

What You Can Learn About Handling Money From an NFL Linebacker



Players in the National Football League make a lot of money. So much, in fact, that players' salaries are often as well publicized as their game statistics.

Some highly-talented stars earn tens of millions per year, while less sought-after players might make a few hundred thousand. According to Career Trend, the average NFL salary is \$2.1 million per year.¹ That figure equates to more than 63 times the U.S. median personal income.²

So, in theory, one year of playing pro football should earn you roughly the same amount of money as working 62 years at an average paying job.

Of course, this is not a statistically realistic comparison. (Hopefully, you get a few raises in your six-decade career.) But it does illustrate why people believe that if you can make it into the NFL, you'll be financially set for life. Unfortunately, just the opposite is true.

Sports Illustrated has estimated that 78% of NFL players end up broke or under financial distress when they retire.³ For example, Terrell Owens, who made \$80 million over his 15-year career as a receiver, has little to show for it today.

The reasons for this aren't terribly mysterious. Expenses like taxes, management and agent fees are usually higher than expected. When friends, family, and distant relations learn how much you make, many will ask for money. Then there's the mentality (also found among lottery winners) that your multi-million-dollar payout is more than you can possibly spend, so you go shopping for cars, jewelry, and houses. Finally, pro athletes tend to make bad investing decisions, which is what happened to Owens.

Several years ago NFL linebacker Brandon Copeland signed a \$1.2 million contract his first year out of college. However, following a severe injury he was cut by the team. Because of how his deal was structured, he estimates that he actually received only \$25,000 to \$35,000.⁴

Copeland has since made a comeback, playing most recently for the NY Jets. But knowing the

fleeting nature of an NFL salary, he has committed to living on about 10% of his income, while saving and investing the rest.

Copeland advises everyone (not just pro athletes) to be aggressive about saving for retirement. But to do this, he says, you have to live on less than you make. It turns out that managing and saving is as important as “earning,” if not more so.

"The biggest lesson I've learned," says Copeland, "is basically don't try to keep up with the Joneses." Don't chase the things that won't be of lasting value to you.

You don't need to bring in an NFL level salary to successfully build a nest egg for retirement. Discipline and consistency are far more important characteristics to have.

Have a great weekend!

Source: Efficient Advisors

Golf Tip of the Week



Golf Tips for Seniors: How to Generate Power

As we get older, it gets harder to generate the same amount of power and drive as when we first started playing golf. That being said, there are many ways for seniors to continue improving their game. Here are some helpful tips for older golfers:

- Close your stance by putting your trail foot back a bit. You can also turn your toes out slightly. This will make it easier to rotate, generating more power.
- Turn away from the ball as you swing rather than facing down toward the ball the whole time. Your eyes will continue to look at the golf ball, but your shoulders should turn away from it.
- Let your lead heel come off the ground to help transfer the weight of your swing. It might almost feel like you're walking into your shot.

Some of these tips might seem unconventional compared to what most golfers are taught in the beginning, but movement means power, and power means that even senior golfers can keep up on the links.

Tip adapted from Donald Petersonⁱ

Recipe of the Week

Hash Brown Waffles for Brunch



There are few things more beautiful than a crisp, fall morning. Celebrate the season by treating your family and friends to a home-cooked brunch. These hash brown “waffles” are delicious, easy to make, and the perfect brunch staple.

[4 to 5 servings]

Ingredients:

- 20 oz. hash browns, frozen
- 3 eggs
- ¼ cup milk
- 1 cup cheddar cheese, shredded
- Green onions or other toppings (e.g. spinach, bacon, mushrooms, etc.)
- Salt and pepper
- A waffle iron
- Nonstick spray

Directions:

1. Heat the waffle iron to medium, and generously coat the iron with nonstick spray (if you skip this step, the hash browns will stick to the grill).
2. Mix together the eggs and milk.
3. Stir in the hash browns, cheese, green onions, and any other toppings you're craving.
4. Scoop some of the potato mixture onto the iron and spread to about ½-inch thick.
5. Cook each waffle for about five minutes, checking it to make sure it doesn't burn. It's done when it's golden brown.

Recipe adapted from Yellow Bliss Roadⁱⁱ

Health Tip of the Week



Indoor Exercises to Stay Alive

Happy Autumnal Solstice! As the weather cools down, it might be hard to get outside as much for walks and exercise. But there are plenty of exercises you can do indoors, even when the weather outside is not cooperating. Here are some simple moves to get you exercising indoors, no equipment required:

- Start with your core. Do 30 crunches followed by a minute-long plank. Repeat for three rounds.
- Do two sets of mountain climbers; 60 seconds on, 30 seconds rest.
- Do push-ups (either on your knees or on your toes), and on your last rep, hold a plank for a minute. Rest for 20 seconds, and repeat three more times.
- Do a standing, reverse lunge, 20 reps on each side. Complete three sets.
- Do regular squats, but hold at the lowest point for three seconds. Complete 20 reps three times.

While these exercises can be beneficial without using any equipment, if you want to step up your workout a bit, try adding in some weights.

Tip adapted from Activeⁱⁱⁱ

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Our mailing address is:

Ballentine Capital Advisors
23 Buena Vista Way, Suite B
Greenville, SC 29615

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ⁱ <https://www.youtube.com/watch?v=a2RuPhpByLM>

ⁱⁱ <https://www.yellowblissroad.com/egg-cheese-hash-brown-waffles-giveaway/>

ⁱⁱⁱ <https://www.active.com/fitness/articles/30-minute-indoor-workout-to-beat-the-cold-weather-blues>