



Heart of a Student Athlete: All-Pro Advice for Competitors and Their Families

Karl Mecklenburg

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The game of football teaches lessons that are as applicable on the playing field as they are in the classroom, workplace, and in our relationships with those around us. In *Heart of a Student Athlete*, Karl Mecklenburg--former all-pro captain of the Denver Broncos--offers young athletes and their families inspirational advice about how to dream, achieve, and overcome obstacles on their way to success. Mecklenburg's candid, anecdotal counsel will motivate student athletes to aim high, work hard, and avoid the numerous challenges that they may face--including pressure to perform in the game, emphasis on sport over study, and the temptation of illegal drugs.

In addition to sharing the incredible story of his unlikely rise from amateur athlete to Super Bowl Championship competitor, Mecklenburg outlines his template for success and reveals its six key components: teamwork, courage, honesty and forgiveness, desire, dedication, and goal setting. Accessible and brimming with enthusiasm, *Heart of a Student Athlete* explains these keys and empowers athletes, parents, and coaches with the tools they need to achieve success and foster it in the young athletes in their lives.

Praise for *Heart of a Student Athlete*:

"*Heart of a Student Athlete* not only gives great advice to young athletes, families, and coaches trying to get the most of their sports experiences, but it also tells some of the untold stories of our 1980's championship teams."

--John Elway, NFL Hall of Fame

"Karl's book is perfect for a young athlete trying to find his or her way, or for parents who want to guide their children into successful sports careers."

--Amy Van Dyken, six-time Olympic Gold Medalist

"Karl Mecklenburg's *Heart of a Student Athlete* gives young athletes and their parents just what they need to hear. Reading his detailed stories, I felt like I was going through his challenges and in the game with him. Don't miss Karl's explanation of an athlete's need for decisiveness. I wish that someone had explained decisiveness to me early on. I learned it too late and it cost me big time . . . It is refreshing to read the straight truth from such an accomplished and credible source."

--Traci Brown, three-time US National Collegiate Cycling Champion

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Bobby Kile:

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Lisa Walker:

Often the book Heart of a Student Athlete: All-Pro Advice for Competitors and Their Families has a lot associated with on it. So when you read this book you can get a lot of help. The book was published by the very famous author. Mcdougal makes some research prior to write this book. That book very easy to read you can obtain the point easily after reading this article book.

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