



## BlueChip “Things We Do”

### Arrival & Appearance

- The listed start time is “laces tied and on the field” time.
- We show up to the field, practices, and games with pants on, shirts tucked in, and hats on straight.
- We look like professionals: clean uniforms, proper undershirts, and sleeves down.

### Dugout & Field Standards

- Dugouts are kept tidy at all times (bags stay outside, as needed).
- We warm up together as a team.
- We sprint on and off the field after every half-inning, no one goes out alone.
- We pick up our own trash and equipment immediately.
- Dugout Responsibilities (jobs will be assigned and rotated)
  - Catcher warms up pitchers (between innings and in the bullpen).
  - Foul ball chasers.
  - Passed ball chaser.
  - Outfield warmups.
  - Gear “pick-up” man – helps get gloves and hats to players on the field between innings and pitching changes.

### Pitching & Preparation

- A pitching list is posted.
- The starting pitcher is assigned before warmups (preferably the night before).
- Pitchers are responsible for their own warm-up routine and recovery. Ask a coach if you need help.
- Pitchers are honest about arm condition.

### On-Deck & Game Awareness

- First 3 hitters: bats and helmets on the field.
- Next 2 hitters: helmets on.
- We watch every warmup pitch.
- We watch the catcher throw down to second base.

- We actively report what we see.
- We track pitch selection, first-pitch tendencies, and patterns from both the opposing pitcher and catcher.
- We know the game situation at all times (outs, count, runners, score, inning).

### **Base Running**

- We run every ball out hard – no exceptions.
- We look for doubles out of the box.
- We take aggressive secondary leads.
- We look for opportunities to take the extra base.
- We slide hard and legally on every close play.

### **Defensive Approach**

- We play defense with energy and communication.
- We play the position assigned with enthusiasm.
- Loud, early calls on pop-ups and fly balls.
- We back up every base and every throw.
- We anticipate plays before they happen.

### **Hitting Approach**

- We compete in the box – every at-bat, every pitch.
- We have a plan at the plate.
- We put the ball in play hard and run.
- We stay on time and control the strike zone.

### **Attitude & Culture**

- We treat every out as currency.
- We play hard, play smart, and play together.
- We encourage and pick up teammates – no negative energy, no blame, no excuses.
- We stay coachable and ask questions when we don't understand.
- We are team players and are willing to sit as needed.
- We keep the momentum on our side:
  - We respect umpires, opponents, grounds crew, and fans at all times.
  - We cheer, not chirp.
  - We don't show negative emotion on the field (Helmet slams, throwing equipment, showing displeasure for a call, pouting)

- Mistakes are part of the game – we flush them quickly and move to the next play.
- We celebrate teammates' success loudly.

### **Off-Field Standards**

- **Workouts:** We commit to our strength, speed, and mobility training outside of team practices. Extra work is expected, not optional.
- **Nutrition:** We fuel our bodies properly – high-protein meals, fruits/vegetables, and smart carbs. We limit junk food, especially the night before and day of games.
- **Hydration:** We stay hydrated at all times (clear urine = good). Bring water bottles to every event.
- **Rest & Recovery:** We prioritize sleep, especially the night before games. Late nights and poor sleep affect the entire team's performance.
- **Social Media:** We represent BlueChip positively at all times online. No trash-talking opponents, umpires, teammates, or other teams. Think before you post – coaches, scouts, and future programs may be watching.
- We post at least weekly and reach out to coaches before every tournament and follow up after.
- **Recruiting:** We communicate openly and honestly with coaches about college recruiting interests and opportunities.
- We attend showcases and camps professionally and prepared. The team will support exposure efforts, but players are expected to take ownership of the process (highlight videos, emails to coaches, etc.).
- We represent BlueChip at all times – in the community, at school, and online.
- Phones are put away during practices and games.
- Academics come first – we maintain good grades and communicate with coaches if issues arise.

### **After the Game / Practice**

- We help clean up the dugout and field completely.
- We thank our coaches, the umpires, and the opposing team.
- We debrief as a team when asked.
- Win or lose, we leave the field better than we found it.
- We do our recovery exercises.
- We check in with teammates on the off days.

Check out [www.bluechipbaseball.org](http://www.bluechipbaseball.org) for more information.