



EPISODE THIRTY-THREE

More Than the Game

With **Jared Odrick**

For Jared Odrick, life after professional football has been anything but boring. From world travel and speaking engagements to creative exploration and self-reflection, he didn't get the memo that "retirement" means slowing down. But whether he's clashing on the gladiatorial gridiron, writing his next opinion piece, or hashing out the intricacies of faith with a group of Orthodox priests, Jared is always pushing back against a world (and a game) that preaches conformity, using his distinct perspective to humanize the way we think about our athletes. On this week's episode with Jared Odrick, we examine life after sports, controlling your own story, and our profound misunderstanding of the modern athlete.

THEMES & INSIGHTS



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1. A barber is more than a haircut, an architect is more than a house, and an athlete is more than a collection of stats or memorabilia. We are all unique, complex, and valuable individuals that transcend the work we do.
2. Playing solely for the name on the front of the jersey is great—until you have to take the jersey off. Never sacrifice your sense of self while you're sacrificing for the greater good.
3. Follow your own path, tell your own story, and make your own meaning, regardless of other people's expectations. Don't let anybody else sit in the director's chair.

COMBUSTION QUOTES



"There's some things that I wish I would have recognized about what I represented as the professional athlete and as a collegiate athlete to the larger public and the way that they digested me and ingested me. I wish I understood that better, that I had better coordinates while I was within the context of the game. And I think if I would've known that a little bit more, I would have navigated better, and I would have been able to have a more autonomous experience while within the context of a team scenario."



"I didn't want to fall in line and kind of give the public what they wanted, which was the story arc of the hero, the story arc of the warrior, which is a warrior that survives the battlefield and walks away from something that's the only way they know how to be. They're supposed to be clinically depressed; they're supposed to be upset about this. And I'm like, "Well, why? Why are people upset about this?" And I came to the conclusion that they must not have anything else about themselves that they're excited to explore or that they even know is something to be explored."

CALL TO ACTION

"Do work. Do work. You know, the work that's placed upon you, recognize it being placed upon you. And then after you recognize, and after you get through the work that's been placed upon you, go find another load to pick up and put more weight on your own back.... I think the more that you can kind of take on yourself and create your own kind of moralistic effort and output separate than what's expected from you, then I think then you become a free man."

RESOURCES

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