

A high-angle, top-down view of a swimming pool. The water is a deep blue, and several lane lines are visible, stretching from the top of the frame towards the bottom. A swimmer's shadow is cast onto the pool floor, appearing as a dark silhouette. The text is overlaid on the pool's surface, with each line of text in a dark blue rectangular box.

IF YOU WANT
TO BE THE BEST,
YOU HAVE TO DO
THINGS OTHER
PEOPLE AREN'T
WILLING **TO DO.**

– Michael Phelps