



My overall experience in sports at Richard Winn has been competitive. On all the teams I've been on, my teammates and I give 100% and try to stay positive at all times.

- Mitchell Gibbons

**All In** "The glory of sports comes from dedication, determination and desire. Achieving success and personal glory in athletics has less to do with wins and losses than it does with learning how to prepare yourself so that at the end of the day, whether on the track or in the office, you know that there was nothing more you could have done to reach your ultimate goal."

- Jackie Joyner-Kersey

