

Dedication  
SETTING GOALS  
TEAM WORK



**“I do not fear to fail, I only fear to not reach my true potential”**

-marlon shirley

# Become a **CHAMPION** in **LIFE!**

## **Dedication:**

Ever since I made the choice to train for the 2000 Sydney Paralympic games I to dedicate myself to that goal. What is DEDICATION? Dedication to ME is...Sacrifice, Hard Work and NEVER giving up!

Have you ever been DEDICATED to something? If so, what? If not, then what is something you see yourself doing some day that may cause you to show dedication?

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## **Setting Goals:**

Goal setting is a very important part to being successful in life, sports, family, friends and so many other things. Setting GOALS means to find something in your life that you see yourself accomplishing and putting your mind to it!!! That also means finding out what it is you need to do to accomplish that goal. My next GOAL is to win the 100m dash in the 2008 Beijing Paralympic Games. What do I have to do to accomplish this? I have to train hard, live my life like a world class athlete, and most important is to have the right people around me to be the best I can be. What is a GOAL of yours? What will you do to accomplish this GOAL?

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## Team Work:

So do you know what TEAM WORK is? Team work is when we accomplish something as a group of people. A Football team doesn't win with just one player, but they all win as a team. In my sport I know I'm the only one running down the track, but there were many people on my team that helped me get there. When have you accomplished something in which it involved you accomplishing it with someone else or a group of you? Team work is also about knowing more about each other too.

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These are only a few of the Values and Principles us Olympic athletes use in our everyday life in our pursuit for the Olympic and Paralympic Games... It's not something you turn on and off, it's something that becomes a life style for us and hopefully something you can model your everyday life after...





# BIOGRAPHY

## Let me tell you a little bit about me...

At five years of age, when most kids should be playing and laughing with friends and family, Marlon Shirley was living on the street, being shuffled between Orphanages.

Marlon Shirley has overcome many obstacles and adversity in his life; many of which would have reduced the average person to shambles. Marlon has not only discovered ways to prevail, but has managed to become a World Class Athlete. Currently, Marlon is the fastest amputee in the world. Additionally, he holds three World Records in the 100m, 200m and Long Jump. During the 2000 Sydney Paralympic Games, once again Marlon prevailed and became the 100m Gold Medalist!

Since that time, Marlon has not only become the first amputee to break the 100m world record time of 11seconds, he has successfully run it in 10.97 seconds!!!

At age 5, while living in the “Nevada’s Children’s Home”, Marlon lost his left foot in a tragic lawn mowing accident, while his caretaker was allowing him to jump on and off a lawnmower. After a long drive to Las Vegas, Marlon awoke and discovered that his left leg had been amputated at the ankle.

After many attempts at trying to find a family, Marlon was discovered by a great family from Utah and was officially adopted at the age of nine into the “Shirley Family”. Marlon has many dreams and hobbies, which include; flying, (he is an avid Pilot with the Aeronautics School of Engineering), enjoys golfing, off-roading, RC Modeling, photography, and snowboarding.

Currently, Marlon lives in San Diego and trains at the United States Olympic Training Center in Chula Vista and trains with the High Performance Paralympic under Joaquim Cruz.

Marlon is currently training for the 2008 Beijing Paralympic games where he plans on pursuing FIVE Medals. This feat would be unprecedented in his sport, considering the intense level of competition that awaits him.

Marlon has won many medals in his career and awards, some of which include; “Role Model of the 21st Century,” “2003 & 2005 ESPY Award, “US Olympic Spirit award” and several other prestigious honors.