

Maize South Baseball

Our Foundational Pillars

Absolutes for Success

“We Don’t Feel Pressure, We Apply It”

Our team absolutes are team expectations we abide by daily. These absolutes create a platform for success ON AND OFF THE FIELD. Together, we will relentlessly pursue preparation, execution, and excellence. We will strive to practice as one, play as one, and win as one!

TEAM ABSOLUTES

1. **Proper Uniform Policy** (Includes practices and games)
 - a. Players will be expected to wear the same jersey, pants, belts and hats for both practices and games.
 - b. If sleeves and/or layers are required/necessary due to weather, players must wear black sleeves and layers must be Maize South baseball hoodies, jackets, pullovers etc.
 - c. Players are required to wear Maize South hats daily to practices and games.
 - i. Strike 1: Player owes team and coaches apology and has required consequence completed at practice with coaches.
 - ii. Strike 2: Player’s practice is over and they must go home after apologizing to the team and coaches.
 - iii. Strike 3: Player misses one game per coaches’ discretion.
2. **No Cell Phone Policy** (Practices and Games Included)
 - a. Cell phones must be in bags at all times before, during and after practice. If a player is seen with a cell phone without permission from a coach, the three strike policy will come into effect.
 - i. Strike 1: Player owes team and coaches apology and has required consequence completed at practice with coaches.
 - ii. Strike 2: Player’s practice is over and they must go home after apologizing to the team and coaches.
 - iii. Strike 3: Player misses one game per coaches’ discretion.
3. **100 Percenters Every Day! No energy Vampires!** (This is a daily expectation not only at practice and games, but also in the classroom.)
 - a. You should bring your best daily.
 - b. Leave emotions and distractions at the door.
 - c. Be a positive teammate. Don’t allow negative energy to suck the life out of our team energy during practice and games. We don’t need Vampires in our dugout during practice or games.

4. Respect Always with NO FEAR!

- a. We will be a team that respects every aspect of the game.
- b. By respecting the game, we will always play with NO FEAR!
 - i. Playing with fear is not only unfair to the game, but also to the opponent.
- c. BRING YOUR BEST! We expect their best and they expect our best.

5. Don't Quit; Trust Yourself; Trust Your Teammates; Trust the Process

- a. Baseball is a game of failure. We will not choose to quit.
- b. Trusting yourself is the expectation. Trusting your teammates is just as important on and off the field.
- c. Trusting the process is a part of understanding that baseball is a game of failure. We must understand the process of preparation and execution to achieve excellence.

DEFENSIVE ABSOLUTES

- 1. Always sprint to your spot like it is your spot to lose. OWN IT!**
- 2. Communication is Key**
- 3. Know the Situation**
- 4. Be Quick; Don't Hurry**
- 5. Take your Outs**

PITCHING/CATCHING ABSOLUTES

- 1. Own the Mound**
- 2. Be an Attacker**
- 3. Trust your Defense**
- 4. Be an Artist**
- 5. Control Emotions**

OFFENSIVE ABSOLUTES

- 1. Act Big**
- 2. Know your Situation**
- 3. Who will Win mentality**
- 4. Execute**
- 5. Pass the Torch**

MATURE HITTING 101

- 1. Base; Hips; Head Still; Forward**
- 2. Rhythm and Timing**
- 3. Be Behind the Ball**
- 4. Point of Contact**
- 5. Stay through the Zone**