



BP Educational Consultation

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The American Athlete

Episode #2215

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Participants: **Casey Patterson – Pro Beach Volleyball**

Marin Cilic – Pro Tennis Player, AVP

Josh Prenot – Olympic Swimmer

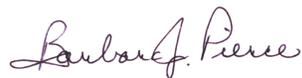
General Synopsis for Episode #2215

In this episode professional athletes share their family background and stories of how they began their path towards their chosen fields of athletic endeavor. **Casey Patterson** was a full-time basketball player whose mom encouraged him to try out for volleyball and fell in love with the sport. He tells the viewers that beach volleyball is like a chess game, you put plans in place from what the other teams are doing. He was diagnosed with Hashimoto's Disease before going to the 2016 Olympics in Rio. He found that he can control the autoimmune disease with diet. His goal is to make the next Olympics in Tokyo and win a medal. **Marin Cilic** was six and half when he started playing tennis. He admits he was devastated psychologically when he got to a final game and didn't win. He took it as a learning experience to make him better and stronger to what is to come. He tells viewers to get better is to know yourself, know your good things and know what you are not doing as well as you could. **Josh Prenot** started swimming as a baby and loved being in the ocean and pools. He swims the breast stroke. He trains about 35 hours a week by swimming, lifting, and recovery activities like yoga and massage. He faced adversity in college when trying to maintain a balance of a physics degree and training to get to an Olympic level. He accomplished both and won a silver medal in the 2016 Rio Olympic games. His advice to swimmers, 'you get out what you put into it, work hard and figure out what the fastest way to get through the water and have fun with it'.

Observation and Conclusion

In episode #2215 sports trivia questions are asked between segments to challenge viewers to research and learn sports facts. The participants encourage young viewers to pursue their passion and focus by overcoming obstacles, displaying athlete virtues of diligence, perseverance, the value of training and sportsmanship. **Marin Cilic** thoughts on playing tennis, 'it is about you and putting in the work, being consistent every day, you are pushing yourself on the court'. This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant