

# "The Metro Way"

Our Principles:

## **Team First**

Metro players are not bigger or more important than the team. A team-first player always gives their all, but puts the priorities and goals of the team ahead of his or her own.

## **Hustle, always**

Hustle on the field. Hustle off the field. Hustle during practice and while warming up. There's no excuse not to hustle, always.

## **Always give YOUR best**

You don't need to be THE best, you need to give YOUR best effort. Baseball is a hard game – your level of effort and your attitude are the two most important things you can actually control.

## **Respect**

Metro players are respectful to each other, their opposition, the coaches and the officials – on and off the field. Regardless of the result, after every game we shake hands and offer a sincere, "Thank you" to the other team. Then we shake the hands of the umpires and thank them. Then we thank the scorers.

We do all of this with class and sportsmanship. Before we leave any training or game, we shake the hands of the coaches and thank them. Always.

## **Respect for the game**

We are also respectful of the game. This means never cheating, never wearing the uniform the wrong way, never using foul language, throwing equipment, arguing with umpires, showing up another player, not hustling, being selfish, or not being a team player.

## **We are always striving to improve**

Metro players have a growth mindset. We are always learning and always working toward a goal. We know we can always get better and we use every opportunity to improve ourselves and help the team.

## **We are teammates**

We win together. We lose together. We look out for each other. We pick each other up when we're down and we celebrate our successes together. We are not Pine Hills, or Carina, or Windsor or All Stars. We are all Metro and we've got each other's backs.

## **How others see Metro**

We are the program, the team, players and parents who set the example by doing things the right way. We succeed through hard work, positive attitude, class and sportsmanship. We strive not only to win, but to grow mentally, emotionally and physically as young men and women.