

# ARE YOU AN A.L.L. STAR?

Apolo Anton Ohno is a five-time Olympic medalist (and a *Dancing with the Stars* champ!) who's about to compete in his third Winter Games. But that's not what makes him great. It's all about working hard for your dreams.

**Q:** How would you define the term A.L.L. Star? Can anyone become one?

**A:** I believe an A.L.L. Star is someone who's a champion, not necessarily because they've won a race or a competition, but because of how hard they work to prepare. For me, preparation is the big thing. If I leave no stone unturned, I have no regrets. That's important for kids of all ages to realize. If you can finish a competition with no regrets, you can walk away with your head held high. Even if you don't win, it doesn't make your effort any less worthwhile. ***I truly believe anyone with that kind of positive attitude, focus and commitment to teamwork can become an A.L.L. Star.***

To learn more about becoming an A.L.L. Star like Apolo Anton Ohno, visit:

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