

WASHU BASEBALL – TEAM GUIDELINES

OUR COMPETITIVE MISSION

To build and maintain a consistent, championship-caliber, competitive baseball program.

OUR CHARACTER MISSION

To develop and mentor young men of integrity and strong moral values, who show respect for every person, and who consistently represent our university and their families in the right way.

OUR CULTURE MISSION

To create and sustain a family-oriented atmosphere built on mutual respect and collective commitment, whereby the efforts and abilities of all team members are both supported and challenged in healthy, productive ways.

PERSPECTIVE → PRIORITIES → DISCIPLINE = GOOD DECISIONS

ACADEMIC INTEGRITY

- Do honest work – and work to be honest in everything you do
- Have the discipline to plan ahead & to allocate your time appropriately – especially in-season
- Show respect for your professors by being on time and by engaging in class discourse

ALCOHOL USE

- We will refrain from drinking alcohol within two days prior to any competition (48-hr rule)
- If you cannot make this sacrifice, then what does that say about what is really important to you?
- We will lead the way on & off-campus in showing how to make responsible choices as an athlete

CITIZENSHIP – ON & OFF-CAMPUS

- Be a leader in setting an example for how to treat people with decency, courtesy, & respect
- Social consciousness – keep an open mind and learn about areas where you lack understanding
- Maintain a broader perspective – work to improve your community – be known as a good man

COMMUNICATION

- Honest, up-front, advanced communication is the standard for both our coaches and for our players
- Take the time to loop-in all of the captains and/or coaches if you have a conflict – 24+ hrs in advance
- Early communication shows responsibility, preparedness, & a respect for others' time and plans

GREEK LIFE / SOCIAL EVENTS

- Be a ballplayer who happens to belong to a fraternity – not a frat boy who happens to play baseball
- There are many opportunities to be social – have the discipline to know where to draw the line
- It can be hard to separate alcohol from 'being social' – position yourself to make good decisions

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HAZING / INITIATION-TYPE ACTIVITIES

- We have zero tolerance for any type of reckless activity that pressures someone to do something that is harmful to themselves or to others – especially related to group affiliation/membership
- Look after your teammates – work to keep each other safe – both in public and on social media
- If you see something, say something – do not allow for others to be mistreated on your watch

INTRAMURALS / REC SPORTS

- We will refrain from participating in intramurals and recreational sport activities for the duration of our non-traditional and traditional seasons
- In the off-season, participation in these activities should be a secondary priority to your training

LOCKER ROOM DECORUM

- The locker room is a team's sacred place – and a valued, shared space – treat it as such
- Items are to be kept off the floor – clothing is to be hung up rather than stuffed in a pile
- Residence in the room is a privilege – keep your house clean & respect your neighbors' space

SOCIAL MEDIA

- All of our social media accounts should be set to 'private' – this is a team-wide guideline
- Ensure that your history of posts does not contain anything that could embarrass you or your family
- Ask yourself this before posting – 'Would you want your parents to see it? A future employer?'

SUPPORT STAFF

- All of our support staff at WashU are here to make you better – treat them with courtesy & respect
- Greet them by name – show appreciation & gratitude often – communicate with them in-person
- Have the perspective to understand their roles, respect their time, & recognize their resources

TEAM TRAVEL – COMPORTMENT ON ROAD TRIPS

- There are many eyes on us when we travel – our actions affect our identity & the WashU brand
- Use appropriate language – greet others with eye contact, a smile, a firm handshake
- Gratitude & appreciation – put a personal touch to the 'thank you' – respect those who serve

'WANT TO' vs. 'HAVE TO' – 'WILLING TO' vs. 'MADE TO'

SEEK FIRST TO UNDERSTAND – THEN TO BE UNDERSTOOD

CAN YOU MAKE YOURSELF DO IT? CAN YOU KEEP YOURSELF FROM IT?