

## HOW TO BE A TEAM WITH "CLASS"

An article I read today was very timely after witnessing some of the ugly side of competitive sports recently from within our team (now resolved) and from another team or two we've played. The article describes the characteristics of a team that has "class" by breaking it down into three main categories:

### PRIDE ❖ ATTITUDE ❖ PRESENTATION

#### PRIDE -

Have pride in your team and teammates. The way you play, look and act, both on and off the field, are important. Everyone on the Fury is a part of the "family." Do things to make your "family" proud of you and proud of the team, and, in return, you will be proud of yourself.

#### ATTITUDE -

Teammates encourage each other, even if it is the person playing in front of you, and especially if someone makes a mistake! On every great team, the team comes first before the individual.

Treat the umpires with respect, appreciating the difficult job they have to do. They will respect you more the next time. Know that it is better to have them on your side than against you.

Players play and spectators should not coach from the stands.

Everyone on this team is equally important whether in the game or on the bench, at the time, trying to help this team in any way they can. *(As you may know, we do not award MVP's. To me, you are all MVP's. If an MVP is ever awarded, it should go to your parents or to my coaches who are instrumental in shaping your success.)*

Play the game the same way every time, regardless of the score, situation, or opponent. Do not allow the opposition to deter you from your goals or to lower your standards. And never give the other team the satisfaction of seeing you lose your composure, parents too!

Play hard and play to win. But win or lose with class. Never give your opponent extra incentive the next time you play them. *(Can you say Roseville Elite?)* If you

give all you've got, 100%, and still come up short on the scoreboard, there is nothing to be ashamed of. Learn from it, work to get better and hit it as hard as you can at the next time. Don't make excuses. Never forget that even the best players strike out and make errors. It happens. However, the great ones just re-load, staying cool, calm and focused.

Sacrifice yourself for the team, whatever it takes both on and off the field.

No "clubhouse lawyers." Don't gossip and complain behind other players' backs. This spreads dissension. If there are problems, speak to your coaches or team captains, if the team has them. This holds true for parents as well. *Please trust that your coaches are dedicated to make every player on this team the best she can possibly be.*

## PRESENTATION -

- Appearance - Team is neatly dressed and looks sharp at all times.
- Warm Ups - Well organized, everything is done together with a purpose. The players should lead the warm ups.
- Infield/Outfield - Quick, sharp and snappy. Your opponents are sizing you up and this is the time to begin impressing them.
- Hustle - Run on and off the field. Whenever a player is on the field they are running, winning or not!
- Bench - Well organized, no trash lying around, equipment arranged neatly, gloves ready to take the field and everyone with a job to do. All talk is centered around the game and trying to help the team in some way. Players stay in the dugout unless given permission to leave. No cell phones, texting or ipods during the game and all non-players outside the dugout.

Remember: ***DO IT WITH CLASS!*** The best teams do, the best players do, the best coaches do, and the best spectators do.