

## 2015 Sports Awards Speech

Good Evening, as my good friend and classmate, John O'Brien, mentioned, my name is Vincent LaPuma and I graduated Cathedral in 2001. When John asked me to give this speech, I admit, I was a bit hesitant. Hesitant because I am not a fan of public speaking, I never have been. I thought about it for a few days. I remembered sitting in the very seats that you are all sitting in tonight. I remembered working hard throughout the year and looking forward to the sports awards dinner. I came to the conclusion that I owed it back to Cathedral to give the speech. For all that Cathedral for me while I was here and since I graduated.

I want to speak to you tonight about being an underdog and being looked at differently by others. Two stereotypes that are almost always associated with being a Cathedral Man. I am going to speak about my family and myself as an example of that and how being a Cathedral man helps you overcome anytime you feel like that underdog, or when you feel like everyone else looks at you differently.

I grew up in Maspeth, Queens. That was where my parents bought their first home and still live in to this day. My parents migrated to New York from Sicily in the early 1970's. Not knowing English, my mother and her sisters attended Long Island City High School while my grandfather worked in the fire proofing union and my grandmother in a garment factory. Not being able to speak the language put them at an immediate disadvantage-Underdogs. They were ridiculed, teased, even abused physically at times, but they never quit. They forged on learning the English language enough to get by and achieve their goal, to graduate high school.

# Sports Award Speech Examples

**Ann Kearney-Cooke, Florence Isaacs**



## **Sports Award Speech Examples:**

*Sport as History* Tony Collins, 2013-09-13 Published to mark the career of one of sports history's pioneers this book traces the evolution of sport across three continents It brings together some of sports history's leading scholars to investigate not only the history of sport but also how that history is written This Festschrift marks the retirement of Professor Wray Vamplew an internationally renowned leader in the field of sports history His 1976 book *The Turf* was one of the very first academic histories of sport and he has been a prolific writer scholar and teacher for almost forty years No one has played such an important role in the field of sports history across North America Europe and Australia President of the Australian Australian Society of Sports History ASSH the British Society of Sports History BSSH the European Committee for the History of Sport CESH and the International Society for the History of Physical Education and Sport ISHPES Vamplew is currently editor of the North American Society for Sports History's NASSH journal the *Journal of Sport History* This collection reflects his interests and his appeal across the three continents the essays deal with sport in America Australia Britain and Ireland and focus on the themes of national and regional identity gender trade unionism in sport and historiographical debates It is essential reading for anyone who wants to understand the history of sport and how it is studied today This book was published as a special issue of *Sport in History*

**Acceptance and Commitment Approaches for Athletes' Wellbeing and Performance** Ross G. White, Andrew Bethell, Lewis Charnock, Stephen Leckey, Victoria Penpraze, 2021-05-17 Elite sport can be an unforgiving and harsh environment This book explores psychological predictors of wellbeing and performance excellence in elite level athletes and presents an innovative approach for optimizing mental wellbeing and sporting performance Jointly developed by performance psychologists clinical psychologists and sport scientists the Flexible Mind approach draws on contemporary psychological theory and research to help athletes build psychological flexibility the ability to experience challenging thoughts and emotions and still be true to one's values A range of case studies relating to different sports are used to demonstrate how three core components Being Present Being Open and Doing What Matters can improve athletes performance and wellbeing This book will be a game changing resource for sports psychologists mental health practitioners coaches and support staff who are committed to helping athletes to excel and stay well

**Congressional Record** United States. Congress, 2001 [Lex Sportiva: What is Sports Law?](#) Robert C.R. Siekmann, Janwillem Soek, 2012-01-19 The important theme What is Sports Law was the topic of the international Conference on The Concept of Lex Sportiva Revisited which took place in Jakarta in late 2010 Academics and practitioners are still in debate to agree on this concept as is evident in this book This book not only contains the worked out contributions of this Conference but also other related chapters on the subject It produces a reassessment of the content of Sports Law and its terminology keeping a close eye on the current literature The book appears in the ASSER International Sports Law Series under the editorship of Prof Dr Robert Siekmann Dr Janwillem Soek and Marco van der Harst LL M

**Media Literacy in Action** Renee

Hobbs,2024-10-14 There s never been a more important time for students to develop media literacy competencies When students ask critical questions about the media they consume they develop fundamental knowledge and critical thinking skills that prepare them for life work and meaningful citizenship Media Literacy in Action addresses learners who are simultaneously active as both creators and consumers of media messages At the same time the book recognizes that everyone is vulnerable to media influence because of our dependence on the instant gratification and feelings of connectedness that digital platforms provide To thrive in a media saturated society people need to ask critical questions about what we watch see listen to read and use This book gives students those tools Key features of the second edition Critical examination of AI technologies algorithmic personalization data privacy and surveillance and the increased global regulation of digital platforms Attention to media literacy for empowerment and protection Inquiry oriented approach to learning that cultivates intellectual curiosity and creative expression Full color presentation with figures and photos to increase student engagement Each chapter includes Media Literacy Trailblazers Profiles of key thinkers and their theories connect students with the discipline of media literacy Media Literacy DISCourse NEW Visual representations of media literacy theoretical principles help learners internalize the practice of asking critical questions as they respond to specific media examples Learning in Action NEW Summary and vocabulary sections combine with Analyze Create Reflect and Act activities to empower students to apply ideas from each chapter Supplemental Materials available at [www.mlaction.com](http://www.mlaction.com) Students can review key ideas learn about more Media Literacy Trailblazers and watch videos aligned with each chapter Instructors can access a Teacher s Guide of best practices in class activities homework and projects Also available are chapter summaries lecture slides YouTube playlists and test materials

*Management of Sports Development* Vassil Girginov, Mathew Dowling, 2025-09-23 Now in a fully revised and significantly expanded new edition *Management of Sports Development* is a complete introduction to the theory policy and practice of sports development With a focus on professional knowledge and managerial competencies this book defines conceptually and semantically the field of sports development and explains how a clear vision managed processes of change and effective delivery can lead to the best sustainable outcomes for people communities and sports organisations The first section of this book introduces the developmental doctrines that underpin contemporary sports development and considers how research and writing about sports development influence policy and practice The second section of this book then explores the diversity of perspectives and interests in the sports development landscape from public policy international sports development to cultural perspectives and social value The third section takes a closer look at the personal organisational and social change stimulated by sports development visions a critical consideration for effective strategy programme implementation and management including current issues such as social justice sustainability and mega sporting events The fourth and final section of this book looks closely at delivery unpacking key functional areas such as governance building organisational capacity networks and partnerships volunteering

digitalisation and monitoring and evaluation Management of Sports Development is an essential textbook for any sport development course and is invaluable reading for any policy maker or practitioner looking to improve their subject knowledge or professional skills

**The Extra-ordinary School** Colin Symes, Daphne Meadmore, 1999 Analyzes the extraordinary behind the ordinary in UK schools arguing that the extraordinary represents an important dimension of the way the organization of the school is maintained and managed Deals with the culture of the school then looks at aspects of school administration having to do with school time school efficiency drives and the testing examination culture Examines the risk culture associated with end of the year rituals and health projects in schools associated with physical education and AIDS No index Annotation copyrighted by Book News Inc Portland OR

**Deaf Sport** David Alan Stewart, 1991 Deaf Sport describes the full ramifications of athletics for Deaf people from the meaning of individual participation to the cultural bonding resulting from their organization Deaf Sport profiles noted deaf sports figures and the differences particular to Deaf sports such as the use of sign language for score keeping officiating and other communication This important book analyzes the governing and business aspects of Deaf sport both local deaf groups and the American Athletic Association of the Deaf and the World Games for the Deaf It shows the positive psychological and educational impact of Deaf sport and how it serves to socialize further the geographically dispersed members of the Deaf community

*Speak with Power and Confidence* Patrick Collins, 2009 Goosebumps butterflies in the stomach and pure cold fear for most people public speaking ranks high on the list of nerve wracking activities Will they be able to make their thoughts clear Will they impress their audience or bore even alienate them Help is on the way with this comprehensive guide to improved communication skills for talks big and small *Speak with Power and Confidence* offers tips on everything from preparing for a speech to sitting down for a job review to addressing a courtroom or the media *Speak with Power and Confidence* reveals the all important secrets of gaining absolute control of their image their message and their audience whether it s one person or a thousand Learn how to grab listeners attention instantly deliver presentations that help close a sale gain the upper hand in any negotiation convey a positive professional image in job interviews There s specific advice for a wide variety of situations and trusted tips for both verbal and non verbal communication When originally published by Prentice Hall in 1998 as *Say It With Power and Confidence* this was named one of the best business books of the year by Executive Summaries A decade later it remains the unsurpassed guide to honing your confidence in speech

*Effective Public Speaking* Raymond B. Zeuschner, 1994-09

*Change Your Mind, Change Your Body* Ann Kearney-Cooke, Florence Isaacs, 2004-06-30 The rest of your life lies ahead of you Do you want to spend it fighting your body and worrying about things you can t change Or do you want to live your life to its fullest by combining age experience and creativity to develop a new vision for your body and self Women in midlife face many changes such as children growing up returning to the workforce or retiring from it Then there are the physical changes crow s feet saggy arms an expanding waistline The transformations within us and around us can leave us feeling anxious

ineffective and out of control especially in a culture that defines midlife as the beginning of a decline It s easy to look at our lives and ourselves and wish we could turn back the clock but it doesn t have to be that way Midlife is a time of opportunity to renew grow strong set new goals and redefine who you are Change Your Mind Change Your Body Feeling Good About Your Body and Self After 40 gives you the tools you need to utilize your wisdom and experiences to shape a new vision of who you are and what you want your life to look like right now Learn how to Cope with the physical and mental changes that midlife brings Revamp ideas of what is sexy and desirable Turn fears of aging into tools for positive growth Develop a positive realistic body image Embrace who you are and who you will become Set weight and exercise goals you can really achieve Help our daughters create a positive self image You have the power to renegotiate your relationship with your body yourself and the world around you and Change Your Mind Change Your Body will help you discover and use it     *The Politicisation of Sport in Modern China* Fan Hong,Lu Zhouxiang,2015-07-16 *The Politicisation of Sport in Modern China* Communist and Champions is the first book in English which examines in chronological order key issues in sport in the People s Republic of China from 1949 to 2012 in the context of Chinese history politics and society It explores the complexity of Chinese sport including the sovietisation of Chinese sports policy and practice the emergence of the two Chinas issue the Cold War the Cultural Revolution sports diplomacy and sports militarism China s turbulent journey of participation in the Asian Games and in the Olympics the politics and policy of doping and anti doping in Chinese sport and China s sport in the post Beijing Olympics era By analysing the relationships between sport diplomacy politics and social transformation in China the book examines how sport has played an important role in China s rise in the 20th and 21st centuries and how China embraced the Olympic Movement and also influenced the world through the Olympic Games Featuring major events original documents and interviews with a wide breadth of insiders from sports policy makers Olympic medallists and ordinary Chinese this book for the first time provides a comprehensive guide to the history of sport in the People s Republic of China It is a fascinating book for academic researchers general readers and students This book was published as a special issue of the International Journal of the History of Sport     **Finding a New Midwestern History** Jon K. Lauck,Gleaves Whitney,Joseph Hogan,2018-11-01 In comparison to such regions as the South the far West and New England the Midwest and its culture have been neglected both by scholars and by the popular press Historians as well as literary and art critics tend not to examine the Midwest in depth in their academic work And in the popular imagination the Midwest has never really ascended to the level of the proud literary South the cultured democratic Northeast or the hip innovative West Coast Finding a New Midwestern History revives and identifies anew the Midwest as a field of study by promoting a diversity of viewpoints and lending legitimacy to a more in depth rigorous scholarly assessment of a large region of the United States that has largely been overlooked by scholars The essays discuss facets of midwestern life worth examining more deeply including history religion geography art race culture and politics and are written by well known scholars in the field such as Michael Allen Jon

Butler and Nicole Etcheson     *Speeches of President Giani Zail Singh: 1985-1987* Zail Singh (Giani.),1992     *Sport and Alcohol* Carwyn Jones,2016-02-12 First book length study of alcohol in sport as an ethical problem Addresses an important and prominent issue in contemporary sport Draws on wide range of evidence from media reports and biographies to primary research data     **Public Speaking** John J. Makay,2000-10-30     Advanced Public Speaking Dr. Ruth Livingston,2015-01-23 The text provides instruction on how to give different types of presentations and how to improve upon other communication skills including listening Topics include harnessing the fear of public speaking applying immediacy storytelling motivating others listening actively interviewing successfully lecturing and conducting workshops effectively speaking off the cuff selling yourself and your business and presenting for special occasions Aristotles Canons of Rhetoric are also discussed as a foundation to organizing and delivering dynamic presentations The book is ideal as a text for an Advanced Public Speaking course     **Handbook of the Sociology of Gender** Barbara J. Risman,Carissa M. Froyum,William J. Scarborough,2018-06-05 This handbook provides a comprehensive view of the field of the sociology of gender It presents the most important theories about gender and methods used to study gender as well as extensive coverage of the latest research on gender in the most important areas of social life including gendered bodies sexuality carework paid labor social movements incarceration migration gendered violence and others Building from previous publications this handbook includes a vast array of chapters from leading researchers in the sociological study of gender It synthesizes the diverse field of gender scholarship into a cohesive theoretical framework gender structure theory in order to position the specific contributions of each author chapter as part of a complex and multidimensional gender structure Through this organization of the handbook readers do not only gain tremendous insight from each chapter but they also attain a broader understanding of the way multiple gendered processes are interrelated and mutually constitutive While the specific focus of the handbook is on gender the chapters included in the volume also give significant attention to the interrelation of race class and other systems of stratification as they intersect and implicate gendered processes     Living with Health Inequalities Anne Rogers,David Pilgrim,2023-11-30 This book explores how people encounter understand live with and respond to health risks associated with social economic and political inequality Complementing a traditional public health approach the book moves beyond a focus on categories of morbidity and their structural causes Instead it focuses on everyday understandings and actions for people living in unequal social conditions Making use of a variety of case studies related to physical and mental health the authors emphasise interpersonal relationships biographical meanings and the daily tactics of getting by These are recurrently linked to the social structural aspects of particular times and places The book Draws upon applies and extends the biopsychosocial approach which is well known to students of public health Respects and gives due weight to the experience in context of people who live with health inequalities in domestic and local settings Explores notions of personal agency and the contingencies of everyday life in order to offer a focused psycho social compliment to a public health tradition

dominated by top down reasoning This is an important read for all those seeking to understand the complexities of health inequalities holistically in their studies research and practice The book brings together thinking in the fields of public health sociology mental health and social policy The Open Access version of this book available at <http://www.taylorfrancis.com> has been made available under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license

**Play-by-Play from the Minors** John Kocsis, Jr., 2023-10-10 For the reader interested in learning more about working in sports or the fan that wants a look at what those inside the radio booth go through day to day this book contains the secrets and successes of minor league baseball broadcasters with a combined century of experience telling the story of America's pastime A host of decorated industry veterans discuss their careers sharing tales of baseball greats from before they were famous players who didn't make it past Class A the zaniest promotional exercises to hit the market some of small town America's greatest cuisine the highs of winning a championship and the lows of being stranded on the highway for hours



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