

Gold Player Development  
and Process  
A Commitment to  
Excellence

*Lil Saints*  
SOFTBALL



"The time when there is no one there to feel sorry for you or to cheer for you is when a player is made."

– Tim Duncan

*Be self-motivated*

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."

–John Wooden

*Hard worker over lazy talent*

"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down."

–Mia Hamm

*Be perseverant*

"Success consists of going from failure to failure without loss of enthusiasm."

–Winston Churchill

*Enjoy the process*

# Gold Program Process and Expectations

## 18U Focus

- Official visits
- Reps at primary position; Competition
- Master your primary position
- Grades; final ACT/SAT; GPA
- Proper time management skills
- Final HS season, Nationals

## 16U Focus

- Final round of college camps
- Fix grades; ACT/SAT testing; GPA Status
- Decide which is your recruitable skill
- Reps at Prim/Sec. positions; Competition
- Proper time management skills
- Become an effective leader at HS

## 14U Focus

- Initial round of college camps
- Variety of reps and competition
- Focus on mastering at least 1 position
- Highest grades possible/maintain
- Proper time management skills
- Learn your HS and get involved

18U

16U

14U

### How do we choose these players?

- Believe in hard work off and on the field.
- Must have a desire to get better each day.
- Must be coachable.
- Must have self-motivation to put in the work and self-confidence to execute during games.
- Always train and play with grit for your team, then all of the above will come naturally.

### What are other expectations?

- Becoming the best teammate wherever you are
- Hustle errors vs. unfocused errors.
- Understanding "Like", "Love", "Passion"
- Interactive chalk talks and mental training
- Learning how to hit our way, not just swing
- Investigating careers vs. just getting a degree

\* CHALLENGE \* MENTORING \* TRAINING \* GUIDANCE \*

**18U Gold** is the flagship of the organization, playing against the heads of other organizations. Player requirements are the same: reps, grades, daily recommitment, and narrow down your top 3 schools. 16U's, they have more time to round out a top list of schools. 14U are learning more about the journey along side of the requirements - learning to win the moment in all aspect of the journey.

\*Constant mentoring along the way.

## 14U Gold (8<sup>th</sup> grade and Freshman)

Primary Goals	Requirements
Reps	5-6 day commitment
Athleticism	2 day speed and strength
Team Camps	2-4 college team camps
Lessons	Hitting, pitching, catching
Leadership	Learning how to teach
HS Softball	Try and make varsity
Grades	Get help right away

## 16U Gold (Freshman – Juniors)

Primary Goals	Requirements
Reps	5-6 day commitment
Athleticism	2 day speed and strength
College Camp	Visit 2-3 schools
Lessons	Hitting, pitching, catching
Leadership	Teach & Show youngers
HS Softball	Be a leader or effective
Grades	Take class over if needed

# TRAINING DAYS AND COMMITMENTS



## 14U Gold

2 x 3 Hr Mid-Week Practices

- Warm-Up's, Dynamic's, Skills
- Team Hitting
- Bullpens
- Team Defensive Reps
- Scrimmage
- Travel 2x in the fall/winter
- Travel 2x in the summer

## 16U and 18U Gold Teams

2 x 3 Hr Weekday Practices

1 -2 x 6 Hr Saturday Practices Month

- Warm-Up's, Dynamic's, Skills
- Team Hitting
- Bullpens
- Team Defensive Reps
- Scrimmage
- Travel 3x in the fall/winter
- Travel 3x in the summer