

FRIDAY NIGHT WRITES

STUDENT ATHLETE STORY PROJECT

GAMECHANGE CO-FOUNDER, JACK BARIC, AN EMMY-WINNING FILMMAKER, IS CALLING ALL STUDENT ATHLETES WITH A GREAT PERSONAL STORY TO SUBMIT YOUR STORY TO GAMECHANGE FOR OUR FRIDAY NIGHT WRITES SERIES. AT GAMECHANGE, OUR MISSION IS TO EMPOWER OUR COMMUNITY THROUGH SPORTS. WE BELIEVE THAT STORIES HAVE THE POWER TO MOVE PEOPLE AND TO CHANGE THE WORLD. FOR SOME OF YOU, IT MIGHT BE HARD TO BELIEVE, BUT YOUR STORY CAN DO THESE THINGS.

FRIDAY NIGHT WRITES IS ROOTED IN GOOD STORYTELLING. PLEASE TELL A PERSONAL STORY THAT ILLUSTRATES ONE OF THE TOPICS ON THIS WORKSHEET. WE'VE PROVIDED A STORY STRUCTURE THAT CAN HELP GUIDE YOU TOWARD TELLING A COMPELLING STORY ABOUT BEING A STUDENT ATHLETE.

TONAL NOTE: FRIDAY NIGHT WRITES IS ABOUT BEING HUMAN. DON'T BE AFRAID TO BE VULNERABLE IN THE STORIES YOU TELL ABOUT YOURSELF. THE READERS WILL RESPECT YOU FOR IT!

PART 1 | STORY TIP: START WITH A COLD OPEN

THROW YOUR AUDIENCE RIGHT INTO THE MIDDLE OF A MOMENT OF YOUR LIFE THAT ESTABLISHES THE THEME OF YOUR STORY. THIS IS OFTEN DONE IN THE PRESENT TENSE TO CREATE A SENSE OF IMMEDIACY. ALL YOU NEED IS A SHORT PARAGRAPH.

EXAMPLE: I'M STANDING AT THE PLATE TRYING TO FIGHT OFF THE CREEPING ANXIETY THAT OFTEN HAUNTS ME IN BIG MOMENTS. IT'S THE LAST INNING, WE'RE DOWN A RUN, TWO RUNNERS ON BASE, AND TWO OUTS. IT'S ALL ON ME. BREATHE, BREATHE, BREATHE...

(NOTE: DON'T GIVE AWAY WHAT HAPPENS NEXT. SAVE THAT FOR THE END OF THE STORY)

PART 2 | INTRODUCE YOUR WORLD

THIS SECTION COULD BE 1-3 PARAGRAPHS LONG. IT INCLUDES INFORMATION SUCH AS:

- 🌀 YOUR NAME, THE SCHOOL YOU ATTEND, THE POSITION AND SPORT YOU PLAY.
- 🌀 WHAT'S YOUR TEAM LIKE? WINNING OR LOSING SEASON? TIGHT GROUP OR GETTING TO KNOW EACH OTHER?
- 🌀 WHAT'S YOUR COMMUNITY LIKE? RICH, POOR, MIDDLE CLASS, BLUE COLLAR, WHITE COLLAR, SUPPORTIVE, AMBIVALENT, COMPETITIVE, APATHETIC? ETC, ETC.
- 🌀 WHO ARE THE KEY PEOPLE IN YOUR LIFE AND YOUR STORY? PARENTS, SIBLINGS, FRIENDS, COACH, TEACHER, TEAMMATES, RIVALS, ETC.
- 🌀 WHAT DO YOU LIKE ABOUT YOUR WORLD? WHAT'S NOT SO GOOD? WHAT WOULD YOU KEEP? WHAT WOULD YOU CHANGE?

(NOTE: THESE ARE JUST SUGGESTED IDEAS. YOU DON'T HAVE TO INCLUDE ALL OF THEM - AND YOU CAN ADD THINGS THAT ARE NOT ON THIS LIST)

EXAMPLE: MY NAME IS BELLA SMITH AND I'M CURRENTLY A JUNIOR SHORTSTOP ON THE SAN PEDRO HIGH SOFTBALL TEAM... FOLLOW THIS WITH THE BACKSTORY... TELL MORE ABOUT YOUR TEAM, THE SEASON YOU'RE HAVING, AND OTHER INFORMATION THAT INTRODUCES THE READER TO YOUR WORLD AND YOUR MINDSET.

CONTINUED ON NEXT PAGE

PART 3 | THE STAKES

BRING US BACK TO THE MOMENT FROM THE START OF THE STORY. WHY IS IT IMPORTANT? HOW DO YOU FEEL? ANXIOUS? EXCITED?

PART 4 | THE CONCLUSION

THIS IS WHERE WE LEARN THE ENDING AND HOW IT IMPACTED YOUR LIFE. SO, WHAT HAPPENED? DID YOU STRIKE OUT? HIT A GAME-WINNING HOMERUN? DID YOUR MOMENT LEAD TO SOMETHING ELSE THAT WAS UNEXPECTED? WHAT DID YOU LEARN THAT OTHER STUDENT ATHLETES CAN ALSO LEARN? DID THE LESSON MAKE YOU BETTER?

****STORY LENGTH: 500 - 1,000 WORDS****

STORY THEMES

ATTITUDE ADJUSTMENT – A STORY ABOUT HAVING BAD ATTITUDE (BODY LANGUAGE, ARGUING, POUTING) AND HOW/WHY YOU GOT BETTER

BE YOUR AUTHENTIC SELF – A STORY ABOUT BEING YOUR AUTHENTIC SELF EVEN WHEN IT WAS HARD AND WHY IT MADE YOU BETTER

CHAMPIONSHIP CULTURE – A STORY ABOUT PLAYING ON A TEAM WHERE EVERYONE TRULY WANTED THE BEST FOR EACH OTHER

CHANGE IS POSSIBLE – A STORY ABOUT HOW YOU WERE ABLE TO CHANGE SOMETHING (BIG OR SMALL) IN YOUR LIFE TO BE BETTER

CONFIDENCE IS KEY – A STORY ABOUT KEEPING YOUR CONFIDENCE DURING TOUGH TIMES AND HOW YOU RESPONDED WHEN LOSING IT

COURAGE TO TRY – A STORY ABOUT SOMETHING THAT SCARED YOU AND HOW EXITING YOUR COMFORT ZONE MADE YOU BETTER

DEALING WITH STUFF – A STORY ABOUT A STRESSFUL TIME IN YOUR LIFE (SPORTS, ACADEMICS, PERSONAL) AND HOW YOU GOT THROUGH IT

DEVELOP YOUR CRAFT – A STORY ABOUT STRUGGLING BECAUSE OF NOT LIKING PRACTICE AND HOW YOU GOT BETTER WHEN THAT CHANGED

EDISON MINDSET – A STORY ABOUT HOW HAVING THE COURAGE TO MAKE MISTAKES OR FAIL LED TO SOMETHING GREAT

FAILURE HAPPENS – A STORY ABOUT FAILING SOMETHING IMPORTANT TO YOU, WHAT YOU LEARNED, AND HOW IT MADE YOU BETTER

CONTINUED ON NEXT PAGE

FLOW STATE – A STORY ABOUT A GAME WHEN YOU JUST LET IT FLOW WITHOUT THINKING TOO MUCH AND PLAYED GREAT

FORGIVENESS HEALS – A STORY ABOUT MOVING FORWARD IN A POSITIVE WAY AFTER FORGIVING YOURSELF OR OTHERS

GIVE BACK – A STORY ABOUT SOMETHING YOU OR YOUR TEAM DID IN THE COMMUNITY THAT REALLY TOUCHED YOU

GRATITUDE RESPONSE – A STORY ABOUT DEALING WITH A TOUGH TIME AND HOW FOCUSING ON GRATITUDE HELPED EASE THE STRESS

GREATEST TEAMMATE – A STORY ABOUT A GREAT TEAMMATE AND WHY YOU AND/OR YOUR TEAM LOVED HIM/HER SO MUCH

HALF EMPTY OR HALF FULL? – A STORY ABOUT A PLAYER OR TEAM WHO CHANGED THE CULTURE BY VIEWING THINGS IN A MORE POSITIVE WAY

JOY OF PLAYING – A STORY ABOUT A GAME OR TIME IN YOUR LIFE WHEN YOU PLAYED THE GAME WITH PURE JOY

KEEPING THE BELIEF – A STORY ABOUT A TOUGH TIME (SLUMP, LOSING STREAK, PERSONAL STRUGGLE) AND HOW YOU KEPT THE BELIEF

LIFE/SCHOOL/SPORT BALANCE – A STORY ABOUT YOUR CRAZY LIFE/SCHOOL/SPORT SCHEDULE AND HOW YOU MANAGE IT

LOSING STREAK – A STORY OF A PERSONAL OR TEAM SLUMP AND WHAT YOU LEARNED FROM IT

MAN/WOMAN IN THE ARENA – A STORY ABOUT OVERCOMING THE FEAR OF FAILURE TO GET IN THE GAME AND TRY

MENTAL HEALTH – A STORY ABOUT DEALING WITH ANXIETY OR DEPRESSION AND WHAT YOU DID TO GET BETTER

MY BAD – A STORY ABOUT THE POSITIVE IMPACT OF A TIME WHEN YOU HELD YOURSELF ACCOUNTABLE FOR A MISTAKE

MY GREATEST GIFT – A STORY ABOUT HELPING SOMEONE ELSE GOING THROUGH SOMETHING NEGATIVE THAT YOU'VE ALSO EXPERIENCED

ONE STEP AT A TIME – A STORY ABOUT FEELING OVERWHELMED AND HOW TAKING IT ONE STEP AT A TIME GOT YOU THROUGH IT

PLAY WITH PURPOSE – A STORY ABOUT YOU OR YOUR TEAM PLAYING FOR SOMEONE OTHER THAN YOURSELVES

CONTINUED ON NEXT PAGE

RIDING THE PINE – A STORY ABOUT THE SUCKY FEELING OF SITTING ON THE BENCH OR NOT MAKING TEAM AND HOW YOU RESPONDED

SELF-TALK – A STORY ABOUT LETTING NEGATIVITY GET INTO YOUR HEAD AND HOW YOU WERE ABLE TO STOP AND GET BETTER

THE DREAM– A STORY ABOUT CHASING YOUR DREAM AND WHY IT'S SO IMPORTANT TO YOU. WHAT WILL IT MEAN IF YOU WIN?

TRUST THE FLOW – A STORY ABOUT ACCEPTING THINGS YOU COULDN'T CONTROL AND BELIEVING THAT THINGS WOULD GET BETTER

TRUST THE PROCESS – A STORY ABOUT A SLUMP OR LOSING STREAK AND HOW CONTINUING TO WORK HARD GOT YOU THROUGH IT