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“I THINK A HERO IS AN ORDINARY INDIVIDUAL WHO FINDS STRENGTH TO PERSEVERE AND ENDURE IN SPITE OF OVERWHELMING OBSTACLES.”

- CHRISTOPHER REEVE

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FOR QUESTIONS ABOUT THE HEROES PROJECT PLEASE VISIT [HERE](#) OR CONTACT:

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**We all have people we look up to. Honor and recognize your hero by writing about them and sharing what you write with others. You'll be surprised how much you learn about yourself and each other.**

### **Why Participate**

Coaching involves more than just the Xs and Os. It's about developing the whole player. Implementing the Heroes Project into your program teaches:

- The importance of recognition
- Self-reflection
- Important characteristics people value in impactful relationships

### **What Do We Do**

#### **STEP 1: PICK YOUR HERO**

Choose someone who you look up to or who has had a positive impact on your life.

#### **STEP 2: WRITE ABOUT THEM**

Answer the questions provided to help guide you through writing your essay.

#### **STEP 3: SHARE WITH OTHERS**

Share what being a hero means to you by presenting your essay and picture to others.

### **Share Your Experience**

Your impact extends further than you realize and your story can be told to thousands, if not millions, with the help of social media. We would love to hear about your Heroes Project experience and share it with our communities as well. Tag us on social media and utilize our hashtag #SideOutHeroes.