

Frozen Ropes Travel Teams

The Frozen 15

2015 Travel Team Standards

- **QVC.** (Quality Voice Commands) There should be constant chatter in games and practices. Energy and attitude is contagious--make sure it is positive!
- **Hustle.** Everywhere and all the time. We never walk during practices. This, above anything else, gets someone's attention. You will not be reminded to hustle or pay attention.
- When you are playing a game, the only thing that matters is the game! No side chatter, pay attention--you learn the most while watching.
- **BTF.** Best Teammates Forever. Be positive and supportive of your teammates. Remember it is not always what you say, but how you say it. Picking on teammates or isolating a teammate on the bench or between games is not an option. There are no clicks, drama or temper tantrums in a BTF setting. Pouting, eye rolling or bad body language in the dugout or on the field is not part of our program.
- We will be a Fountain and never a Drain prior to and during games.
- We will understand and strive to adopt the power of **ME** .
- You will celebrate runs scored and defensive gems by greeting your **BTF's** outside the dugout. You will get off the bench and hug/pat/shake hands with the pitcher after each inning they return to the dugout.
- **If you have nothing positive to say or think about a teammate, don't say it or think it.**
- Sprint the bases until a fly ball is caught, and run through the base on a ground out or a walk. We don't take late leadoffs. Every lead off we try to look as if we are stealing in order to draw throws. We dive back to bases head first.
- We will assume we are going to the next base unless our coach or our eyes tell us differently.
- Hitters will understand **READY** and stick to it.
- We sprint to our positions. We dive...including foul balls that you know are not outs just to get into the habit of it!
- If an error is made, verbally pick your teammate up. Same goes for homeruns. If two errors are made in one inning, our catcher needs to call timeout. Never let your teammate be alone out on the field or in the dugout.
- **Pack of 3.** Any time a ball is hit; there are at least three people on the field moving on the play. If there are runners on, even more. Backups save ball games...never stand still!
- We will not be beat "under" the glove on groundballs and if a ball touches your glove, we expect you to catch it.
- Balls will not drop near outfielders without a slide, dive or a shoe string attempt. Infielders will not allow balls to kick through the Infield without a dive.

Players will be reminded about the Frozen 15 throughout the Fall.

After two incidents where any of the 15 are not adhered to, the coaching staff has the right to remove the player from the game.

Subsequent violations will result in a parent-player-coach meeting.

The Power of Me

Max Effort: *Practice and game time, I go all out all the time.*

My Enjoyment: *Love to play and it shows, play with no worries or concern.*

My emotions are my greatest asset or weakness: *Control and feel the emotions that make you a better player and a better person.*

A Fountain: positive energy, enthusiastic, passionate toward the game and teammates, flowing with kindness and happiness, smiling, good listening skills, supportive and understanding with all teammates. A winner. Nice.

A Drain: negative comments, complainer, angry, pulling the life and energy out of the team, a gossip, critical and complaining about everything, blaming others, bad body language, a loser. gossip girl, Annoying.