



# OHS BASEBALL – CONVENANTS

## 1. TEAM IS #1

- ❑ If we are to be successful as a group, we must depend on each other, trust each other, and believe in each other. If we can successfully do this as individuals, then we can have success as a team. Lastly, understand and accept your role(s) in the efforts of becoming a championship caliber team.

## 2. CHARACTER

- ❑ Trust your teammates, parents, and coaches. We all want you to succeed.
- ❑ Respect your opponents, teammates, and yourself. Make strong decisions based from your personal values and beliefs.
- ❑ Take responsibility for your mistakes.
- ❑ Don't criticize others, stay positive and be a team player.

## 3. COMMITMENT

- ❑ If it doesn't get done in the classroom it probably won't get done on the field.
- ❑ To become a better baseball player, you must be willing to put in the extra time and effort.
- ❑ Proper preparation prevents poor performance.

## 4. POSITIVE ATTITUDE

- ❑ Have FUN ...it's a game.
- ❑ "Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer." ~Ted Williams
- ❑ Nolan Ryan lost 292 games in his career.

## 5. PROGRAM CORNERSTONES

- ❑ Self-evaluate yourself on a daily basis. Become a powerful learner.
- ❑ Throw Strikes and Hit Strikes. Throw with accuracy and velocity. Hit with power and decisiveness.
- ❑ Hammer the baseball! Believe in OPPO POWER!
- ❑ Be aggressive on the base paths – watch the baseball at all times. Advance on balls in the dirt.
- ❑ Strength training makes a difference. In season goal = 2 days/week. Out of season goal = 4 days/week.
- ❑ Arrive to practice and games punctual, organized, and goal oriented. Focus on the end result.
- ❑ **NEXT** – move past your individual mistakes. It doesn't matter how you start – it's how **WE** finish.
- ❑ If you are not doing it right – you are doing it wrong. Complete drill work to the best of your ability.
- ❑ Play intelligent baseball. Know all of the signs (offensively and defensively).