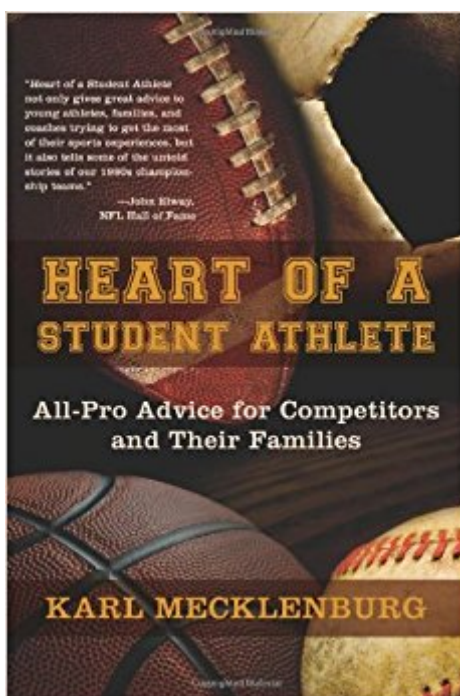


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# Heart Of A Student Athlete: All-Pro Advice For Competitors And Their Families



## Synopsis

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

## Book Information

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## Customer Reviews

Karl Mecklenburg is a recipient of the prestigious Mom's Choice Award. The Mom's Choice Awards honors excellence in family-friendly media, products and services. An esteemed panel of judges includes education, media and other experts as well as parents, children, librarians, performing artists, producers, medical and business professionals, authors, scientists and others. A sampling of the panel members includes: Dr. Twila C. Liggett, Ten-time Emmy-winner, professor and founder of Reading Rainbow; Julie Aigner-Clark, Creator of Baby Einstein and The Safe Side Project; Jodee Blanco, New York Times Best-Selling Author; LeAnn Thieman, Motivational speaker and coauthor of seven Chicken Soup For The Soul books; and Tara Paterson, Certified Parent Coach, and founder of the Mom's Choice Awards. Parents and educators look for the Mom's Choice Awards seal in selecting quality materials and products for children and families. This book/product has been honored by this distinguished award. --Mom's Choice Awards

A former Denver Broncos captain and All-Pro, Karl Mecklenburg rose from being a college walk-on and a 12th round draft pick to a pro career that included six Pro Bowl and three Super Bowl appearances. Considered the NFL's most versatile player, Karl played all seven defensive front positions. There were many games where Mecklenburg played all seven positions in the course of a single game. Since retiring from pro football in 1995, Karl divides his time between family, motivational speaking, and his ongoing charity involvements.

For anyone seeking success in any activity - from the boardroom to the playing field - this book is filled with great advice from a guy who has had his share of glory, playing a superb brand of football for the Denver Broncos over a Hall of Fame career - Karl Mecklenburg. Mecklenburg's advice is succinct, pragmatic, and very engaging. From one story to the next, he's able to weave in his perspective on what it takes to be successful - teamwork, courage, honesty & forgiveness, dedication, desire, along with goal setting. These are his "six keys to success

Karl Mecklenburg shares his inspirational message of family foundation, faith and his keys to

success as he became an all-time great defensive player in the National Football League. Karl's journey from a student athlete in Minnesota to his ultimate success as an All Pro Linebacker with the Denver Broncos was not without challenges and struggles. But by sticking to his plan and the support of family and his faith, he got there. In Heart of a Student Athlete, Karl captures what it takes for Adults to be better leaders and role models. He discusses the importance of character. And ultimately, he asks us to share this with our (children) youth to allow them recognize their passions and catch their dreams. This is a great book for any parent, coach, teacher or leader of youth trying to inspire, motivate and promote success. Then, share the book with those you lead!

Mr. Mecklenburg writes as a family man, with a strong spiritual base, who also happens to be an All-Pro linebacker. While sports fans, and the parents of student athletes, will certainly enjoy "Heart of a Student Athlete, every parent will come away with inspiration and new insights. We all struggle to raise our children to become happy, healthy, successful adults. We want them to do better, and have a better life, than ours. Sometimes we press too hard in trying to do the best by our children. This book gives a fresh perspective to our efforts. Once you've read this book, give it to your child. You both will benefit.

This book is very relevant for student athletes and their parents. I truly wish I would have had information like this to read when I was a student athlete. I am implementing strategies outlined by Karl Mercklenburg as a parent and a coach.

Heart of a Student Athlete should be required reading for any young athlete who is even thinking of competing at the next level. My expertise is in the world of football, so obviously the book hit home for me with respect to the challenges that young people face, persevering through adversity, goal-setting, etc. The current climate for college football recruiting is glorified and magnified by the coverage placed on it through the local and national media, fan websites and message boards, magazines, etc. Meanwhile, Karl's path by starting at a lower level program is actually the norm, not the exception for the vast majority of football players. There are 848 colleges and universities that play football in the U.S., yet only 120 or so of those are Division 1 programs. That means the vast majority of kids who are thinking about playing college ball are faced with many of the same decisions and obstacles that Karl dealt with during those formative years. His story is unique yet powerful. The book flows, and it's not full of inconsistent behaviors and ideologies. It is a blue-print for success, and I am adamant that coaches, parents, and athletes take the time to read it. They'll

walk away inspired, enlightened, and challenged. Warren McCarty ESPN Radio Pro Football Writers of America[...]

My son doesn't happen to be a football player. I don't happen to know a lot about football. But this book has provided me with an arsenal of solid information that is helping me to encourage my teenage son to become the best person he can be. For parents of football players or other athletes all the better. Karl Mecklenburg may not look on the surface as though he has overcome adversity, but from his dyslexia through his NFL career, he has overcome all odds and he shares his struggles and lessons with us. It's a pleasure to read a book by someone who is a really positive role model in how he has chosen to live his life. This book is an easy to read guide for people (adults and teenagers) trying to do the best they can on and off the field in whatever walk of life they have chosen. I heartily recommend this book!

So I had the chance to see Karl Mecklenburg give one of his motivational speeches before I read this and in my opinion it has heightened the benefits this book provides. Without the speech though this book is a great read for any kids trying to excel in team sports, especially football. For those reading this for his six key elements it still is a good read, but lacks that drive that the speech helps inspire. I enjoyed his stories during his football days and how each instance has helped develop him to who he was and is today.

A good student athletic career is the start of a good career of life. "Heart of a Student Athlete: All-Pro Advice for Competitors and Their Families" is a guide advocating the power of student athletics and what it has on the young competitors, teaching them core values that are invaluable in any walk of life, while keeping them away from the things that often destroy young lives. "Heart of a Student Athlete" is a very motivational read aimed at inspiring young athletes, highly recommended.

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