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Becoming a True Champion: Achieving Athletic Excellence from the Inside Out

By Kirk Mango

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Today, aspiring athletes have to work harder and be more dedicated than athletes of previous generations who did not have to contend with the messages of a popular culture that promotes winning at all costs and implicitly condones "shortcuts" to winning. Many of today's athletic superstars glorify and demonstrate cheating and illicit, destructive conduct. Whether off the field antics or on the field cheating through the use of illegal performance-enhancing drugs typify an athlete's lack of personal values, the bad behavior displayed by many in a broad range of sports is hard to escape. The result is that too many such negative role models and influences are out there, diverting today's developing competitors down a seductive path to failure rather than upward to excellence and lasting, honest achievement.

Becoming a True Champion: Achieving Athletic Excellence from the Inside Out fills a critical need by speaking in a frank and direct voice directly to today's aspiring athletes about these crucial, controversial issues and the personal choices they face. At the same time the book presents them with the antidote to these negative influences-the fundamental values, attitudes and concepts, both mental and practical, that support and lead to athletic excellence.

A "true champion" is an athlete with the specific qualities of character, mental discipline, and physical skills necessary to generate and keep increasing athletic excellence and success throughout his or her career. These qualities can be learned and developed; they need not be inborn. *Becoming a True Champion* goes deeply into each quality to show developing athletes how adopting it directly affects and enhances athletic performance, longevity, and dignity. Through relevant examples, inspiring stories, and a personalized approach, the book shows athletes how to avoid the many pitfalls, and overcome the inevitable obstacles, so common in today's sports culture.

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Bibliography

- Sales Rank: #150217 in Books
- Brand: Brand: Rowman n Littlefield Publishers
- Published on: 2012-05-16
- Original language: English
- Number of items: 1
- Dimensions: 9.05" h x .80" w x 6.01" l, .88 pounds
- Binding: Paperback
- 264 pages

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Editorial Review

Review

"*Becoming a True Champion* is more than an expert lecture on the keys to sports success, it is a hands-on manual which gives readers practical exercises to help them become the best they can be. Mango has 'nailed it' with this book." (Bart Conner, Two-time Olympic Gold medalist)

"I read it, I loved it, I live it. As a professional athlete in the NFL, I've made many sacrifices in my personal and athletic life. *Becoming a True Champion* is an inspiration even to me now. It's a great reference for the passionate athlete willing to make sacrifices to achieve true greatness." (Steve Weatherford, NY Giants punter)

"This is a very insightful book that is extremely beneficial for an athlete of any level. I found this book to really encompass the trials and dedication it takes to give yourself that best opportunity to be successful, not only in sports, but in life. It is definitely a must-have for any young athlete." (Rob Scahill, Major League pitcher for the Colorado Rockies)

"*Becoming a True Champion* is an excellent book that relays the perfect message for any athlete. It is a great book for the elite athlete in that it conveys that you can never work too hard and that any goal you want to reach is attainable. This book will inspire even average athletes who have a true passion for their sport but haven't quite achieved the success they want. It encourages them to ignore their critics and doubters as well as to work harder than they ever have. They will see that they are in control of their own success." (Phil Wunderlich, Minor League infielder for the Tampa Bay Rays)

"*Becoming a True Champion* is not only [Kirk Mango's] story of success in gymnastics, but it is a guide for all athletes in any sport to fully understand what it takes to become a premier athlete. Wonderfully written, this book is a step-by-step process to success in sports. Kirk is careful to explain the hard work, effort and dedication that it takes to become a "true champion." I highly recommend that any athlete who wants to succeed in his sport must read *Becoming a True Champion*. Kirk, you have done it again!" (Lloyd Bachrach, Former USA Paralympic sitting volleyball player and nationally recognized motivational speaker)

"Kirk Mango's thoughts, ideas, and concepts are good examples of what's positive in youth athletics. From their important emphasis on character and responsibility as a young athlete, to their razor sharp focus on what it takes to be successful and how to get there, all are right on. Parents and coaches, as well as the kids themselves, will really benefit from his message." (Robert A. Weil, DPM, Sports podiatrist and host of The Sports Doctor Radio Show)

"After working with great teenage athletes over two decades, I have found a must-read book, *Becoming a True Champion* by Kirk M. Mango. This book accurately describes a path that teenagers and their parents can follow to achieve greatness in the teen's personal and athletic life." (Ken Braid, Co-founder of the J. Kyle Braid Leadership Foundation)

"As young men and women set their sights on a championship, they ask themselves what it will take to become a champion. Kirk Mango provides a clear answer to that question and at the same time takes the concept of 'champion' and extends its meaning into life beyond the athletic arena. . . . Kirk Mango's book should be in school libraries everywhere. His actual experiences as a championship athlete and first-hand

knowledge of today's teens as a coach make his advice especially relevant.” (Mindy Null, ALA Member and high school library department chair)

Kirk Mango knows what it takes to be a champion. Now he has written a book to advise others. (*Champion! Magazine*)

Mango focuses on empowering individuals to believe in themselves enough to set a course of action and develop the CDSPPH –Commitment, Discipline, Sacrifice, Priorities, Heart – to complete the task....With an emphasis on character and integrity, Mango’s book is both relevant and timeless. And its message is not only for athletes. (*International Gymnast*)

A great advantage of the book is that the authors consistently relate their thoughts and ideas into good practical examples, making it easy for the reader to keep up with the reasoning presented... This book is recommended mainly for young people who want to be inspired and gain a greater understanding of what it takes to be really good at their sport and who want to get hands-on practical tips for how to go approach to optimize the chances of reaching as their full potential and hopefully become a " true champion ". (*Idrottsforum.org*)

About the Author

Kirk Mango was a collegiate Division I national champion and gold medalist on the still rings in 1979; he defeated several Olympians to earn this honor. The previous year Kirk had won the silver medal on this event in the 1978 Division I National Championships. He was selected as a collegiate All-American in both 1978 and 1979, and to the present day he still holds the Northern Illinois University school record for the still rings event. Kirk is also a three-time Hall of Fame athlete and was selected in 2009 as Number 8 on the list of "Top 50 Huskies of All Time" by the NIU Northern Star. He has been a high school teacher for thirty-two years, coaching for seventeen of them. He has coached girls' gymnastics teams to three conference championships, four regional championships, one sectional championship, and three Elite-Eight IHSA (Illinois High School Association) state championship competitions. In addition, Kirk writes and manages a popular blog, The Athlete's Sports Experience: Making a Difference, on the ChicagoNow blog network. His articles have also appeared on the Gatorade Moms and Weplay Moms sports websites.

Daveda Lamont is an author, ghostwriter and developmental editor with many books to her credit. This is her fourth book and third as co-author. In 2000-2001, Daveda served as a contract editor for Powered, Inc., editing and co-writing courses for the corporate online universities of clients such as Barnes & Noble, Dell, VISA, and Bloomberg.com. Her developmental editing experience includes fine art appreciation, film and music instruction, artist memoirs, creative nonfiction, nutrition, alternative healthcare, family financial planning, consumer investing and finance, investment risk and reward, online commerce, and various self-improvement subjects.

Users Review

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want experience happy read one with theme for entertaining like comic or novel. The Becoming a True Champion: Achieving Athletic Excellence from the Inside Out is kind of e-book which is giving the reader erratic experience.

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Jennifer Walker:

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