

# WELCOME TO SPORT & FITNESS



“EVERYTHING  
IS PRACTICE”

PELE

”



“THE STRENGTH OF THE TEAM IS EACH  
INDIVIDUAL MEMBER. THE STRENGTH  
OF EACH MEMBER IS THE TEAM.”

PHIL JACKSON

”



“I HAVE NEVER ONCE DRIBBLED  
THE WHOLE FIELD AND  
SCORED A GOAL BY MYSELF”

ABBY WAMBACH

”



“ALONE, WE CAN DO  
SO LITTLE, TOGETHER  
WE CAN DO SO MUCH”

HELEN KELLER

”



“I LEARNED ALL ABOUT LIFE  
WITH A BALL AT MY FEET”

RONALDINHO

”



“I DON'T BELIEVE IN MAGIC.  
I BELIEVE IN HARD WORK.”

RICHIE MCCAW

”



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