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MAGAZINE

MADISON WORRELL

HOWARD HIGH SCHOOL'S TRIPLE THREAT

ATHLETICS
EDUCATION
CAREER

IN THIS ISSUE

The 411 on Becoming a Top College Recruit

Meet New R&B Sensation Shaliek

Brooke Gantt's Top Ten Tips on Becoming a Top Model

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A Message from the Editor in Chief

As a former student athlete, CEO and founder of Student Athletes for Educational Opportunities (SAFEO), Inc, my primary vision for launching SAFEO was to provide a platform for young student athletes to voice their opinion about issues that concerns themselves and their parents.

Coming up in the 80's and 90's as an athlete we didn't have the social media available to obtain information like you do today. I remember when Rudy Washington, who at the time was the president of the Black Coaches Association asked me to join a panel of coaches to talk about the goals of SAFEO.

Little did I know that I would be on stage with great sports minds like the legendary John Thompson, Digger Phelps, Nolan Richards and Dr. Richard Lapchick. During the conference I learned a vast amount of knowledge from these guys, however what stood out the most and had a life long affect on me was when coach Thompson stood up in a demanding gesture to the panel and said "we must teach our young athletes that education is not power, information is power".

Today those sentiments are the cornerstone objectives for which SAFEO pledges its dedication to helping our young student athletes to succeed.

So join me and my dedicated staff, volunteers, interns and devoted corporate and non-profit partners as we move to shape the lives of our young athletes and inspire millions!

- Coach Carter

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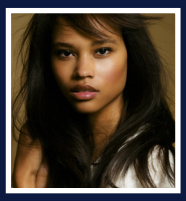

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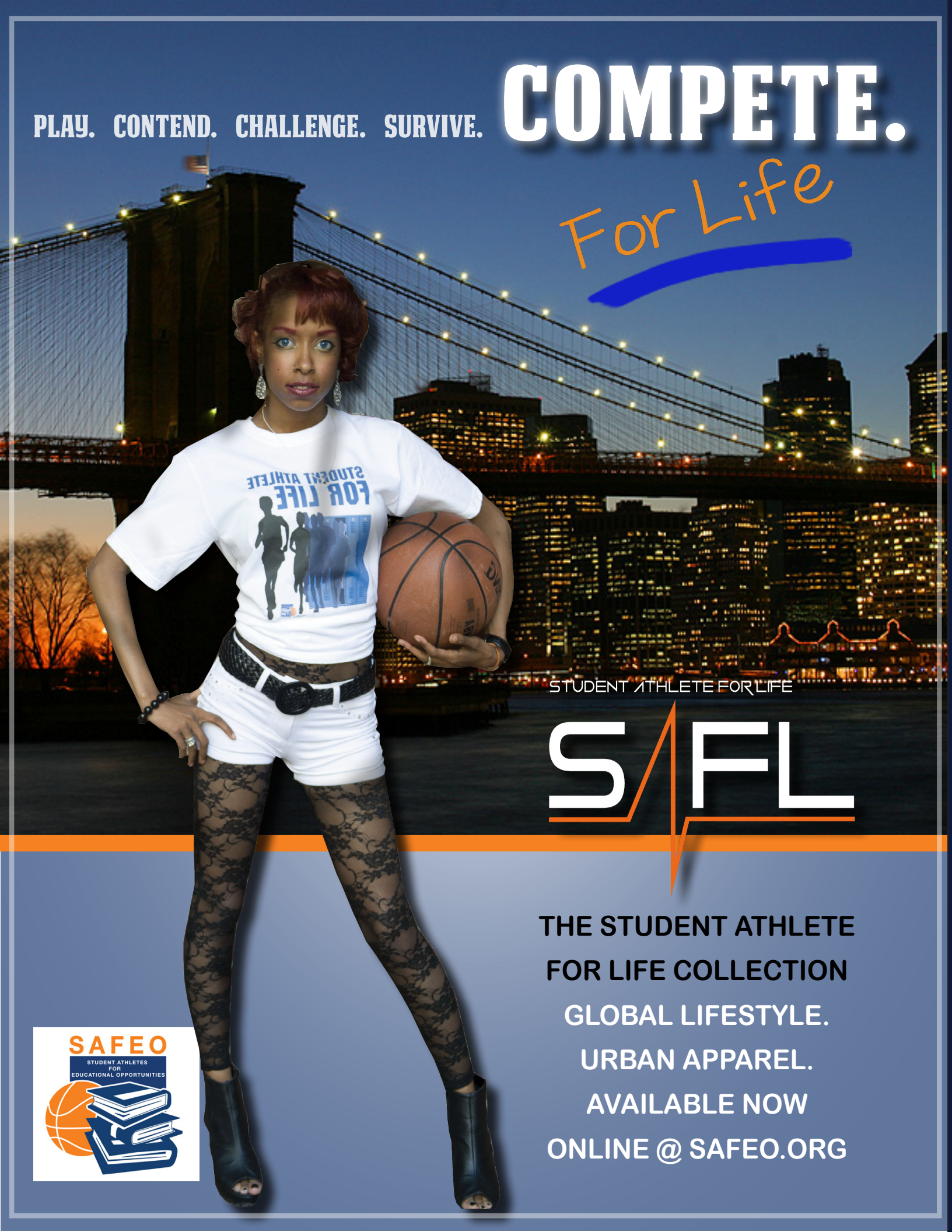

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HUDDLE UP

The Inside Scoop On Drafting Your Profile For College Coaches

by Teague Moore

If you're a superstar, college recruiting can be a snap. But most of us aren't superstars; so we have to do everything we can to stand out from our peers. So what can you do to give yourself an edge? There are no guarantees, but these tips will improve your chances.

Present yourself in the best possible light.
What sets you apart from another potential recruit with similar skills and attributes? How you present yourself in interview matters. Everyone says they "work hard" and are extremely dedicated. But oaches want specific examples, not just vague words. Talk about how you outworked a teammate to earn a spot on a team, for example, or how your hard work in practice helped lead to a win in a game.

say things, not just what you're saying. The way that you present yourself tells a coach what kind of player and teammate you'll be. The way you dress tells the coach a lot about who you are. If you dress for success, he'll know you will also strive for success on the field.

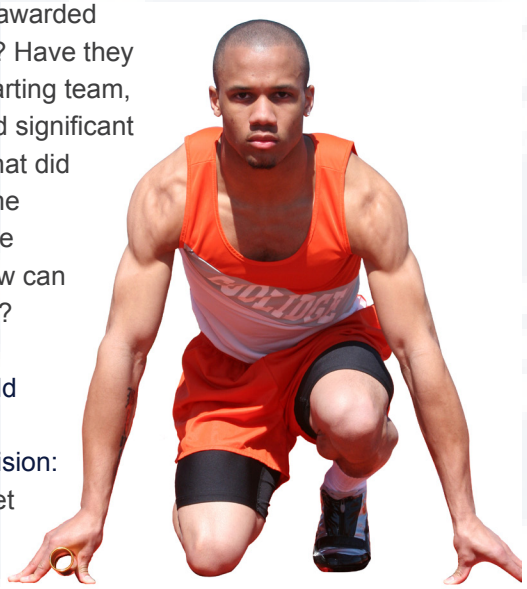
How you write and what you say make a difference.
Good grammar usage and proper punctuation show your commitment to detail. Saying things the right way tells a coach that you are thorough and will follow through with the small details that make good teams great. A rushed, slipshod letter tells a coach sees that you might rush through a workout or, even worse, cut a workout short.

Your words mean a lot; choose them wisely. When talking about yourself, be humble but confident. False humility won't work, but neither will bragging.

Put yourself in the coach's shoes.
First ask yourself, "What type of athlete would I want on my team?" Then show the coach that you are that athlete. And remember, it's not just about success on the field or court. A successful college athlete knows how to balance winning/losing with schoolwork. Make sure you let the coach know that education is a priority for you.

Ask the tough questions.
Don't just throw softballs to the coaches. Tough questions will highlight both your interest and concerns.

Ask how often the teams train? What about current athletes who are similar to you in talent and skills? Have they been awarded scholarships yet? Have they made it to the starting team, or at least earned significant playing time? What did they do to become contributors to the program, and how can you do the same?



Things you should resolve before making your decision:
You can never get what you want unless you first know what it is! Know what you want from a specific coach or program and know what you want from a Division I or II college sports team in general. Do you want to eventually start? Do you want to build a resume for a job? Do you want be able to tell people at the college party that you're on the team?

ON AND OFF THE RUN WAY

Super Model Brooke Gannt's Top 10 Tips

by Brooke Gantt

People from around the world want to become fashion models because it's sexy, lucrative, and glamorous. Modeling is extremely competitive and those of you who want to be recognized in the modeling world have to know the ins and outs of the industry. Fashion modeling is filled with rejection, but successful models are doing what they love!
Every day you should be doing something to work toward becoming a model. Each of you are about to walk through a sweet and simple way to break into modeling with my realistic Top 10 Tips every model should know.

About Brooke Gantt:
Brooke Gantt has been featured in some of the hottest magazines in the world (Seventeen, Glamour, Allure), graced the runways of some of the most exclusive fashion shows (Versace, Tommy Hilfiger, Neiman Marcus, Polo Charity Event in Nigeria, Africa) SAFEO's I Promise campaign and appeared in numerous commercials, (Macy's, Target Levi's) videos, (Maxwell, Nas, Lenny Kravitz) television shows (The View, Good Morning America, The Today Show) and in the movie (Sex and the City 2). Brooke effortlessly gives us a multi-dimensional artist that shows considerable talents in modeling, acting, and writing. Secret Chronicles of a Fashion Model: The Fugitive's Girlfriend is her first novel. She also wrote, produced, and directed a play called, Do Video Girls Have All the Fun?, a fashion pamphlet called Fashion Model Survival Guide: How to Avoid Pitfalls and Scams, and Brooke's 101 Top Secrets. Her latest project FreeStyle Books® at www.EverythingBrooke.com through the FreeStyle Publishing Group® is available now.

Before Visiting an Agency:

1. Take your measurements and stats and know them. You never know when you will be asked.
2. Determine what type of model you are and then find out what agency is right for you. The worst thing you can do is waste the agency's time and yours. Categories: High Fashion, Catalogue, Commercial, Runway, Showroom, Sophisticated, Fit, Promotional, Plus Size, or Male Model.
3. Take care of your appearance! Know your colors and style! Focus on maintaining a pearly white smile, keeping your hair and nails done, and your skin glowing and healthy. This is an on-going commitment to you, the potential clients, and your agent.
4. Prepare a nutritional menu and develop a safe and effective exercise plan.
5. Practice! Practice! Practice! Stand in the mirror and practice different facial expressions then practice five perfect poses that look great for your body type. Use your signature poses for almost every photo shoot.
6. Take digital shots. Also, consider taking some free test shots with a professional photographer. Upload them on your phone for easy access. FYI: Always remember to close your eyes and take a deep breath, then let it out while you open your eyes right before the photographer snaps a shot. You will be amazed at how the picture turns out.
7. If you have not yet made a list of agencies that is right for your category, Google modeling agencies either in your area or where you would like to travel too. Ask around to make sure the agency is legit.

Here is Where the Fun Starts: Believe in Yourself!

8. Now it is time to visit the agencies or send your photos.
9. After visiting or sending your pictures, wait to see if you get a call. In the meantime, research the upcoming local shows, contests, and model searches. Always keep a good attitude.
10. When and if you do speak with an agent, listen and follow through with the information the agent tells you. Retain a lawyer if they want to sign you. Haven't heard back from the agents…do follow ups or move forward and continue to research on upcoming local shows, contests, and model searches. In smaller cities walk into a hair salon, craft or trade show to see if they need a model for their ads. A designer or a handbag company may need a model. Every little bit helps!

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HOWARD HIGH SCHOOL'S TRIPLE THREAT

ATHLETICS EDUCATION CAREER

Madison Worrell is thought of as a triple threat - mastering areas of atheletics, education and her prospective career.

by J. Laffeyette Carter

According to Richard E. Lapchick, President and CEO of the National Consortium for Academics and Sport, "only one out of every 10,000 college student athletes makes it to the ranks of professional sports". That statistic—1 out of 10,000—should serve as a roadmap for all young athletes. It's fine to aspire to a career in professional sports, but it's much more important to put their aspirations into proper perspective.

Former Georgetown men's basketball coach John Thompson Jr. had a different way of making the same point. He kept a deflated basketball on his desk to let players and recruits know that they couldn't count on a professional career and needed to be well rounded—to excel

academically and socially as well as on the hardwood.

A few weeks ago, we read the obituaries for Dick Kazmaier, Who died at the age of 82. When he played football for Princeton University in the late 1940s and early 1950s, Kazmaier was one of the original so-called “triple threats—

bright future with countless possibilities. She’s learned to meet life responsibilities on and off the court in the way a true “Triple Threat” should. In basketball, a triple threat is a player who can shoot from the outside, pass affectively to her team mates and drive explosively to the basket for a high percentage lay up shot.

and taught me to always keep my head held high” says the Blue storm star.

Madison is one of those special student athletes who understands the harsh reality of the 1 out of 10,000 number cited by Lapchick.

“Her triple threat arsenal includes a 3.5 GPA, a deadly jump shot on the court, and career goals to become either America’s next top model or an anchor on ESPN’s sports center.”

a player who excelled at all phases of the game: running, passing, and kicking. He won the Heisman Trophy in 1951, turned sown professional offers, and went on to a successful career in business. But the term “triple threat” lives on, describing someone who excels in all features of his or her sport and also has the brains, talent, and energy to excel in the larger game of life once the cheers have died down.

Howard high school in Howard County Maryland has its own triple threat player. Sixteen year-old small forward Madison Worrel got the memo and read the handbook on “how to become a successful student athlete 101” at an early age. While her dream is to make it to the WNBA, Worrel has laid a broad foundation that will lead to a

Madison can do all those, but like Dick Kazmaier, she can do much more.

Her triple threat arsenal includes a 3.5 GPA, a deadly jump shot on the court, and career goals to become either America’s next top model or an anchor on ESPN’s sports center. The Howard high Blue Storm forward attributes her keen thirst for success to her mom, Dr. Yvette Rook, who is the head team physician for the University of Maryland Terrapins. “My mom is my best friend” says Worrell. “She’s instilled in me the drive to be a determined person, has always given me a vote of confidence,

COACH'S CORNER:

Letters to Your Skills Coach: Am I on the Right Team?
5 Things to Look For and Understanding Your Role on the Team

Hey Coach Pavla,

The season is getting ready to start and the team has had some scrimmages, and so far, things are not looking good. As you know, I was injured last year, but I'm better now and I worked hard all summer to get in shape and improve. So far, the coach is still riding me but not the other point guard who makes many mistakes. I learned all the plays, but unfortunately, the coach puts me in with younger players who don't know the plays. I keep telling the girls what to do, as I should as the point guard, but they can't help me complete plays well, and coach get mad at me. I am really upset and thinking about quitting the team and transferring schools.

Depending on your feedback, my parents and I will decide whether we will return next year, because I really want to play in college so I need to be in a good situation.

- Jenny

Dear Jenny,

Assessing changing schools is like assessing changing anything else, the grass always appears greener! Regardless of where you play, there will be issue with something, even at a championship program.

The 80%

As an aspiring college-athlete, if you have these two things, it's 80% of the battle:

1. Synced team – Preparing for collegiate play takes a different level of dedication. If no one else is trying to play in college like you, then it is an uphill battle in terms of commitment and chemistry, and you will always bump heads with your teammates because you have mismatched goals.

2. Synced coach – Just like teammates, being in a program where your coach is focused on winning AND sending kids to college is essential. They have to be actively working not just with your team, but with you individually, year-round – game film, calling college coaches, and working actively with private trainers and AAU teams, etc., to help you get a scholarship. Do you believe your program currently meets these criteria? If not, it's the wrong program.

The Other 20%

1. A coach that's a mentor will help you develop leadership, teamwork, positivity, dedication, and composure – essential skills for being successful
2. Other talented and dedicated players that are in your class (i.e. class of 2015) to complement you
3. Teammates who are holistically focused on being a great athlete (athleticism, skill, rest/nutrition, mentality, etc.)

These other things, in my opinion, make the difference between winning games and winning championships. Look for these as you assess your team as well.

Understand Your Role

Regardless of your coach's ability (or integrity) level, they want to win, and they know what they want from the top roles on their team. I give most coaches the benefit of the doubt that they are indiscriminately looking for the best people to step up and take those positions.

Parents and players sometimes miss the point of their role on a team; they are too focus on what their coach is looking for, and do it consistently with enthusiasm. Whether you agree with what the coach is looking for or not, he will play those that execute it consistently well.

<u>Often times players:</u>

a. Don't understand what their coach is looking for, or
b. Aren't able to do it, or
c. Don't want to do it, or
d. Some and/or all of the above.

Assuming you are able and willing, you may not understand what your coach is looking for. Think of the top ten things that you think your coach wants from you, and go talk to your coach. Understanding your role and doing it consistently is part of your commitment to your team. You may find that there are things that you aren't doing that you can be, to improve your experience. Talking with the coach also doubles as an opportunity to discuss your goals, which gives the coach an opportunity to do more to help you achieve them.

- Coach Pavla

TIME OUT

Is Wrestling Back On the Olympic Scene?

By DJ Jonny Blaze

After a seven-month exile, wrestling was welcomed back into the Olympic program with loving arms September 8th 2013. Wrestling defeated baseball/ softball and squash for a spot in the 2020 Summer Games as expected.

Wrestling received a majority of the votes with 49, followed by a joint bid by baseball and softball getting 24 votes and squash with 22. According to IOC president Jacques Rogge "Wrestling has shown great passion and resilience in the last few months, and those involved in keeping it alive have taken a number of steps to modernize and improve their sport."

During their presentation, wrestling was quick to claim its stance as a sport of the future, not the ancient past. "Wrestling is new in almost every way," said Jim Scherr, a former wrestler and ex-CEO of the U.S. Olympic Committee.

FILA president Nenad Lalovic said wrestling leaders weren't allowed to watch the other presentations because of IOC rules. "But we heard our presentation was the best and the most emotional," Lalovic said.

"The burden we carried on our back was much bigger than the other sports have. We were fighting to survive."

As a former wrestler from Howard University, I'm elated that the Olympic officials made this decision. The sports has made some additional moves to improve it's presence such as it will pick up style new points from MMA, a few new rule changes and has created more spots for women in leadership roles. All in all wrestling is here to stay at the Olympics.

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UP ON STAGE

Celebrity News and Information

by Latoya "Black" Jackson

Soulful R&B singer Shaliek—the name means "passion"—is an eleven year veteran of the music business. Born in the Bronx, Shaliek grew up in a close knit musical family. His father plays the drums, his mom sings, and his twin sister and younger brother are musical as well.
He began performing at the age of five, and was heavily influenced by performers like Sam Cooke, Donnie Hathaway, Stevie Wonder, Michael Jackson, and Whitney Houston.
He recently told an online magazine, "It just always intrigued me. I was always moved by soulful voices and rich music,"

Shaliek has won multiple times at Showtime at the Apollo. In addition to singing, he also plays the guitar and the piano. His new single "The Past" is making a splash on the charts, and his latest album "Blood Sweat Tears" is due out early next year. (You can check out the video for the single on Youtube. He is currently on tour with his good friend Lyfe Jennings.

Shaliek loves to work with people who are passionate about music, and looks forward to promoting his album, touring in different countries, and meeting his fans. He aims to spread a positive to the younger generation.

In his spare time he loves to travel and watch movies. His favorite actors include Denzel Washington, Idris Alba, and Charlize Theron, and he plans to start acting himself soon and eventually be in a movie. You can follow Shaliek on facebook and twitter (@officialShaliek) and watch out for his new album due out in September or October.

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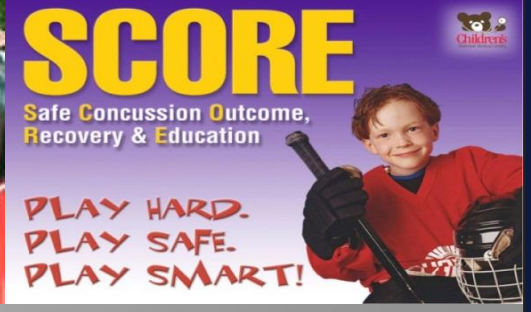

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2. **Learn the 12 Danger Signs → Call 911**
3. **Remove child from play if you suspect a concussion, obtain a medical evaluation**
4. **Support proper treatment: physical, cognitive, and emotional support**
5. **Monitor and record child's symptoms at home**
6. **Use tools to guide you:**
   - ★ CDC Heads Up materials – **www.cdc.gov/concussion**
   - ★ Concussion Recognition & Response (CRR) app (Free!)

SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

Thinking/Remembering:
- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:
- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*:
- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

**Only ask about sleep symptoms if the injury occurred on a prior day.*

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