

# LANCASTER BASEBALL

## G.A.L.E.S

### Grind

- Be mentally tough- act differently than how you feel
- Doing what is right vs. what is easy
- Champions find a way...

### Attitude

- YOU control your attitude
- Will you handle adversity or will adversity handle you?
- Energy givers vs. Energy takers
- 100%!!!

### Leadership

- Doing the right thing, 100% of the time
- Leave our Program in a better place
- Do you lead, or follow?

### Excellence

- It's a lifestyle, not an event
- Everything you put your name on should get your best
- *Excel*, don't participate

### Selfless

- Put other's needs ahead of your own
- Team above self
- What did you do to help the team today?