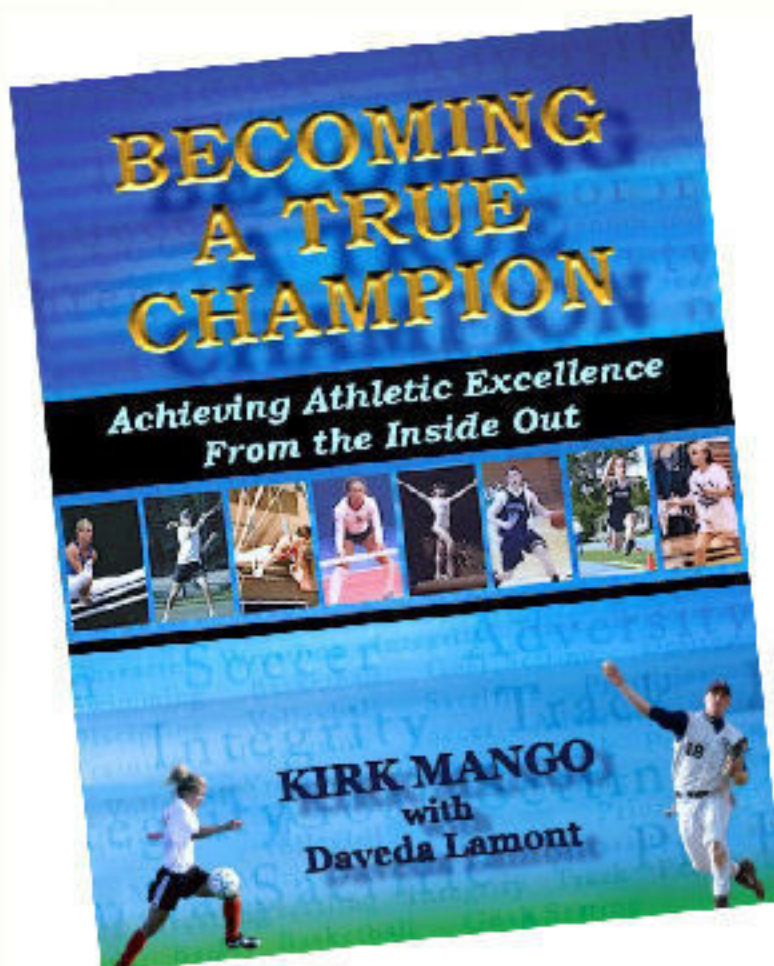


# BECOMING A TRUE CHAMPION

*Achieving Athletic Excellence From the Inside Out*

## Inspiration, Principles & Training for Young Champions

Whether you play team sports like basketball, baseball, volleyball, football, softball, or soccer, compete in individual sports like tennis, wrestling, gymnastics, track, or swimming; whether you are looking to reach certain athletic goals, be inspired, compete at higher levels, become the best you can be, or just improve in your sport, *Becoming a True Champion: A Handbook for Young Athletes Aiming for Greatness* addresses all of these and more.



*"Becoming a True Champion empowers you by placing the responsibility for your success exactly where it should be, with you, the athlete. No matter what goals you set, the path you choose, or obstacles you face, the basic principles behind true success will always be the same."*

Kirk Mango  
National Champion  
Two Time All-American  
NIU Hall of Fame Inductee

**COMING SOON**



Endorsed by  
Olympic  
Champion  
Bart Conner

Foreword by  
Olympic  
Champion  
Nadia Comaneci

### Key Features

Primary Fundamental  
Athletic Principles & How  
They Apply

- Goal Setting
- Desire
- Character & Integrity
- Commitment, Discipline, Sacrifice, Priorities, & Heart
- Training & Competitive Mindset

Critical Training Concepts  
for Increased Athletic  
Performance & Success

- Fundamentals
- Breaking Things Down
- Quality Training vs Quantity Training
- Importance of Conditioning
- Triangle of Achievement

Sports Inspiration  
& Motivation Through  
• Short Monologues  
& Prose

- True Story of:
  - Overcoming Adversity
  - Meeting Challenges
  - Tackling Obstacles
  - & Demonstration of all Concepts Discussed

Further details about the book, publication, and the author, Kirk Mango, visit: [www.becomingatruechampion.com](http://www.becomingatruechampion.com).

A link for joining the private email list where you can be notified directly regarding publication dates is located on the main page of the website.