



# BP Educational Consultation

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**The American Athlete**

Episode #2219

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Participants: **Mia St. John – Ret. Boxer and Advocate**  
**Tyler Reddick – NASCAR/Xfinity Driver #2**  
**Andre Roberson – Shooting Guard, NBA**

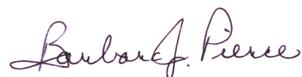
### General Synopsis for Episode #2219

In this episode professional athletes share their background and stories of how they began their path towards their chosen fields of athletic endeavor. **Mia St. John** started in Taekwondo at the age of 6 and began boxing in her 20's. She loved the thrill of competition and the fear of walking into the boxing ring which she described as an adrenaline rush because your life is on the line. She confessed to using steroids from the pressure to put on weight and muscle to compete. She has had 3 hip surgeries and tells the viewers that steroids probably contributed to destroying your bones. Using her boxing career, she began the Mia St. John Foundation to educate the public about mental illness. **Tyler Reddick** went from dirt racing to racing on the asphalt. He shares the differences between the two types of racing and what he had to learn to drive a heavy racecar. To 'unplug' or relax, Tyler likes to work on cars. He tells the audience about the journey of winning an Xfinity Series championship. **Andre Roberson's** job for the Oklahoma City Thunder is to guard the best scorers. He models his style of play after Scotty Pippen. He likes the pressure of the game and winning. He states, "I do the intangible to help my team win."

### Observation and Conclusion

In episode #2219 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. **Andre Roberson** says the key is to grow his confidence, make myself known and keep working hard and do whatever I can for my team. This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant