



The first two athlete resources are great examples of Grit and Mental Toughness. The first video is a powerful video from the Olympic Channel on the struggles of an Olympic Weightlifter Oscar Figueroa. The second video covers the remarkable story of the American Speedskater, Dan Jansen and his Olympic journey. Both stories display the power of grit, perseverance, determination and patience. Although the sports featured are Olympic Weightlifting and Speedskating, there are a lot of similarities to competing and performing archery and overcoming obstacles.

Athlete Competencies > Tactical > Grit and Mental Toughness

Resource 1:

[The Incredible Weightlifter Who Wouldn't Give Up](#)

Resource 2:

[The Dan Jansen Story - 1994 Olympic Games](#)