



Resources for Athletes found in the Member Dashboard

For this week's *At Home* resources for athletes, let's look at how we see obstacles and can overcome those obstacles. This topic really fits into a lot of areas on our competency chart for athletes including Character Development and Grit. These are special skills to focus on during this time of uncertainty for athletes.

The first resource is a segment on Matt Stutzman, the Armless Archer, on HBO Real Sports. In this interview, Matt talks about the obstacles he's faced and how they led him to archery. The second resource is an inspiring short film from the Olympic Chanel.

Doug Lemov, author of *Practice Perfect*, has a great Q&A on the relationship with mindfulness and performance that really resonates with this topic as well. Finally, if you want to look at how to start applying tactics to practice to help you grow in your ability to adapt and overcome obstacles, check out the USA Archery Insights Article on risk taking.

Leadership > Character Development

Resource 1:

[Matt Stutzman: Armless Archery - Real Sports HBO](#)

Resource 2:

[These 5 Athletes Overcome Major Obstacles to Excel at their Game](#)

Resource 3:

[Doug Lemov's Field Notes - A Q&A with Stuart Singer on Mindfulness and Performance](#)

Resource 4:

[USA Archery Insights Article - Growing Through Risk Taking](#)