BIGGER FASTER STRONGER

BFS

# BE AN 11

*Dedicated to Helping Sudents & Athletes Succeed Since 1976*

ON A SCALE OF 1 TO 10 BE•AN 11 TAKE CHARGE!

## PRE-SEMINAR INSTRUCTIONS

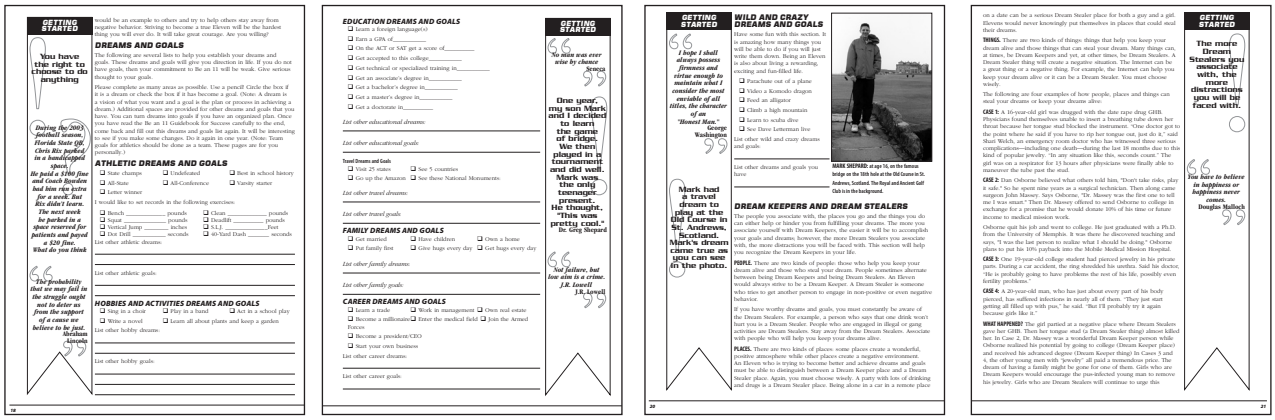
### 1. HAND OUT THE BE AN ELEVEN GUIDEBOOKS.

The student/athlete should pay something for their Guidebook. As they pay, a coach should personally hand them a Guidebook. They should be instructed to read through it before the Seminar. They should read through all of the questions asked in the outside margins of the Guidebook. An 11 student would come to the Seminar prepared to discuss items within the Guidebook. If you do not have enough Guidebooks, or think you will run out, call and order extras, you can order them at anytime.

To help with attendance, you can ask each person "Do you have your Guidebook yet?" As kids see others with their Guidebooks, they will want to get one of their own.

### 2. TELL ATTENDEES TO FILL OUT PAGES 18 - 21

These should be filled out to the best of their abilities and as completely as possible. Sample of the pages are included



GETTING STARTED

DREAMS AND GOALS

ATHLETIC DREAMS AND GOALS

EDUCATION DREAMS AND GOALS

FAMILY DREAMS AND GOALS

HOBBIES AND ACTIVITIES DREAMS AND GOALS

CAREER DREAMS AND GOALS

WILD AND CRAZY DREAMS AND GOALS

DREAM KEEPERS AND DREAM STEALERS

### 3. TELL EVERYONE ABOUT THE FOLLOWING THREE WAYS THEY CAN EARN PRIZES:

**A.** A Prize to whoever can say thank you or hello in five foreign languages. This info is in the Guidebook.

**B.** Prizes to those who can find current news articles of both positive and negative examples of dream stealer/keeper people, places and things.

**C.** Prizes to those who can give examples of sports figures, celebrities, friends or family members who have made changes in their lives to become an 11 more of the time.

### 4. SECURE THE GYM OR BETTER YET THE AUDITORIUM FOR YOUR SEMINAR.

**A.** Invite parents, administrators and/or community members. There is no charge for the adults in attendance, but you may want to give or offer to the adults a Guidebook for a small fee.

**B.** Make sure to have a projector and screen. A wireless hand-held microphone would be ideal to have on hand. A sound system for inspirational movies to be played.

**C.** Have immediately available during the seminar, all of the materials that you have received from BFS including: T-shirts, BFS Magazines, "Dream…" novel and 8.5 x 11 cards.

**Everyone should bring a pencil and their Guidebook to the seminar.**

**D.** Video taping is allowed and you might want a photographer to take photos. The photos you take may be used in a future BFS Magazine in addition to your own personal use.

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