



GAME DAY BEST PRACTICES FOR PLAYERS

Everyone must pay attention to their behaviors at the field. Being a good and supportive teammate is the most important thing, and if you are on the path to college, it's also important to note that college coaches are watching.

Your actions say a lot about you.

Follow these five tips to being great on game day.

1

BE PREPARED

Be properly rested, fueled, and hydrated. Be responsible for your uniform, gear, and supplies. Establish an "early is on time" philosophy for team events.

2

BE A STUDENT

Love the game unconditionally. Acknowledge, observe, and apply coaching with a positive attitude and best effort.

3

BE AWARE

Whether you are a starter or non-starter, you are important to the team, and your role matters. Take pride in your contribution to the team no matter how small or big. Be focused on your effort to win every pitch.

4

EXECUTE FAILURE MANAGEMENT

Recover quickly after failure. This trait demonstrates your mental toughness in the face of adversity. This consistent behavior will set you up for future success.

5

POST GAME CONVERSATION

Allow yourself a "cooling down" period after the game. Win, lose, or tie, be respectful of your family, coaches, and teammates. Be grateful on good and bad days.