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# Sluggers Standards

## Play the Game the Right Way — The Sluggers Way

As a Silver Slugger, our goal is to win the **small battles** every game. When we consistently do the little things right, the big results take care of themselves.

### We WILL win the following:

- **Pre-Game Preparation**
  - **Hustle**
  - **Attitude & Body Language**
  - **Sportsmanship**
  - **Communication** (with teammates and coaches)
  - **Handling Adversity**
    - Adversity shows up in every game — be prepared to overcome it
  - **Aggressiveness**
    - We may not always make the right decision, but a **tentative decision is always the wrong one**
    - Stay aggressive. Stay confident. Always.
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## Sluggers In-Game Checklist

“10% of life is what happens to us, and 90% is how we choose to react to it.”

Each weekend, we compete to win every battle, demonstrate elite sportsmanship, and be great teammates. In addition, we focus on key fundamentals to build strong habits that carry through the entire season and beyond.

### Weekly Focus

Compete through every pitch — regardless of score or situation.

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### Before the Game

- **5 Minutes Before Game**
    - Take 1 minute to **visualize** the plays you will make
  - **Immediately Before Game**
    - Acknowledge every teammate and coach
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- Make eye contact and wish them a good game
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## During the Game

### Baserunning

- Be aggressive:
    - Big turns
    - Big leads and secondary leads
  - **Sprint to first base — every time**
  - Look to **take the extra base whenever possible**
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### Infield Play

- Be in **fielding position every pitch**
  - Play on the move:
    - Sprint to and through the ball
  - Play deep and **attack the ball**
  - Field and throw **on the move**
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### Outfield Play

- Be in **fielding position every pitch**
  - **Sprint to every ball**
  - Throw to the base **ahead of the lead runner**
  - Use the cutoff man to make strong, accurate throws
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### Hitting

- **Swing the bat**
    - The only way to develop as a hitter is to swing
  - Be aggressive early in the count:
    - “A” swing with **maximum bat speed**
  - Strive for **60% quality at-bats**
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### Pitching

- Throw  $\frac{2}{3}$  **strikes to  $\frac{2}{3}$  of hitters**
  - Work with pace:
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- **Less than 10 seconds between pitches**
  - **Sprint past your position** after release
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## Team Energy & Hustle Standards

### Between Defensive Innings

- All players gather together
  - Sprint past your position:
    - Infielders → outfield grass
    - Outfielders → fence and back
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## Bench Players

- Between every half inning:
    - Run to the nearest foul pole and back
  - Stay engaged:
    - Communicate and support teammates
    - Be involved as if you are on the field
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## Communication

- **Every pitch matters**
  - Talk to your teammate next to you before every pitch:
    - Anticipate what could happen next
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## After the Game

- Every player:
    - Shake hands
    - Tell the umpire “**Good game**”
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## Final Standard

- Be a **great teammate**
  - Play with **energy and purpose**
  - Compete with **confidence and toughness**
  - Represent the **Sluggers Way** in everything you do
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