



# BP Educational Consultation

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**The American Athlete**

Episode #2305

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Participants: **Merril Hoge – Speaker and Author**

**Emily Day – Pro Beach Volleyball, AVP**

**Guido Pella – Pro Tennis Player**

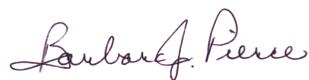
### General Synopsis for Episode #2305

In this episode committed and talented ‘American Athletes’ share their stories of success and challenges. Each guest shares their personal side of their journey from their first thoughts of seeking a professional career to reaching their goals and beyond. Loving the contact of football, **Merril Hoge** started his professional sport’s career as a NFL Running Back. He earned the record for playing the most consecutive games in the NFL during his 8-year career. He has co-authored a book to help parents understand the safety in today’s sports and about head injuries called “Brainwashed: The Bad Science Behind CTE”. Merrill believes this era is the best to play football due to the right type of equipment, protocols for injuries, treatments and therapies. Pro beach volleyball player **Emily Day** started playing volleyball at the age of 15. She shares it takes a lot of personal responsibility to become a professional beach volleyball player since you pick your own coaches, find your trainers and be dedicated to the sport. Her and her partner must have good on court communication with problem solving during the match being ready to change and adapt. **Guido Pella** started his tennis career playing in the juniors at the age of 10-11. He feels his cross-court backhand is his most natural stroke. He tries to keep healthy since tennis is a tough sport. He quit tennis when he was 24 after a year of not winning many matches. He shares his mind was not in the right place. When he came back he was stronger than before.

### Observation and Conclusion

In episode #2305 questions are asked between segments to challenge viewers to research and learn facts related to sports. Athletes provide encouragement and advice to their fans to work hard, define goals, and have fun in your chosen field. **Emily Day** encourages viewers to play multiple sports growing up, learning how to be an athlete first instead of specializing in just one sport. This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant