



We have all seen it -- a kid makes a bad play, puts his head down and kicks the dirt. To everyone, that says the kid isn't confident in his abilities as a premier player. However, why he has bad body language does not matter. If you are playing at the level, you just can't do it.

When you move up to higher levels, high school coaches, college recruiters and pro scouts aren't looking at your mistakes, they're looking at how you handle them. Whether you're the biggest, strongest, or fastest player on the field, if you have bad body language, you can bet your butt you're getting the black sharpie across your name.

Why? Because this game is mostly mental. You have to be able to handle the game of failure. Once you show weakness on the field, either your opponent or someone in the stands watching you will notice. Once they do, one or two things will happen -- your opponent taking advantage of your weakness and beating you on the field or you get black balled as a weak-minded player.

Not running balls out, is another form of bad body language and you see it all the time. So is this you?

Body language is a form of mental and physical ability of human non-verbal communication, which consists of body

BODY LANGUAGE AND BODIES MEAN BUSINESS

posture, gestures, facial expressions and eye movements. Believe it or not, we send and interpret these signals almost entirely subconsciously and these are thought to play a key role in this great sport of baseball.

You bet your every last nickel -- what athletes wear and how they behave during preparation for an event can be especially powerful in creating first impressions and expectations that are likely to give them a competitive advantage. And that's a fact, Jack

Another topic of interest is personal fitness. The biggest double-whammy in baseball is having bad body language and being an out of shape or a lazy player. Do yourself a favor, lay off the Little Debbie's and take care of your body because you only have one.

God gave you the tools to play baseball at the highest level, the least you can do for yourself is GET IN SHAPE. Be proud of yourself and your physical appearance, which will only add to your confidence on and off the field. Trust me, I could

crush a peanut butter crunch box of Little Debbie's in a matter of 20 minutes. And, believe me, being fat and out of shape myself now, I just wonder if I knew then what I know now. Who knows where I could have taken my game.

To sum it all up, the title of this article explains it all. In all sports, especially baseball, body language plays an important role in the success of your business. You have to be mentally and physically strong to be successful at a higher level, both on and off the field. Always remember...quit crying about your playing time and do something about it. If you get a chance, take advantage of it.

It all comes down to. If you hit, you don't sit.

**Look for the Showcase tryouts in May at our new website:
www.banditosbaseballclub.com**

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