



## Some things Hitting has in common with Life

**Be Brave** □ Life is full of risks □ there's always the threat of bad things happening □ like getting hit by a pitch. But, the odds are far greater that that bad thing won't happen □ so don't waste any of your brain cycles focusing on it. For those who are brave and focus on what they are doing, success awaits.

**Be Positive** □ Good things happen when you have a positive attitude. You'll find as you get older that your thoughts and feelings have a PROFOUND effect on what you do and how well you do it. Think positively.

**Learn from your mistakes** □ Failure is only failure if we don't learn from it. You're not going to hit every time you're at bat. Learn from the failures □ and apply what you learn to all your at-bats moving forward.

**Prepare** □ Because hitting happens so quickly, you rely on your hitting habits every time you're in the batter's box. Life is the same □ our reaction to situations is based mainly on our mental habits. When you work hard to prepare, the habits that shape your reaction will be positive, confident and good. Work hard in school □ study and apply yourself. Make it a habit.

**Hard work yields reward** □ Because you've worked so hard over the past 12 weeks, you have more solid mechanics than if we just sat around and *talked* about hitting. You've done the work and have a positive set of hitting habits □ and you are a better hitter for it. You deserve to be confident at the plate because of the work **you've** put in.

**Be Resilient** □ Things won't always go your way. Don't give up or get down on yourself. Focus on what you need to improve for the next at bat and do it. Don't EVER get down on yourself or think negative thoughts about your abilities. Recognize your faults, fix them, and move on.

And, finally, don't ever, ever give up on a dream you have □ no matter what gets in your way. *Nothing* can stop you if you don't want it to. It's a liberating thing to know that you alone are the master of your destiny. Press on □ nature rewards the resilient. You have enormous abilities that you might not be aware of □ until you need them. Embrace the obstacles between you and your goals and grow!

Looking forward to watching you this summer □ Have a great time! Jim, Eric, and all the staff.