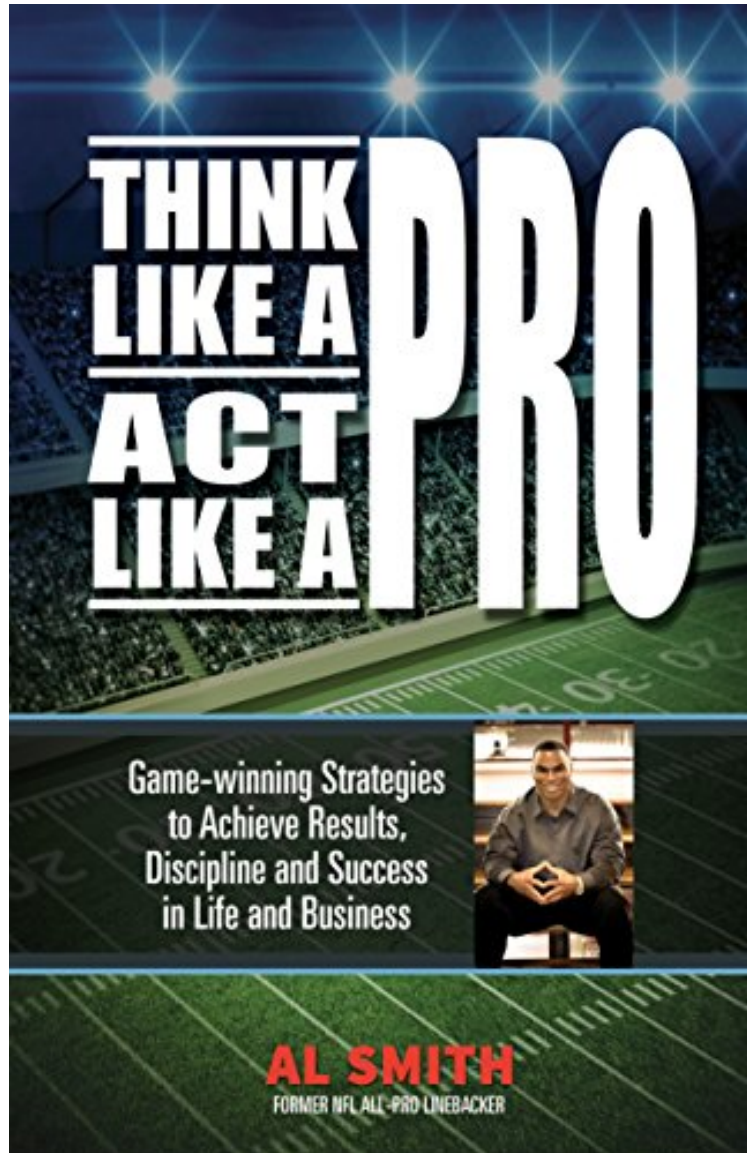


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Al Smith

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About the Author Al Smith is a former National Football League player, author, and speaker with over 25 years of leadership experience. He learned discipline, structure, and values from his mother. Al continues to help people strive toward and achieve their goals. Al is a former executive with the Tennessee Titans, NFL Alumni President and Sports Analyst, Director of Player Development at Vanderbilt University in Nashville, Tennessee and currently serves on the Board of Directors for the NFL Alumni Association and the American Cancer Society. Al has contributed in multiple organizations including Big Brothers Big Sisters, Bridges Domestic violence and the Ronald McDonald House. Al is also an Ambassador with the Fuel Up to Play 60 Organization. A standout collegiate defensive player of the year award winner and team leader. Al was inducted into the Utah State Athletic Hall of Fame and selected for the State of Utah's All-Century team. In 1987, he was drafted by the Houston Oilers. The Oilers finished 9-6 that year and were second in their division. Al's career in the NFL included Pro Bowl selections and first team All-Pro Honors.