



Growing Up  
Deaf and  
Achieving My  
Super Bowl  
Dreams

A MEMOIR

# **NO EXCUSES**

**DERRICK COLEMAN JR.**  
with MARCUS BROTHERTON

# No Excuses Growing Up Deaf And Achieving My Super Bowl Dreams

**Michael Edmondson**



## **No Excuses Growing Up Deaf And Achieving My Super Bowl Dreams:**

**No Excuses** Derrick Coleman, Marcus Brotherton, 2015-06-02 Trailblazing Seattle Seahawks fullback Derrick Coleman Jr the first deaf athlete to play offense in the NFL tells his inspirational journey of persevering through every obstacle remaining dedicated to the hard work and a no excuses attitude that ultimately earned him a Super Bowl victory Great for readers of all ages Even at a young age if anyone told Derrick Coleman what he couldn't do he'd just reply Watch me Diagnosed as hearing impaired at age three he faced a potentially limited future but neither he nor his family were going to let that happen Now Derrick shares the story of his remarkable journey toward NFL stardom of the friends and colleagues who cheered him on when skeptics tried to chip away at his confidence and of how every challenge he faced only strengthened his resolve At the heart of his story is his unconventional family whose one constant was always love When Derrick was misunderstood as difficult or bullied and laughed at by schoolmates he removed his hearing aids and listened instead to his mother's advice Never let anyone else tell you how far you can go Playing football became an outlet for Derrick's restless energy and a way of proving he could forge his own path As a senior at UCLA he became a standout an award winning player who led his team with eleven touchdowns and demonstrated to the world what his heart had known all along He had what it took to be a champion **No Excuses** is more than just Derrick Coleman's story as a sports legend inspirational role model and icon It's a motivating and unique testament to the human spirit to the potential inside everyone who has ever faced difficult obstacles It's about aiming high in life giving it your all and never ever settling for excuses

**No Excuses** Derrick Coleman, Marcus Brotherton, 2015-06-02 The first deaf athlete to play offense in the NFL and win a Super Bowl with the Seattle Seahawks relates his story of hard work and determination on his challenging journey to become a professional football player

**Celebrating the Super Bowl** Linda K. Fuller, 2024-02-10 A de facto American national holiday and phenomenon the Super Bowl claims a spot as one of the most significant sporting events in the world and the most widely celebrated feasted and feasting event of the year with 14 billion at stake commercials costing 7 million for a 30 second spot record setting broadcast ratings and 113 million viewers More avocados 105 million pounds are consumed and more beer is drunk 325 million gallons on the single day of Superbowl Sunday But there is much more at play than partying at our annual sports extravaganza as this scholarly researched yet readable volume demonstrates Here you will read a historical perspective that includes discussions of the meta event's economics stakeholders host cities advertising gambling and media fandom ratings halftime entertainment the roles of mythic spectacle and religion football's sexist militaristic language gender issues like cheerleaders and sex trafficking the Puppy Bowl medical concerns like concussions and violence tailgating and foodie ideas all along with tidbits about your favorite team's and player's Touchdown

**Navigate the Chaos in 2020** Michael Edmondson, Ph.D., 2019-11-08 This publication represents over ten years of note taking involving backstories historical events and academic research Once the notes exceeded 200 the idea of a daily question came to mind This is the

third year for the Navigate the Chaos publication that contains 366 daily questions to consider 2020 is a leap year Since self awareness forms the foundation for both personal growth and professional development these questions served as a daily reminder to think about a critical issue related to your growth as a person and as a professional Before you start your day during lunch or prior to going to bed consider asking yourself the daily Navigate the Chaos question See if you can find a few minutes to reflect upon a specific trait habit or idea Dedicating a few minutes each day can help you increase your self awareness as you look to grow personally and professionally **The Stuff** Sharlee Jeter,Sampson Davis,2018-05-15

Everyone has difficult moments in life But everyone also has the ability to overcome hardships and to not only survive but thrive Discover how to realize your own potential with one of the most inspiring and motivating books of our time Wes Moore New York Times bestselling author In the face of impossible odds maybe the devastating consequences of a personal loss the pain of a collapsed career the struggle against a powerful disease or a destructive and toxic relationship how do you keep going We may wonder if we have the strength to survive this ordeal before us Dr Sampson Davis and Sharlee Jeter want to prove that we do No strangers to adversity themselves Dr Sampson Davis and Sharlee Jeter created The Stuff Movement by interviewing dozens of survivors to discover how they triumphed over their challenges These inspirational interviews reveal eleven core elements founded on attributes we all possess that empower us to not only survive through hardship but also thrive You already have the Stuff Now learn to use it Sampson and Sharlee s message of the power of positivity hard work and resilience is one that we need to hear right now Chris Gardner 1 New York Times bestselling author and you can join the conversation at TheStuffMovement.com Featuring stories from John O Leary On Fire Mercy Alexander Rich Ruffalo Mindee Hardin Glenn and Cara O Neill Sean Swarner Traci Micheline Wess Stafford Too Small to Ignore Austin Hatch Debra Peppers Christine Magnus Moore Martha Hawkins Ali Stroker Glee Susan Scott Krabacher Deval Patrick and more Success

Michael Edmondson,2016-03-10 To improve an individual s capacity to process information the self help genre has a tremendous need for a publication that both summarizes the latest research and provides case studies This book meets both needs and is valuable for any person interested in achieving personal or professional success Divided into seven chapters this publication examines the theory and practice of success and includes research from history psychology sociology cognitive neuroscience animal behavior and other areas **Los Angeles Magazine** ,2001-03 Los Angeles magazine is a regional

magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **The Sound of Silence** Myron Uhlberg,2019-05-28 An insightful memoir about growing up between the hearing and deaf worlds Myron Uhlberg was born the hearing son of two deaf parents at a

time when American Sign Language was not well established and deaf people were often dismissed as being unintelligent In this moving and eye opening memoir he recalls the daily difficulties and hidden joys of growing up as the intermediary between his parents silent world and the world of the hearing      **No Excuses** Kyle Maynard,2006-08-01 Born without arms or legs below his elbows and knees Kyle Maynard excels as a champion athlete inspirational speaker college student and male model No Excuses is his inspirational autobiography      *In silence : Growing up hearing in a deaf world* ,1990

Hearing Difference Kanta Kochhar-Lindgren,Ruth Sidransky,2014-05-14 At last Ruth Sidranksy s groundbreaking book In Silence Growing Up Hearing in a Deaf World is back in print Her account of growing up as the hearing daughter of deaf Jewish parents in the Bronx and Brooklyn during the 1930s and1940s reveals the challenges deaf people faced during the Depression and afterward Inside her family s apartment Sidransky knew a warm secure place She recalls her earliest memories of seeing words fall from her parents hands She remembers her father entertaining the family endlessly with his stories and her mother s story of tying a red ribbon to herself and her infant daughter to know when she needed anything in the night Outside the apartment the cacophonous hearing world greeted Sidransky s family with stark stares of curiosity as though they were freaks Always upbeat her proud father still found it hard to earn a living When Sidransky started school she was placed in a class for special needs children until the principal realized that she could hear and speak Sidransky portrays her family with deep affection and honesty and her frank account provides a living narrative of the Deaf experience in pre and post World War II America In Silence has become an invaluable chronicle of a special time and place that will affect all who read it for years to come

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### **No Excuses Growing Up Deaf And Achieving My Super Bowl Dreams Introduction**

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