



## **2018 LEADERSHIP BREAKFAST**

FEATURING EAGLE SCOUT & FORMER NFL QB SCOTT MITCHELL



### **About Scott Mitchell**

Scott Mitchell grew up in a small town in Utah where sports became his passion. He was an All-State player in three sports, the MVP in Football and Baseball, and a high school all-American. He won State Championships in football and baseball. He was the Utah state MVP in football and baseball, and the Utah Gatorade player of the year in Football. Even amongst all of this, Scott was also able to earn his eagle scout rank.

Scott's pursuits and success in the athletic realm continued at the University of Utah where he majored in economics. In four years at Utah, he set 10 Western athletic conference and 38 NCAA passing records along with every major passing record at Utah. He was All-WAC in 1988 and also named the Conference Player of the Year.

The Miami Dolphins selected Scott in the 4th round of the 1990 NFL Draft. He played professional football for 12 years with the Dolphins, Detroit Lions, Baltimore Ravens and Cincinnati Bengals. He was named AFC and NFC player of the week and player of the month several times while in the NFL. Scott finished his career with over 17,000 passing yards and 115 touchdown passes.

In 2009, he became the head football coach at his alma mater, Springville High School in Utah. His teams went to the state playoffs each year and advanced to the finals and semi-finals. He was named High School Coach of the Year. Scott said, "It was an honor to give back to the community that had given me so much growing up."

Scott has been inducted into the Nebo School District Sports Hall of Fame, the University of Utah Crimson Club Hall of Fame, and the Utah Sports Hall of Fame.

Scott loves getting to know people and has turned that curiosity into two successful multimedia podcasts with subscribers across the globe, "helmets off" and "rivals". "rivals" is hosted with former NFL and college great Jason Buck. Scott also co-hosts a Sunday night sports show on ABC called "Real Sports Live".

In the summer of 2014, Scott began a life changing transformation process as a reality TV personality on the critically acclaimed show "The Biggest Loser". A national audience saw Scott overcome a very real

and difficult challenge of obesity.

He recently authored the book "Alive Again" where he shares the lessons and secrets he's learned throughout his life about how we can find our best selves. Scott also speaks around the country sharing his secret on how we can tap into the magnificent power within us and find our true potential.

Scott is married to Wendy and has five awesome children. He loves fly fishing and the outdoors. He is very active coaching his kids in sports and loves serving in his church.