



Players Responsibilities

Each Athlete is responsible for the following:

- 1) Every day each Athlete is to take 50 correct practice swings.
- 2) At least once a week, on their own (in addition to all practices), they are to go to a batting cage (or work from home) and work out for 30 minutes. Do not develop a pitching machine swing, always work on tracking the ball. Be aware and evaluate each practice swing.
- 3) Athletes & Coaches will agree weekly on a skill you are to work on. It is your responsibility to work the skill and develop.
- 4) Every Athlete must work on their running skills daily. Coaches will maintain your times between Home to 1st & Home to Home. You will work aggressive leadoffs. We expect continuous improvement during the course of the year.
 - A) Resistance running is important to improve speed.
 - B) Leaning forward not upright, arm tucked in are attributes of increasing speed.
 - C) Aggressive leadoffs will assist in the perception of speed plus will help you get the proper jump.
- 5) Athletes should send a minimum of 10 letters minimum per week to colleges. At least 2 should be to new Colleges. Each Athlete needs to turn in the list of colleges contacted (via email) and Ernie needs to be included as a cc on all emails to colleges.
- 6) Seniors please give us your Graduation date as soon as you know it. Athletes must give us the dates of your college visits; please try to coordinate your trips to not conflict with game and or tournament weekends.
- 7) Full participation in ALL fundraisers is mandatory.
- 8) It is the responsibility of each Athlete to be a Leader and not just wait to be led. Each of you his expected to do the following:
 - A) Hustle and encourage others to do so.
 - B) Initiate cheering in the dugout and on the field.
 - C) Know the game situation all the time (outs, position of runners, score, inning etc.).
 - D) Make positive comments toward your Teammates.



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- E) Attitude never changes from the playing field to the bench.
- F) Be on Time or Early, never late to any function.
- G) Look for ways to succeed not reasons to fail.
- H) Treat all members of the Coaching Staff and Team with respect.
- I) Maintain a 3.0 or better GPA on each report card – which must be turned in.
- J) A leader never excludes but always includes the whole team in all activities.
- K) Know the signs; teach others on the team. Know the important roll you play on the team and be proud.
- 9) Leadership is an entire persona not just in sports. It is an approach to schoolwork, relationships, and life in general. Leadership is a developed skill not just an inherited attribute.
- 10) Know that winning a game and being a winner are 2 different things. Being a Winner is an approach to life not the score of a game. Winners never lose, they may run out of innings in a particular contest, but they have no concept of losing. Winning is a state of mind.

HOW WILL WE KNOW IF YOU ARE DOING THE INDIVIDUAL WORKOUTS?

YOUR CONSTANT IMPROVEMENT IN PERFORMANCE WILL BE YOUR REPORT CARD.

Player Signature