

John Plumstead graduated from Benzie Central in 2004. After graduation, he attended the United States Military Academy at West Point. While at West Point, he walked on to the Army Football team and eventually became a starting linebacker and team captain. After graduating from West Point, John became an Army Officer. Working his way through the ranks, Captain John Plumstead has held multiple leadership positions, included being a platoon leader in Afghanistan. John is still an Army Officer, but he is currently attending Graduate School at the University of Idaho, studying sport psychology. Upon graduation, John will return to West Point to teach sport psychology to cadets. John is happily married to his high school sweetheart, Danielle (Moss), and they have four boys (Carson 5, Griffin 4, Wyatt 2, & Chase 8 months).

One piece of advice John wishes he would have received in high school is this: “The world doesn’t care where you’re from. The world doesn’t care who your parents are. The world doesn’t care if you were popular in high school. The world doesn’t care about any of that stuff. The world cares about hard work. The world cares about trustworthiness. The world cares about how you make people feel. The great news, though, is that if you do work hard, and you are a trustworthy person, and you do make the people around you feel loved and respected, you can achieve everything you want to achieve.”

John recently gave a TEDx talk that can be seen here:

<https://www.youtube.com/watch?v=JWQmDwLs0pA&t=3s>

John and Danielle also document parts of their life on their YouTube channel at

www.youtube.com/teamplumstead.

