



BP Educational Consultation

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The American Athlete

Episode #2304

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Participants: **Antone Exum Jr. – NFL Safety and Musician**

Troy Field – Pro Beach Volleyball, AVP

Makena Burke – Competitive Surfer, WSL

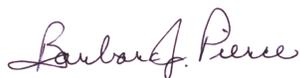
General Synopsis for Episode #2304

In this episode professional athletes share their family background and stories of how they began their path towards their chosen fields of athletic endeavor. **Antone Exum** has played sports before he can remember. As a competitor, he learned the depth of the game of football in college and the NFL. He tells the viewers that he approaches his preparation as there is no security in his job in the NFL. Antone enjoys expressing himself through music – ‘pITCH bLACK EXUM - 2019. He doesn’t know where his inspiration might come from when he writes his songs, it could be from nature, people or experiences. **Troy Field** started playing volleyball after watching the 2012 Olympics. In 2016 he started training and getting better at techniques which helped him become a pro player. He is still figuring out how best to prepare for a tournament but he does eat right, gets enough sleep, watches some film and has a good practice schedule. Troy wears a pick hat to pay homage to Karch Kiraly, the best player on the AVP tour. **Makena Burke** had her first surfing experience in Hawaii at the age of 6. She is natural competitor and shares that surfing has many variables and many things you have to overcome. That is why she loves the sport. Her training includes cardio, running and does strength training for legs and core. She states, “small waves, you want to be strong or you won’t go anywhere.”

Observation and Conclusion

In episode #2304 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. **Troy Field** shares what he has learned, ‘determination and striving for greatest and always trying to get better at my game on and off the court.’ This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant