



THANK YOU JOHN MCENROE!

TENNIS LEGEND DELIVERS COMMENCEMENT SPEECH

Last month, tennis legend John McEnroe was asked to give the commencement speech to Stanford University's Class of 2023. McEnroe is the first athlete given the honor of addressing a Stanford graduating class. In typical Johnny Mac fashion, he knocked it out of the park. His words hold a lot of meaning for all of us, and as tennis players we can fully appreciate his words on being a part of the Stanford men's tennis team:

For most of your life as a tennis player, you're out there alone. For better or worse, it's just you. And that can be terrifying. So when you get those opportunities to be a part of something bigger than yourself, take them. Trust me. Succeeding as a team can be as fun as doing it alone.

Another highlight not to be missed:

Everyone wants a great career, but don't miss your life on the way to work. Work/life balance may seem impossible, but it's worth pursuing. It took me a long time to learn that lesson.

John shared his views on winning:

In sports, you often hear the phrase, "Winning is everything." But in reality, it's not. The questions you have to answer are: "Am I getting better as a person?" And, "Is what I'm doing bringing me and the ones around me happiness?" The answers will tell you whether or not you're REALLY winning.

Stay active...it's good for you:

Good mental health is connected to physical activity: Move a muscle, change a thought.

And finally:

Graduates, this is the time to take your shots. Your life will go by fast. Give it your all. Stand up for yourself. Stay curious. Be a good citizen of the world. Don't get crushed under the weight of your expectations. Know that the real victory in life is the long game – measure your success by how much you evolve, not necessarily how much you win. Don't be afraid to make mistakes. And for chrissakes, have the balls to say what you feel.

There's a quote emblazoned on a wall at Wimbledon, right before you enter center court. It's from Kipling's poem If—. It reads: "If you can meet with Triumph and Disaster / And treat those two impostors just the same."

Kipling's point is that one person's victory is another one's defeat. Win or lose, what matters is giving everything you've got. In a truly full life, you'll be lucky to have your share of both victories and defeats. In either case, keep finding the courage within you to move forward! Congratulations, Class of 2023! I wish you the greatest life imaginable.

Thank you!

Click [**HERE**](#) to read the complete text of McEnroe's speech. ■