

Bulletin Board

- Bulletin Board Titles are 8.5” wide.
- After printing, cut the tiles by hand or laminate first, then cut.
- Some titles can serve as permanent fixtures on your bulletin board, while others may be used occasionally for specific purposes.

48-Week Quotes

1. Print out 24 pages.
2. Consider using different colors of paper to add visual interest.
3. Stack the pages evenly and cut them in half horizontally using a large paper cutter or scissors (if cutting by hand, work in small batches for accuracy).
4. Update your quote weekly to draw consistent attention to your bulletin board, both from the person maintaining it and from passersby.

I'd greatly value your feedback on the bulletin board blog and/or free downloads. Were they helpful? Did they save you time or make the process easier? Your insights can help me improve future resources!

If you've used these ideas, I'd love to see the results! Before-and-after pictures of your bulletin board would be wonderful to share. It's always inspiring to see how creative transformations come to life!

Jo-Ann



Because you have ice in your veins

People often say that motivation
doesn't last.

Well, neither does bathing – that's
why we recommend it daily. ~Zig Ziglar

**Courage is what it takes to stand
up and speak;**

**Courage is also what it takes to
sit down and listen.** ~ Sir Winston Churchill

No act of kindness,
no matter how small,
is ever wasted. ~ Aesop

The person who can drive him or herself further once the effort gets painful is the one who will win in all aspects. ~ Roger Bannister

We all make an impact on the lives around us –which means we all have the ability to change the world. ~Nate St. Pierre

Just how do I keep everyone, including myself, on track and motivated throughout each long year — all for one long night's big splash? The answer is basic and simple: *through an unwavering and uncompromising focus on our mission.*

~ Santa Claus

**The greatest of all faults,
I should say, is to be
conscious of none. ~ Carlyle**

**Don't measure yourself by what
you have accomplished,
but by what you should have
accomplished with your ability.**

~ John Wooden

Some succeed because they are destined to, but **MOST succeed because they are DETERMINED to.**

~Henry Van Dyke

“Courage is the power of the mind to overcome fear.”

~ Martin Luther King

ABILITY CAN TAKE YOU TO
THE TOP,
BUT IT TAKES CHARACTER
TO KEEP YOU THERE.. ~ John Wooden

**Everytime you are not
practicing, someone
else is. ~ Boris Becker**

The future depends on what
we do in the present.

~ Mohatma Gandhi

**The bad news is time flies.
The good news is, you're
the pilot.**

~ Michael Altshuler

Courage does not always roar.

Sometimes it is a quiet voice at
the end of the day, saying,

"I will try again tomorrow."

~ Mary Anne Radmacher

**It is the nature of man to
rise to greatness**

**if greatness is expected of
him.** ~ John Steinbeck

**Great things are not done
by impulse, but by a
series of small things
brought together.** ~ Vincent van Gogh

There is real magic in
enthusiasm.

It spells the difference
between mediocrity and
accomplishment. ~ Norman Vincent Peale

*Life doesn't require that we
be the best, only that we
try our best. Strive for
excellence, not perfection.*

~ H. Jackson Brown Jr.

Courage is a door
that can only be
opened from the
inside.

~ Terry Neil

It is your **attitude**,
not your aptitude,
that determines
your altitude. ~ Zig Ziglar

The battle
that will make YOU a
champion is mental,
not physical. ~ Steve Knight

Four short words sum up what has lifted successful individuals above the crowd:

A LITTLE BIT MORE

They did all that was expected of them
and a little bit more. ~ A. Lou Vickery

It does not matter how slowly you go so long as you do not stop. ~ Confucius

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will. ~ Author unknown

We are what we repeatedly do. Excellence, therefore, is not an act but a habit. ~ Aristotle

Attitudes truly are contagious. From time to time we need to ask ourselves, *"Is mine worth catching ?"* ~Mac Anderson

In the confrontation between the stream and the rock, the stream always wins...not through strength but by perseverance. ~ H. Jackson Brown

The responsibility for maintaining good performance is the student's, not the coaches. The coach's job is to point out the discrepancy – the student's job is to fix it. ~Paul Sims

Adversity has the effect of eliciting talents, which in prosperous circumstances would have lain dormant.

~ Horace

Once you have established
the goals you want and
the price you're willing to pay,
you can **ignore** the minor hurts, the
opponent's pressure and the temporary
failures. ~ Vince Lombardi

WHEN THE BEST LEADER'S
WORK IS DONE, THE PEOPLE
SAY "WE DID IT OURSELVES."

~ Lao Tzu

A positive attitude may not solve all your problems but it will annoy enough people to make it worth your effort.

~ Herm Albright

One who rows the boat usually doesn't have time to rock it.

~ Author unknown

**If better is possible,
good is not enough.**

~ Benjamin Franklin

If you shoot for the moon
and miss, you'll still be
amongst the stars.

~ Norman Vincent Peale

**Success only comes
before WORK
in the dictionary.**

~ Vince Lombardi

**There is no disgrace to fall
from grace unless you say
“Somebody pushed me”.**

~ Author unknown

Fear comes from that
darkroom where
negatives are
developed. ~ Zig Ziglar

If someone has a chip on
their shoulder, that means
there's wood higher up.

~ Brigham Young

**2 wrongs don't make a right
but 3 lefts do.** ~ Andrew Clements

**Obstacle are the
frightening things you
see when you take your
eyes off the goal.** ~ Henry Ford

Nothing can stop the person with the right mental attitude from achieving his goal; nothing on earth can help the person with the wrong mental attitude. ~ Thomas Jefferson

The real accomplishment in life is more than simply attaining your goals. It's what you had to overcome to get there. ~ Zig Ziglar

If you wanna live life on your own terms, you gotta be willing to crash and burn. ~ Motley Crue

When you receive a kindness, remember it; when you do a kindness, forget it. ~ Author Unknown

Happiness is not a tangible thing, it's a byproduct – a byproduct of achievement.

~ Ray Kroc

OUR GREATEST GLORY IS NOT
IN NEVER FALLING BUT IN
RISING EVERY TIME WE FALL.

~ CONFUCIUS

RESULTS

SCHEDULE

**TEST
INFORMATION**

NEWSLETTER

IN THE SPOT LIGHT

CONTACT US

**QUOTE
OF THE WEEK**

ICE SHOW INFO

**UP COMING
COMPETITIONS**

**OUR AMAZING
PROGRAM ASSISTANTS**

**OUR PROFESSIONAL
COACHES**

**UP COMING
EVENTS**