Success in sports is all about winning

The statement that in sports success is all about winning is a false accusation. It is along the same lines as 'winning brings you happiness', but it too is also a false accusation. The fact that you have come first is not all about your winnings, but about your own personal goals.

If you are in a running race and you come third place out of eight runners, then you will not come first but that does not mean that you are not noticed. For example in the Olympics the third place runners are still credited for and are also given a medal for their success. If you get a placing that is not enough to get on the podium at the Olympics games, the athletes will still realize that they have had a great success to themselves as they have just competed with the world's top athletes that have possibly ever lived.

Again with the example of athletes, if they are a high jumper the coach will help them plan a goal, whether it is a long distance or short distance goal it does not really matter, but completing that goal does. If the jumper does not win the competition but reaches their goal and in fact passes it then they will have had a success right there and then.

"Athletes must see success in terms of achieving their own goals rather than surpassing the performance of others" says Reiner Martens, PhD for Human Kinetics. This is a statement that is true, but this is also one thing that is easy to state but very difficult to achieve.

In conclusion the statement that success in sports is all about winning was wrong in past, is still wrong in the present and will still be wrong in the future. It is a great feeling to win but it is a greater feeling knowing that you have accomplished something far greater. As quoted by Albert Schweitzer "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful."