



BP Educational Consultation

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The American Athlete

Episode #2401

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Participants: **Donovan McNabb – Retired NFL Quarterback**

Billy Allen – Pro Beach Volleyball AVP Pro Tour

Mia St. John – Ret. Boxer and Advocate

General Synopsis for Episode #2401

In this episode professional athletes share their background and stories of how they began their path towards their chosen fields of athletic endeavor. **Donovan McNabb** was a starting NFL quarterback for 11 seasons, was a 6-time Pro Bowler and had 8 playoff appearances. He shares that he focused on the little things, the fundamentals to help him be a better athlete. Since retiring from football, he has put his college degree from Syracuse University to use working as an analyst, commentator and coach. Pro Beach Volleyball player **Billy Allen** has played on the AVP tour since 2007. He tells the viewers that that beach volleyball is unique, it is a team sport but also an individual sport. A normal training week is 5 ½ days on the sand and 3 days in the gym. He is an author a fiction book *Good Blood* and a book about volleyball called *Coach Your Brains Out*. **Mia St. John** started in Taekwondo at the age of 6 and began boxing in her 20's. She loved the thrill of competition and the fear of walking into the boxing ring which she described as an adrenaline rush because your life is on the line. Mia sees winning her WBC title as a women boxer as a huge honor stating, “the struggle is not getting there, it is staying there.” Using her boxing career, she began the Mia St. John Foundation to educate the public about mental illness.

Observation and Conclusion

In episode #2401 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. **Billy Allen** says, “commit to it, commit to the process, sometimes you will not get the results you want, as long as you do the right things, keep hitting it, working hard, it will pay off.” This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant