

# NFL Extra

## Week 7

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Brees & Payton	1:37
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### **02:37:41 – BREES & PAYTON**

HERE WE GO. WHAT DO YOU SAY DREW? LET'S GO GET 'EM MAN. LET'S GO. 13 Z DEVORY HENDERSON, CHRIS IVORY. GREEN RIGHT NASTY Z-PEEL BIG SLASH 37 BUST YOUR BLUFF. NAKED RIGHT X-POST WIDE RIGHT. THAT'LL BE THE FIRST CALL.

HEY TEMPO. THIS IS OUR DRIVE. LET'S GO. 1 PLAY AT A TIME. GREAT TEMPO.

TEMPO QUICKLY.

THROW THE BALL. THEY'RE ATTACKING. QUICKLY TEMPO PRESSURE.

RADIO – FIRES TO THE END ZONE. MARCUS COLSTON TOUCHDOWN.

THAT'S GREAT TEMPO. THEY DON'T KNOW IF IT'S COMING OR GOING.

OUR TEMPO IS GETTING THEM.

TONIGHT IS TO FINISH STRONG! TO HOLD UP THE TROPHY FROM THIS GROUP FOR THE CITY!

11. FALSE SECURITY THERE. HERE WE GO. BE SMART. LET'S GO. THROWING IT TO SHOCKEY HERE.

RADIO – JEREMY SHOCKEY IN THE SLOT TO THE RIGHT. GETS INSIDE JACOB LACEY. THE MIRACLE IN MIAMI HAS HAPPENED! THE SAINTS HAVE WON THE SUPER BOWL! HEY!! HOW ABOUT IT COACH? HUH!! I LOVE IT! I LOVE IT! I LOVE YOU TOO! WE WON THE SUPER BOWL! YOU DID! YOU WON A SUPER BOWL! SO DID YOU!! MVP!! UNBELIEVABLE HUH?! TAKE NI THE MOMENT RIGHT! IT'S AWESOME.

MAKE IT SPECIAL TONIGHT. MAKE TONIGHT SPECIAL!

RADIO – DREW BREES PASSES JOHNNY UNITAS THROWING A TOUCHDOWN IN HIS 48<sup>TH</sup> STRAIGHT GAME.

YES SIR! YEA BOY!

## **02:39:27 - YOGA**

WHAT IS AN ATHLETE? AN ATHLETE IS SOMEONE WHO SURRENDERS HIMSELF TO A GREATER PURPOSE BY SACRIFICING DAY IN AND DAY OUT IN ORDER TO ATTAIN A DREAM. AN ATHLETE FEEDS ON DOUBTS AND SETS GOALS FUELED BY FEAR. WHEN THE GAME IS GONE AND GALLONS OF SWEAT HAVE BEEN POURED, EVERYTHING THAT YOU THOUGHT YOU ARE AND EVERYTHING THAT YOU WERE TOLD YOU ARE JUST VANISHES. HOW DO YOU RECOVER FROM THAT? HOW DO YOU DISCOVER A NEW IDENTITY WHEN EVERYTHING THAT MATTERED IN YOUR LIFE HAS GONE?

MY NAME IS KEITH MITCHELL. I PLAYED LINEBACKER IN THE NFL MOST OF MY CAREER IN NEW ORLEANS. SO JUST KIND OF ALLOW YOURSELF TO JUST KIND OF GO ON THIS JOURNEY WITH US IN THIS SPACE RIGHT HERE.

FOOTBALL AND YOGA ARE 2 DIFFERENT WORLDS BUT TOGETHER THEY DEFINE WHO FORMER NFL LINEBACKER KEITH MITCHELL HAS BECOME.

I DON'T KNOW WHERE I WOULD BE WITHOUT THE PRACTICE OF YOGA. WHEN I WAS ABLE TO COMBINE THE LEVITATION TO THE ACTUAL PRACTICE, IT WAS LIFE-CHANGING.

YOGA REALLY IS A PHYSICAL THERAPY. A MIND, BODY SPIRIT THERAPY BUT IT'S AN AMAZING THERAPY FOR THOSE OF US WHO ARE PERFORMING AT OUR JOBS; WHETHER THAT'S BEHIND THE DESK OR ON A FIELD.

MITCHELL HAD BEEN PERFORMING ON THE FIELD SINCE A YOUNG AGE DESPITE HIS PARENT'S CONCERNS.

MITCHELL'S MOTHER - GROWING UP HE ASKED US IF HE COULD PLAY FOOTBALL. WE SAID NO BECAUSE WE DIDN'T WANT HIM TO PLAY BECAUSE OF THE INJURIES AND THINGS LIKE THAT. BUT WHEN HE GOT INTO MIDDLE SCHOOL WE FINALLY TOLD HIM HE COULD PLAY.

MITCHELL - I WAS LIKE, I CAN DO THIS. I MADE A GOAL AT THE YOUNG AGE. I'M GONNA HAVE A CHOICE OF WHATEVER SCHOOL I WANT TO GO TO IN THE COUNTRY, AND I DID. TEXAS A&M WAS MY CHOICE.

AFTER BEING ONE OF THE TOP DEFENDERS IN COLLEGE FOOTBALL, MITCHELL EXPECTED TO BE CHOSEN EARLY IN THE 1997 DRAFT.

MOTHER – IT WAS REAL INTENSE. YOU'RE WATCHING AND THESE PLAYERS ARE GETTING PICKED, AND KEITH MITCHELL'S NAME HAS NOT BEEN CALLED YET.

MITCHELL – THE 7<sup>TH</sup> ROUND COMES. COACH COWHER. HE CALLED ME. HE’S LIKE, “I DON’T KNOW WHAT HAPPENED. WHY’D YOU SLIP? HAVE YOU ON MY BOARD AS WELL AS A KID FROM TEXAS.” SO RIGHT NOW THE WAY I’M FEELING, DISAPPOINTMENT AND THINGS LIKE THAT. I WAS LIKE, “YOU’D PROBABLY BE BETTER OFF TAKING THE OTHER KID.” I HAD ALL THESE TYPES OF ACCOLADES AND THEN TO NOT GET DRAFTED. I DIDN’T KNOW IF I EVEN WANTED TO PLAY FOOTBALL ANYMORE.

THEN THE VOICE OF REASON CALLED. A MAN WHO REMINDED MITCHELL OF HIS FATHER.

DITKA – WHEN I SAW KEITH I SAW A GUY THAT HAD, HE HAD A GREAT MOTOR. HE PLAYED HARD ALL THE TIME. WHEN I SEE PEOPLE LIKE THAT, I LIKE THAT IN PEOPLE ON MY TEAM. I REALLY DO.

MITCHELL – COACH DITKA. HE’S LIKE, “YOU NOW WHAT, I DON’T KNOW WHY YOU SLIPPED AND I DON’T CARE. I WANT YOU TO COME PLAY FOR ME.” “YOU KNOW WHAT COACH, IF I CAN PLAY FOR YOU I CAN PLAY FOR ANYBODY.” WHATEVER THEY WANT TO DO TODAY. WE’RE COME ALL OUT BABY. CHECK IT OUT. CHECK IT OUT. I FELL IN LOVE WITH THE FOOD, THE CULTURE, THE TALENTED TEAM. BECAME A STARTER MY ROOKIE YEAR. WENT TO MY FIRST PRO BOWL. I LOVED IT THERE.

MITCHELL SPENT 5 SEASONS IN N.O., ONE IN HOUSTON, THEN MOVED ON TO JACKSONVILLE WHERE 1 PLAY CHANGED HIS LIFE.

IN JACKSONVILLE, WHICH WAS THE LAST TEAM I PLAYED FOR. IN THE MIDST OF MAKING A TACKLE THAT I’VE MADE AT THIS POINT IN MY LIFE A THOUSAND TIMES, MAYBE I LED TOO MUCH WITH THE TOP OF MY HEAD OR WHAT HAVE YOU BUT, NEVERTHELESS, AS I HIT HIM I FELL TO THE GROUND. MY FIRST NOTION THAT WENT THROUGH MY MIND IS, IT’S EMBARRASSING. YOU KNOW. I’M THIS TOUGH LINEBACKER IN THE NFL. ALL PRO LINEBACKER IN THE NFL. I’M LAYING VULNERABLE ON THE GROUND.

RADIO – BRIAN, WE HAVE A JAGUARS PLAYER HURT ON THE FIELD AND I THINK THAT’S KEITH MITCHELL AND HE LOOKS TO BE...HE LOOKS OUT, BRIAN.

I’M ON MY BACK AND I’M LIKE, “GET UP. GET UP.” AND MY BODY’S NOT RESPONDING.

DIAGNOSED WITH A SPINAL CONTUSION IT WAS SEVERAL DAYS BEFORE MITCHELL REGAINED ANY KIND OF MOVEMENT. AT THAT TIME HIS DOCTOR WENT OVER DIFFERENT THERAPY OPTIONS.

WE REALLY COULDN’T DO MUCH FOR REHAB BECAUSE I HAD LIMITED TO NO ABILITY. ... SAID, “I’M GONNA TALK TO YOU ABOUT YOGA, MEDITATION.” IT’S LIKE, “O.K. YOGA, MEDITATION.”

BECAUSE YOGA ACTS AS A PHYSICAL THERAPY THAT YOU’RE ADMINISTERING, YOU REALLY HAVE TIME ON YOUR MAT TO FIGURE OUT WHAT CAN I DO TO WORK AROUND THIS TO ENCOURAGE IT TO HAVE AS MUCH MOBILITY AS IT’S ABLE TO NOW? AND IT TAKES CARE OF OUR JOINTS WHICH IS REALLY IMPORTANT, OBVIOUSLY, FOR AN IMPACT SPORT THAT’S WHERE A LOT OF THE DAMAGE IS DONE.

SO JUST MAINTAIN THIS BREATH A COUPLE TIMES, A COUPLE MORE TIMES.

MITCHELL RETIRED SHORTLY AFTER HIS INJURY AND IS NOW A CERTIFIED YOGA INSTRUCTOR. HE BELIEVES THAT BECAUSE OF YOGA HIS MOBILITY IS BACK TO NORMAL.

MY JOURNEY TRULY BEGAN WHEN THAT INJURY HAPPENED TO CREATE A COMMITMENT TO SELF, TO MOVE PAST IT. I LOVE IT WHERE I AM. I SEE LIFE ON A WHOLE DIFFERENT SPECTRUM AND I'M SO GRATEFUL FOR IT. ONE BIG INHALE. THANK YOU SO MUCH FOR SHARING THE PRACTICE, ACCEPTING THE PRACTICE. NAMAS DAI.

### **02:45:41 – MORE OF IT THAN LUCK**

OLIVER LUCK WAS NOT YOUR TYPICAL BACKUP QUARTERBACK. HE WAS FLUENT IN GERMAN, EARNED A LAW DEGREE, AND AFTER A FOUR YEAR CAREER WITH THE HOUSTON OILERS, WAS OFFERED THE CHANCE TO BECOME PRESIDENT OF THE FRANKFURT GALAXY IN THE WORLD LEAGUE OF AMERICAN FOOTBALL.

WENT OVER THERE FOR THE FIRST TIME IN DECEMBER OF 1990. KEEP IN MIND, THE FIRST WORLD LEAGUE GAME OVER THERE WAS IN 1991, MARCH. SO WE HAD TO KIND OF WHIP THIS TOGETHER FAIRLY QUICKLY.

IN GERMANY, WHERE SOCCER WAS KING, FOOTBALL PLAYED THE ROLE OF COURT JESTER IN ORDER TO ATTRACT FANS.

THE VAST MAJORITY OF GERMANS HAD NO INTEREST IN AMERICAN FOOTBALL. IT WASN'T PART OF THEIR CULTURE. THEY NEVER PLAYED IT. SO WE REALIZED THAT OUR OPPORTUNITY IN FRANKFURT AT LEAST WAS TO HAVE SPORT BUT ALSO HAVE A LOT OF FUN. JUST PUT ON AN EVENT.

EVENTUALLY, THE WORLD LEAGUE WAS REBRANDED NFL EUROPE, AND OLIVER LUCK WAS NAMED ITS COMMISSIONER. ALTHOUGH SOME PROMOTIONAL IDEAS SEEMED PLUCKED FROM MINOR LEAGUE BALLPARKS, THEY RESULTED IN MAJOR LEAGUE CROWDS.

WE MADE UP THIS TRADITION THAT THERE'S ALWAYS AN OFFICIAL PRESENTATION OF THE GAME BALL TO THE REFEREE. WE'D FLY A HELICOPTER IN AND LAND WITH THE BALL. WE HAD THE ROCKET MAN THERE, THE GUY WITH THE JET PACKS ON. IF THE CIRCUS WAS IN TOWN WE'D GRAB AN ELEPHANT AND HAVE THE BALL UNDER HIS TRUNK AND HE'D WALK IN THERE. THE MORE AMERICANA THE BETTER. THE SCHMALTZIER THE STUFF THE BETTER.

AMERICAN FOOTBALL FANS WERE LEFT HANGING IN 2007 WHEN NFL EUROPE SHUT DOWN. THE LEAGUE WAS THE LAUNCHING PAD FOR FUTURE PRO BOWLERS ADAM VINATIERI, KURT WARNER, AND JAKE DELHOMME, BUT FEW REALIZE IT WAS THE ALSO THE CRADLE OF A NUMBER ONE OVERALL PICK.

RADIO – ANDREW, OUT OF THE GUN, TAKES THE SNAP. SETS UP, LOOKS. HERE COMES THE PRESSURE. HE THROWS BACKSIDE. TOUCHDOWN!

ANDREW - YES, OLD WORLD LEAGUE FOOTBALL. I THINK HE HOARDED THEM AFTER THE WORLD LEAGUE DISBANDED. SO, YEA, HE GOT THE GREAT LOGO BEFORE THEY CHANGED THE NFL EUROPE OR THE EUROPA LEAGUE. I THOUGHT IT WAS COOL THAT MY DAD HAD HIS SIGNATURE ON A FOOTBALL.

ANDREW LUCK WAS BORN IN THE UNITED STATES BUT HIS CHILDHOOD WAS SPENT IN EUROPE. WHILE MOST NFL QUARTERBACK ATTENDED PRESCHOOL, ANDREW IS LIKELY THE ONLY ONE WHO WAS ENROLLED IN A TRUE *KINDERGARTEN*.

ANDREW – THE THINGS I REMEMBER IS THEM TEACHING US VERY PRACTICAL THINGS LIKE HOW TO LIGHT A MATCH SAFELY. HOW TO LIKE CARRY A KNIFE AROUND. HOW TO BRUSH YOUR TEETH. I REMEMBER THE OLDER KIDS IN THE SCHOOL WERE ALWAYS PLAYING PING-PONG AND SMOKING CIGARETTES, AND PLAYING PING-PONG. THAT WAS PROBABLY LIKE THE H.S. AGE KIDS WHO SET GREAT EXAMPLES FOR US.

OLIVER – SO THIS IS A CLASSIC. THAT WAS PROBABLY THE FIRST TIME ANDREW WAS IN THE NEWSPAPERS, I THINK, AS AN ATHLETE.

ANDREW – THE EGG FLIES, I THINK. SOMETHING ABOUT THE EGG FLIES!

WITH HIS FATHER RUNNING TEAMS IN GERMANY AND THEN LATER RUNNING THE LEAGUE FROM LONDON, ANDREW TASTED A VARIETY OF DISHES FROM THE WORLD SPORTING MENU.

ANDREW – A LOT OF KIDS FROM A LOT OF DIFFERENT PARTS OF THE WORLD. I REMEMBER I HAD A PAKISTANI FRIEND IN LONDON AND WE'D ALWAYS PLAY CRICKET AT HIS HOUSE. SO I JUST EQUATED IT TO BASEBALL. HE'D ROLL THE BALL ON THE GROUND. I'D TRY AND WHACK IT AS HARD AS I COULD. I REMEMBER GOING TO A BIRTHDAY PARTY AT LORD'S CRICKET GROUND. WE'D PLAY A LOT OF SPORTS BUT IT WAS SORT OF, WE FELT LIKE IT WAS OUR DUTY TO TEACH THE GREAT GAME OF AMERICAN FOOTBALL. I WAS VERY PROUD OF MYSELF. IT WAS A SWEDISH KID IN OUR GRADE THAT GOT PRETTY GOOD. HE COULD RUN SOME ROUTES. HE COULD DO SOME GOOD STUFF. GOT REFRIGERATOR PERRY PLAYING FOR THE MONARCHS. I PROBABLY HAD NO CLUE WHO THE FRIDGE WAS AT THAT TIME. HE WAS ANOTHER BIG OLD MAN. SO THAT'S PRETTY COOL. I HAVEN'T SEEN THIS PICTURE ACTUALLY. SO THIS IS PLAYING BASEBALL IN LONDON RIGHT OUTSIDE, WORMWOOD SCRUBS. SO I THINK IT WAS ACTUALLY A FAIRLY LOW-LEVEL JAIL. LOW-LEVEL SECURITY JAIL.

OLIVER – THIS WAS LIKE A DICKENS NOVEL. WE USED TO TELL THE KIDS IF THEY DIDN'T PLAY WELL THEY WERE GOING OVER TO THE SCRUBS.

FOR THE FIRST 11 YEARS OF ANDREW'S LIFE, FOOTBALL WAS SOCCER, AND AMERICAN FOOTBALL MEANT NFL EUROPE LEAGUE.

ANDREW – I THINK MY FIRST MEMORIES OF THE EUROPE LEAGUE ARE FRANKFURT GALAXY GAMES, THE TEAM MY DAD FIRST WORKED FOR.

LET'S SCORE 3 TOUCHDOWNS AND IT WILL BE A BIG PARTY FOR THE NFL!

ANDREW – I REMEMBER FRANKFURT GALAXY GAMES BEING ROWDY AND GREAT ATMOSPHERES. BIG BAGS OF CONFETTI THROWN AFTER TDS. EVERYBODY HAD FLAGS THEY WAVED IN THE STANDS.

OLIVER – WE CREATED THIS, WE CALLED IT A POWER PARTY WHICH IS A PREGAME PARTY. SOME GAMES WE HAD 35, 40,000 PEOPLE OUT THERE 3 HRS. BEFORE THE GAME.

ANDREW – BLASTING BAD TECHNO EUROPEAN MUSIC AND LIVE BANDS PERFORMING. I REMEMBER REALLY BEING UPSET. THEY COULD NOT THROW A FOOTBALL, AND IT BOTHERED ME AS A LITTLE KID THAT THESE KIDS WOULD GO UP THERE TO THE FOOTBALL TOSS AND NOT KNOW HOW TO THROW A FOOTBALL. I REMEMBER WAITING IN LINE AND GETTING VERY UPSET BECAUSE NO ONE COULD HIT IT,

AND THEN I HIT IT. THEY'RE SUPPOSED TO GIVE YOU A PRIZE AND I WAS PISSED OFF SO I WALKED AWAY AND WOULDN'T TAKE THE PRIZE.

BUT THERE WERE BIGGER PRIZES IN ANDREW LUCK'S FUTURE.

GOODELL – THE INDIANAPOLIS COLTS SELECT ANDREW LUCK.

OLIVER – WHEN WE WERE AT THE DRAFT, I WALKED ACROSS THE STAGE TO WHERE THE COMMISSIONER WAS SITTING AND I SAID, “ROGER, ANDREW’S THE BEST THING THAT EVER CAME OUT OF NFL EUROPE.”

ANDREW – AS A LITTLE KID YOU DON'T KNOW ANY DIFFERENT. GROWING UP I THOUGHT EVERYBODY'S DAD WAS AN NFL QB. EVERY KID IN THE WORLD GREW UP AND SPOKE GERMAN AND THEN IN THE MIDDLE OF 4<sup>TH</sup> GRADE YOU MOVE BACK TO THE STATES. BUT I DO THINK IT HELPED ME GET TO WHERE I AM NOW.

(END)