

MOUNDS VIEW MUSTANGS SOFTBALL

Player Expectations

- Understand and comply with all rules and regulations of Mounds View High School and the MSHSL regarding academic progress, substance abuse, and personal conduct.
- At all times – 24 hours/day, 365 days/year – In School and Out of School
 1. **CLASS**
 2. **COMMITMENT**

** You can be You! We want You to be You! And, demonstrate Class and Commitment.
- Have **HIGH EXPECTATIONS** – Strive to excel; expect and accept nothing less.
BE ACCOUNTABLE - NO EXCUSES
- Take **PRIDE** in yourself, your school, your team, and your community.
- Focus on **TEAM** goals ahead of your personal goals
 - For any individual to receive recognition, the team must succeed.
 - The goal of being a great player can NEVER be greater than your goal of playing on a great team.
 - Check your personal interests at the door. For 2 hours each day, it's 100% Mustangs!
 - Definition of Positive Team Chemistry: When each team member clearly understands his role, accepts that role, works hard to excel in that role, and roots for all other team members in their roles.
 - What type of teammate do you want? Be that type of teammate yourself.
 - Equal playing time is not a goal.
- Seek a **REWARDING** (as well as **FUN**) Experience:
 - Through hard work, competing, and improvement – rewarding experiences occur when you are willing to persevere through adversity.
 - Through simply enjoying the game itself!
- **FOCUS ON WHAT YOU CONTROL** - your preparation and performance; not on results or outcomes outside your control.
 - Mustang Mindset: Control – Commit - Compete
 - Be “not satisfied” versus “disappointed” if things don't go well. View it as a “temporary setback,” not “failure.”
 - You can't control the talent you have. **No Talent Rule:** It takes no talent to work hard, to be a good teammate, to be coachable, to hustle, to be on time. You always control your attitude, effort and discipline.



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- Understand the 3 Goals the Coaches have for the season. **EACH PLAYER BECOMES:**
 1. **A BETTER COMPETITOR AND SOFTBALL PLAYER**
 2. **A BETTER TEAMMATE**
 3. **A BETTER PERSON**

If you don't invest very much, then defeat doesn't hurt very much, and winning is not very exciting.

- Focus on excelling at the three areas of softball emphasis:
 1. **EXECUTE WITH FUNDAMENTALS**
 2. **BE MENTALLY TOUGH**
 3. **COMPETE AGGRESSIVELY (“WITH A PURPOSE”) – CONSTANT PRESSURE!**
- **COMMUNICATE!**
 - Be honest and ask questions if you are unsure, and address issues/concerns with coaches – don't allow them to fester or talk to others.
 - Accept coaching feedback as Instruction; not Criticism.
- **Substance Abuse**
 - **In season... NO TOLERANCE!!**
 - **Out of season will be followed by the MSHSL rules**

Any player who fails to abide by the expectations will face consequences deemed reasonable by the coaching staff. This may include: extra conditioning, sitting games, being removed from competition, and being removed from the team.

CHERISH THE OPPORTUNITY!...

- **TO WEAR YOUR SCHOOL JERSEY**
- **TO DEVELOP LIFE SKILLS - for a lifetime...**
- **TO DEVELOP RELATIONSHIPS - for a lifetime...**
- **TO PLAY THE GREAT GAME OF SOFTBALL...**
- **TO ALWAYS COMPETE & LEAVE NO DOUBT!**

Don't do anything that is detrimental to you, your family, your team, or this school.

Even when you've played the game of your life, it's the feeling of teamwork that you'll remember.

You'll forget the plays and the scores, but you'll never forget your teammates.

“It is what it is. But, it will be what you make it.”

-Pat Summit

“You can't always be the strongest or most talented or most gifted person in the room, but you can be the most competitive,” committed and compassionate one on any stage.

-Pat Summit

