

## **Mounts “Hometown Heroes” Program**

Our baseball program’s philosophy is that the quality of the character of the team’s individuals (the coaches and the players) are foundational in developing the successful processes that shape each day’s outcomes. We also believe that character can be taught, and that a training facility and a baseball diamond create ideal “classrooms” for positive learning environments.

The mission of our Hometown Heroes program is to teach our players to learn how to make playing the game of baseball a positive, character-building endeavor.

*“What we learn from training, competing, and striving to be exceptional is way more important than personal statistics, achievements or team accomplishments. The game teaches us to discover things about ourselves that promotes self-improvement, self-worth, managing conflict and adversity, and how to be a team player.”*

**We promote three individual and team-based core values that are used to develop our performance training regimens, in-season practice plans, and game-by-game and season objectives:**

- 1. Work Hard! – We want our players to learn to develop an uncommon work ethic that teaches the value of preparation, commitment and hard work.**
- 2. Play Hard! – We want our players to learn to develop an appreciation for consistent maximum effort and mental toughness; as well as a respect for their teammates, coaches, opponents, and officials within the competitive arena.**
- 3. Dream Big! – We want our players to learn to develop a vision that connects their uncommon work ethic and competitive spirit with the possibility of uncommon achievement.**

Here are some of the key objectives of our “Hometown Heroes” Program:

- Create and implement a guiding sports philosophy that promotes core, ethical values.
- Define the program's values behaviorally.
- Balance the drive to win with the program's core values.
- Design a proactive game plan for building character.
- Create a positive learning environment.
- Promote positive role modeling.
- Respect individual and developmental differences.
- Develop community-wide support for character-based sports.
- Link sports to other areas of an athlete's life.
- Evaluate the program's effectiveness.

## 25 Character Skills that we embrace as “Positive Difference Makers”

We want our players to learn to be:

- **Accountable** – You own the good, the bad, and the ugly decision or performance.
- **Adaptable** – You are open to change and are willing to seek ways to adjust to a variety of circumstances and situations.
- **Appreciative** – You recognize and acknowledge what others have done for you.
- **Committed** – You realize that “all in” is a one-way street.
- **Courageous** – You understand that you have to take the risk if you ever want the reward.
- **Creative** – You improvise when you need to make something productive out of nothing.
- **Diligent** – You see challenges as hurdles, not road blocks; and seek, and then do what it takes to climb over them.
- **Disciplined** – You are able to consistently control the quality of your actions.
- **Empathetic** – You understand and share the feelings of others. You are willing to volunteer your time to demonstrate that others are important.
- **Enthusiastic** – You outwardly express a passion and enjoyment when you are in the moment.
- **Ethical** – You consistently make decisions that emphasize your knowledge of fairness, sportsmanship, and honor.
- **Focused** – You are able to stay with the process and not allow the outcomes and external influences to interfere with it.
- **Honest** – You realize that the truth is what keeps your feet on the ground, instead of in your mouth.
- **Humble** – You subscribe to the belief that you can always do better and that competitive success comes from overcoming past failures, not from believing you cannot fail.
- **Inspiring** – You offer support and assistance to your teammates and understand that leading by example is a more powerful way to make a difference than spoken words.
- **Loyal** – You defend the team’s core values and character skills in the face of opposing forces.
- **Positive** – You search for the possibility in each opportunity, not the impossibility.
- **Prepared** – You know that there is no substitute for hard work and that people do not rise to the challenge . . . they sink to the level of their preparation.
- **Relentless** – You realize that constant pressure is the only way to break down the door to success.
- **Resilient** – You embrace stress, adversity, and failure as necessary to becoming great.
- **Respectful** – You treat others, including coaches, opponents and officials, the same way you want to be treated.
- **Responsible** – You take care of your mind, your body, and your actions.
- **Selfless** – You understand that when you are part of a whole that the team’s best interests come before your personal needs and wants.
- **Trustworthy** – You are somebody that can be counted on when called upon. You are a “man of your word.” Your commitment to yourself, your teammates, your coaches, and your family is unquestionable.
- **Unique** – You create your own personal improvement plan that is right for you.

The Mothers of Mounts (M.O.M.) will be stewards of the Hometown Heroes program and will determine the parameters and coordinate the individual, team, and program character skill-building activities consistent with the mission and objectives of the H.H. program.

### **How can you become a “Hometown Hero”?**

Each calendar year, culminating with an in-season activity or event, the Hometown Heroes program will focus on player-participation in three initiatives that promote character skill development on a global, local, and personal level. For a player to be honored at the end-of-season banquet as a “Hometown Hero” he/she must actively participate in three phases of initiatives.

- **Global community development initiative – Everyone in the program (players, coaches, parents, support staff, and spectators) participate/contribute to an in-season activity or event that assists/supports a global community development initiative.**

*For 2017, our baseball program will be raising funds and helping to promote “4 Paws for Ability.” 4 Paws for Ability is a nonprofit, 501(c)(3) organization whose global mission is to place quality service dogs with children with disabilities and veterans who have lost use of limbs or hearing; help with animal rescue, and educate the public regarding use of service dogs in public places.*

- **Local community development initiative – The players and coaches participate in an in-season activity or event that assists/supports a local community development initiative.**

*For 2017, players choose to participate in a minimum of two of three community development projects.*

1. *“Field of Dreams” Project - The Ephrata Baseball Association will select one youth field that the high school coaches and players will renovate for the upcoming season.*
2. *“Ephrata Lions Club Baseball Card Show” – 16U eligible players on the team choose to volunteer time and efforts to assist the Ephrata Lions Club in running their annual baseball card show.*
3. *“Adopt-a-Team” Program – Each player on the high school team chooses to “adopt” an EBA youth team to volunteer time and efforts to assist and support youth coaches and players for practices and games.*

- **Personal and program development – Each player participates in in-season activities/events that assist/support the continuous development of the high school baseball program and the strength of character of each of the player-participants through the focus of the 25 “Positive Difference Maker” character skills.**

*For 2017, players choose to participate in a minimum of four of five personal and/or program development initiatives.*

1. *“Ephrata Invitational Wiffle Ball Tournament” – players choose to assist with set-up, umpiring, scorekeeping, or tear down for the annual fundraiser.*
2. *“Letter Writing Campaign” – players choose to participate in the M.O.M. letter writing campaign to solicit funds from relatives, friends, and family members to help support the program.*
3. *“Chicken BBQ” fundraiser – players choose to sell 10 chicken BBQ tickets as a team fundraiser for Mothers of Mounts on Saturday, April 8.*
4. *Mounts “Throw, Field, and Catch” Clinic – players choose to volunteer their time and efforts to assist with running a youth clinic at War Memorial Field on Saturday, April 15.*
5. *“Volunteer Umpire” – players choose to volunteer to umpire at least one EBA youth game.*

## 2017 Hometown Heroes Records Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Please use the following checklist to record the events you have participated.

<b>Global community development initiative</b>	
<input type="checkbox"/>	"4 Paws for Ability" Night
<b>Local community development initiative</b> (participated in 2 of 3 programs/events)	
<input type="checkbox"/>	<i>"Field of Dreams" Project</i>
<input type="checkbox"/>	<i>"Ephrata Lions Club Baseball Card Show"</i>
<input type="checkbox"/>	<i>"Adopt-a-Team" (attended at least one practice and/or game)</i>
<b>Personal and program development</b> (participated in 4 of 4 programs/events)	
<input type="checkbox"/>	<i>Wiffle Ball Tournament (set-up, umpire, scorekeeper, or tear down)</i>
<input type="checkbox"/>	<i>M.O.M. Letter Writing Campaign</i>
<input type="checkbox"/>	<i>Chicken BBQ fundraiser</i>
<input type="checkbox"/>	<i>Mounts "Throw, Field, and Catch" Clinic</i>
<input type="checkbox"/>	<i>Volunteer Umpire</i>

***Please print and submit this form to Coach Shelley, or by email by May 13th.  
a\_shelley@easdpa.org***