

TOP GUN'S POWER 50

“High School and Beyond: Managing Stressors as a Student-Athlete”

PRESS & SOCIAL MEDIA RELEASE - Event description:

On Saturday, November 18th, 2023, at Missouri Western University located in St. Joseph Missouri, theBMSproject.org made a safety and well-being presentation to invited 50 softball student athletes and their parents. In other presentations at the event, Tony Wyllie, President, Former President Special Olympics North America and Founder of the Collective Engine made presentations regarding Name Image and Likeness (“NIL”). Team USA and Stanford All-American pitcher conducted a Q&A session. The primary purpose of the event was to allow 25 attending college coaches to preview future, high level softball recruits.

The BMS Project’s Founder, Bob Martin, first briefly presented and discussed theBMSproject.org’s 2024 “Play Safe 2Day” athlete safety and well-being program. The pending “Play Safe2Day” program consists of preseason, mid and post season athlete touch points:

- 1) Top Three Athlete Tips and Pledge hand-out sheet: An early season team meeting hand-out discussion and pledge sheet that will carry important messaging regarding where athletes can find and vet therapists and counselors, as well as to source crisis intervention and report incidents of misconduct.
- 2) Play Safe 2Day Survey: The second component consist of a mid and post season cell phone survey program called the “Play Safe 2Day Survey.” The survey conveys the same safety and well-being messaging as the early season, Top Three Athlete Tips and Pledge hand-out. In the short cell phone conducted survey provides insightful anonymous team feedback to coaches and organization heads describing teams’ emotional pulse and experiences.

Dr. Scruggs and Reggie Kanagawa then did a 45 minutes presentation addressing the stresses that young athletes may experience prior to and during their possible future collegiate sports careers. Their presentation included a power point presentation discussing possible stresses that high school athletes might experience.

Presenters Dr. Scruggs and Kanagawa discussed their personal challenges, as well as how great perseverance is required to manage adversity and other stressful challenges that student athletes confront. Dr. Scruggs and Kanagawa then conducted a brief Q&A session. They made presentation to two separate groups. In January, 2024, it is anticipated that similar presentations will be made to a larger group of Top Gun athletes and parents.



Dr. Ali Scruggs (front) & BMS Student Ambassador & former PGF HS All American, Reggie Kanagawa



BMS Student Ambassador & former PGF HS All American, Reggie Kanagawa (Left) & Dr. Ali Scruggs (right)



theBMSproject.org Founder Bob Martin