



BP Educational Consultation

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The American Athlete

Episode #2319

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Participants: **Jimmie Johnson – NASCAR Driver #48**
Paul Rabil – Lacrosse Midfielder, Atlas, L.C.
Frances Tiafoe – Pro Tennis Player, ATP Tour

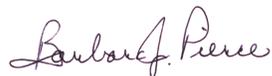
General Synopsis for Episode #2319

In this episode committed and talented ‘American Athletes’ share their stories of success and challenges. Each guest shares their personal side of their journey seeking a professional career to reaching their goals and beyond. Seven-time NASCAR champion **Jimmie Johnson** passion for racing started by being fully immersed in learning and working on cars. As a professional driver Jimmie shares you have to be a team player Monday through Sunday and on race day Sunday you worry about yourself. He has benefited from a fitness program to help him feel better, have more energy and mental clarity since drivers endure 140° inside their car for 4 hours. Jimmie and his wife started the Jimmie Johnson Foundation to help children and support K-12 public education. He is proud to show his children the power of giving back. **Paul Rabil** is a two-time NCAA Lacrosse champion. Paul and his brother are the co-founders of the Premier Lacrosse League. Lacrosse is the oldest team sport in North America, started by the Native Americans over 1000 years ago. The league is in its second year. It is a tour-based model with 6 teams traveling to one market per weekend, 3 games played with 3 teams winning and 3 teams losing over a 10-weekend regular season. **Frances Tiafoe** started playing tennis at a club where his dad worked. He is one of the bigger players for his age and knows he has to move, be fit, and have endurance to play for one to six hours. He shares when talking about pressure, “Perspective is massive.”

Observation and Conclusion

In episode #2319 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. **Frances Tiafoe** states, “Be the person to inspire and not waiting to be inspired.” This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant