

## HOW NOT TO LOOK LIKE A BALLPLAYER

By sitting down on the field or a base.

By not hustling on every play.

By showing your anger and frustration.

By forgetting the score, how many runners are on base, and how many outs there are.

By wearing your hat backwards or inside out.

By not wearing your hat and/or shirt on the field.

By wearing your shirt tails out.

By ignoring the game when you're sitting on the bench.

By looking sloppy.

By letting striking out or making an error distract you, so you make more mistakes.

By showing up the umpire, your coach, or another player.

As a pitcher by begging for strikes, kicking the dirt, showing your frustrations and letting it effect your game.

By throwing equipment, helmets, bats, gloves, etc.

By using profanity.

By being unsportsmanlike to your opponents.

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