



# Winning Through Adversity

WAYLAND UNION SOFTBALL

# Our 2006 State Championship Story

# Our 2015 State Championship Story

- ▶ Kids value the relationship that you have with them.
  1. We build relationships everyday.
  2. Explain why you do what you do.
  3. Open, honest, communication, everyday.
  
- ▶ 3 Hour practices do not seem like 3 hour practices. Keep them moving and engaged. No standing. No lines. Get them “doing.”
- ▶ Positive and corrective response is constant and continuous. If they are doing something great, provide immediate gratification and they will repeat it. Start this during tryouts. If they are doing something wrong, fix it. Fix it drill. Tell them or show them. If you show them, do it correctly.

# So how did we win?

- ▶ Communicate EVERYTHING excessively. Seriously everything! Avoid nothing. Let nothing go. Start every practice with a talk.
- ▶ High Expectation and High Standards everyday in practice. We expect to win every practice and game.
- ▶ Teach them to be responsible and accountable. Kids like rules. Make sure that they grab the rake and sweep the dugout. Watch and notice who is doing it....the rest will catch on.
- ▶ Let them know daily the importance of their role and what they bring to the team. Talk about the puzzle.

# Signs of Success.....Brian Cain.

## Examples.....

- ❑ Turn have to, into want to.
- ❑ Act different than how you feel.
- ❑ Make choices that will change your game.
- ❑ Believe in the Process.
- ❑ Don't use your energy to worry, use your energy to believe.
- ❑ If you fall in love with the process, you will love what the process creates.
- ❑ Get Big.
- ❑ Grant us strength to Focus.
- ❑ Think like a game changer.
- ❑ Don't get bitter. Get better.
- ❑ Win the Day.
- ❑ In us , We trust.
- ❑ Don't count the days, make the days count.
- ❑ Act Big. Breathe Big. Commit Big.
- ❑ Turn pressure into pleasure.
- ❑

# Winning starts in the locker-room.

- ✓ Signs of Success.
- ✓ Players Name, Number, Specific Quote that fits the player, and Goals that they write, are on lockers. Captains...code of leadership.
- ✓ Jungle Wildcat vs. the Zoo Wildcat
- ✓ Circle of Control vs. No Control
- ✓ We's vs. I's. There is no I in Wayland Softball.
- ✓ Chalk Talk before every game on the board....What we need to do to beat Richmond.... Pitcher owns the zone. Catcher blocks everything. 14 innings or less of errorless defense. Smart, aggressive base running. Bunts in the dirt. Believe in yourself and your teammates. Want it more than Richmond. Hit with confidence. Etc.,Etc.

# Wildcat Secrets to Success.....

## The Wildcat Way.


- Example of a Wildcat line-up. Speed vs Power Batting avg./OB %
- Batting Practice...Always close/ In on hands/ Change-ups
- Water logged balls
- Baseball Bats
- 6 out game (Team/Individual) Breakfast Club
- Perfect Practice/Practice before Games 1. Perfect throws around base-21 2. Perfect infield/outfield. 3. B.P. 21 outs with last batter.
- Old Coach/Young Coach
- Summer league Old Kids/Young Kids
- Our field ..Source of Pride ( Banners, All-State Board, Scoreboard)

# Banquet.....

## 3-4 hours of Pride.

- ❖ Prayer
- ❖ Freshmen/ JV Points of Pride
- ❖ Thank-you's...Giving credit where credit is due. Custodians, Parents, Bus drivers, Athletic Dept. etc. etc.
- ❖ Highlights
- ❖ Seniors
- ❖ Captains
- ❖ Acknowledge kids moved up for the tournament
- ❖ Introduce Players/ Accomplishments/ Notebooks include Records, Stats, Newspaper Articles/ Awards/
- ❖ Awards 1. Parent of the Year 2. Captains 3. Academic All State Individual/ Team 4. All County All Conference All District All Region All Area All State
- ❖ Wildcat Awards 1) Sportsmanship 2) Heart of the Team 3) Coach Award 4) Rookie of the Year 5) Best Defensive Player 6) Best Offensive Player 7) Most Improved 8) Best All Around 9) MVP 10) Will to Win Athlete
- ❖ Review what it will take for us to be successful next year
- ❖ Inspirational Video to end banquet
- ❖ We bring 2 dishes to pass and own drink/silverware. Balloons, t shirts, Awards





“ Here’s how I’m going to beat you. I’m going to outwork you. That’s it. That’s all there is to it. ”

PAT SUMMITT

Attitude is a choice. Think positive thoughts daily. Believe in Yourself.



# Daily Talks.....

## The Happiness Project. Gretchen Rubin

- ❑ Be Yourself. Be the player you are. To thine own self, be true.
- ❑ Let it Go. Anger, Resentment
- ❑ Act the way you want to feel. You can control behavior.
- ❑ Be polite and Be fair.
- ❑ Enjoy the Process.
- ❑ When one loves, one does not calculate. No scorekeeping.
- ❑ There is only Love....No gossip. No negative.

# Relating the Happiness Project to Softball.....

- ▶ Identify what brings JOY. Start practice with some JOY. What brings Satisfaction and Engagement? No Boredom. No anger. Being Present and Grateful with a better attitude.
- ▶ 12 Month Strategy vs weekly 1) Boosting Energy 2) No Nagging 3) Focus on Fun 4) Mindful Spending ....Meijer's/ Travel Parent 4) Mindful parenting/ emails
- ▶ People don't notice your mistakes as much as you think.
- ▶ It's OK to ask for help.
- ▶ Happiness does not always make you feel happy.
- ▶ What you do everyday matters more than what you do once in awhile.

# Happiness Project...

- ▶ When you change your habits, you change your lives. JV players
- ▶ Keep it simple. KISS method.
- ▶ Power Hour. Get it done!
- ▶ Work at it. Get rid of anger, resentment and happiness follows.
- ▶ When we change.. Better relationships, Become better than we were before. JV players... (Better than before Book...mastering the habits of everyday lives.)

# Important Tools in the Toolbox....

- ✓ Work on our habits! Energy and Growth. No Excuses. Just go do it. Mindset. Mindfully make the choice to exercise. (Angel) Conscious thoughts and actions get you to the top. Concentrate on what gets you to the top.
- ✓ Forming Habits. What works for you and your team? Practice mindfulness. Fully present. Fully engaged.
- ✓ When we change our habits, we change our life. Mastering the habit....simply hustle while picking up balls....
- ✓ Getting a Gold Star.....Do we really need it? Do you need a standing ovation? This gets people into a negative, angry state. Coke and a Compliment.

# What is our Purpose?

1. Accept ourselves.
2. Expect more of ourselves.
3. Understand who we are and what we stand for.
4. Be better than before.
5. Mindfulness is core of center.
6. Space of Gratitude. Thankful for softball and what we have.
7. Do not get discouraged. Take time and put practice into practice.
8. Softball should make you and your team HAPPY. More productive when team is happy. Softball has to be a PASSION.
9. Being apart of something bigger than yourself. Feeling of Belonging. Team is bigger.

Getting the right people on the Bus.  
What does every player bring to the team?  
I got your back activity.....

- ❖ Encourager
- ❖ Cheerleader
- ❖ Energizer
- ❖ Leader
- ❖ Bunter
- ❖ Slapper
- ❖ HR Hitter
- ❖ Competitor
- ❖ Mama Bear
- ❖ Pressure Player

