



# **THE** **ULTIMATE** FALL BALL

# **GUIDE**

**FOR BASEBALL PLAYERS**



**20** **THINGS EVERY PLAYER MUST KNOW  
BEFORE STARTING THEIR FALL BALL SEASON**



**MINDSET**



**CONSISTENCY**



**APPROACH**



**PERSPECTIVE**



**FAILURE**



**MUCH MORE!**

**RAWLINGS TIGERS BASEBALL CLUB**



# FOREWORD

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Baseball... you got to love it. Such a simple game with a life-long impact. This game is not for everyone, but if you are reading this then this game has chosen you. Before I dive into these 20 very important topics, I need to share with you a few thoughts that I feel strongly about. These thoughts are based on my experiences as a player and a coach.

From a coaches perspective, baseball is simple. Then again, we are looking at the game through a completely different lens than a player.

As a player, this game is extremely complex, encompassing countless twist and turns, mental breakdowns, and hiccups along the way. If you are a player who has ever felt like quitting once, twice, or more, you are not alone. I was once there on the verge of hanging it up, many times, along with 99% of all players that have grown up playing baseball. It takes a special person with the right mindset to continue on when your mind is getting pounded in the ground day-in and day-out with constant failure.

The goal of baseball is to beat the odds, and honestly, that is how players will find success at this game. The 'curtain' of baseball is what majority of players only see throughout their entire careers. Figuratively speaking, pulling back the curtain you will discover a baseball world so vast and filled with numbers that makes changing your mindset and thoughts about the game much, much easier. This game is based solely on statistics and the odds of success versus failure. The 'curtain' represents the most basic understandings of the game such as fielding, catching, throwing, and hitting. What the 'curtain' does not represent is the ideology driving the game.

So why is this document important? Simple, because fall baseball is an opportunity to work on expanding your knowledge and understanding of the game as a player without the pressure of a 'real' season. Fall baseball is the perfect time to erase the slate of the past in order to create a fresh start with a new mind, spirit, and baseball soul. It's a time to forget, re-learn, and develop. Fall Baseball is an opportunity for change and it's the beginning of a new year and a new you!

## - HAVE A PLAN WHEN YOU APPROACH THIS FALL SEASON -

**DO NOT** take the same mentality you had this past summer into fall with you. Focus on the following 20 things and keep the game, your thoughts, and your mindset simple. If college baseball is on your radar and/or getting to that 'next level,' whatever level that is, then you **MUST** be willing to make an improvement year after year, mentally and physically.

When the final out of your career is made, you will look back and think either one of the following..

- 1. I should have given more on and off the field. I should have researched and got more involved with showcases/camps, and tried putting myself out there, OR..***
- 2. I tried and did everything in my power. Wherever the chips may fall, the outcome will be 100% worth it.***

Baseball is not black nor white, it is gray. What works for one player may or may not work for another player. As coaches, it's our job to share experiences and teach the basics of the game while allowing players to branch out and find what's comfortable for themselves. Based on this notion alone, it's best to understand that there are countless perspectives up and down the spectrum. As players and coaches, it's extremely important to understand this as well.

I would like to note the perspectives listed throughout the following 20 topics may or may not agree nor disagree with each other. The main purpose of this piece is to share with you multiple perspectives which is what I (we) believe to be the most important. Player's learn differently and attach to different words and phrases that are unique and make sense to them. Perspectives across coaches vary greatly, so it is important to try to look for a specific pattern amongst what coaches are saying. Words and phrases may be different but similar patterns of thought can be found throughout. As Coach Chris Nash always tells his players, *"Take it all in and filter out the things you don't need."* Bad information is still good information. Learning what not to do is just as good as learn what to do. The more knowledge you gain will result in a deeper understanding of this game and ultimately make you a much better baseball player and/or coach in the long run

**- Ryan Rohmiller -**



***RYAN ROHMILLER***



***SPIKER HELMS***

***CHRIS NASH***



***JOSH HERRICK***



# ***DEALING WITH FAILURE***

## ***RYAN ROHMILLER***

FAILURE HAPPENS, FORGET ABOUT IT, MOVE ON. IT'S THAT SIMPLE. OVERTHINKING YOUR FAILURES IS A WASTE OF ENERGY. LEARN TO SPEND YOUR ENERGY WISELY, BECAUSE BASEBALL WILL DRAIN IT VERY QUICKLY IF YOU ALLOW IT TOO. FOCUS YOUR ENERGY ON MAKING ADJUSTMENTS WHEN YOU FAIL.

## ***SPIKER HELMS***

YOU'RE GOING TO BE PLAYING MIND GAMES WITH YOURSELF. THERE WILL BE TIMES WHERE YOU QUESTION IT ALL, AND IF YOU REALLY SHOULD PURSUE YOUR DREAM. UNDERSTAND, HOWEVER, THAT QUESTIONING EVERYTHING IS TYPICAL AND IS A NATURAL OCCURRENCE. IT'S THE TEST.

## ***JOSH HERRICK***

BASEBALL IS A GAME OF HANDLING FAILURE AND FRUSTRATION. THE KEY IS TO BE IN THE PRESENT AND LEAVE THE PAST BEHIND. FOCUS ON ATTAINABLE GOALS, AND CONTINUE TO STAY POSITIVE. HAVING A POSITIVE APPROACH CAN KEEP YOUR MORALE UP AND PUSH YOU THROUGH THE UPS AND DOWNS OF A SEASON.

## ***CHRIS NASH***

"TURN THE PAGE" IS A PHRASE USED TO FORGET ABOUT THE FAILURE(S) THAT JUST OCCURRED. YOU HAVE TO DEVELOP A NEW MINDSET AFTER FAILURE HAPPENS.



# ***MAKING ADJUSTMENTS***

## ***RYAN ROHMILLER***

WHEN YOU FAIL AT THE PLATE, WHETHER IT'S PITCH TO PITCH, AT-BAT TO AT-BAT, OR GAME-TO-GAME, LEARN TO SLOW THE GAME DOWN BY MAKE ADJUSTMENTS. FOCUS ON WHAT YOU'RE TRYING TO DO AND UNDERSTAND WHAT THE SITUATIONS ARE THAT THE GAME IS PRESENTING YOU AND PLAY THE CARDS YOU ARE DEALT.

## ***SPIKER HELMS***

CHANGE IS INEVITABLE. HAVING THE EXPECTATIONS OF BEING READY FOR THE UNKNOWN AND UNDERSTANDING WHEN TO MAKE A MOVE IS THE SIGN OF A PROFESSIONAL. AS PLAYERS ASPIRE TO MAKE THEIR SKILL-SETS THAT OF A PRO, THEY MUST BE WILLING AND ABLE TO PERFECT THE ART OF MAKING ADJUSTMENTS. THIS ALONE SEPARATES THE GREATS FROM THE REST OF THE PACK.

## ***JOSH HERRICK***

THERE IS NO TRAIT MORE IMPORTANT THAN THE ABILITY TO MAKE ADJUSTMENTS. BEING SELF-AWARE ENOUGH TO MAKE ADJUSTMENTS GOES A LONG WAY. IT'S EASY TO GET EMOTIONAL AFTER A GAME, BUT BEING ABLE TO STAY LEVEL HEADED AND HAVE AN HONEST ASSESSMENT OF YOUR GAME WILL CREATE A POSITIVE IMPACT ON YOUR CAREER. REMEMBER, YOU'RE NEVER AS GOOD AS YOU ARE ON YOUR BEST DAY, AND YOU'RE NEVER AS BAD AS YOU ARE ON YOUR WORST DAY. BE YOUR OWN BEST COACH!

## ***CHRIS NASH***

LEARNING HOW TO MAKE ADJUSTMENTS PITCH-BY-PITCH IS THE BIGGEST COMPONENT OF GETTING TO THE NEXT LEVEL. THE GUYS THAT PLAY AT THE HIGHEST LEVEL OF ANY SPORT KNOW HOW TO MAKE ADJUSTMENTS VERY QUICKLY TO GIVE THEM SUCCESS.

# ***HUSTLE vs. MENTAL ERRORS***

## ***RYAN ROHMILLER***

MAKE SURE **ALL** ERRORS IN DEFENSE ARE **HUSTLE ERRORS**. A PLAYER WHO IS PREPARED TO MAKE A PLAY IS A PLAYER WHO IS ALWAYS THINKING TWO STEPS AHEAD. "IF THIS, THEN THAT" SHOULD BE RUNNING THROUGH YOUR HEAD PRIOR TO EVERY PITCH. EXPECT THE BASEBALL AND BE READY TO MAKE A PLAY. **PLAYERS MAKE PLAYS!**

## ***SPIKER HELMS***

HOW DO YOU COVER UP YOUR MISTAKES? YOU CANNOT AND THAT'S WHAT MAKE THEM EVEN BETTER. MISTAKES ARE GOING TO HAPPEN. HOW DO YOU MINIMIZE YOUR FAILURES? **HUSTLE**

## ***JOSH HERRICK***

AT THE END OF THE DAY, HUSTLING AND HAVING A GREAT ATTITUDE GOES A LONG WAY. YOUR HUSTLE SAYS A LOT ABOUT YOUR CHARACTER. ATTITUDE, EFFORT, AND HUSTLE TAKE **ZERO** TALENT, JUST HEART AND THE WILL WANT TO BE A BETTER PLAYER AND ULTIMATELY JUST A BETTER PERSON.

## ***CHRIS NASH***

COACHES WILL NEVER GET UPSET WITH A PLAYER THAT'S HUSTLING AND TRYING TO MAKE SOMETHING HAPPEN. KNOWING YOUR SITUATION AND THINKING AHEAD WILL HELP REDUCE AND/OR ELIMINATE THE MENTAL ERRORS.



# ***BIG LEAGUE MENTALITY***

## ***RYAN ROHMILLER***

DITCH THE BIG LEAGUE MENTALITY. THIS GAME IS AND WILL ALWAYS BE BETTER THAN YOU. BASEBALL WILL BEAT YOU 70%+ OF THE TIME AT MINIMUM. **HUSTLE** DOWN THE LINE NO MATTER WHAT AND HUSTLE ON AND OFF THE FIELD. PLAY HARD, PLAY WITH “SWAG”, BUT MOST OF ALL **STAY HUMBLE!**

## ***SPIKER HELMS***

POMPOUS, ARROGANT, AND ENTITLED; YOU'RE ONLY AS BIG AS THE LEVEL YOU PLAY. THE FACT OF BELIEVING YOU ARE BIG LEAGUER IS SUPER IMPORTANT BUT IS ONLY AS IMPORTANT AS THE PERSON NEXT TO YOU. THE ONLY ONE WHO CARES DEEPLY ABOUT YOU BEING IN THE BIG LEAGUES ARE YOUR PARENTS. TREAT YOUR TEAMMATES, COACHES, AND YOUR FAMILY WITH RESPECT. YOUR GOAL IS TO BE IN THE BIG LEAGUES, BUT TREAT PEOPLE THE RIGHT WAY AND YOU WILL SEE HUGE DIVIDENDS.

## ***JOSH HERRICK***

APPROACH EACH DAY WITH THE MENTALITY OF GETTING 1% BETTER. SUCCESS IN THIS GAME IS A PROCESS, LEARN TO LOVE IT! TRUST THE PROCESS AND SET THE BAR HIGH FOR YOURSELF.

## ***CHRIS NASH***

I VIEW BIG LEAGUE MENTALITY AS A PLAYER HAVING A MINDSET THAT IS ON A HIGHER LEVEL THAN MOST OTHER PLAYERS AT THE SAME AGE LEVEL. THE WAY THEY TRAIN, PLAY THE GAME, HUSTLE, SPEAK ABOUT THE GAME AND HOW THEY CARRY THEMSELVES ARE INDICATORS OF A PLAYER THAT'S AHEAD OF THEIR TIME.

# ***MENTAL GAME***

## ***RYAN ROHMILLER***

CONTROL YOUR THOUGHTS. SEARCH FOR THE POSITIVES 100% OF THE TIME AND SOLVE THE PROBLEMS AT HAND, OR SUFFER THE CONSEQUENCES OF REPEATED FAILURES OVER AND OVER, AGAIN AND AGAIN. YOU WILL NOT BE ABLE TO WIN THE PHYSICAL GAME WITHOUT FIRST WINNING THE MENTAL GAME.

## ***SPIKER HELMS***

DO YOU HEAR THAT PING-PONG MATCH GOING ON INSIDE YOUR HEAD? IF YOU DO, SETTLE YOUR MIND DOWN. PAY CLOSE ATTENTION TO YOUR THOUGHTS BECAUSE IT'S THE BIGGEST CONTROLLABLE YOU HAVE IN YOUR CAREER. HOW DO YOU TALK TO YOURSELF? ARE YOU CONSTANTLY ARGUING INSIDE YOUR HEAD OR ARE YOU LETTING A COMMENT DISRUPT YOUR APPROACH? KNOW YOUR THOUGHTS.

## ***JOSH HERRICK***

IN ORDER TO DO ANYTHING YOU HAVE TO BELIEVE IN YOURSELF AND YOUR ABILITY. CONFIDENCE IS KEY IN YOUR PLAY ON THE FIELD. EACH GAME IS A NEW OPPORTUNITY, A FRESH SLATE. APPROACH EACH DAY WITH THAT IN MIND.

## ***CHRIS NASH***

LEARN TO SLOW THE GAME DOWN. THE SOONER YOU ARE ABLE TO SLOW THE GAME DOWN, THE QUICKER YOU WILL EXCEL IN THE GAME. THE PLAYERS THAT KEEP THE GAME AT A FAST PACE ARE THE SAME PLAYERS THAT ARE STRUGGLING. SLOWING YOUR MIND DOWN WILL SLOW THE GAME DOWN WHICH WILL LEAD TO YOU BEING LOCKED IN.



# ***CONTROLLING YOUR THOUGHTS***

## ***RYAN ROHMILLER***

THIS GAME IS WON IN THE MIND LONG BEFORE YOU STEP FOOT ON THE FIELD. LEARN TO CONTROL YOUR THOUGHTS AND SEPARATE THEM. PLAYERS WHO ARE ABLE TO FILTER THEIR OWNS THOUGHTS AND CONQUER THEIR MIND WILL GO FURTHER IN THIS GAME.

## ***SPIKER HELMS***

THE BIGGEST BATTLE OF ANY BASEBALL PLAYER IS NOT GOING TO BE THE PHYSICAL. THERE WILL BE CHALLENGES WHERE YOU WILL BE TESTED PHYSICALLY, BUT THE SEPARATING FACTOR IS MENTAL. THERE WILL BE TIMES WHEN YOU'RE DRIVING OR WALKING SOMEWHERE AND A SINGLE THOUGHT WILL ARISE IN YOUR HEAD. THIS ONE THOUGHT WILL COME OVER YOU SLOWLY. YOU WON'T KNOW WHY, BUT IT WILL MANIFEST ITSELF INTO DOUBT. HAVING THE ABILITY TO UNDERSTAND THE CONVERSATIONS YOU HAVE WITH YOURSELF IS MORE IMPORTANT THAN THE NEXT REP IN THE WEIGHT ROOM OR SWING IN THE CAGE.

## ***JOSH HERRICK***

THE VALUE OF BREATHING AND PLAYING THE GAME ONE PITCH AT A TIME CANNOT BE UNDERSTATED. PLAY BIG AND WANT TO BE THE GUY THAT MAKES THE PLAY. CONFIDENCE IS A BY-PRODUCT OF PREPARATION. YOU ARE GIVING YOURSELF THE BEST CHANCE TO BE SUCCESSFUL IF YOU'RE PREPARED AND HAVE A GAME PLAN.

## ***CHRIS NASH***

DO NOT TAKE BAD AT-BATS INTO THE FIELD WITH YOU OR DEFENSIVE ERRORS TO THE PLATE OF YOUR NEXT AT BAT. YOU **MUST** LEARN TO CONTROL THE NEGATIVE THINKING AND GET READY FOR THE NEXT PLAY. IF YOU UNABLE TO CONTROL YOUR THOUGHTS THEN THE GAME IS GOING TO SPEED UP ON YOU, QUICKLY!

# ***GAMEDAY FOCUS***

## ***RYAN ROHMILLER***

FORGET ABOUT WHO OR WHAT IS IN THE OTHER DUGOUT. FOCUS ON YOURSELF FIRST AND WHAT YOU CAN DO TO BE A SELFLESS PLAYER FOR YOUR TEAMMATES. NOBODY WANTS TO HEAR HOW JOHNNY ON THE OTHER TEAM IS GOING D1 OR GETTING DRAFTED. YOU HAVE ALREADY ACCEPTED THE THOUGHT THAT THE OPPOSING PLAYER(S) ARE BETTER THAN YOU AND YOUR TEAMMATES WHEN YOU PUT THIS NOTION OUT INTO THE UNIVERSE.

## ***SPIKER HELMS***

DISTRACTIONS COME IN ALL SHAPES IN SIZES. EACH PERSON IS DIFFERENT WITH DISTRACTIONS, SOME THRIVE OFF TALKING WITH FANS OR HAVING SIMPLE CONVERSATION WITH TEAMMATES. YOU HAVE TO KNOW WHO YOU ARE AS A PLAYER. DURING MY CAREER, I KEPT LOOSE IN-BETWEEN BATTING PRACTICE AND THE GAME. ONCE WE BROKE THE HUDDLE FOR THE FIRST INNING MY FOCUS SWITCHED TO MY PLAYER ROLE. THROUGH MY AB'S AND THE FLOW OF THE GAME, CONVERSATIONS HAPPENED, BUT MY MINDS MAIN PRIORITY WAS ON HOW TO WIN.

## ***JOSH HERRICK***

WHEN IT'S TIME TO CROSS THE WHITE LINES, JUST GO OUT AND PLAY. BIGGEST THING IS TO NOT OVERTHINK IT, JUST FOCUS ON MAKING PLAYS AND BE YOURSELF. TRUST YOURSELF, YOUR TRAINING, AND YOUR GOD-GIVEN ABILITY AND PLAY EVERY GAME LIKE IT'S YOUR LAST.

## ***CHRIS NASH***

HAVING A ROUTINE BEFORE EVERY GAME WILL START TO GET YOU IN THE RIGHT MINDSET AND HELP YOU STAY WITHIN YOUR OWN ABILITIES.



# ***HAVE AN APPROACH***

## ***RYAN ROHMILLER***

WORK ON AN APPROACH AT THE PLATE. TRY TO PICK TENDENCIES OF PITCHERS AND WHAT THEY ARE THROWING. ARE THEY COMING STRAIGHT AT YOU WITH A FASTBALL OR HAVE THEY BEEN BACK-COUNTING HITTERS AHEAD OF YOU. IF YOU ARE A BASE STEALER, TRY AND PICK TENDENCIES, THE LITTLE QUIRKS, AND NUMBER OF LOOKS PITCHERS GIVE TO ALLOW YOU TO GET BETTER JUMPS AND INCREASE YOUR CHANCES OF SWIPING BAGS.

## ***SPIKER HELMS***

WHAT'S YOUR PLAN? GREAT NOW RE-WORK IT. EVERYONE HAS A PLAN UNTIL THEY GET PUNCHED. ONCE YOU GET PUNCHED YOU START MAKING ADJUSTMENTS. THIS IS A HUGE POINT. THE SENTENCE CONTRADICTS ITSELF, BUT IT'S THE TRUTH. YOU HAVE TO HAVE AN INITIAL PLAN. ONCE THE FIRST PUNCH IS THROWN THE PLAN HAS TO ADJUST. THE BIGGEST POINT IS THAT YOU MUST HAVE AN APPROACH. THIS IS YOUR NORTH STAR. WHENEVER YOU FEEL LOST, YOU ALWAYS GO BACK TO YOUR MAIN APPROACH.

## ***JOSH HERRICK***

WHEN YOU PLAY THIS GAME, HAVE A GREAT APPROACH TO WHAT YOU'RE TRYING TO ACCOMPLISH. MECHANICS ARE GREAT FOR PRACTICE BUT WHEN IT'S GAME TIME. LET IT FLY! HAVE AN EXTERNAL FOCUS AND GO COMPETE! DO SOMETHING TO HELP YOUR TEAM WIN.

## ***CHRIS NASH***

KNOW WHAT YOU NEED TO DO BEFORE THE BALL IS EVEN HIT TO YOU AND UNDERSTAND THE SITUATION BEFORE STANDING THE BATTERS BOX.

# **TRY SOMETHING NEW | DIFFERENT**

## **RYAN ROHMILLER**

TRY SOMETHING DIFFERENT. WORST THING THAT IS GOING TO HAPPEN IS YOU FAIL. BIG DEAL. YOU MAY JUST LEARN SOMETHING NEW ABOUT YOURSELF AS A PLAYER. THE MORE YOU TRY AND THE MORE YOU FAIL, THE MORE YOU BECOME FOCUSED ON WHAT WORKS VERSUS WHAT DOES NOT WORK. IN ORDER TO GET TO THE CORE OF YOUR ABILITY YOU MUST RID YOURSELF OF THE PLAYER YOU THINK YOU ARE AND FOCUS ON THE PLAYER YOU ACTUALLY ARE.

## **SPIKER HELMS**

COMFORT IS AN AMAZING THING. WE WANT TO STAY IN A ROUTINE AND AN APPROACH, BUT AT TIMES THIS CAN PROHIBIT US TO GROW. WHEN YOU HEAD INTO A SEASON YOU ALWAYS WANT TO SET GOALS. YOUR SPRING SEASON IS GOING TO BE DIFFERENT THAN FALL. THE BEAUTIFUL THING ABOUT FALL IS THAT IT'S A TIME FOR EXPERIMENTING. TRY SOMETHING NEW AND DON'T SWEAT THE RESULTS.

## **JOSH HERRICK**

THE TIME TO TRY SOMETHING NEW IS IN THE FALL. THIS IS A GREAT CHANCE TO WORK ON A NEW PITCH, A SMALL DETAIL WITH YOUR SWING, OR A NEW POSITION. DEVELOPMENT, DEVELOPMENT, AND MORE DEVELOPMENT. FOCUS ON GETTING BETTER EVERY TIME OUT!

## **CHRIS NASH**

THE OFF-SEASON IS THE TIME WHERE IF YOU'RE GOING TO TRY SOMETHING NEW THIS IS THE TIME.



# ***THE VALUE OF PATIENCE***

## ***RYAN ROHMILLER***

PLAY TO YOUR ABILITY. DO NOT PUSH OR PRESS. FRUSTRATION IS THE OUTCOME OF WANTING TO BE SOMEONE OR DO SOMETHING SO BAD THAT YOU COMPLETELY ELIMINATE **PATIENCE** FROM YOUR PLAYBOOK. PLAY FOR THE LENGTH OF THE SEASON AND NOT 1 AT-BAT. SUCCESS NEEDS TO BE AN UPWARD TREND THROUGHOUT THE ENTIRE SEASON.

## ***SPIKER HELMS***

LONG-TERM ALWAYS WINS OUT. DON'T GET FRUSTRATED WITH YOUR RESULTS. THE BEST FALL BALL PLAYER IS ONE WHO UNDERSTANDS THAT THIS SEASON DOES NOT DEFINE YOU AND THE RESULTS DO NOT DEFINE YOU. YOU'RE ONLY AS GOOD AS YOUR LAST OPPORTUNITY. HAVING THIS MENTAL APPROACH WILL HELP YOU NOT ONLY SUCCEED IN THE SHORT-TERM, BUT ALSO IN THE LONG-TERM. YOU WILL BE ABLE TO HANDLE FAILURE AND SUCCESS A LOT BETTER.

## ***JOSH HERRICK***

THE VALUE OF TRUSTING THE PROCESS OVER THE OUTCOME CANNOT BE UNDERSTATED. EMBRACE THE PROCESS, AND THE RESULTS WILL TAKE CARE OF THEMSELVES. THE MORE YOU FOCUS ON THE PROCESS THE BETTER THE RESULTS WILL BECOME.

## ***CHRIS NASH***

THERE'S NO NEED TO GET STRESSED OUT EARLY IN THE OFF-SEASON WHEN YOU'RE WORKING ON SOMETHING OFFENSIVELY OR DEFENSIVELY. THINGS ARE GOING TO TAKE TIME AND IF YOU CONTINUE TO PUT IN THE WORK IT WILL ALL COME TOGETHER.

# ***LEARN THE GAME***

## ***RYAN ROHMILLER***

YOUR SKILLS AND TALENT WILL INCREASE AND DEVELOP FROM TAKING IT STEP-BY-STEP AND REALLY TRYING TO LEARN THE GAME. UNDERSTAND AND DEVELOP NOT ONLY YOUR SKILLS BUT, MOST IMPORTANTLY, YOUR KNOWLEDGE OF THE GAME. DOING SO WILL HELP YOU “SLOW THE GAME DOWN” BY MAKING YOU MORE AWARE OF THE SIMPLICITY OF THE GAME.

## ***SPIKER HELMS***

“I KNOW EVERYTHING” - IF THIS IS SAID OUT LOUD OR INTERNALLY YOU ARE IN A HEAP OF TROUBLE. THE WISEST PERSON IN THE ROOM IS THE ONE WHO CLAIMS TO KNOW NOTHING. MAJOR LEAGUE TEAMS TYPICALLY HAVE 9 COACHES TO A ROSTER. THIS PUTS IN PERSPECTIVE THAT THE BEST IN THE WORLD ARE CONSTANTLY LEARNING AND TRYING TO PERFECT THEIR CRAFT. HAVE GRATITUDE FOR EACH DAY AND ALWAYS KEEP AN OPEN MIND TO NEW KNOWLEDGE. FILTER WHAT WORKS FOR YOU.

## ***JOSH HERRICK***

ONE OF THE MAIN INDICATORS OF A PLAYERS COMMITMENT LEVEL IS THE WILLINGNESS TO SEEK NEW INFORMATION AND BE OPEN TO NEW IDEAS. YOU DON'T HAVE TO IMPLEMENT EVERYTHING YOU LEARN, BUT YOU MUST HAVE AN OPEN MIND. WHENEVER SOMEONE TAKES THE TIME TO WORK WITH YOU, UNDERSTAND THEY CARE ABOUT YOU, AND WANT TO SEE YOU GET BETTER. ALWAYS BE NERVOUS WHEN THOSE YOU ONCE HELPED YOU STOPPED HELPING YOU.

## ***CHRIS NASH***

KNOWING EVERYONE'S RESPONSIBILITY ON THE FIELD WILL MAKE YOUR JOB EASIER.



# ***SUCCESS IS CONTAGIOUS***

## ***RYAN ROHMILLER***

WHEN YOUR TEAMMATES SUCCEED, YOU SUCCEED. HITTING IS CONTAGIOUS. FIGURE OUT A WAY TO GET THE NEXT GUY ON. RATHER THAN FOCUSING ON YOUR INDIVIDUAL STAT LINE, RE-FOCUS YOUR ATTENTION ON THE OVERALL TEAMS STAT LINE. IF THE TEAMS OVERALL STAT LINE IS INCREASING THAN CHANCES ARE ALL INDIVIDUAL PLAYERS STAT LINES ARE INCREASING AS WELL.

## ***SPIKER HELMS***

ONE WIN AT A TIME. INCREMENTAL WINS ARE THE FOUNDATION FOR BIG SUCCESSES. YOU WILL NOT REALIZE HOW BIG OF JUMP YOU MAKE UNTIL YOU LOOK BACK ON THE YEAR. BUILD OFF THE SMALL WINS. IF YOU WAIT FOR THE BIG JUMP OR THE OVERNIGHT SUCCESS YOU ARE GOING TO FIND EMPTINESS.

## ***JOSH HERRICK***

SUCCESS IS THE OUTCOMES OF YOUR ROUTINES AND HABITS. TAKE CARE OF THE DETAILS AND STRIVE TO BE GREAT. WORK HARD IN PRACTICE TO MAKE THE GAME LOOK EASY.

## ***CHRIS NASH***

SURROUND YOURSELF WITH THE GUYS ON THE TEAM THAT ARE GOING TO HELP YOU GROW. THERE WILL BE TIMES YOU HAVE TEAMMATES YOU PLAY WITH THAT ARE NEGATIVE AND TALK ABOUT OTHER PLAYERS. DO NOT LET THAT DISTRACT YOU FROM YOUR GOAL. THE BEST THING YOU CAN DO IS AVOID AND NOT SPEND TIME WITH THAT INDIVIDUAL.

# CONSISTENCY

## RYAN ROHMILLER

**FOCUS ON CONSISTENCY:** QAB's, OB%, BBS, WHIP, ERA, K's, ETC. IF YOUR ENTIRE STAT LINE IS CONSISTENT THROUGHOUT, YOU **WILL** BE HARD TO BEAT AS A TEAM AND AS AN INDIVIDUAL. ..AND YES, YOU CANNOT HAVE CONSISTENCY WITH ONLY THE GOOD. YOU **MUST** ACCEPT YOU WILL FAIL AND FOCUS YOUR ATTENTION ON WHAT'S AHEAD.

## SPIKER HELMS

IT'S EASY TO MAKE THE ONE ADJUSTMENT AND HAVE A PERFECT SWING OR PITCH. CAN YOU REPEAT? CONSISTENCY WINS. LONG-TERM WINS. SHORT-TERM LOSES.

## JOSH HERRICK

GUYS WHO PLAY A LONG TIME AND HAVE LONGEVITY HAVE ONE THING IN COMMON, CONSISTENT ACTION. THEY ARE DISCIPLINED TO DO WHAT IS NEEDED TO GET THEM TO BE PREPARED. THEY ARE GRINDERS WHO CONTINUE TO PUT THE WORK IN, ESPECIALLY WHEN NO ONE IS WATCHING.

## CHRIS NASH

DOING ALL OF THE LITTLE THINGS RIGHT DAY-IN AND DAY-OUT THAT IS GOING TO SEPARATE YOU FROM THE OTHER PLAYERS.



# ***MENTAL STRENGTH***

## ***RYAN ROHMILLER***

LEARN TO BUILD AND STRENGTHEN YOUR MIND BY BECOMING MORE SELF-AWARE OF YOUR ACTIONS AND EMOTIONS. INSTEAD OF GETTING UPSET, POINTING FINGERS, OR SULKING IN YOUR EMOTIONS, LEARN TO **SOLVE THE PROBLEM** AND FALL IN LOVE WITH IT. THE GAME IS FILLED WITH PROBLEMS THAT WILL REQUIRE PLAYERS TO USE THEIR MINDS AND REAL-TIME/GAME-TIME ADJUSTMENTS.

## ***SPIKER HELMS***

YOU WILL KNOW HOW TRULY STRONG YOU ARE WHEN YOU FACE THE MOST ADVERSE SITUATIONS. HOW DO YOU REACT WHEN IT'S BASES LOADED AND WITH TWO OUTS AND YOU STRIKE OUT? WHAT ABOUT LETTING UP 10 RUNS AS A PITCHER? OR STRIKING OUT 3 TIMES IN A ROW? YOUR INITIAL REACTION WILL TELL YOU HOW STRONG YOU ARE MENTALLY.

## ***JOSH HERRICK***

SIMILAR WITH ANY ENDEAVOR, MENTAL FORTITUDE IS IMPORTANT. DISCOVER YOUR "WHY" FOR WHATEVER YOU ARE DOING AND REMEMBER IT WHEN YOU FACE ADVERSITY. GRIT AND TOUGHNESS CAN GET YOU THROUGH A LOT. TOO MANY TIMES A PLAYER GIVES UP, RIGHT BEFORE THEY WERE AND ARE ABOUT TO BREAK THROUGH. PUSH THROUGH ADVERSITY AND USE IT AS FUEL. REFUSE TO BE JUST A STATISTIC. BE THE GUY THAT INSPIRES OTHERS.

## ***CHRIS NASH***

**"ONE PITCH AT A TIME"** GOOD PLAYERS KEEP THEMSELVES LOCKED-IN FOR THE ENTIRE GAME AND NOT ALLOW FOR DISTRACTIONS TO GET THEM OFF TRACK. MENTAL STRENGTH WINS GAMES, MENTAL STRENGTH IS WHAT'S GOING TO HELP YOU GET THROUGH THE LONG HOT SUMMER SEASON.

# ***UNDERSTANDING THE ODDS***

## ***RYAN ROHMILLER***

LEARN AND UNDERSTAND THE NUMBERS GAME AND PLAY TO THE NUMBERS. YOU ARE EITHER PLAYING WITH THE GRAIN OF THE GAME OR AGAINST THE GRAIN. CAN YOU GUESS WHAT HAPPENS TO WOOD BATS WHEN YOU HIT AGAINST THE GRAIN... SNAP! REMEMBER, **YOU ARE EITHER PLAYING THIS GAME OR THE GAME IS PLAYING YOU.**

## ***SPIKER HELMS***

MAY THE ODDS EVER BE IN YOUR FAVOR. I ALWAYS THINK OF THE HUNGER GAMES WHEN I THINK OF PLAYING ODDS IN THE GAME. NATURALLY THE DEFENSE HAS THE UPPER-HAND IN EVERY SCENARIO. PUT EVERYTHING IN PERSPECTIVE WHEN YOU PLAY THIS GAME. TOO MANY TIMES I SEE HITTERS PUT UNNEEDED PRESSURE ON THEMSELVES. THEY LOOK AT THE SHORT-TERM, RATHER THAN UNDERSTANDING THE GAME IS BUILT ON LONG-RUN SUCCESS. UNDERSTAND THAT STRIKING OUT IS NOT GOOD, BUT TAKE IT WITH STRIDE. CHOOSE TO BUILD ON THE POSITIVES OF THE AT-BAT, NOT THE RESULT.

## ***JOSH HERRICK***

BASEBALL IS A TOUGH GAME, BUT YOU HAVE TO BE WILLING TO DO WHAT OTHERS WILL NOT DO TO KEEP THE DREAM ALIVE, IT TAKES SACRIFICE. COMPETE AGAINST YOURSELF AND YOUR ABILITY EVERYDAY. YOU WILL ONLY KNOW IF YOU'RE GETTING THE MOST OUT OF YOUR TALENT IF YOU GIVE IT 100%.. EVERY - SINGLE - DAY!

## ***CHRIS NASH***

KNOWING THE GAME WITHIN THE GAME. UNDERSTANDING PLAYERS TENDENCIES, THE SITUATIONS WHERE YOU CAN COME OUT ON TOP.



# ***PLAY A NEW POSITION***

## ***RYAN ROHMILLER***

PLAY A NEW POSITION AND DON'T OVER THINK IT, IT'S FALL BASEBALL. DARE YOURSELF TO BECOME A BETTER AND WISER PLAYER BY LEARNING A NEW POSITION. THE WORST THAT COULD HAPPEN IS YOU FALL IN LOVE OR ENJOY SOMETHING NEW. BE THAT VALUABLE UTILITY PLAYER THAT EVERY COACH WANTS ON THEIR TEAM.

## ***SPIKER HELMS***

DO YOU HAVE A SCHOLARSHIP? ARE YOU GETTING PAID TO PLAY? IF THE ANSWER IS "NO" THEN DON'T POSITION YOURSELF IN A SINGLE POSITION. LEARNING TO PLAY MULTIPLE POSITIONS WILL ONLY HELP YOU IN THE FUTURE. I WOULD RATHER HAVE MYSELF OPEN TO PLAY 9 POSITIONS THEN ONE BECAUSE THAT GIVES ME 9 DIFFERENT OPPORTUNITIES TO CRACK THE STARTING LINEUP AT THE NEXT LEVEL, PLANE AND SIMPLE. DROP THE EGO AND COMFORT, LEARN TO PLAY ANOTHER POSITION.

## ***JOSH HERRICK***

THE ABILITY TO BE FLEXIBLE AND VERSATILE GOES A LONG WAY. IT OPENS UP DOORS FOR YOU THAT YOU DIDN'T KNOW WERE THERE PREVIOUSLY. HAVE AN OPEN MIND TO PLAYING A NEW POSITION. BEING FLEXIBLE IS A TRAIT THAT SHOWS YOU ARE A TEAM PLAYER AND CARE ABOUT THE SUCCESS OF THE TEAM.

## ***CHRIS NASH***

PLAYING DIFFERENT POSITIONS WILL HELP YOU TO UNDERSTAND THE GAME MORE. EACH POSITION YOUR THINKING CHANGES BASED ON WHAT YOU NEED TO DO.

# ***CHARACTER BUILDING***

## ***RYAN ROHMILLER***

COLLEGE COACHES ARE MORE INTERESTED IN HOW YOU CARRY YOURSELF AS A PLAYER THAN YOUR STAT LINE. STAT LINES DO HELP BUT THEY ARE JUST NUMBERS. FOCUS ON WHAT THE GAME IS TEACHING YOU AND LEARN, LEARN, LEARN!

## ***SPIKER HELMS***

PUTTING YOURSELF IN NEW POSITIONS AND LEARNING HOW TO BE UNCOMFORTABLE WILL BUILD YOUR CHARACTER FOR THE FUTURE. I WOULD RATHER BE UNCOMFORTABLE AND LEARN NEW THINGS EARLY THAN TRY TO LEARN NEW THINGS LATER IN MY CAREER. IT'S A LOT EASIER TO MAKE ADJUSTMENTS AS A YOUNGER PLAYER THAN ONE WHO IS ENTERING INTO COLLEGE OR PROFESSIONAL. BUILD YOUR FOUNDATION STRONG AND TRUE EARLY ON.

## ***JOSH HERRICK***

AT THE END OF THE DAY, IT'S ABOUT CHARACTER AND RELATIONSHIPS. IT TAKES A LOT OF DISCIPLINE, BUT IT'S 100% WORTH IT IN THE LONG RUN TO BE SOMEONE OF GOOD CHARACTER. BUILD RELATIONSHIPS WITH YOUR TEAMMATES. THE WINS AND LOSSES WILL COME AND GO, BUT THE RELATIONSHIPS LAST FOREVER.

## ***CHRIS NASH***

CHALLENGING TO PUSH YOURSELF TO HIGHER LIMITS IS WHAT I BELIEVE EVERY PLAYER NEEDS TO EXPERIENCE. BE THE PLAYER WHO IS STRONG ENOUGH TO GET OUT OF YOUR COMFORT-ZONE AT TIMES SO YOU CAN DEVELOP MORE AS A PLAYER.



# ***MULTIPLE PERSPECTIVES***

## ***RYAN ROHMILLER***

**ASK QUESTIONS:** WHETHER YOU **THINK** YOU KNOW OR NOT, DOES **NOT** MATTER. PERSPECTIVE IS **EVERYTHING!** THERE ARE 6 BILLION+ PEOPLE IN THE WORLD AND WHEN YOU REALIZE THERE CAN BE 6 BILLION+ PERSPECTIVES ON THE SAME SITUATION THEN THE ONLY OUTCOME IS EXPERIENCE THROUGH KNOWLEDGE AND A BETTER UNDERSTANDING.

## ***SPIKER HELMS***

YOU ACT AS A FILTER. YOU NEVER CLOSE YOURSELF OFF TO NEW IDEAS. YOU WANT AS MUCH INFORMATION AS YOU CAN, BUT YOU WANT YOUR MIND TO ACT AS FILTER. THERE ARE SOME PERSPECTIVE THAT WON'T WORK FOR YOU. THIS DOESN'T MEAN IT'S WRONG, IT JUST MEANS IT'S NOT FOR YOU. SEEK GREAT ADVICE FROM GREAT COACHES AND TAKE PIECES FROM EACH COACH.

## ***JOSH HERRICK***

NEVER BE AFRAID TO ASK FOR ADVICE OR SEEK DIFFERENT PERSPECTIVE. MANY TIMES HAVING A DIRECT AND HONEST PERSPECTIVE CAN GO A LONG WAY. MANY TIMES THE PEOPLE WHO ARE THE HARDEST ON YOU ARE THE ONE'S THAT CARE ABOUT YOU THE MOST. (PLEASE TAKE A SECOND AND RE-READ THE LAST SENTENCE)

## ***CHRIS NASH***

IT'S ALWAYS GOOD TO GET FEED BACK FROM OTHER COACHES, BUT IT'S IMPORTANT THAT YOU FILTER OUT WHAT YOU DON'T NEED AND TAKE ONE IMPORTANT THING YOU LEARNED AND APPLY IT. LISTENING THEN DOING EVERYTHING THAT EVERY COACH IS TELLING YOU TO DO AT ONCE IS ONLY GOING TO CAUSE MORE CONFUSION FOR YOURSELF THEN EVENTUALLY LEAD TO A SLUMP.

# OFF THE FIELD FOCUS

## RYAN ROHMILLER

**GET GOOD GRADES AND PUT IN THE SCHOOL WORK!** IF YOU WANT TO FOCUS ON BASEBALL 2ND SEMESTER THEN YOU **MUST** POSITION YOURSELF TO SUCCEED BY PUTTING IN THE WORK AT SCHOOL. IF YOU WANT TO HAVE A FUN YEAR OF BASEBALL THEN MAKE SCHOOL A PRIORITY SO YOU HAVE NO WORRIES COME BASEBALL SEASON.

## SPIKER HELMS

DIET, SLEEP, AND LIFESTYLE. YOU HAVE TO EAT, BREATHE, AND LIVE YOUR GOALS. NO MATTER IF IT'S MAKING YOUR NEXT SQUAD TO PLAYING IN MAJOR LEAGUE BASEBALL. IF YOU WANT TO BE SUCCESSFUL YOU MUST HAVE A DISCIPLINED LIFESTYLE.

## JOSH HERRICK

UNDERSTAND THAT WHAT YOU DO OFF THE FIELD CAN HAVE AN IMPACT ON YOUR ABILITY TO MOVE UP ON THE FIELD. MAKE GOOD DECISIONS AND DON'T WASTE AWAY YOUR TALENT. YOU ONLY HAVE **ONE** CAREER. WHAT DO YOU WANT TO BE REMEMBERED FOR?

## CHRIS NASH

UNDERSTAND WHAT YOU ARE THERE TO DO IN THE FIRST PLACE. UNDERSTAND THAT YOUR ACTIONS CAN COST YOUR OPPORTUNITY TO PLAY AT A PARTICULAR SCHOOL AND OR HURT THE TEAM. I AM NOT SAYING TO NOT ENJOY YOURSELF, BUT JUST KNOW THAT YOU'RE THERE TO GIVE YOURSELF AN OPPORTUNITY TO DO SOMETHING GREAT.



# ***HAVE FUN!***

## ***RYAN ROHMILLER***

MOST IMPORTANTLY, **HAVE FUN!** GET BACK TO THE YOUTH MENTALITY. THINK THE GAME AT A HIGH LEVEL, BUT PLAY THE GAME THROUGH THE LENS OF A YOUTH PLAYER.

## ***SPIKER HELMS***

PLAY THE GAME. PREMIUM INSTRUCTION, SHOWCASES, AND CLINICS ARE GREAT WAYS TO LEARN, BUT KEEP IT ALL IN PERSPECTIVE. TREAT EVERY MOMENT YOU HAVE WITH THIS GAME AS A GAME. PLAY, COMPETE, AND HAVE FUN.

## ***JOSH HERRICK***

BASEBALL IS THE GREATEST GAME, ENJOY IT, HAVE FUN, BUILD RELATIONSHIPS WITH YOUR TEAMMATES, AND PLAY EVERY GAME LIKE YOUR PLAYING A GAME OF WIFFLE BALL IN THE BACKYARD.

## ***CHRIS NASH***

KEEP THE GAME FUN AS POSSIBLE FOR YOURSELF NO MATTER IF YOU STOPPED PLAYING AFTER HIGH SCHOOL, COLLEGE OR HAVE THE OPPORTUNITY TO PLAY PRO BALL. DON'T MAKE BASEBALL A JOB. ONCE IT FEELS LIKE IT'S BECOMING A JOB, YOU WILL BEGIN TO PRESS TO MUCH AND DO THINGS OUT OF YOUR CHARACTER THAT COULD POTENTIALLY RUIN THE GAME FOR YOU.

# ***184 TEAMS. 16 STATES. JOIN THE CLUB!***

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