



## Travel Team Standards

### **Intangibles**

1. **QVC.** (Quality Voice Commands) There should be constant chatter in games and practices. Energy and attitude is contagious--make sure it is positive!
2. **Hustle.** Everywhere and all the time. We never walk during practices. This, above anything else, gets someone's attention. You will not be reminded to hustle or pay attention in practice and games.
3. **TEAM not ME.** Understand that if you employ our standards that things will work out for you personally. But always put the team and program before yourself. You win and lose as a team, not an individual.
4. **Equipment.** Everything should be orderly. Bags, gloves, helmets, bats should be lined up, not thrown around the dugout. Teams will leave the dugout as one unit to make sure all equipment and garbage is picked up.
5. When you are playing a game, the only thing that matters is the game! No side chatter, pay attention--you learn the most while watching.
6. **BTF.** Best Teammates Forever. Be positive and supportive of your teammates. Remember it is not always what you say, but how you say it. Picking on teammates or isolating a teammate on the bench or between games is not an option. There are no clicks, drama or temper tantrums in a BTF setting. Pouting, eye rolling or bad body language in the dugout or on the field is not part of our program.
7. **No group Tebow.** When a player gets injured, do not take a knee unless there is a stretcher on the field. If you are hurt, stay down, if you are not hurt get up and take a deep breathe and resume play.
8. **Dress code.** Each team will be given a specific dress code for practice. Fix your hair one time prior to game time.
9. We will be a Fountain and never a Drain prior to and during games.

10. You will celebrate runs scored and defensive gems by greeting your BTF's outside the dugout. You will get off the bench and hug/pat/shake hands with the pitcher after each inning they return to the dugout.
11. All players will understand the power and need to control their breathing and make it part of their pre-hit, pre-pitch or pre-fielding routine.
12. You will keep a player journal and learn what and what you can't control in a game. One thing you will control is your emotions and how you react to the uncontrollable. The player journal will become your source of great feedback and a guide to becoming a better player.
13. Be on time. If you are not five minutes early you are late. Control your parents, as best you can and remind them to be fountains, not drains.
14. There is one voice in the huddle, the coach. Eyes should be focused on that coach and when you hear her/his voice, all other dialogue stops immediately.
15. Get away from "it's alright", sorry, my bad, and "good try" philosophy.
16. No prolonged talking or receiving instructions from parents during game.
17. If you have nothing positive to say or think about a teammate, don't say it or think it.
18. You will smile more and frown less in games and in practice. The team will hear your voice at least once per inning on offense and defense.
19. You will enjoy and give full effort to the "Fab 5" sprints after each game.

## **Offense**

20. Communication. Hitters need to pass along information about the opposing pitcher! After an at-bat, tell the next hitter what you saw in terms of speed, movement and location. Then tell the rest of the team.
21. Adjust your timing and pitch selection during games, not mechanics.
22. Sprint the bases until a fly ball is caught, and run through the base on a ground out or a walk. We don't take late leadoffs. Every lead off we try to look as if we are stealing in order to draw throws. We dive back to bases head first.

23. We will assume we are going to the next base unless our coach or our eyes tell us differently.
24. You will start your preparation for your at bat as soon as you put on your helmet.
25. You will check all OF positions as a runner so you can get great jumps on balls hit to the OF.
26. You will advance on any bobble in the OF or a passed ball.
27. You will check in with your 3B coach for signals during every at bat.
28. Hitters will display professional takes.
29. Hitters will not be late in offensive counts and will learn to shrink and expand the strike zone based on the count.
30. Hitters will adjust in the box (N, S, and E.W) according to the pitchers tendencies.
31. Hitters will understand **READY** and stick to it.
32. With two strikes, hitters will attempt to see the ball longer and have a compact, shorter approach to the ball.
33. Each player should have an understanding of the strike zone for that game.
34. Defensive teammates should bring out your glove if you are on the bases.
35. Communication. "Tell a friend" rule in the field on number of outs. Direct each other before the next play: "one out, runner on 3rd, look back and go one." "Hit your cuts".
36. We sprint to our positions. We dive...including foul balls that you know are not outs just to get into the habit of it!
37. Pre- pitch actions: you need to be moving every pitch while on defense. When we set our feet we still need to be ready to move!
38. If an error is made, verbally pick your teammate up, vocally or physically. Same goes for homeruns. If two errors are made in one inning, our catcher needs to call timeout. Never let your teammate be alone out on the field or in the dugout.

39. We will go after any missed ball with an extreme sense of urgency.
40. **Pack of 3.** Any time a ball is hit; there are at least three people on the field moving on the play. If there are runners on, even more. Backups save ball games...never stand still!
41. We will use **Double Talk** on all "shared" fly balls. Middle IF's will demand the ball from the OF on throw-ins and know where they are throwing the ball with the help of the other IF who will vocally direct where the ball should be thrown. If time permits, the receiving IF will peek to see where the runner is prior to receiving the ball from the OF.
42. We will not be beat "under" the glove on groundballs and if a ball touches your glove, we expect you to catch it. Our OF's will not allow gaps to open for balls.
43. We will not catch and tag with two hands. We will not be late to cover a base on a throw down or a back side throws. We will always look to see where we can make another throw on a live ball.
44. Balls will not drop near outfielders without a slide, dive or a shoe string attempt. Infielders will not allow balls to kick through the Infield without a dive.
45. We will always catch the ball with our feet first: always moving to center the ball instead of reaching for a throw.
46. When we change pitchers, the pitcher leaving will wait on the mound, hand the ball directly to the new pitcher and pat him/her on the backside for support.
47. We will attempt to practice at a speed of play similar to a game. IF will get rid of the ground ball within 3 seconds from the time in which the ball was hit; OF's will catch all fly balls and redirect the ball back into the infield as if the winning run was at 3B.
48. All Infielders will "field through" all groundballs between innings. All OF's will demonstrate a crow hop on their in-between and pre-game fielding.
49. We will ask the players to police and remind each other of the Travel Team Standards with a respectful tone and in a non-yelling manner. Address your teammates the way in which you want to be addressed.