BUILDING LIFE SKILLS THROUGH BASEBALL

A. Make you Establish Goals
   - For your life, job, diet
   - You need a clear picture of where you want to go
   - Success is a chance without proper goals
   - Goals function the way a map would if you were planning a trip
   - Inch by inch life is a cinch, yard by yard it will be too hard

B. Hitting a Baseball
   - Teaches us to be able to handle failure, toughest sport to play
   - Relates to tennis, great as carry over value sports (ex. Grip, stance, eyes, squish bug, chin)
   - Coaching a little league team

C. Helps us deal with Adversity
   - More failure then any sport
   - Average retirement age is 13
   - Fear of failing paralyzes us
   - Failure when viewed through a correct lens is merely delayed success
   - Use failure as a sense of feedback
   - Get down once, get up once
   - Fear - opportunity to succeed rather than an opportunity to fail
   - Never fail until you accept defeat and quit trying (ex. Babe Ruth, Little kid- Big Leaguer)

D. Teaches us to Control What We Can Control
   - Example - Get a hit, win the game
   - Focus on the process not the outcome - quality at bat gives me a chance to get a hit, throw strikes, pick up grounders, run bases aggressively, quality at bats gives us a chance to be in the game.
     A. Maximum performance potential if focus on process not the outcome as you are concentrating on what you are doing while you’re doing it. (ex. Live to be 100 - Eat right, exercise, take care of self. Live to be able to retire at age 65 at 50,000 a year - work hard, invest properly)

E. Here and now time zone
   - Yesterday - canceled check Tomorrow - promissory note
   - Today - only money has, spend it wisely
   - Past - mind behind body Future - mind ahead of body Present - Mind - Body in sync
   - Only time zone you can control
   - Peak performance - maximum performance potential
F. Mental Toughness
   - Mentally tough people find the possible in the impossible
   - Mental toughness is the outward manifestation of inner commitment
   - Of all the physical and mental assets an athlete has, mental toughness is by far the most important
   - Resiliency to bounce back from setbacks
   - Example: Rocky Bleier - Vietnam veteran listed 40% disabled and sent home in 1969 - 1976 gained 1,000 yards
   - 1996, Kerry Strug Olympics, stress fracture, saluted judges and collapsed

G. Role within a team concept
   1. Baseball Team
      - All come as stars from different High Schools
      - Different backgrounds
      - Different up-bringing
      - Develop into a family where
   
   2. Loyalty - trust and handshake means something
      - No hidden agendas
      - Understand accepting role