

To Be an Olympic Athlete.....

You need a lion's heart
and a swift pair of feet,
to be a champion
Olympic athlete.

You need exercise,
so get off the settee,
jog in the park
instead of watching TV.

You need a fire in your eyes
that never goes out,
no room at all
for any moment of doubt.

You need a real hunger
to go out and win,
you need a resolve
to never give in.

You need to break through
that barrier of pain,
and a mantra that tells you to
'train, train, train'

The one day, who knows,
to the sound of applause,
you will stand on the steps
and the gold will be yours.