drive, energy, and willpower.

It's going to hurt! There is going to be pain, sweat, and adversity. You are going to doubt yourself before you get there. You will wonder if you can do it, and you will try to talk yourself out of giving it all. You are going to see "easy ways out." All along the way you will be presented with ways to give less of yourself.

You will find yourself reaching for that "easy button." Press it and you instantly travel the easy road. That's fine if the "easy button" gets you the results you desire. However, in sporting competition, the "easy button" isn't going to get you where you want to be. Giving 100 percent, working hard, being smart, and seizing the moment- that's what will get you the results you desire.

The best athletes, the most successful athletes are those who mentally block out pain, fatigue, doubt, and despair. Super athletes focus on pushing beyond their limits, drawing energy from untapped reserves, hope, success, and reaching the finish line!

Be the best athlete you can be and give us 100 percent today!