

Real Athletes Show Respect

A Program of the USOC

To the athlete:

Thank you for participating in the USOC's educational program—Real Athletes Show Respect. With your outstanding background and stellar accomplishments, we know that your presentation will motivate and encourage attendees to consider their behavior both on and off the field of play, and we are confident that you will find your experience worthwhile. Please consider the age and makeup of your audience and take a few moments to review the following materials as you prepare:

To the Host or Organization:

Thank you for participating in the USOC's educational program—Real Athletes Show Respect. We are confident the Olympian, Paralympian or elite athlete who will present at your event will motivate and encourage your participants to consider their behavior both on and off the field of play, and we are confident that you will find this experience worthwhile. Please take a few moments to review the materials and support the athlete's presentation as needed.

To the athlete and host:

Olympians, Paralympians and hopefuls have varied degrees of public speaking proficiencies, and some athletes would prefer to have a discussion with a moderator and the audience rather than deliver a solo presentation. To assist those athletes preferring the discussion approach and to still provide a memorable appearance, the USOC created some standard questions the host can ask the athlete in a question and answer interview situation, still covering the topic of Respect and/or other topics of interest for the host organization and its constituents. For these questions, please go to page three.

If you have any questions about the program or presentation, please contact Adam Andrasko at 719-866-2270 or Adam.Andrasko@usoc.org.

PRESENTATION OUTLINE (30 - 40 minutes)

The event contact and athlete/presenter should work together to set a mutually agreeable agenda for the event with appropriate time frames. The following is an example of a 30-40 minute presentation.

Athlete arrives at event 20 minutes early to meet event host and be sure audio/visual equipment is set up and working properly.

- I. Introduction (5 minutes)
 - a. Event host offers introduction.
 - b. Introduce yourself, even if event host initially introduces you.
 - c. Thank everyone for having you and give brief overview of why you are there, referencing the celebration of Olympic Day and to discuss Respect.
 - d. Introduce and play USOC Sochi preview highlight video and comment on it afterwards.

- II. Your Personal Experience (10 minutes)
 - a. Discuss how you became involved with your sport and how you ascended to the elite level. If necessary, give some background on your sport and the Olympic/Paralympic Movement.
 - b. Provide the audience with some of your highlighted accomplishments and discuss the honor that comes with representing the United States on the world's sport stages (Olympic/Paralympic Games, World Championships, etc.)
 - c. Express gratitude for the support of fellow Americans like those here today.
 - d. Encourage people to pursue their passion, dreams and goals in whatever they do and state how you're an example of how those dreams can come true. *Transition to topic of respect...*

- III. Highlights on Respect (10 minutes)
 - a. Explain that winning isn't everything, but pride in your accomplishments and actions—showing respect for others—is worth everything.
 - b. Give your personal experience as it relates to the Olympic Games, Paralympic Games, World Championships, etc. and what it means to you to show respect.
 - c. Mention that athletes earn respect when they show respect.
 - d. If desired and if time, present other example of athletes who competed with respect (see page 4).
 1. Jim Thorpe
 2. Diana Golden-Brosnihan

- IV. Questions and Answers (10 minutes)
 - a. Repeat all questions so that everyone can hear.
 - b. Ask the event host to help you watch the time.

- V. Conclusion and flag presentation (10 minutes)
 - a. Discuss the impact of the Olympic Games on the world. Explain that for Americans to earn the respect of the world, they had to behave honorably on and off the field. It is important for real athletes to compete fairly and drug free and treat each other, their competitors, and everyone they meet with respect.
 - b. Thank host and audience and present flag to host organization on behalf of the United States Olympic Committee and the U.S. Olympic and Paralympic Teams.

QUESTION & ANSWER INTERVIEW FORMAT BETWEEN EVENT HOST & ATHLETE

The following questions may be asked of the athlete by the event host:

1. Please tell us a little about yourself, your sport and your sport accomplishments?
2. How did you get into your sport and what did it take to make you an elite athlete?
3. Why is the celebration of Olympic Day and the Olympic Movement important?
4. What does it feel like to represent the United States on the world's athletic stages? How does it feel to wear the USA on your uniform?
5. Why is the concept of respect such an important issue in sports today?
6. Have you ever experienced a situation where a teammate or competitor did not respect their opponent? What happened and how did that make you feel?
7. What are some of the best examples of respect that you have seen or know of? (Athlete can use some of the stories listed on page 4)
8. How has being an athlete and competing with respect helped you in life?
9. We always hear about athletes being caught doping, or using illegal substances to better their performances. Why do you think it's important to compete clean, and why it is such an important topic within the Olympic Movement? How does that relate to the topic of respect?
10. What recommendations would you have for those in the audience today when it comes to competing with respect, whether in sport, life, or whatever action they engage in?
11. If someone wants to become an Olympian or Paralympian, what do they need to do? What advice do you have for them?
12. Who was a mentor/role model for you and why?
13. When are the next Olympic and Paralympic Games – Summer and Winter?

Answer: 2016 – Rio de Janeiro, Brazil, 2018 – PyeongChang, South Korea

14. How can we as Americans continue to support Team USA and the Olympic Movement?

Answer: A variety of information can be found at www.teamusa.org.

15. What's next for you?

The event host can add their own questions and/or not ask all of the above questions. Following this interview between the host and athlete, please allow the audience to ask questions.

ATHLETE EXAMPLES OF RESPECT

Jim Thorpe

Jim Thorpe is considered one of the greatest athletes who ever lived. He was born in 1887. He played 11 different sports in high school, but he was best known for track and football.

He earned two gold medals at the Olympic Games in 1912 in Sweden in track and field events. One event was called pentathlon, which is really five different skills—long jump, javelin, discus, the 200 meter run, and 1500 meters. The other event he won was decathlon, which is 10 different skills: 100 meters, long jump, shot put, high jump, 400 meters, discus, 110 hurdles, pole vault, javelin, and 1500 meters. He won BOTH! He was amazing! Even the King of Sweden said, “You are the greatest athlete in the world.”

But after the Games, the International Olympic Committee demanded that Jim Thorpe return his medals. They said that because he played professional baseball briefly in 1909 and 1910, that he should not have been allowed to compete in the Olympic Games. Rather than argue, Jim Thorpe respected their decision and gave his medals back.

It wasn't until long after he died that the International Olympic Committee changed its decision. In 1983, Jim Thorpe's children were given the medals he deserved.

Diana Golden-Brosnihan

Diana Golden-Brosnihan was a great downhill skier. A big part of what made her accomplishments so remarkable is that she had just one leg. She lost her right leg to cancer at age 12, and with great courage and determination she re-learned to ski and earned many medals as a Paralympian (explain what the Paralympic Games is if necessary). She earned a lot of respect too.

You see, part of respect is treating all athletes properly, and she showed the world that disabled athletes deserve to be recognized for their abilities. She showed how important it is to treat people the same, which is why the Olympic Movement respects athletes of different races, different cultures, men and women, and people of different abilities.

Before Diana died of cancer in 2001, she started the Golden Opportunities Fund, which gives money to young, disabled athletes. She wanted other disabled athletes to have the same opportunities she enjoyed.