



Speaker Inspiration

NFL star Nick Lowery will impact your audience

All Pros Against Bullying: Creating School Cultures of Empathy

Bullying among students is a serious problem in schools. Sometimes attacks are verbal, some may include violence, but they all leave emotional and mental scars that can affect the bullied long after they graduate.

Approximately one out of every four students reports being a victim of bullying each year. Data shows that kids who are regularly bullied over a period of years are 750-percent more likely to experience low mental self-esteem. In total, 45 percent of these teens who are victimized repeatedly fall into the category of low mental self-esteem, while that rate is only 6 percent for students who have never been bullied. These negative effects are a big part of the reason Nick Lowery is so invested in inspiring students to help rid their schools of bullying.

Inspiring Influential Students

Lowery has created an anti-bullying program called All Pros Against Bullying to teach and inspire kids to create a culture of acceptance, openness and empathy in their schools. Through this program, he helps parents, students, coaches, school administrators and teachers work together to create an environment that encourages open dialogue. As part of these efforts, Lowery focuses specifically on varsity athletes who have the ability to affect change and build a culture of leadership against bullying. Challenging these student influencers across America to stand up for, sit with, understand and embrace marginalized students sends a powerful message of respect and compassion to the entire school, while actively breaking through stereotypes.

Every student athlete in America can make a huge contribution to preventing bullying by encouraging kindness and social diversity, while embracing character and difference. According to the National Bullying Prevention Center, 57 percent of bullying situations are halted when a peer stands up for the student being bullied. That's why Lowery believes in the power of teaching influential students to set the example of acceptance and empathy at their schools.

The Program

His anti-bullying program delivers the message that what happens to one, happens to all. It's a reflection of the culture as a whole, and everyone should feel safe, special and valued at school. This requires open communication between students, and between students and the adults in their life. Through meeting with individual kids and classes and presenting to the entire staff and student body at an all-school assembly, Lowery helps everyone involved see the benefit of showing friendship, kindness and the right kind of leadership. He also takes the time to publicly recognize MVPs - students who have stood up to a bully or reached out to a bullied student to offer camaraderie and compassion.

Lowery's All Pros Against Bullying has already made a difference in Arizona. To see the impact of peers stepping in for bullied classmates, watch this video about the Queen Creek High football team and what they did to stop bullying at their school.

This incredible student culture can be attained in every school across the country with a little education and encouragement - which is exactly what Lowery aims to provide through All Pros Against Bullying.

For additional details on what Lowery offers schools through this important program, visit the Nick Lowery Foundation website www.nicklowery.org. Or contact him to discuss customizing a presentation specifically for you.



**"Held our audience in rapt attention... Inspired the spirit of teamwork and fearlessness in the midst of obstacles we were looking for."
- Bank of America**

St. Vincent DePaul Champions of the Homeless Thanksgiving Event

Each year Nick Lowery and Champions for the Homeless partner with St. Vincent de Paul to organize special holiday meals for those in need in the Phoenix area. The latest event brought a beautiful and delicious Turkey Day feast to the community's homeless and hungry. Each attendee was offered the full array of Thanksgiving favorites, including turkey, stuffing, mashed potatoes, gravy, vegetables and even pie, along with other desserts. Those who came for food also got to enter a raffle for a chance to win a variety of amazing gifts, including plenty of football memorabilia.



Lowery, along with the other former NFL players involved in his Champions for the Homeless volunteer organization, served food, donated giveaways and helped create a memorable experience for the homeless people who came. Their goal was to give those less fortunate an incredible day of fun and food. The smiles shining on the faces of both the volunteers and attendees were just a small indication of the success of the event.

Lowery works with St. Vincent de Paul to provide meals for the homeless on Christmas and Easter every year as well. Come out to the Phoenix dining room Dec. 25 to join us for the next event!

Mural Unveiling At St. Vincent de Paul On Veterans Day

Nick Lowery and his pro-athlete volunteer group, Champions for the Homeless, organized another successful event serving the community this Veterans Day. With the help of local muralist Laura

10th ANNIVERSARY

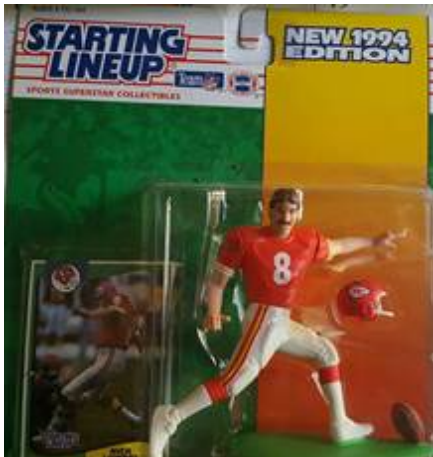


Thurbon and a small group of former NFL players, Lowery honored homeless vets with the unveiling of a special mural on the wall of the downtown-Phoenix St. Vincent de Paul dining room. The design of the artwork pays tribute to the 15th anniversary of 9/11, as well as all former service members.

"Laura Thurbon and myself designed it," said Lowery about the mural. "It's a recognition, a wall of fame, from the different players that have been a part of this, and all the artists. Most importantly, it's a symbol of service."

More than 100 raffle prizes were donated to give away at the event, including gift certificates and handmade bed mats for the homeless vets to sleep on, and live music was provided by the Champions for the Homeless band. Special volunteers from the community included the athletes - Lowery, Michael Bankston, Mike Davis, Jerome Daniels, Sid Justin, Curtis Duncan, John Bronson and Ray Perkins - as well as Big Red, the mascot for the Arizona Cardinals. Additionally, Rob Gordon, former Deputy Secretary of Defense and current president of Be the Change, gave a special, inspirational speech offering homeless veterans hope and encouragement.

Veterans Day is a chance to honor and show gratitude for those who have served this country. We are proud of the success of this event and the opportunity it gave us to say thank you and give back to homeless vets who deserve our help.



My Two Cents - To Kick or Not to Kick

The perception is that NFL kickers are having a bad year and YES, with the new distance of the extra point, far more than ever are indeed being missed. But don't let this fool you; kickers today are better than ever - for several reasons. Justin Tucker with the Ravens, Dan Bailey with the Cowboys, Adam Vinatieri (at 44!) with the Colts, and Cairo Santos with the Chiefs are

all extraordinary kickers kicking more accurately and farther than ever. But that's just cracking the surface.

As the most accurate kicker in NFL history for almost a generation from 1980-1998 - I beat San Diego Charger Rolf Benirschke's NFL career accuracy record of 73 percent when I kicked my 100th field goal in 1984, and kept raising the record every year until I achieved 80 percent in 1997 - I can represent my fellow talented, yet undervalued, NFL kickers with some authority. My former childhood hero and good friend, the legend Jan Stenerud (lifetime 67 percent accuracy), who proceeded me with the KC Chiefs, asked me to say something about this last year - and now I will.

1. Kickers are better than ever: Bigger, stronger, more accurate - true. All true. Mentally, most are very good as well. They have more coaching, improved training and better coaching (for the most part)
2. Stadium and field conditions: With better field maintenance equipment, better design and drainage, better construction of stadiums for wind, and much, much more resilient grass (from artificial turf to field turf and variations) that prevents cleats from tearing huge chunks out, the field is a lot more akin to the fairway of a golf course (yes, even with some divots like a golf course) than the rough. You almost never witness horrendously muddy conditions in an NFL game (excluding a few exceptions).
3. A Key reason: the kicking footballs are DIFFERENT! In 2007, down 21-

20 with a minute left in cold Seattle, when Tony Romo fumbled the virtually automatic 19-yard field goal in the NFL Playoffs vs the Seahawks, he brought to light that the so-called "K-balls", or designated NFL kicking balls, were much harder to handle in cold, wet conditions because they were virtually virgin-like: coated for water repellancy when they leave the Wilson Factory in Cleveland, they are slippery compared to the broken-in balls that the coddled Quarterbacks (hey we kickers never get to have our say) break in all week at practice. Like another Legend, Tom Brady, NFL Qb's can have an affair with their future game balls, and can all legally prepare them and select them to their liking. The NFL Rules Committee and owners, and the public, as well, realized probably several hundred million (or more~!) betting \$\$ or more suddenly changed hands at that Tony "OhNO!" moment due to an "unfortunate" and quite avoidable event. So they decided that from then on, the "K Balls" would be broken in by a designated official before games.

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Have you ever broken in a baseball mitt? It's a ritual for every Little Leaguer. It turns a tough and uncooperative mitt into a compliant and dependable partner in the field. If this was ESPN Sports Science, I would explain the effect on a kicking ball this way: The foot is connected, or actually KICKING the ball, for only 4-thousandths of a second. But, what if a more pliable football allowed that to become 5-thousandths of second? That would translate to 25 percent more control and power.

This has been the most ignored story influential to actual outcomes in the National Football League since 2007: 50 yarders have exploded about 300 percent, field goal percentages have gone up very substantially (especially on longer kicks - over 40, 50 and 60 yards), and punts and kickoffs have all increased about 5 yards. Fifty-yarders are now more like 44-45 yarders were several years ago, and punters are all kicking much farther with much better net punting. In the '90s, a punter with a 35-yard net was pretty good. Now it's more like 40 yards. The best used to be 38 net yards; now, as of today, the top is 46.1! Imagine the equivalent in golf - if you knew that you could have an easy swing, without trying to kill the ball, and get 300 yards, you would be able to relax and focus on good form. You would be more consistent.

The point is, standards and expectations are higher now, and the extra point is harder. Misses are happening on formerly almost-automatic kicks and people aren't used to seeing misses - so they stick out. Still, the kicking game remains crucial to the outcome of close and big games. In fact, one out of three games are determined by the kicking game in the regular season, but TWO out of THREE in the playoffs, when the stakes are higher and the weather and conditions are colder (ask Cowboys QB Dak Prescott and Raiders QB Derek Carr, both of whom had unusually poor games this past week in very cold temperatures).

So, pay attention to the kicking game in the NFL and notice that most of the time, the kickers are pretty darn good - and what they do, good and bad, remains very important to the outcome of the game. After all, they do call it FOOTball!

Nick's Events

- 12/9/2016- Playoffs Football 101: A Ladies Guide to Football, 7pm at The Oread Hotel, 1200 Oread Ave, Lawrence, KS 66044
- 1/11/2017- The Souper Bowl of Caring, 11am - 1pm at St Vincent de Paul, 420 Watkins Rd, Phoenix, AZ
- 2/11/2017- Town Hall Luncheon at



- 2/16/2017- Carondelet Hospital Speech with Dr. Jerome Steckin Tucson AZ at 7pm - 9pm

To schedule an interview, or get information regarding speaking engagements visit <http://www.loweryspeaks.com> or email admin@loweryspeaks.com

Photo Gallery

St. Vincent DePaul Weekend



Photo to the left: Nick Lowery, and Laura Thurbon unavailing of an amazing mural. A tribute to their on going support of the homeless.

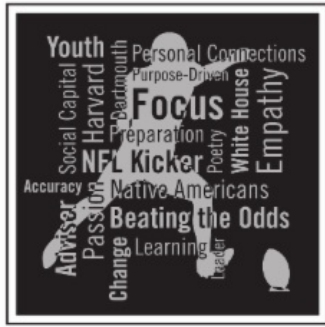
my NFL brother Seth Joyner at St Vincent De Paul.



Photo Right With



Photo Above: Giving Thanks, with Michael Bankston, Ketonya Bankston, Jeff Gallemore, Cindy Liska, Cynthia Sassi, Les Paul Roque, and 1200 of the finest people in Phoenix or anywhere!



NICK LOWERY

RENAISSANCE ATHLETE

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