



SWISS SQUASH

Athlete:in 24/7

Commitment & mindset in competitive sports



| Generally I am responsible for my success | Goals I know where I want to go | Training I want quality in training | Competition I want to win | Mental I know my strengths | Environment I live squash | Career I know my path | Ethics I live the values of our sport |
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| I take every opportunity to improve. | I set goals at an international level. | I get the most out of every training session, in every role. | I give my best against every player. | I am confident and courageous. | I create my optimal competitive environment. | I have a personal career plan. | I live the spirit of squash in an exemplary manner and at all times. |
| I take personal responsibility and bear the consequences. | I pursue my goals consistently. | I use the quality of the world's best as my benchmark. | I always pay attention to optimal match conditions and postprocessing. | My body language is confident and positive. | I always do my best for my progress. | I actively look for solutions to overcome stumbling blocks on my path. | I know the "Are you OK?" campaign. |
| I'm not looking for excuses. | I want to win against the best. | I go the extra mile. | I love the challenge. | I learn from mistakes and defeats. | My personal environment supports me in what I do. | I consistently go my own way. | I report ethics violations to Swiss Sport Integrity. |
| "Strength doesn't come from the body. It arises from an irrepressible will." Mahatma Gandhi, Indian freedom fighter | "Only those who know their destination will find the way." Lao Tzu, Chinese philosopher | "If you give it your all, you can't blame yourself." Dirk Nowitzki, German basketball legend | "If you fight, you can lose. Who does not fight has already lost." Berthold Brecht, German writer | "It's better to trust your strength than your luck." Cicero, ancient Roman politician | "A ship is safe in the harbor, but that's not what it was built for." Seneca, ancient Roman philosopher | "Success is a staircase, not a door." Dottie Walters, American motivational speaker | "The price of greatness is responsibility." Winston Churchill, former Prime Minister of Great Britain |