



Fuel Up to Play 60 Homeroom

Player Ambassador Fun Facts



**CJ Uzomah (Cincinnati Bengals) –
Tight End**



**Joel Bitonio (Cleveland Browns) –
Guard**

Who is the first person to send you a congratulatory text when your team wins a game?

The first people are always my parents. They watch every game in some way shape or form. I don't think they've missed a game since I've been playing at the age of 6 to be honest. Then I'll always get texts from my high school best friends and college best friends. Wins or losses, they'll always text me.

Do you get nervous before a game? And how do you calm any pre-game jitters?

I wouldn't say I get nervous per se, I feel like I prepare myself enough to go out and have fun and know what it is I need to do. I always have butterflies before the game though. For me, that's my body's way of saying 'You get to go out with your brothers and play the game you love... how amazing is that'

Who is the first person to send you a congratulatory text when your team wins a game?

Call my wife first after games so I can visit with her and my daughter. They are my biggest fans.

Do you get a chance to talk to a friend on the opposing side before/during/after a game?

Yes, always try and talk to friends mostly after the games. That is what is so great about sports. It forges friendships and bonds that last a lifetime. Even after competing all day, we are all in this together.

Do you get nervous before a game? And how do you calm any pre-game jitters?

I get a little nervous, but it makes me know that I'm ready to go. The butterflies in your stomach is a good thing. You know you worked hard during the week and you are prepared to have a good game.

