



Mariner Baseball

I am going to have the best season ever!

“Team”

A group of people who learn to work together in the pursuit of a common goal. Teammates have each others backs. Teammates help each other pursue the common goal.

We are going to have the best season ever!

In order to do this we need to join together as a community and help our program be strong.



General Rules

Practices are closed:

Parents who want to watch practice can watch from the upper parking lot. It's time for the kids to handle their own business. Coaches are to be coaching during practice and not talking to parents.

Availability of Coaches:

Coaches are always available to their players. Players are to respect the proper time to approach them. Best times are before or after practice.

If a player is not happy with his playing time or other issues he is to talk to his coach. If he feels he can't talk to his coach he should talk to me or one of the other coaches.

Coaches will not talk to parents about these issues until the player has talked to the coach. If the player is not satisfied with the answers he gets from the coach then a parent coach meeting can be scheduled.

General Structure:

All players will have their coach's phone #.

If they are going to be late or miss a practice, they shall leave a message on their coach's phone before that practice or game starts.

If a player misses 3 events with no phone call the player will be released from the team.

Players can be excused for homework, projects etc., but they need to understand that multiple missed practices will create opportunity for those players who are always at practice.

Players who miss the practice before a game will not start and may not play.

Any players who do not have a 2.0 prior to the season will not be eligible for that season.

Any player that does not have a 2.0 when grades come out during the season will be released from the team.

All players are to carry and be passing 5 classes. If a player has a class at Cabrillo it is his responsibility to get his grade to the school before the time that grades come out.

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Players

Who do you need to impress? Answer: Your coaches!

What we are looking for:
Commitment to the Program
Emotionally strong players
Hardworking Players

Determining who is going to make the team:

Attitude: Does he listen? Does he complain? Does he disrupt things?
Will he buy into “Team”?

“Cancer will be addressed and eliminated!”

Work Ethic: Hustle, Focus, Listens and performs as instructed

Ability: Not necessarily results but form and mechanics (athleticism)

Mental Toughness: How does he handle his mistakes?

Things we will be: Things we will support: Things we will teach:

Academic achievement

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Make Up:

Honesty

Character: Do your teammates like you? What do others think of you?

Reliability

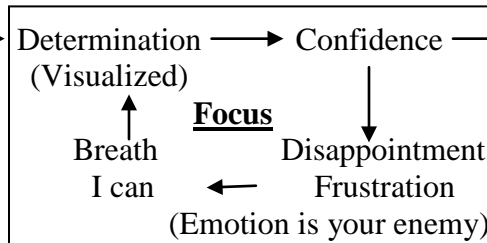
Responsibility

Work Ethic: Dedication to reaching a goal. Willingness to work hard and do it right!

Mental Toughness: Desire → Determination (Visualized) → Confidence → Achievement (Postgame)
(Pregame & Practice)

When you accomplish this
Is when you “Play Free”

The process will “Slow the
Game Down”



Focus your Desire to Achieve
“One Pitch at a Time”

“Players” stay in the loop. “Victims” get stuck at disappointment.

Stats:

The way Baseball gets done at Aptos High is not through individual stats! The ultimate in winning is developing a team who works together to achieve a common goal. The highest level of this is a group of young men who value their team and teammates ahead of their own personal

achievements. It is those who can strive for the mental ability to stay focused on that task that will succeed. It is those who understand that and work on a daily basis, a pitch by pitch basis, mentally free to achieve for their team that will become the leaders. In that environment individual stats become a cancer to the individual and the team.

We want the “players” to be focused on the next pitch and what they are going to do next. “Victims”, no matter how good they are, get stuck on previous failures and how it affected their stats!

When we do this!

We are going to have the best season ever!

Confidence comes from success!
The trick is to have Confidence when success is not present!
Build Confidence in each other!

To help support this “be calm” “give rewards” “ask questions”. If everyone is on the same page of what we want to do, what we want to be, then we will have a calm developing successful environment.

How we will approach the Game!

Focused Practice

Take the time for Mental Preparation
If we want to take a breath and obtain a focus in the game we have to do it in practice.
Learn to get into what you are doing.
Focus is adjusting your attention to the most important thing.
The most important thing right now is the task at hand and accomplishing it.

Play Hard

Conditioning for Baseball
We need to be able to make it around the bases hard without running out of gas.
We need to be able to run on and off the field 7 times and have the energy to play the inning hard.
We want to run hard slide, get up quick and run hard again.

Play Free

Performance = Potential - Interference

Stay in the “Loop”
It’s not about what just happened it’s about what you’re going to do next.