# C:\Users\Andy & Elaine\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3ODAC7BD\MCj00902530000[1].wmfWhat is a Champion?

Wanting to be a champion should not be just a statement of desire, but a commitment to make those 1000’s of little life choices each day to make sure you become a winner!

Champions are not made on the day of the gala; they are made in the days, months and years of training before the meet.

* ![C:\Users\Andy & Elaine\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JYJ218LS\MCj03233240000[1].wmf]()A **Champions Choice** is made at 9.00pm, when a decision is made to turn off the TV and phone, click offline or leave a friend’s house early, to get to bed ready for morning training.
* A **Champions Choice** is made when a group of your friends decide to have a party, but you decide not to go as you have training.
* A **Champions Choice** is made when a pasta dish or baked potato is chosen instead of burgers and chips, and cereal bars and fruit are chosen instead of chocolate and crisps.
* ![C:\Users\Andy & Elaine\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O9XL1O9J\MCj02858400000[1].wmf]()A **Champions Choice** is made when you get through 2hours of gruelling training, battling tiredness and still do perfect turns and technique and never quit or stop.
* A **Champions Choice** is made when you choose the hardest option in training, because you know it will make you tougher.
* A **Champions Choice** is to never make excuses for failing, but to do whatever it takes to put it right.

If you make “**Champion Choices**” and win all of these daily battles, you will stand on the blocks with the confidence of a champion, the inner strength of a champion and will race like a champion.

![C:\Users\Andy & Elaine\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3ODAC7BD\MCj00787950000[1].wmf]()Being a champion is not a magical, mythical status; they stated at the same point as you. So, every time you are faced with a choice, take responsibility, and just do what champions do – make a **Champions Choice**.

**YOU CAN BE A CHAMPION**