



BP Educational Consultation

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The American Athlete

Episode #2312

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Participants: **Lindsey Horan – Pro Soccer Player, USWNT**

Marlen Esparza– Pro Flyweight Boxer

Tyler Gunter – Competitive Surfer, WSL

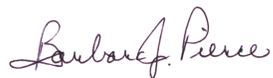
General Synopsis for Episode #2312

In this episode professional athletes share their background and stories of how they began their path towards their chosen fields of athletic endeavor. **Lindsey Horan** has played soccer from a young age. A coach told when she was 13 -14 years old to be great you have to change your mentality, what more can you do, how much more can you train, what can you sacrifice to reach your goal. She played professionally in France at age of 18 years old and learned how to grow up quickly. She was able to make the Olympic roster which she describes as ‘insane’ physically and mentally demanding. Winning the World Cup was a dream come true, the best experience of her life. **Marlen Esparza** started boxing at the age of 11. She still has the same trainer that she did when she started. It was hard because there were no girls at the gym so she trained like the guys and was beat up a lot then she evolved. She describes her boxing style as a balance between a boxer and a puncher waiting for her opponent to expose themselves and then jumps on their mistakes. **Tyler Gunter** has been surfing his whole life. He shares that the ocean is always changing and hard to work with. You never get the same wave and best thing for surfing is surfing. When competing Tyler tries not to over think, block out everything and surf the wave.

Observation and Conclusion

In episode #2312 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. After a back-injury **Tyler Gunter** learned, “I was able to push through it and come back stronger after realizing I wasn’t training properly”. This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant