

The NFL Season is upon us.

So before everything kicks off tonight (pun intended), let's ask ourselves several questions.

What personnel drama will occur with our beloved home town team? It's a 16 game season – will the team be better off with or without divas?

Is the NFL now the pure equivalent of Gladiators in ancient Rome? The size, strength, speed and pure physical capability is extraordinary. Only so much can be regulated by rules on the field regarding dangerous play. In the midst of the 512 games played throughout the regular season, how many injuries will be career ending – or worse?

Is it a sign of weakness that a player loses their passion to participate in a sport that's so wildly popular in this country?

The turnover rate amongst professional football players is anticipated. Why – mostly due to injury – but some due to burnout – which causes a loss of desire to prepare – which is a recipe for elimination. If you've followed any of the Tom Brady preparation and lifestyle content, it's no wonder why at his age he continues to perform at the top of his game. It has taken a daily – EVERY SINGLE DAY – for more than 20 years to allow him to maintain his current physical capability. How many of us can say we've done the same thing? I'm not a huge Tom fan; but his discipline has resulted in beyond belief performance – and longevity – in a position usually only lasting a few years. Our own Ben Roethlisberger is of a similar ilk although without the same results.

Finally, what kind of mental preparation does it take to compete at this level? It cannot be easy; but a great example of protocols, and discipline and preparation and – support. You see the reason certain players are consistently capable of performing at such a high level – a lot of it has to do with the support they have – from their families, friends and most importantly their co-workers. Therein lies the key to success -- support for each other in reaching a unified specific set of goals! Not one – but many – under the leadership of individuals who understand the ultimate goal.

Here's hoping for a safe and injury free year for all of these athletes, and for the great inspiration that players like James Connor can give us all!

I wish you well!

Dave