



BP Educational Consultation

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The American Athlete

Episode #2408

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Participants: **Anthony Dirrell – Pro Boxer**

Zana Munro and Crissy Jones – Pro Beach Volleyball, AVP

Dusan Bulut – 3X3 Basketball Player

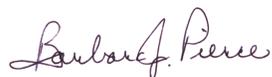
General Synopsis for Episode #2408

In this episode professional athletes share their background and stories of how they began their path towards their chosen fields of athletic endeavor. **Anthony Dirrell** comes from a boxing family who he credits giving him advice as a fighter. He says training is tough. You work out every day except Sunday and you have to get to the point to stay focused on the task and not think about outside things. Starting out his career at the age of 21, he was diagnosis with cancer. He said chemo was the hardest thing he had to do and he kept doing what he always had been doing. Anthony believes that giving back to his community of Flint, Michigan is important and is setting up a Boys and Girls Club. **Zana Munro** and **Crissy Jones** decided to start playing professional beach volleyball after college. Zana shares she works on technical aspects of the game as well as emotional and psychological, growing the mental game of beach volleyball. Crissy says their goal is to continue to play in AVP and do well by developing consistency, being resilient and confident. **Dusan Bulut** started playing basketball as a young kid to work off energy. He had to work on his body to get stronger and bigger and was lucky he had a good shot from the beginning. The biggest struggle of 3X3 basketball players is that they are not seen as professional athletes. The sport will be part of the upcoming 2020 Olympics in Tokyo.

Observation and Conclusion

In episode #2408 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. **Anthony Dirrell** says, “I am not a quitter. I am always going in there fighting to give it my all and give it 110%”. This episode inspires, educates, informs and empowers children 13 years of age and up.

Sincerely,



Barbara J. Pierce, MA Ed.

Educational Consultant