

Inside a *Be an 11* Seminar: Skyline High School



Motivation keeps this Utah school on cloud nine

Skyline High School in Salt Lake City, Utah, is a nice place to be a student – *Newsweek* named it as one of the top four percent of U.S. high schools. But it's an even better place to be a football player. In the '90s Skyline won five straight state

championships. BFS is proud to have a graduate of Skyline High School on its team.

John Rowbotham is the vice president of BFS and attended Skyline High School in Salt Lake City. His success at Skyline, where he was a

team captain, enabled him to move on to play safety at the University of Utah for two years before transferring to Pacific Lutheran University, where he won the award for Team Most Inspirational Player.

It would be an understatement to

say Rowbotham was excited this May when he was given the opportunity to give a Be an 11 clinic at Skyline. “Just knowing that the kids on the team knew of me and that I had played there had a positive impact going into the seminar,” says Rowbotham. “It was special also because Roger DuPaix, the winningest coach in Utah history, attended the seminar.”

Unlike many motivational seminars, Rowbotham says his seminars are very dynamic. “There is very little sitting down and lecturing at a Be an 11 – we focus on a lot of hands-on activities for team building.” Because of the



school’s ongoing success, Rowbotham said the challenge at Skyline was to motivate the kids to keep the intensity at a high level. “This is something that every coach has to fight after a successful year – to not let their kids get into

a comfort zone where they think they can just show up next season and

repeat their success.”

Rowbotham says the kids responded positively to the Be an 11 experience and says he plans to visit the team before at least one game during the season “to hopefully reinforce the goals they committed themselves to achieving during the seminar.”

It’s been said you can’t go home again. As these photos from the Skyline Be an 11 seminar clearly show, sometimes you can. **BFS**



Roger DuPaix, head football coach



BFS clinician John Rowbotham



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