



## POST-SEMINAR IDEAS

**Hopefully, the athletes who attended the Be An Eleven Seminar are now going to be an 11 more of the time.**

There should be a noticeable difference in attitude immediately following your seminar. However, to maximize the effectiveness of the seminar and to keep the eleven concepts alive, we encourage you to implement the following ideas:

1. For those who did not attend: It is natural to have very high expectations of athletes after a seminar. These expectations may be dampened if a particular athlete acts inappropriate. Did this athlete attend the seminar? If not, then the concept of the eleven standard must be explained. Start with the team goals and how everyone decided to be an eleven to accomplish those goals. Ask, "How do you feel about trying your best to be an eleven and supporting the team?" Ask, "Can we count on you?" It would be hard to imagine a negative response. A positive response invokes the expectation of greatness.

**Note:** If an athlete acts inappropriate and attended the seminar, use idea #4.

2. Signs: Visions of greatness can be powerful reminder tools. For example, put a number "11" sign in the weight room and/or locker room. Have your athletes touch it before they leave. Develop this as a habit. Feel free to use any of the phrases in the Be An 11 Guidebook for potential signs.
3. Positive phrase: Look for positive actions by students/athletes. If someone does something good, say, "That was an eleven thing to do." It might be as simple as picking up a can and putting it into the garbage or praising a teammate.
4. Phrase for negative action: There will be times when students/athletes forget their eleven principles. All you have to say is, "John, I thought you said you wanted to be an eleven." Most will respond incredibly well. If there is any hesitation, say, "John, what can I do to help?" Or "John, is everything okay at home and in school?" or "Is there anything I should know about that will help you?"
5. Hold 2-3 minute discussions on current events (What do you think session. Ask questions). Everyday newspapers and magazines have topics for interesting discussions. Look for both the positive and negative. Discuss Dream Keeper/Dream Stealer people, places and things.
6. Extra Guidebooks: Order online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)
7. Call 1-800-628-9737 with any questions

