



ATHLETE HANDBOOK



NW VANDALS FASTPITCH
EST 2018



Welcome and congratulations on becoming a Vandal! We are excited you have chosen to join our NW Vandals family and organization. Each athlete can expect to find success in the program, although it may look different for everyone. Our philosophy is to grow and develop athletes into strong female adults, with the ability to work together in teams and challenge themselves individually. We believe in the **team first** mindset and have found that when athletes are committed to their team, have a strong work ethic, and positive attitude, a strong team chemistry follows. With team chemistry, community is created, and success follows. Together, we can overcome obstacles that we could not have, when going alone.

We believe success is measured in more than wins and losses, but in the challenges one seeks, development in skill and mental fortitude, knowledge of the game, versatility, and the ability to compete with yourself, while also competing as a team. With your support and encouragement, we believe that our program can be a positive experience for all.

Our focus for our younger teams will be highly developmental and our goal is to build the fundamentals and the passion for sports. As athletes age and develop, those skills will be challenged to promote enhanced development and avoid complacency. For our older athletes, the focus is on college preparation and placement. Our program was designed for the collegiate athlete, and the necessary milestones and challenges one must face and conquer to get there.

Included in this packet is everything you need to know about our program, in addition to a few essential documents that need to be printed, completed, and returned to the head coach for retention. If you have any questions, feel free to reach out to your coach or a board member.

Marie Scott

503-580-3922

Josh Scott

503-510-7041

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503-991-1364

ABOUT US

NW Integrity Athletics is a non-profit organization established in 2018 and was created to provide youth athletes, coaches, and parents with a positive, challenging and rewarding environment for success. At the time, our focus was to provide athletes, both female and male, with the opportunity to play sports in a positive environment, while promoting life skills, through building confidence, discipline, and self-esteem. We do this all through sports-related events, community service and family-friendly activities. Later that same year, NW Vandals was founded as part of the organization and was specifically focused on competitive baseball and softball directed towards the college bound athlete. While still maintaining our foundational roots, we have experienced enormous growth over the last several years.

FOUNDING BOARD MEMBERS

Marie Scott, Josh Scott, Brian Greer

MISSION STATEMENTS

Our mission is to provide athletes with the opportunity to participate in a competitive environment that breeds athletic excellence and builds strong character and community. We value the importance of teaching life lessons through sport and strive to develop not only strong athletes that can compete at the highest level, but also good people that will be successful in life outside of sport.

OUR VISION

We are committed to the ongoing personal development of each team member through high quality athletic instruction, emphasis on core values, and positive coaching strategies. Our purpose is to develop athletes to be successful both individually, and as part of a larger community.

CORE VALUES

Always act with Integrity

Fight Together

Leadership

Accountability

Own your Journey

Stand for Equality

Sense of Community

Growth Mindset

Focus on Development

PLAYER/PARENT EXPECTATIONS

All players and parents are expected to conduct themselves in a manner that will represent NW Vandals in a positive manner and never to deliberately disrespect the team, teammates, coaches, and/or the organization. It is important that all athletes and parents understand that there is always someone watching them! It is their responsibility to ensure that their attitudes reflect the pride and reputation of the NW Vandals program.

- Players are expected to participate in all scheduled team practices, scrimmages, tournaments, and games. Participation is mandatory, unless a coach or health-care professional excuses your absence for good cause.
- Players must be on time for all team events, whether it is a practice, a game, a tournament, team meeting, or team fundraiser.
- Players, parents, friends of players, and coaches are expected to treat umpires and opponents with courtesy and respect. Good sportsmanship, positive attitudes and kindness are expected, even in the most challenging situations.
- Parents and players must refrain from critical, disrespectful, and/or abusive conduct towards the coaches and other players.
- Players must not use alcohol, illicit drugs, and/or tobacco products. Violation of this rule is cause for immediate dismissal from the team and organization.
- Parents must refrain from intoxication during athletic events, practices, etc. No open containers at games or tournaments.
- Players must not violate any team curfew imposed by the coaches while at out-of-town tournaments.
- Players must refrain from using ALL personal electronics in the dugout including practice and games. Unless directed or approved by the coaching staff.
- Parents must refrain from doing anything that interferes with or undermines the coaches' authority over the team. In the instance that a guardian feels that a private conference is needed, a meeting can be scheduled through the head coach.
- Athletes should wear appropriate practice and game attire when participating in NW Vandals events.
- Except under special circumstances, parents must not enter the dugout or go onto the field, unless your presence is requested by a coach, tournament official, or health-care professional.
- When teams travel, we travel to compete. We stay at the same hotel, when possible. Our away tournaments are not vacations, they are a time to build relationships on the field and after games, traveling and doing extra-curricular activities together. All extra activities that do not include the team when traveling must be shared with the head coach and must not have any negative impact on team chemistry or schedule.
- Parent/Player use of social media must refrain from critical, disrespectful, and/or abusive conduct towards the coaches, players/families, other Vandals teams, other team players, coaches, and families, and/or athletic affiliations such as USA Softball, Triple Crown Sports, PGF, Alliance, etc.
- When competing at showcase or recruitment tournaments, parents must sit on either side of the backstop and never directly behind the catcher as this is where college coaches sit and take notes. Remember if we are interfering with a coach's ability to see the field, we are interfering with our athlete's chance of being seen.

PLAYER FEES

The funding of NW Vandals organization comes from player fees, fundraisers, and outside donations. Player payments cover organizational fees, registration fees, insurance, tournament fees, umpire fees, indoor/outdoor facility rentals, team equipment, coach's gear, and travel. Due to our team schedules, many expenses must be paid up front to secure tournament spots and cover uniform and equipment needs prior to the season beginning.

It is imperative that payments are made on time for the team to succeed. Playing time may be impacted if payments are not paid in full by March 1st. As a nonprofit, we do have fundraising opportunities throughout the year that can assist with the overall player fee. Donations and sponsorships can also be received from community members. Please remember that it is not the responsibility of the coaching staff or board members to fund the team.

FUNDRAISING

Fundraisers are another vital part of our team. By fundraising, we can keep the player fees low for those participating players. Fundraising for player fee offset is voluntary and not required. Funds raised for player fees will go directly towards player fees until they are paid in full.

Team fundraising ideas must be brought and approved by the head coach and have a designation of where funds will go prior to the start of the fundraiser.

When applicable, the head coach may ask for volunteers to oversee the fundraising for the team. This can be a single or group of parents.

INSURANCE

Participation in the game of fastpitch softball-whether as a player, coach, or family, some element of risk of personal injury and/or property damage exists. All efforts are made by the NW Vandals to secure insurance through athletic affiliations to cover personal injury for players and coaches.

IN THE EVENT IT CAN NOT BE SECURED, NEITHER THE NW VANDALS NOR ITS TEAMS WILL PROVIDE ANY LIABILITY OR EXCESS-ACCIDENT INSURANCE POLICIES TO: (1) COVER A PLAYER IN CASE OF AN ACCIDENT ARISING OUT OF HER TEAM'S AMATEUR SOFTBALL ACTIVITIES THAT RESULT IN PERSONAL INJURY TO THE PLAYER; AND (2) PROTECT A PLAYER'S FAMILY AGAINST ANY PERSONAL LIABILITY FOR BODILY INJURY OR PROPERTY DAMAGE ARISING OUT OF THE TEAM'S AMATEUR SOFTBALL ACTIVITIES. (THE TERM "AMATEUR SOFTBALL ACTIVITIES" INCLUDES PRACTICES, GAMES, EXHIBITIONS, AND TOURNAMENTS.)

Each family is therefore encouraged to determine, for itself, whether to purchase insurance to cover their family in case of an injury to their player and/or a lawsuit brought by another softball participant-whether a player, coach, spectator, or umpire-for a claim of bodily injury and/or property damage.

PLAYING TIME

Each athlete will be given a fair opportunity to earn playing time. **NO ATHLETE IS GUARANTEED A SET AMOUNT OF PLAYING TIME OR POSITION.** The amount of playing time each player receives is determined by attendance of games and practices, effort, work ethic, attitude, production, and other various characteristics determined by the coach. We want to ensure that the girls work hard and have fun and we will do our best to get every girl as much playing time as possible.

If concerns with playing time arise, athletes need to be coached on how to have conversations with coaches first. If the athlete tries and needs help with the conversation, parents can assist. Coaches will be expected to be open and receptive to feedback and should help the athlete through the conversation, as it is beneficial for their growth. Whether they agree or not, it should not be confrontational or defensive, simply the reason why, and what needs to be done going forward.

PRACTICE AND GAME PARTICIPATION

All practice and game schedules will be determined by the head coach and tournament directors. Team practices will be held at an outdoor field or indoor facility, but practice location and times are subject to change for incidental reasons. All players should be prepared for every game and practice. A prepared player will always be more relaxed and in turn will perform better! A prepared athlete will have adequate water, equipment, appropriate attire and will be on time! Athletes should arrive 15 minutes early for each practice and 60-75 min early for every game unless otherwise specified. Athletes need to bring healthy snacks and food to all games. Coaches are watching and want to see independent athletes, not parents running food and drinks to and from the dugout. If additional water is needed in a game, athletes can ask coaches to assist, which may result in a coach asking a parent for help.

Due to the drive times of some players, a practice may be deemed "optional" due to field or facility schedule times. This will be determined by the Head Coach. All other practices are classified as "team" or "mandatory" practices.

Outside practices and/or lessons are encouraged but not required and is up to athlete discretion. For recommendations on hitting, catching, pitching instructors, etc. connect with your coach.

I don't complain about playing time. My job is to play so well the coach can't sit me. ~ [Shane Battier](#)

UNIFORMS

Each player will be required to purchase team uniforms and practice gear through our Evoshield vendor. Due to issues with athletes not completing their player fee commitments, starting in 2024/2025 season, bat bags, helmets, and visors will be paid by the athletes at the time of uniform order. This will also make it easy for athletes to replace damaged or missing items.

The NW Vandals organization prides itself on looking sharp, uniform and professional. To ensure that our program keeps a high standard of professionalism we ask that the athletes follow the uniform policies below.

*Appropriate **practice** attire is as follows: (Vandals colors – royal blue, white, black)*

- Designated Vandals practice shirt
- Softball Pants, unless otherwise specified (black shorts or tights can be worn in facility)
- Long socks – royal blue, white, black
- Cleats and/or running shoes – depending on facility.
- Hair up and or out of the face

*Appropriate **game** attire is as follows:*

- Matching team uniform - designated by the coach or designee
- Matching sleeves when needed (always be prepared for weather)
- Uniform Shirts - should be tucked in with sleeves at normal length (no rolling)
- Cleats or turfs
- Hair up and out of the face



LINK to order: [Fan Store/Uniforms \(nwvandals.com\)](https://nwvandals.com/fan-store/uniforms)

To build a strong team, you must see someone else's strengths as a compliment to your weakness, not a threat to your position.

~ [Christine Caine](#)

TRAVEL TOURNAMENTS

Parents should expect that travel costs will vary depending on the tournament location and proximity to their home. Meals, lodging, and gate fees are NOT covered by the organization. Participation in team meals and other team activities while at tournaments is mandatory for players. Parents are welcome but not required.

Players are expected to participate in team functions and abide by team rules regarding conduct, curfew, and behavior. If a player is unable to attend all, or part of, a tournament, team meal or other team activities for any reason, the head coach should be notified. A reasonable amount of notice for a missed practice or tournament is at least 14 days prior to the event. However, emergencies do arise, and we understand that this will not always be possible!

Out-of-town trips are a great opportunity for our athletes to compete against new teams and higher levels of competition. For the safety of the athlete and the reputation of the program, we require all athletes to comply with the travel rules below. Violations will result in a parent paid flight home and possible expulsion from the team

- When traveling, athletes are to wear Vandals gear only. We ask that they wear a Vandals t-shirt, sweatshirts or pullovers, and black leggings or black shorts. Make sure shorts are an appropriate length to cover yourself and not provide too much exposure.
- Athletes are to room with family and/or teammates. Significant others are not to room with athletes overnight and if uncomfortable at any time, a significant other could be asked to not enter an athlete room if occupied by multiple athletes.
- A reasonable curfew for the girls will be followed and will be determined by the coach. Congregating in halls or exceeding noise levels is not allowed. We must be respectful of all people staying in the hotel.
- Players, in team rooms, will not leave their hotel rooms after curfew without notifying a coach. Parent, or guardian, must notify a coach of their player leaving the room in case on a family emergency.
- While in the hotel, at tournaments, and in public, we ask that the coaches, athletes, and their families present themselves in an appropriate manner. This includes, but is not limited to dress attire, language, and attitude. People are watching us - be a good influence!

The player you are today should be able to outplay the player you were

yesterday! ~ [Ringor](#)

FORMS

The following forms are attached for your use. Those marked **return** need to be completed and returned to your head coach for retention:

- NW Vandals Consent to Parent/Player Code of Conduct
- NW Vandals Release of Liability
- NW Vandals Image/Photography Release
- NW Vandals Consent for Medical Treatment and Representation
- NW Vandals Concussion Sheet
- NW Vandals Financial Agreement
- NW Vandals Sponsorship Letter

Reminder: Do not forget to order your practice pack and tournament uniforms as soon as possible as stock does go quickly.

Thank you for your support, hard work, and dedication to the sport. We are very proud of our organization and look forward to watching the girls progress as time goes on.

You need to ignore what everyone else is doing and achieving. Your job is about breaking down your own limits and outgrowing yourself to live your best life. You are not in competition with anyone else, plan to outdo yourself, not someone else! ~ [The Minds Journal](#)

Code of Conduct Agreement

Everyone has a responsibility to influence young athletes! We want to make this a fun experience, while giving your players the best opportunity to succeed and grow within the sport. Please review the Code of Conduct with your child and make certain that they understand what sportsmanship means and what is expected of them. As parents, please also review your responsibilities as spectators and help empower your child to take ownership of their success.

Player Code of Conduct

Players are expected to behave in a sportsmanlike manner. The following list represents a limited set of guidelines for conduct.

- I will be respectful and courteous to umpires, coaches, players, parents, and fans.
- I will not taunt, ridicule, or argue with any umpire, coach, player, parent, or fan.
- I will not use abusive or vulgar language.
- I will not engage in disruptive or inappropriate behavior.
- I will not hurt or attempt to hurt any other person.
- I will not throw my bat, batting helmet, or any other piece of equipment.
- If there are questions about playing time, I will speak directly with my coach after games or team practices. I will not question playing time in the middle of the game.

Parent and Spectator Code of Conduct

Parents and fans are expected to behave in a sportsmanlike manner. The following list represents a limited set of guidelines for conduct.

- I will be respectful and courteous to umpires, coaches, players, parents, and fans.
- I will not taunt, ridicule, or argue with any umpire, coach, player, parent, or fan.
- I will not use abusive or vulgar language.
- I will not engage in disruptive or inappropriate behavior.
- I will not engage in or encourage any conduct that endangers others.
- I will not drink alcoholic beverages at games or practices.
- The umpires will not reverse any judgment call (e.g., ball or strike, safe or out, fair or foul) based on arguments made by coaches or fans.
- I will encourage my child to ask questions directly to the coach.

Player Signature

Parent Signature(s)

General Waiver and Release of Liability

I understand that observation of or physical activity in, including but not limited to hitting, throwing and catching in or around a batting cage area can be a dangerous activity and that, by participating in those activities ("Softball Activities"), I am taking a risk that I or my child may be injured.

I hereby assume all the risk described above, even if the Northwest Vandals, NW Integrity Athletics, its owners, members, employees, or agents, through negligence or otherwise, be deemed liable. I hereby release, waive, discharge covenant not to sue Northwest Vandals, NW Integrity Athletics, its owners, members, employees or agents (individually and together herein referred to as "Released Parties"), employees or any agents, coaches, participants, sponsoring agencies, sponsors, advertisers, or others associated with Released Parties and the activity, and, if applicable, owners and tenants of premises used to conduct the Softball Activities, from any and all liability arising out of my or my child's observation of and participation in the Softball Activities and/or event, even if the liability arises out of negligence that may not be foreseeable at this time.

I understand that by signing this Waiver and Release, I expressly and willingly agree to assume complete responsibility for any risk of injury or damages that may arise from the related activity. On behalf of myself, my child(ren), heirs, assigns and next of kin, I waive all claims for damages, injuries, and death sustained to me, my children or my property, that I may have against the above named Released Parties, any of its owners, employees or representatives relating to such activity. I understand that the activities that I will participate in are inherently dangerous and may cause serious injuries, including bodily injury, damage to private property, and/or death. By this waiver, I assume any and all risk, and take full responsibility and waive any and all claims of personal injury, including severe bodily injury, damage to personal property and death relating to all activities associated with the activity, including but not limited to practice, receiving lessons at the facility, using the facility and its equipment and related activities on and off the activity premises. If I or my child(ren) are injured from said activity, I will not hold the above named Released Parties responsible even if the injuries were caused by negligence on my part or the Released Parties, any of its owners, volunteers, employees or representatives, or any other party under or affiliated with the above named Released Parties.

I represent that my minor child or I are in sufficiently good physical condition to participate in the programs and activities without jeopardizing our health. I understand that I have given up substantial rights by signing this waiver and release and sign it voluntarily. This waiver and release also bind my heirs and assignees.

The undersigned, my parent or legal guardian, and I, if I am a minor, in consideration of participating in the activity, and all related events and activities:

HOLD HARMLESS MEDICAL RELEASE DUE TO THE NATURE OF ACTIVITY, IT IS UNDERSTOOD THAT I RELEASE THE RELEASED PARTIES (DEFINED ABOVE), ITS OWNERS, EMPLOYEES, REPRESENTATIVES, COACHES, AGENTS, SPONSORS, STAFF FROM ALL LIABILITY OF ANY SORT, AND THAT THEY BE HELD HARMLESS AND INDEMNIFIED FOR ANY ACCIDENT OR INJURIES SUSTAINED BY ME/MY CHILD(REN) WHILE INVOLVED IN THE SOFTBALL ACTIVITY.

THE LOWER PORTION OF THIS FORM MUST BE FILLED OUT AND SUBMITTED PRIOR TO YOUR BEING PRESENT IN OR AROUND THE APPLICABLE PREMISES WHERE THE SOFTBALL ACTIVITIES ARE OCCURRING.

Name _____ Age: _____

Address _____

City _____ State _____ Zip _____ Phone () _____

In Case of Emergency, please contact (NAME & PHONE #) _____

X _____

PARENT (LEGAL GUARDIAN) SIGNATURE



NW Vandals Standard Photo Release Form

I hereby give NW Vandals/NW Integrity Athletics permission to publish in print, electronic, or video format the likeness or image of my child(ren) to be used in publications, including the website and social media. I release all claims against NW Vandals/NW Integrity Athletics with respect to copyright ownership and publication including any claim for compensation related to use of the material. Please list all students participating in activities below:

ATHLETE NAME: _____

ATHLETE NAME: _____

ATHLETE NAME: _____

PARENT/LEGAL GUARDIAN NAME (print): _____

STREET ADDRESS: _____

CITY, STATE & ZIP: _____

SIGNATURE: _____

DATE: _____

- It is recommended that a release be obtained when photographing or videotaping a minor (under 18). Parent or guardian signatures are required; signatures of minors are not sufficient. When images are published, the organization will take cautionary steps to provide minimum identifying information and will not use specific street or mailing addresses, email addresses, or phone numbers. Signed release forms are not needed when subjects are in public places, such as ballparks or indoor facilities.



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports *one or more* symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, she should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Losses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

It's better to miss one game than the whole season. For more information on concussions, visit: www.ctdc.gov/concussion.

Student-Athlete Name Printed	Student-Athlete Signature	Date
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.



NW Vandals Fastpitch is a competitive softball program designed to help female athletes succeed both on and off the field. We are part of the NW Integrity Athletics family and as a non-profit, tax-exempt organization, we provide young athletes the opportunity to develop fundamental skills and attributes to compete at the highest level. Our teams are made up of young athletes from across the state. Over the last several years, competitive youth sports have become increasingly expensive and forced some girls not to participate due to cost. Our goal is to partner with local businesses to help make competitive youth sports affordable to all eligible athletes who want to participate.

As a sponsor your donation is tax deductible and will go a long way toward promoting healthy activities for the youth in our area. Please consider donating by completing and returning the bottom portion of this letter. Retain the top portion for your records.

Thank you for your consideration and support.

Sincerely,

Josh Scott — President, NW Integrity Athletics nwintegrityathletics@gmail.com
503.510.7041

Amount donated: \$ _____

NW Integrity Athletics

Federal Tax ID Number 82-5102393

(Cut here and keep above for your records)

Please mark a Donation level:

- ◇ \$100.00 General Sponsor
- ◇ \$250.00 Silver Sponsor
- ◇ \$500.00 Royal Sponsor – Name recognized on website.
- ◇ \$1000.00 Integrity Sponsor – Name recognized on website, team banner.
- ◇ I would like to donate without sponsorship in the following amount \$ _____

Sponsor Information

Name of Business or Individual: _____

Address: _____

Contact: _____

Phone: _____ E-Mail: _____

If donating in the name of a specific player or team, please identify here: _____

Please Make Checks Payable to: **NW Vandals Fastpitch**

Mail to NW Vandals Fastpitch, 2240 Landau St SE, Salem, OR 97306

THE ANATOMY OF A CHAMPION MINDEST

The Personality Traits That Separate The Winners from Losers

Persistence

True champions exhibit persistence on a daily basis. They don't fade in the face of obstacles, they plow through them tirelessly, always striving towards their next goal.

Fearlessness

If you want to be a winner or a champion, there is no time for fear. Fear will only hold you back. If you have a dream - don't be afraid to do everything it takes to reach for it.

Think Before You Speak

A champion isn't afraid to speak their mind, but they make sure everything they say is well thought out for maximum effect.

Sincerity

A champion means what they say. They don't hide behind fake words and empty praise. They are confident enough to say what they mean.

Positive Attitude

True champions have bad days...but they don't let it take over their life. They stay positive, keep a healthy attitude and focus on their goals.

Integrity

Champions are fueled by their values and beliefs. They know what they believe in and don't waver in troubling times.

Helpfulness

Helping people is one of the best ways to generate the good will that fosters a championship mindset.

Ambition

If you don't want to be a champion - and I mean really want it - more than anything else...you never will be.

Responsibility

Champions know that they are 100% in control of their own destiny and don't use excuses when things go wrong.

Compassion

There is nothing weak about showing compassion. A real champion knows this. Using their ascent to greatness to uplift the people around them, creates the kind of good will that will ensure they continue winning.

“Champions aren't made in gyms. Champions are made from something they have deep inside them-a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.”

-Muhammed Ali-

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www.coachtrainer.org





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EST 2018