



BP Educational Consultation

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The American Athlete

Episode #2311

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Participants: **Gabrielle Reece – Entrepreneur and Model**

John Isner – Pro Tennis ATP

Chris Staples – Pro Dunker FIBA

General Synopsis for Episode #2311

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. When **Gabrielle Reece** was one of 8 freshmen on a 12-player team and she learned she had to play. As she became more comfortable in her skill set she became more aggressive. Her attitude was she was going to work harder than everyone else because she was unsure she deserved it. Gabby has created XPT Xtreme Performance Training. She likes to teach and connect with people and states, “all your lessons come from not feeling good, you ask questions, you explore, you change your training, you change yourself.” Pro tennis player **John Isner** is the winner of the longest tennis match played in history against Nicholas Mahut. One of his biggest challenges was to grow into his 6’ 11” height. His favorite and best shot is his serves which has won him many matches. He shares that playing tennis at the professional level takes speed, power, endurance and strong mental game. In his younger years **Chris Staples** played many sports but decided on basketball in college even after being recruited for football. He tried out for the Harlem Globetrotters, was invited for a workout and was offered the job to be on the team. His signature dunk is a 360° under both legs. Chris says it is about technique. He spins a lot when he jumps and the jumps are higher when he spins. He practices his approach to the basket, the more momentum he has the higher he can get and dunks quicker.

Observation and Conclusion

In episode #2311 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. **Gabrielle Reece** states, “If you have enough fear, you can move mountains. Fear was very powerful for me.” This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant