



# BP Educational Consultation

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**The American Athlete**

Episode #2322

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Participants: **Mickie James – Pro Wrestler**

**Valorie Kondos Field – Former UCLA Head Coach**

**Marlen Esparza – Pro Flyweight Boxer**

### General Synopsis for Episode #2322

In this episode professional athletes share their background and stories of how they began their path towards their chosen fields of athletic endeavor. **Mickie James** grew up riding horses and competed with horses instilling in her how much work you have to put in. She trained as a wrestler with all guys and had to learn how to wrestle like a lady. One thing Mickey wants to do in wrestling is change it for the good. Suffering hardships in her life, she makes sure she gives back supporting children and horses who have been abused. **Valorie Kondos Field** recently retired after 29 years as the UCLA gymnastic head coach. She looked at coaching as an honor and responsibility bestowed on herself and felt it was her calling. To win championships, she shares that it takes preparation, strategy, hard work, the team to gel and luck. During cancer treatment she wrote a book, *Life is Short, Don't wait to Dance* hoping to inspire others to be authentic. **Marlen Esparza** participated in sports in school to get her cardio in for boxing. She now trains year around since boxing doesn't have an off season. Marlen was a Bronze medal winner at the Olympics in London 2012. She shares, "Anything you do if you work hard enough, you can be the best you can, get as far as you want to get, as long as you love it and that's all that matters."

### Observation and Conclusion

In episode #2322 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. **Valorie Kondos Field** tells the viewers, "I think it is very important whatever you do in life, whatever path you choose, figure out why do you want to do it and then figure out your how." This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant