

# **WEST TEXAS ELITE “The Players Code”**

**(FOR PLAYERS EYES ONLY)**

## **Expectations:**

- Conduct yourselves appropriately on and off the field.

(You are a part of West Texas Elite and you WILL represent with class!!)

(You represent yourself, your family, and WTE on and off the field, so do so appropriately.)

- Arrive at practice on time (**On time means 10 minutes early!**)
- Respect for your coaches and teammates.

(Disrespect for teammates or coaches will result in conditioning for the remainder of practice, or sitting the bench during tournaments.... **THIS IS YOUR WARNING!!!**)

- Do what the coaches ask of you without any question (With faith in the coaching staff you WILL become a better ball player)
- If you are going to miss a practice, you must let a coach know at least an hour before practice.
- Come to the field ready to get better every practice.
- **MOST OF ALL HAVE FUN!!**

## Team Goals:

- Compete throughout the entire season!
- 3 or less ERRORS, WALKS, or HBP'S for each game. (**We do this and we WILL WIN!**)
- Unselfish play (ex. Moving runners over, no pouting if you're not in the starting lineup, sacrificing your body for the better of the team, etc.)
- Win the first game every Sunday (Give ourselves a chance for a tournament victory each and every tournament.)
- Give the team everything you have left in the tank each and every day!!
- No multiple errors on a play throughout the season!
- Run rule at least 3 teams during the season.
- Do not get run ruled once during the season.
- **BE A BETTER PLAYER WHEN YOU LEAVE THAN WHEN YOU STARTED!!**

# Pitchers

## Starting Pitcher Goals:

- 3 or less BB or HBP per outing.
- 15 pitches or less per inning.
- 65% first pitch strikes.
- Shoot for a quality start, every start: 6 or more innings, 3 or less runs.

## Relief Pitcher Goals:

- 1 or less BB or HBP per outing.
- 15 pitches or less per inning.
- 75% first pitch strike.
- DO NOT allow inherited runners to score with 1 or more outs before entering the game.

## Pitcher Season Goals:

- ERA of 3.5 or lower.
- K:BB ratio of 3:1.
- Gain or maintain velocity throughout the summer.

Conditioning is the key to success throughout a season: After each outing we will run poles, sprints, or whatever we feel is necessary to get you better!!

A good pitching staff picks each other up after a tough outing or an excellent outing. Regardless of your role on the staff you are going to be a part of our success as a team. Pitchers set the tone for the entire game. We attack hitters and start the game off sharp; we will win a lot of games!

# Hitters

## Hitting Goals:

- Unselfish at-bats (moving runners over, sac bunting, or doing whatever it takes to get the next guy to the plate.)
- No more than 3 K's in a game.
- Less than 5 fly ball outs in a game.
- Score 3 or more runs a game.
- At least 1 HBP per game. (We WILL NOT move out of the way of the ball!!)

## Season Hitting Goals:

- 3:1 - BB:K ratio
- .350 BA or higher with RISP
- .300 BA or higher for the season

Refuse to give away at bats, by swinging at bad pitches. If we compete at the plate and find ways to hit line drives and groundballs, we will win a lot of games. If you are not in the starting lineup, you must stay locked into the game. So if you are called upon to hit late in the game you already know what you're going up against.

## **Coaches**

- We will do anything and everything to make you a better player, teammate, and team as a whole.
- We coach aggressively and take chances, in order to give ourselves an advantage to win games.
- We will not let up on the throttle when we are winning... and will remain aggressive throughout the entire game.
- We will treat you with respect and expect the same in return.
- We are always here for you if you need to talk... Whether it is something on or off the field.
- Do not hesitate to ask questions or ask for extra help... We are here for YOU!
- We don't coach to not lose games, WE COACH TO WIN!

## **The Winner's Creed**

If you think you are beaten, you are;  
If you think you dare not, you don't;  
If you'd like to win, but think you can't  
It's almost certain, you won't.

If you think you'll lose, you're lost;  
Since out in our world we find  
success begins with a person's will,  
It's all in your state of mind.

Life's battles don't always go  
to the stronger or faster hand;  
But sooner or later  
the person who wins  
is the one who thinks....."I CAN".

## **Philippians 4:13**

“I can do everything through Christ who strengthens me.”

### WEEKLY VELOCITY CHART

We will record your long toss velocity once a week at practice. Fill the chart in with your weekly velocity to see your progression.

If you follow our instructions and take the program seriously, **YOU WILL SEE POSITIVE RESULTS!!**

WEEK 1	MPH
WEEK 2	MPH
WEEK 3	MPH
WEEK 4	MPH
WEEK 5	MPH
WEEK 6	MPH
WEEK 7	MPH
WEEK 8	MPH
WEEK 9	MPH
WEEK 10	MPH