

Book Summary

Notre Dame Student-Athlete: Sports fans may have an idea of what it takes to play football at a Division I college: the training, the discipline, the pain, the motivation. But most of us have no idea what it takes to be a successful student-athlete at a top academic institution such as Notre Dame.

Being a successful student-athlete at the University of Notre Dame requires more effort than working two full-time jobs: one needs dedication, determination, and a drive to succeed - to be the best both physically and mentally - *and* to learn and achieve despite the pain, despite the disappointments, and without letting the successes – both on and off the field – inflate your ego.

Echoes From The End Zone: The Men We Became tells the story of 25 former Notre Dame football players:

- the lessons they learned in college, and how those lessons changed their lives: The Notre Dame Value Stream
- their years at Notre Dame
- the end of their football careers
- the new careers and dreams they followed

What happens to these exceptional Notre Dame student-athletes after they graduate? Some go on to play professional football, for a time. Some have injuries, and never have the opportunity to play sports professionally. Others experiment with different career choices, searching for the right fit. Many pursue career goals carried since childhood, while others build families, return to their hometowns, and travel the world. But *all* of these former student-athletes must create a new life after their playing days end: a life where they are no longer in the spotlight, no longer admired for their physical attributes, and no longer glorified in the media.

Their stories and career choices may surprise you, but by each of these former Notre Dame student-athletes you will be impressed and inspired by the choices they made so early in life that enabled them to succeed beyond *The End Zone*.