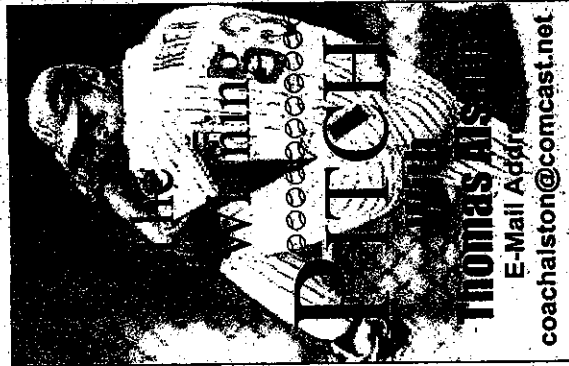


# Alston Spells Out His Key Baseball Rules

SACRAMENTO, Calif. — The following are great rules to live by in the sport of baseball.

1. Persistence is more important than talent.
2. There is a reason that the word student comes first in student/athlete.
3. Respect the game as much as you want to be respected.
4. Tuck in your shirt.
5. Don't wear your hat backwards.
6. Practice hard because you play the way you practice.
7. It doesn't take any talent to hustle.
8. Be a student of baseball. Learn the game. Study the history of baseball.
9. Help your team win whether you play or not.
10. Keep a daily diary of what you do at practice and keep notes of your observations. This will help you see the progress you make.
11. Never argue with an umpire.
12. Agree to let your coaches train you.
13. Don't cut class.
14. Maintain the grades that keep you eligible.
15. Set high standards along with knowing how to maintain them.
16. Don't tell people what you are worth, prove it to them.



teammates.

24. Love the game.
25. Players are not the only people in the game. There are coaches, trainers, announcers, umpires, broadcasters and writers. All those jobs are honorable professions.
26. The only thing that coaches owe you is honesty.
27. Body language screams. It never whispers.
28. Balance makes champions. If you focus on hitting and ignore the defensive part of your game, you will never be a complete player.
29. Be as diligent on defense as you are on offense.
30. Defense wins more games than offense.
31. Pitching sets the tone.
32. Games are lost, not won. Mistakes lead to losses.
33. You can win a league with a few good pitchers. Well developed pitching staffs win the tournaments.
34. Work on your game everyday of the year. The guy who beat you out for the starting job did, as did the team that always beat you.
35. Who you are today is a result of who you were in the past. Fill your past with smart work and good deeds and you will maximize your potential.

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# Special Rules Are Important

Continued From Page 4

36. You don't have to be a great athlete to be a good baseball player.
37. Show off your talent to your current coach, and future coach by doing the following (all the time). When you jog to warm up always finish first.
  - When you stretch, do it best.
  - When you play catch, throw to a target and hit it every time.
  - When you play catch, catch the ball or block a bad throw, keep it in front of you every time.
  - When you are doing a drill, do it perfect every time.
  - Go hard all the time. Never walk on a baseball field.
  - As a batter/runner, run to first base as though it matters that you are safe. Know the situation on defense and do the right thing.
  - Baseball reveals character, it doesn't build it. Character means doing the right thing even when nobody's watching.
38. The dugout is a classroom. If you are in the lineup the opposing pitcher will reveal what he is going to try to get you out with. Pay attention for your next at bat. If you are not in the lineup, your at bat that day may be your only chance to get in the lineup. Don't waste it.
39. The dugout is a classroom. Watch every sign your coach gives on offense as if you are in the game. It will keep you mentally in the game. Additionally knowing what is going to occur lets you observe the play to see how your team mates execute.