**Thought for the Week: 10th June**

**Sports Day 2019**

*Usain Bolt: ‘Faster Than Lightning – My Autobiography’*

 “Thankfully, Coach had taught me a way of embracing the pain. He called that overwhelming rust of hurt 'The Moment of No Return', a point of pure agony when the body told an athlete to quit, to rest, because the pain was so damn tough. It was a tipping point. He reckoned that if an athlete dropped in The Moment, then all the pain that went before it was pointless, the muscles wouldn't increase their current strength. But if he could work through the pinch and run another two reps, maybe 3, them the body would physically improve in that time, and that was when an athlete grew stronger.”

“You have to set yourself goals so you can push yourself harder. Desire is the key to success.”

 “If I pressure people to do things too much, they’ll simply turn against the things I’d like them to do,”

 “The penny dropped with me about how important confidence was to a sprinter, especially in a short event like the 200 metres where supreme mental strength was often the key difference between myself and some of the other racers in my meets. I knew I couldn’t let a negative thought cloud my judgement ever again, because mental strength was a tool in every race, it was as important as a fast start or a powerful drive phase. There was no opportunity for doubt because the contest was over in the blink of an eye. Distraction for one hundredth of a second might be enough to lose a race.”

Which qualities does Bolt say are important if you want to be successful?