

UCLA SOFTBALL

A FEW “UNWRITTEN” WRITTEN RULES

1. EFFORT AND ATTITUDE

There are only two things in this world you CAN control: Your EFFORT and ATTITUDE. Setting YOUR priorities and eliminating all other distractions. Come early or stay late when necessary. Motivated by an inner desire to improve yourself . Give 100% EFFORT and possess a POSITIVE ATTITUDE.

2. PATIENT WITH YOUR PACE OF PROGRESS

Being a “big picture” person. Willing to put in the hours, willing to overcome the obstacles and the tough days. The ability to never quit, because YOU have perspective.

3. ACCOUNTABLE AND RESPONSIBLE

If you fall short in a task, a requirement, have courage and admit your error. Carry out your punishment and move on. It IS that simple.

4. POSITIVE OR POISONOUS

Every environment you experience you have a choice at how you look at it, how you talk about it, how you become successful within it. There are only TWO types of people in this world: POSITIVE AND POISONOUS. Which one are you?

5. RESPECT FOR THE PROGRAM AND THE TEAM

Our ups and downs are only OURS to share. Think twice before you share your “funny or humiliating story” to an outsider who may “act” like they really care. Possess the sincere ability to RESPECT your teammates whether you can “relate” to them or not. Whether you socialize with them or not. Every person has positives within them, something that makes him or her special. It is YOUR job to find the positives and focus on them. You have a choice.