

THE BOSS REPORT

ESP Education & Leadership Institute



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BOSS Program Updates

By Daniel Mitchell

“Success is to be measured not so much by the position that one has reached in life, as by the obstacles which he has overcome while trying to succeed.” – Booker T. Washington

This month, the BOSS Program has faced many obstacles while attempting to provide our student-athletes first class mentorship, academic tutelage, along with the 6 BOSS Pillars, the principles through which we turn dreamers into achievers. With the sudden outbreak of the novel coronavirus (COVID-19), many Americans have been forced to find creative solutions to continue with their lives, and BOSS is no exception. Our March 21st meeting was held entirely online via video conference, and in spite of these apparent obstacles, the meeting was a success. The young men of BOSS were treated to the knowledge of guest speaker Clinton Buie, a software engineer at Workday Inc., co-founder of Rore, Inc, and graduate of Stanford University.



Clinton provided insights on balancing school work and social life, the importance of hard work at an early age, and general information about the computer science track he went down. For the foreseeable future, BOSS plans on keeping meetings online as we participate in social distancing, but we stress that physical and mental stimulation should continue.

Essential Coronavirus Info

by Atobatele Thomas-Adeyemo

The evidence shows that COVID-19 may spread extremely easily and can cause life-threatening illness in some people. Like other coronaviruses, it can survive in the air and on surfaces long enough to infect someone. However, COVID-19 multiplies faster in the body even when you don't have symptoms. Additionally, you can pass on the virus even if you never get symptoms at all.

You have an essential role to play in slowing the spread of the new coronavirus. The good news is that small changes in personal behavior can buy time – slowing the outbreak, preventing hospitals from becoming overwhelmed and reducing cases until scientists develop treatments and, eventually, a vaccine.



Boss Workout Challenge

by Kyle Hogg

In order to stay healthy and fit during these troubling times, the BOSS Program recommends staying on top of workouts and being consistent with exercise. With one BOSS Pillar being Physically BOSS, it is imperative to not fall behind on physical activity- especially as student-athletes. To the right is the BOSS Circuit, a way for the boys to stay ahead of the curb and challenge themselves on a daily basis.

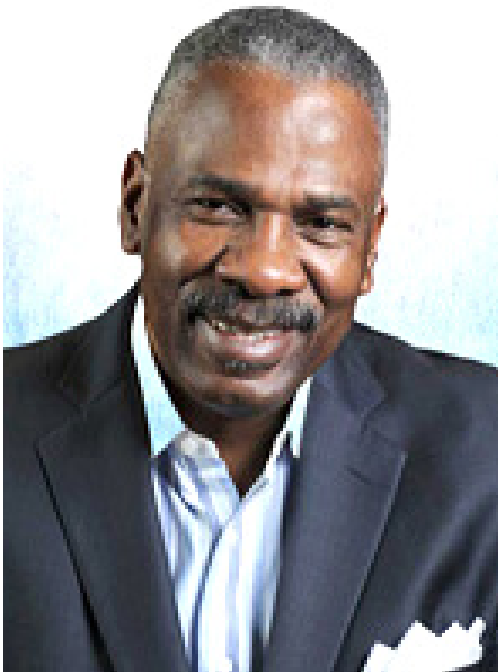


BOSS Circuit

1. Mountain Climbers 1 min
2. 20 Squats
3. Front Plank w/ 20 kickbacks
4. 20 Pushups

Key Point: Do each exercise w/ no rest in between.

Complete circuit 4x with brief rest period (~30 sec)



A WORD FROM MR. GLENN

ESP Education & Leadership Institute earned a 2020 Gold Seal of Transparency from GuideStar. Now our community members as well as 10+ million GuideStar users can find in-depth information about our goals, strategies, capabilities, and progress. We're shining a spotlight on the difference we help make in the world. Plus, we've provided fresh information to 200+ charitable websites and applications that use GuideStar data, such as AmazonSmile, Facebook, and Network for Good.