Remember the past - Live the present - Build the future

Humble – Respectful - Selfless
Remember the past - Live the present - Build the future

On a Scale of 1 to 10

Be an 11

An 11 Off-Season

Humble – Respectful - Selfless
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An 11 is a person who holds himself or herself to the highest possible standards to attain his or her personal destiny and help others attain their true destiny.

Characteristics

Awesome people – strive for excellence in all areas of their lives
Trustworthy and dependable
Goal Oriented – Make success happen!
  Morally strong
  Pull others UP
Loving and respectful
Do the right thing even when criticized

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The Responsibility is Yours!
You are required to make your own decisions
You are responsible for your own greatness and failures

Anyone can do it
You must make the choice to be willing to continually raise your own personal bar of excellence

No one is perfect
Everyone will fall short of being an 11 sometimes
RECOGNIZE WHAT HAPPENED – TAKE RESPONSIBILITY – RESOLVE TO DO BETTER

In the long run men hit only what they aim at. Therefore, though they should fail immediately they had better aim high – Henry David Thorough

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Be an 11 all Off-Season

Physical preparation – Train your bodies

• Multiple sport participation
  • *Find a way to train if your in-season sport is not*

• GHS lifting and performance enhancement program
  • **Monday thru Friday 3 to 3:45**
  • 81% average
  • Break records every time you lift

• GHS summer contact days 100% attendance– dates TBA

• Attend a football camp

• Follow thru on coach directed personal improvement suggestions

*Humble – Respectful - Selfless*
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Be an 11 all Off-Season

Mental Preparation – Train Your Minds

• Make a conscious decision to be great
• Understand greatness will not be easy
• Attack the off-season with focus and intensity
• BELIEVE THAT IT IS POSSIBLE

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Be an 11 all Off-Season

Team Building

• Reach outside of yourselves to support your teammates
• Work together to hold yourselves and teammates accountable

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Academics

• Work to get passing grades in each class
• Ask for help when you need it

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Socially

• Find positive activities to get involved
• Make a pact with others to get each other out of bad situations
• UNDERSTAND EACH DECISION IMPACTS THE FUTURE

Humble – Respectful - Selfless