

**The practice of assertiveness: being authentic in our dealings with others; treating our values and persons with decent respect in social contexts, refusing to fake the reality of who we are or what we esteem in order to avoid disapproval; the willingness to stand for ourselves and our ideas in appropriate ways in appropriate contexts.**

- Nathaniel Branden

This day in age it is more common to receive from a student the answer I don't know than it is to receive a wrong answer. There is more fear of being wrong than there is the leap of faith in maybe being right. That yearning to fit in is widespread, especially in middle school, where there are few authentic leaders. Joe Pendergast, our January Athlete of the Month, has always portrayed himself as someone who is true to his values and his family and is never faking "who he is in order to avoid disapproval." Since Joe has begun his work at the BBC he has been nothing but an assertive individual and a pleasure to have in the community.

Over the past two years I have seen Joe's presence in the facility gradually increasing week after week. Joe's attendance in the strength and conditioning class has been regular and usually he attends both classes; a two hour workout! Coach McGrath and Coach Phripp would both recognize Joe as one of the hardest workers in that class and also a leader amongst his peers. Joe has also been working hard at improving his baseball skills as well. He is not one to shy away from asking questions about his development, he has that determination and passion to learn exactly what he needs to be the best. I believe that Joe not only has a good athletic future ahead of him but also one where he will be a very productive and respected member of society.

Thanks Joe for modeling for your peers exactly what it means to be a leader

Coach Joyce