



WESTFIELD 9U WHITE SUMMER TRAVEL BASEBALL

MISSION STATEMENT

- Have fun
- Be a good teammate & practice good sportsmanship
- Develop skills & learn fundamentals
- Always do your best

Rules

1. Be safe

- a. Bats are used only when you are up to the plate, in the on-deck circle, or when otherwise instructed by coaches during practice.
- b. Always double-check to be sure that no one is around you before swinging.
- c. Pay attention in the field and in the dugout.

2. Be respectful to teammates, coaches, umpires, and opponents.

- a. Teammates: Keep your hands to yourself; do not hit hats off heads or throw hats/gloves at each other.
- b. Coaches: Players should be quiet and listen when coaches are talking.
- c. Umpires: Do not argue, talk back, or be rude to them.
- d. Opponents: There will be no “smack talking” and at the end of every game, we line up, shake the other team’s hands, and say “good game.”

3. Be *great* teammates

- a. Teammates should be cheering each other on, rooting for each other, and encouraging each other to do well.
- b. No one should ever complain about a teammate making an error – everyone will make errors!
- c. *The coaches will do the coaching.*

4. Take pride in yourself and your team

- a. Wear your complete uniform and baseball cap to games with shirts tucked in.
- b. Remember, every time we step on the field, we represent not just ourselves but our town, our friends, and our families.

5. Ask questions

- a. Be inquisitive: Ask questions about the game, the lessons, or the rules.
- b. If you do not understand something, let the coaches know.
- c. ***DO NOT ask to play a position or bat in a certain spot in the lineup.***



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6. Always hustle

- a. Run out to positions and run in from the field.
- b. Run hard *through* first base even if you think it is a sure out.

7. Do your best!

- a. As you will learn, there are many things about baseball (as well as life) that are outside your control, *but one thing that is always in your control is your effort and attitude.*
- b. If you work hard, have a good attitude, and do your best, good things tend to happen.

8. Have fun!

Philosophy

- Improve every time we step onto the field.
- The team's success is not defined by our win-loss record.
- Understand that the mental side of the game is just as important as the physical side – as Yogi Berra said, “90% of baseball is half mental.”
- Baseball is a team sport, but it is also very much an individual sport: When you are at-bat or the ball is hit to you in the field, you alone are “the man in the arena.”
- Baseball is a sport of failure.
 - The best MLB hitters of all time only got a hit 3 out of every 10 times they were at bat (30%). *To put this in perspective, if hitting a baseball were a test at school, all major league baseball players would get an “F.”*
- Errors and mistakes will happen – this is how we get better!
 - *Everyone is going to make mistakes, commit errors, and strike out.*
 - If you make an error or strike out, you learn from it and then *immediately* move on. Get focused and prepared to help the team on the next play or in your next at-bat.
- “Throw the ball hard.”
 - This phrase is borrowed from Tony Lupien (former Red Sox first baseman and Dartmouth College head coach).
 - It means that every time you play, give it your all without fear of the consequences.
 - Swing hard. Throw hard. Run hard. Give your best.
- Coaches will **never** be upset when you make physical mistakes, but we will be disappointed if there is a lack of effort, a lack of sportsmanship, or a failure to be a good teammate.



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- “Talk it up”
 - We want you to “talk it up” both in the field and when we are batting.
 - Encourage and cheer on whoever is on the mound or at-bat.
 - Cheer for your teammates when they make a good play and encourage your teammates after they make an error.
- Be committed and engaged.
 - Everything you do on a baseball field matters.
 - How you practice is how you play. If you take practice or pre-game warm-ups seriously, that will carry over into the game.

Policies

- Game and practice attendance
 - Winter training and batting cages are optional.
 - No one will be benched for missing an in-season practice or a game. However, there are only 12 players on the team, and missing too many practices or games will certainly impact a player’s ability to develop.
- ***Please RSVP to games, training, and practices on Game Changer.***
 - A lot of time goes into setting positions and lineups as well as planning practices. So, knowing who is going to be present is imperative.
- Roster batting
 - In all league play, there is roster batting, which means that everyone who comes to a game will be in the batting lineup.
 - However, the rules for tournaments may be different.
- Positions
 - There are 12 players on the team, which means that some kids are going to sit out each inning. However, **all** players will take turns sitting out.
 - All players will have time in the outfield and infield.
 - However, some kids will play certain positions more than others.
 - *We want to put all players in positions where they can succeed.*
- The dugout and bench area
 - Once the game starts, the dugout is for players and coaches only.
 - The players are expected to remain in the dugout throughout the game.
- Conduct of spectators, parents, and fans
 - We want all the parents and fans to cheer loudly for our team.
 - But please only cheer for our players.
 - Do not root against, or direct comments at, other teams, their players, or their fans.
 - Do not criticize, comment to, or yell at umpires.
 - Do not engage with unruly or overly competitive other teams.