



# BP Educational Consultation

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The American Athlete

Episode #2306

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Participants: **Bethanie Mattek-Sands – Pro Tennis Player, ATP**

**Kareem Maddox – 3X3 Basketball Player**

**Nolan Rapoza – Pro Surfer, WSL**

### General Synopsis for Episode #2306

In this episode a professional tennis player, 3X3 basketball player and professional surfer describe their varied paths towards success in each of the chosen fields of athletic endeavor. Each guest shares their personal side of their journey from their first thoughts of seeking a professional career to reaching their goals and beyond. **Bethanie Mattek-Sands** was super competitive and played a lot of sports when she was young but found that she was good at tennis. She shares being around the game is her goal, playing singles, doubles and mixed doubles. She has encountered mental and physical challenges with 4 surgeries with rehab being part of her journey which she says has made her the person and player she is today. **Kareem Maddox** started playing street ball and then got into organized sports. As he got taller it made sense for him to get into basketball. After college, Kareem played in Poland learning to be adaptable to live, communicate and work in another country. He tells the viewers that a 3X3 tournament is like a ten-minute sprint, continuous play, 12 second shot clock, first team to get to 21 in a ten-minute game. **Nolan Rapoza** grew up surfing near Huntington Beach where he did amateur and pro junior events before participating in the US Open. He shares that he likes when the waves are consistent but when the waves are slow you have to work through it and hope you get lucky. He trains at a gym and does hot yoga to stay away from injuries and stay flexible. His goals are learning to be patient and improving on taking big waves and to take over his fears in surfing.

### Observation and Conclusion

In episode #2306 sports trivia questions are asked between segments to challenge viewers to research and learn sports facts. Athletes provide encouragement and advice to their fans to work hard, define goals, and have fun in your chosen field. **Kareem Maddox** advice, “you need inspiration every day, you need someone telling you every day you could be great, good in order to sustain.” This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant