



BP Educational Consultation

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The American Athlete

Episode #2407

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Participants: **Oscar De La Hoya – Boxing Legend**

Ronnie Lott – NFL Legend

Peggy Fleming – Ice Skating Legend

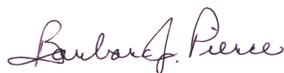
General Synopsis for Episode #2407

In this episode of ‘Legends’, sports icons share their family background and stories of how they began their path towards their chosen fields of athletic endeavor. Host Byron Allen’s insightful questions open up each athlete to respond with applicable advice for fans to follow. Boxing legend **Oscar De La Hoya** came from a family of boxers. He always had dreams of becoming somebody and boxing was the way to do it. He shares that he trains every single day for 3 months before a fight. His Oscar De La Hoya Foundation builds youth and learning centers for communities. NFL legend **Ronnie Lott** won 4 Super Bowl Championships and played in the NFL Pro Bowl 10 times. His best day on the field was winning a Super Bowl with people who came together and figured out a way to win. His advice to young people is to learn how to listen to people, they tell you things to help you and to learn to communicate to deal with people. Ice Skating legend **Peggy Fleming** started skating at 9 years old. Skating gave her confidence and made her feel special. Winning a Gold medal at the 1968 Olympics, she prepared with a lot of mental and physical preparation, skating 5- 7 hours a day 6 days a week. Peggy is the author of the book *The Long Program*, a window into her personal life and her battle with breast cancer. She shares, “it’s your attitude, think positive, more positive things are going to happen.”

Observation and Conclusion

The American Athlete episode #2407 trivia questions between each segment challenge young viewers to research and learn sports facts. Each participant encourages young viewers to pursue their passion and focus by overcoming obstacles, displaying athlete virtues of diligence, perseverance, the value of training and sportsmanship. **Oscar De Lay Hoya** advice to the viewers, “always work hard, follow your dreams and patience, not giving up”. This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant