

THE "WINNER" - TIPS FOR IMPROVEMENT

1. Persistence is more important than talent.
2. There is a reason that the word STUDENT comes first in student/athletes.
3. Respect the game as much as you want to be respected.
4. *Tuck in your shirt at all times.*
5. *Don't wear your hat backwards.*
6. *Practice hard because you play the way you practice.*
7. *It doesn't take any athletic ability to hustle.*
8. *Be a student of baseball. Learn the game. Study the history of baseball.*
9. Help your team win whether you play or not.
10. Keep a daily dairy of what you do at practice and keep notes of your observations. This will help you see the progress you have made.
11. Never argue with an umpire.
12. Agree to let your coaches train you.
13. Don't miss school.
14. Maintain the grades that keep you eligible.
15. Set high standards along with knowing the steps to attain them.
16. Don't tell people what you are worth, prove it to them.
17. Your girlfriend is not more important than your career choice.
18. *Your parents love you, but don't know more than your coaches about the team.*
19. Don't let anyone make an excuse for you and never make one for yourself.
20. Maintain eye contact with all adults when they talk to you. Practice on your friends.
21. It is your coaches opinion of you that counts, not your parents, girlfriend, or fellow players. The coach makes out the lineup. Failure to understand this point and you will soon be out of the game.
22. Life is not always fair. Regardless of what some people want you to think.
23. Be compassionate about your teammates.
24. Love the game!
25. Players are not the only people in the game. There are coaches, trainers, managers, announcers, umpires, broadcasters, and writers. All of these jobs are honorable professions as well as keeping you young.
26. The only thing that coaches owe you is HONESTY.
27. Body language screams. It never whispers.
28. Balance makes champions. If you focus on hitting and ignore the defensive part of your game you will never be a complete player.
29. Be as diligent on defense as you are on offense.
30. Defense wins more games than offense.
31. Pitching sets the tone.
32. Games are always lost, never won. Mistakes (mentally and/or physically) lead to losses.
33. You can win a league with a couple of good pitchers. Well-developed pitching staffs win championships.

34. Work on your game every day of the year. The guy who beat you out for the starting job did and the team that did always beats you.
35. Who you are today is a result of who you were in the past. Fill your past with smart work and good deeds and you will maximize your potential.
36. You don't have to be a great athlete to be a good baseball player.
37. Show off your talent to your current coach and your future coach by doing the following: (ALL THE TIME)
- a. When you jog to warm up finish first.
 - b. When you stretch do it the best.
 - c. When you play catch, throw to a target and hit it every time.
 - d. When you play catch, catch the ball or block the bad throw and keep it in front of you every time.
 - e. When you are doing a drill, do it perfect, every time.
 - f. Go hard all the time. Never walk on a baseball field.
 - g. As a batter/runner, run to first as if it matters that you are safe.
 - h. Know the situation on defense and do the right thing always.
 - i. Know the situation and count on offense and do the right thing every time.

38. Baseball reveals CHARACTER, it does not build it.

39. CHARACTER means doing the right thing when nobody is watching.

40. Take PRIDE in all that you do and do it to the very best of your ability.

41. Set as your daily goal to never leave the field without doing everything that you can to make your teammates better!

Excerpts from "Collegiate Baseball" Oct. 1999

(The ones in italics were added by Coach Mayo)