



**Atlanta Falcons Player Jonathan Massaquoi Returns to His Former School, Richards Middle School in Lawrenceville, Georgia, to Talk about Goal Setting and "Striving for Elite"**

**Lawrenceville, GA - For Release Tuesday, September 3, 2013** -- Atlanta Falcons Defensive End and Local Hometown Athlete Jonathan Massaquoi returned to his old stomping grounds to visit with students and encourage them to follow their dreams, like he did, when he was attending Richards Middle School over a decade ago.

Massaquoi, was invited by his former P.E. teacher, Ron Hickman, to come back out to Richards Middle School and kick off their G.R.I.P. initiative at a small assembly and Q and A. Richards Middle School students are being asked by school administrators to practice three habits this year (1) concentrate on their academic success (2) make great choices, and (3) take responsibility in everything they do. They are asking students to practice these habits through G.R.I.P., as students exercise Good Judgment, Responsibility, Integrity, and Pride.

Massaquoi encouraged students to "Rise Up" and "strive for elite" when going for their goals. He also encouraged them to take a good idea and make a plan to see it through, saying "An idea is just an idea, but it becomes a plan if you put it into action."

Massaquoi met with students from 10-11:00 AM to share his positive message and answered their questions, then signed autographs for all that attended.