

Why You won't Become A Pro Athlete

Episode 66 Shownotes

It's not easy to turn pro. Even just becoming a pro athlete for a year, or a season is difficult but, what's the point in that. You can't say you made it, because did you really?

- Matt played professionally, was released, this and that, yes he signed a pro contract but he never said to anyone that he made it. Because he didn't.
- That isn't making it. It takes a massive ridiculous effort, and you need to be genetically gifted as well to even make it to where I did, but to then make a career out of football, or basketball, or any sport, you need to be sick with it.

'Making it' is different for everyone. You need to determine what you classify as making it? Is making it as a pro, just signing that first pro contract? Is it having a lengthful career professionally? is it having a lengthful career then being able to retire after your athletic career because you have made a lot of money?

Because there are thousands, tens of thousands, hundreds of thousands of athletes that have decent pro careers, that have sacrificed everything, school, family, friends etc to then not make enough money from their careers so they have to work afterwards, but with no education and its almost like starting fresh.

- There are differences in 'becoming a pro'

There are a lot of different reasons as to why someone wouldn't make it as a professional. For example, if you are listening to this podcast.... You probably won't be making it as a professional. What do I mean by this?

An athlete that is going to make it as a pro doesn't believe anything else. They are going to make it and that's it. Why would they listen to a podcast on reasons why they wouldn't make it as a pro when they know they will?

Pro athletes are just wired differently. They think and act different. And not just when they turn pro, or become pro, but from an early age.

- Now look, don't take any of this the wrong way. We are not saying you, listening and reading are not going to make it as a professional athlete, rather, all the things that you may or may not be doing that will definitely impact your chances.
- We want all our kids to turn pro because its good for us. But look, the chances are slim and none. And that's just the cold hard truth. You are all up against it.
- Lets have a look at some stats – College stats
- In men's basketball, for example, there is only a .03% chance of a pro career, and by pro career here we mean just signing a pro contract. This means that of the almost 156,000 male, high school senior basketball players only 44 will be drafted to play in the NBA after college, and only 32 women (.02%) out of just over 127,000 female, high school senior players will eventually be drafted.
- The numbers for all sports, are either going to be similar to this, or lower.
- Now at the moment, Im guessing most of you participating in club sports train maybe three nights a week with your team with a game on the weekend.
- Outside of this some of you may be going for a run, or do an extra session on your own but are you really pushing yourselves in these sessions like you would a normal session?

- With this workload...do you honestly think you are going to make it as a pro? You think Ronaldo or Michael Jordan trained three times a week then a few extra sessions here and there?
- Like we said before. You need to be sick with it, especially nowadays. If you are going to have any chance, its sessions every day, its perfect or near perfect nutrition, recovery etc.

Just the odds that you have to overcome. Its not easy. Can it be done yes, we just want you to understand what you will need to be prepared to do and what you may be doing that is not helping. Like only training a few times a week.

What else aren't you doing that is hindering your chances of making it as a professional.

- You will not make it if you don't truly believe it. If there is any doubt in your mind about making it. You won't make it. Like we said before. Pros and people with great pro careers are wired differently.
- You need to be honest with yourself and understand where you are at within your sport. You need to be realistic with yourself and your abilities.
- We will use soccer for example – One of, if not, the hardest sport to crack it as a pro. Especially in this country where you have 10 A league teams.
- If you are 18 years old, or 17 turning 18 and you are playing in the NPL under 18's. Great, that's playing in your age group? Will you make it as a pro? Probably not. You need to be a standout at such an early age these days. In any sport