Louisville Slugger Warriors

PRACTICE LIKE A WARRIOR

WARRIOR 2016 HANDBOOK

WARRIOR MISSION

To glorify God by delivering an excellent baseball experience that focuses on the development of strong character traits in the boys as they grow into young men. This will be achieved through elevated expectation for all players, coaches and parents.

WARRIOR VALUES

Service

Teamwork

Discipline

Excellence

Responsibility

Leadership

Faith and Hope

Dear Warrior Baseball Player,

It is so wonderful that have you committed to playing for the Warriors this season. There is nothing better than playing the game of baseball with friends during the summer. The smell of a new leather glove, the sweat running down your face on a hot Saturday in July, the joy of coming home with dirt on your uniform, the challenge of driving the ball in the gap and the pride of telling your dad all about it at the end of the day is what makes baseball so special.

As a Warrior you not only get the opportunity to have a lot of fun with friends playing the game that you enjoy, you will also be taught important tips on how to become a good baseball player. Additionally, we will navigate through seven character studies that guide us into becoming strong men of character. We will examine our hearts and renew our minds as we seek to become men after God's own heart. With the help from your coaches and encouragement from your teammates you will be blessed the most as you grow into a great man of character.

This handbook is created to help you learn and grow this season. Each week you will learn how God's grace motivates you and changes you to be man of character. You will be challenged by tough questions and encouraged to think about who you are and who God is calling you to be. It is my hope that this is a part of the Warrior experience that you will you treasure the most.

God Bless,

Brandon Van Marel

WARRIOR WORKOUT #1

Grateful to be a Warrior

WARM UP

"Feeling entitled is the opposite of feeling grateful. Gratitude opens the heart, entitlement closes it." Paul Gibbons[1]

WORK OUT

On January 10, 2015, Texas Longhorns baseball coach, Augie Garrido, gave a speech at Cal State Fullerton's annual Dinner With The Titans. During Augie's speech he said "the biggest problem with college baseball today is entitlement." He went on to tell story after story of how athletes today believe that they are owed something or that they are entitled to special treatment because of who they are or because of their ability.[2]

Whether we like to admit it or not, to some degree, we all have entitlement feelings. We carry around a sense of being owed for something we have done or for some wonderful trait we have and do not consider what we might give to others. An attitude of entitlement is a cancerous thought process that lacks gratitude and can be deadly to an organization, a team, and our relationships with friends, family and God.

The truth is that we are sinful and not entitled to anything. Yet God poured out his grace to us through Jesus Christ, bringing life where there is sinfulness (Rom 5:8) and giving good gifts to those who love him (James 1:17). God's great love for us motivates us to become men of character and to see privilege where we might feel entitlement.

As Warriors we have the privilege of playing for an excellent organization that has great facilities, encouraging coaches, and hardworking teammates. In response to that privilege we are compelled to be our best on the baseball field, embrace an attitude of gratitude and see privilege where we might feel entitlement.

WORD WISE

Entitlement: the belief that one is inherently deserving or privileges or special treatment

Privilege: a special right or advantage available only to a particular person or group of people

PRACTICE LIKE A WARRIOR

How can you recognize your privilege and show gratitude this season? _____

_____

_____

_____

WARRIOR WORKOUT #2

A Warrior is INTENTIONAL in his Approach

WARM UP

"When you improve a little each day, eventually big things occur. Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens — and when it happens, it lasts." John Wooden[1]

WORK OUT

On the best sunny day, the most powerful magnifying glass will not light paper if you keep moving the glass. But if you are intentional and hold it still, the paper will ignite. That is the power of intentionality. Great baseball players are intentional. As Warriors we can be intentional in our approach in 3 powerful ways.

1. An intentional approach focuses on playing for _____.
2. An intentional approach comes ready to be a better player _____ than you were _____.
3. An intentional approach reminds us to take care of the _____ and let the _____ take care of themselves.

WORD WISE

Intentional: done on purpose; deliberate

Goal: the object of a person's ambition or effort; an aim or desired result

PRACTICE LIKE A WARRIOR

My goal(s) for this season:

_____

_____

_____

_____

WARRIOR WORKOUT #3

A Warrior is PURPOSEFUL about Encouraging Others

WARM UP

Baseball is a very unique sport. An individual can have one of the best seasons of all time but his team might not win very many games. In contrast, a baseball team without a superstar but with a group of men who are willing to contribute to the team can win more games. In 2002 the Oakland Athletics were a team committed to selflessness, opposed to selfishness, and purposeful in encouraging each other to be the best that they could be. During that season the A's set an American League record for winning 20 consecutive games.[1]

WORD WISE

Purposeful: having or showing determination or being single minded

WORK OUT

No one fights a war by himself, and no one can reach his goals without others who are willing to be there when times are tough. Many times we think that encouragement is a small cute thing that doesn't really matter. Encouragement isn't cute. It's powerful. When you're encouraging, you're instilling courage. That's huge, and that's hard. If we are committee to purposely encouraging each other, we will more effectively meet our goals.

Being purposeful in our encouragement means:

Encouragement is _____.

Encouragement is done _____.

Encouragement is not done _____.

PRACTICE LIKE A WARRIOR

What are three ways you can encourage someone at practice this week?

1. _____
2. _____
3. _____

WARRIOR WORKOUT #4

A Warrior Shows SELF-DISCIPLINE in the Face of Temptation

WARM UP

Rome wasn't built in a day and success doesn't happen overnight. Everyone has potential to become a great but there is a process that includes a daily commitment. It requires self-discipline, daily preparation and a high level of perseverance. Michael Phelps is considered by most to be the greatest swimmer the world has ever seen. He has won a record 22 Olympic medals 18 of which are gold. He is naturally gifted with a body that was made for swimming, but what most people don't know is that Michael Phelps trained harder and longer than most people can ever conceive. At the peak of his training he would train for five to six hours a day six days a week and swim over 50 miles. Michael Phelps wanted to be the best swimmer ever and he was disciplined and dedicated to make sure that he met his goal.[1]

WORD WISE

Self-Discipline: a type of selective training that is expected to produce a new habit of thought, action, or speech with the intent on improving self and reaching goals

WORK OUT

We all naturally want to be successful. We also want to take shortcuts. Shortcuts are easy, but you can never take away the effort of hard work and discipline and sacrifice. When we embody self-control with the help of God and by the grace of God we can fight the temptation to cut corners or give up and continue pressing towards our goals. Here are some ways that self-discipline can help us be successful.

Self-Discipline overcomes the temptation to _____
Self-Discipline overcomes the temptation to _____
Self-Discipline overcomes the temptation to _____

PRACTICE LIKE A WARRIOR

In what area of life do you need to be more disciplined? What can you do to change that?

_____

_____

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_____

WARRIOR WORKOUT #5

A Warrior Displays COURAGE in the Face of Fear

WARM UP

In the movie, *We Bought a Zoo*, the main character Benjamin Mee, said, "You know, sometimes all you need is twenty seconds of insane courage. Just literally twenty seconds of just embarrassing bravery and I promise you, something great will come of it." Many times people we struggle to be courageous because we don't know the end results. We want to know that if we step out in faith and show great courage that it is going to work out in our favor and we won't be embarrassed or rejected. As men of character we are called to lead courageously in all areas of life even when we don't know the end result. Today's study will focus on what it means to step up and confidently make decisions even in the face of fear.

WORK OUT

Throughout the Bible there are many stories where God enabled men to displayed great courage in the face of uncertainty and fear. Probably the most famous story is that of David and Goliath (1 Samuel 17). The Israelites were in a stand-off with their powerful enemies, the Philistines. One the members of the Philistines was a man named Goliath, a huge giant who had never been defeated in battle. Every day Goliath would shout, "Send your best soldier to fight me! If he wins, we will be your slaves and if I win you will be our slaves." The Israelites were terrified. One day, David, a simple shepherd boy had come to bring his brothers some food heard the loud insults of Goliath towards God's people. When he heard Goliath insult the people of God he courageously chose to stand up for what was right, put his trust in God, behaved as a man of character, and faced his fears.

Courage: the ability to demonstrate strength in the face of pain or grief or challenging situations

Living courageously means:

_____

_____

Living courageously means:

_____

_____

Living courageously means:

_____

_____

Living courageously means:

_____

_____

PRACTICE LIKE A WARRIOR

I will show courage on the field by… _____

_____

I will show courage at home/school/work by… _____

_____

WARRIOR WORKOUT #6

A Warrior INFLUENCES Others through Sacrifice

WARM UP

In 1947, Dodgers owner Branch Rickey was looking for a man "with guts enough not to fight back." Jackie Robinson was that man: he was courageous, resilient, and a great baseball player. Right away, Jackie became the object for vicious racially-motivated hostility, both from fans, opponents, and even some of his own teammates. Through it all, Jackie continued to do what he knew best, play baseball, and by doing so he broke the color barrier in major league baseball. Today the number 42 adorns every major league stadium. Retired to all players, 42 is a symbol of the shared impact he made not only on his sport, but on American life even to this day. Jackie Robinson's influence and courage allowed people of all ethnicities to play major league baseball.[1]

WORD WISE

Influence: the capacity to have an effect on the character, development, or behavior of someone or something else

WORK OUT

Many times we think that in order to have influence at home, school, or on the baseball field we have do something special or say sophisticated words. In reality anyone has the ability to influence others if they are willing to sacrifice. Sacrificing doesn't have to be a big thing in a big way it can be something small done in a small way.

A warrior can influence by sacrificing his _____

A warrior can influence by sacrificing his _____

A warrior can influence by sacrificing his _____

PRACTICE LIKE A WARRIOR

How do you plan to sacrifice this week?

_____

_____

WARRIOR WORKOUT #7

A Warrior is Willing to be UNCOMMON

WARM UP

"Uncommon achievers are different. In a doubting world, they believe. In a slow world, they run. In a weeping world, they laugh. In a quitting world they persevere." [1]

In 2015, Colton Crace was a high school senior at the Indiana School of the Deaf. Colton was an uncommon achiever. He was born with cancer in one eye and a cyst on one kidney. The eye was treated with chemotherapy, and the kidney was removed when he was a baby. In 2013, the cancer came back. He tried chemotherapy but its only effect was to make him sick, so his right eye was removed in March of 2014 and replaced with a prosthetic. Despite all odds Colton wanted to play baseball. During his senior year, he helped to lead his baseball team to a 14-5 record with a .400 batting average. Colton Crace is a great example of an uncommon achiever.[2]

WORK OUT

The world is full of common people. Everywhere you turn you can find the ordinary. There's nothing wrong with the ordinary, or average. However, it is my hope that as Warriors we are anything but common. Our goal as an organization is to be uncommon. We want to be different and we want you to be different. As Warriors we want to be uncommon in our attitudes, in our character, in teamwork, and in how we conduct ourselves both on and off the field. Being uncommon will mean we experience uncommon successes. Let's look at three ways to be uncommon athletes and uncommon men of God.

WORD WISE

Uncommon: not ordinary; remarkable or exceptional

Uncommon men know that what you do when no one is watching _____.

Uncommon men are more concerned with their _____ than their _____.

Uncommon men do _____.

PRACTICE LIKE A WARRIOR

Where are you being called to be uncommon? In what ways can you be uncommon?

_____

_____

_____

NOTES

WORKOUT 1

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WORKOUT 2

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WORKOUT 3

1. Justice, Richard. A Winning Atmosphere. August 23, 2014. http://www.sportsonearth.com/article/90905566/billy-beane-has-created-an-atmosphere-for-success-in-oakland

WORKOUT 4

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WORKOUT 6

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WORKOUT 7

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2. Gregg Doyel. Teen has lost much, but his courage holds fast. May 15, 2015. http://www.indystar.com/story/sports/columnists/gregg-doyel/2015/05/14/doyel-teen-lost-much-courage-holds-fast/27327859/