

WHAT DOES IT TAKE TO BE A CHAMPION?

COMPETITIVE TOUGHNESS

- Toughness relates to the ability to be at your best no matter the situation, the opponent, the score, the time of season, or your performance to date.
- The best in the game will overcome failure & adversity in order to respond with their top performance – they always get back up.
- Toughness is more than confidence – and it is also more mental than physical. It involves grit, resolve, determination, discipline, & a stubborn refusal to accept that someone is better than you.

EXCELLENCE IN EXECUTION

- If you want to be great, then you must be willing to break down every skill to the finest detail – practice it over and over again – and not let anything get in the way of your quest for competitive excellence.
- Talent and depth only get you so far – when it comes down to it, the best will triumph because they have prepared for those moments when the most minute thing makes the difference between winning and losing.
- When it comes to baseball, this applies to bunting, baserunning, & situational hitting on offense – and pitch sequencing, defensive shifts, & situational communication on defense.

PURPOSEFUL PREPARATION

- When the scoreboard is on and the game counts, every ballplayer wants to win. However, many times the outcome of the game has already been decided based upon how purposeful and practical a team was in their preparation to play. Practice makes permanent – not perfect.
- The team that is able to sustain a constancy of purpose throughout each opportunity to prepare – through practice, not through games – is much more likely to see their ‘will to win’ lead to actual success on the field.

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DYNAMIC BALANCE & AWARENESS

- Physically, this refers to the body's ability to retain a state of equilibrium while in motion. Psychologically, it means the same thing – how adept are we at maintaining an even keel when everything around us is moving and changing – sometimes in negative, adverse ways
- This refers to our capacity to stay on track during tough moments in a game or during the season, and it applies to our ability to balance the physical aspects of the game with the mental, emotional, social, etc.

BAND OF BROTHERS MENTALITY

- On any great team – whether it is in military, in business, or in sport – there is a collective unity among members toward their purpose & goals.
- This doesn't mean that everyone has to be the best of friends. In fact, that is often an impossible expectation considering everyone's interests. It simply means that each member must band together within competition to ensure that we are “all for one, and one for all.”
- Ideally, this filters into the way we live our lives off the field as well. We want to be as a family outside of our real families – not without conflict or struggle – but with an everlasting belief that we are all in this together.

CONTINUAL GROWTH & DEVELOPMENT

- Participation in college athletics is as much about the life lessons that you will learn as a young man as it is about whether or not we win a championship. Sport does build character – it also reveals it as well.
- To maximize your abilities, you have to be willing to accept your flaws and shortcomings – and to be able to look your coaches in the eye, accept their feedback, and commit to making meaningful changes.
- On championship teams, the best players are typically its best leaders - & its hardest workers. But the entire team seeks continual development.