

# ECU BASEBALL - THE PIRATES MISSION

<b>MISSION</b>	Always growing on and off the field	
<b>VISION</b>	<p style="text-align: center;"><b>Graduate From East Carolina University</b></p> <p style="text-align: center;">Win The College World Series Host A Super Regional Host A Regional Win The American Athletic Conference Regular Season Championship Win 40+ Games</p> <p style="text-align: center;"><b>Get 1% Better Every Day</b></p>	
<b>CORE PRINCIPLES</b>	<ul style="list-style-type: none"> <li>● <b>PURPOSE</b></li> <li>● <b>INTEGRITY</b></li> <li>● <b>RESPONSIBLE</b></li> <li>● <b>ATTITUDE</b></li> <li>● <b>TOUGHNESS</b></li> <li>● <b>EXCELLENCE</b></li> <li>● <b>SELFLESS</b></li> </ul>	<p>We have a plan for everything we do and a reason why we do it</p> <p>Do what is right at all times even when nobody is watching</p> <p>The power to choose your response in any situation</p> <p>Be an energy giver</p> <p>The ability to embrace adversity and keep moving forward</p> <p>A lifestyle to be great</p> <p>We over me</p>
<b>THE PIRATES PARAGRAPH</b>	<p>We compete with a <b>PURPOSE</b>, have a plan for everything and a reason why we do it.</p> <p>We live with <b>INTEGRITY</b> and do what is right at all times even when nobody is watching.</p> <p>We are <b>RESPONSIBLE</b> and have the power to choose our response in any situation.</p> <p>We are in control of our <b>ATTITUDE</b>, and are energy givers.</p> <p>We have the <b>TOUGHNESS</b> to embrace adversity and keep moving forward.</p> <p>We pursue <b>EXCELLENCE</b> and a lifestyle to be great.</p> <p>We are <b>SELFLESS</b>, put we over me and execute our role for the team.</p> <p>We are <b>PIRATES</b>.</p>	
<b>ABOVE THE LINE / DISCIPLINED RESPONSE</b> <b>WHAT IT DOESN'T LOOKS LIKE TO LIVE THE PIRATES MISSION</b> <b>WHAT IT LOOKS LIKE TO LIVE THE PIRATES MISSION</b> <b>BELOW THE LINE / DEFAULT RESPONSE</b>		
<b>ACADEMICS</b>	<ul style="list-style-type: none"> <li>● Go to class on time, every day with phone off, sitting in front</li> <li>● Turn in all my assignments on time</li> <li>● Communicate with my professors and develop a relationship</li> <li>● Do my own work at all times, integrity is everything</li> </ul>	<ul style="list-style-type: none"> <li>● Skipping class or showing up late</li> <li>● Being on my phone in class</li> <li>● Cheating, copying, lying</li> <li>● Not taking time to have a relationship with my professor</li> </ul>
<b>BASEBALL + TRAINING</b>	<ul style="list-style-type: none"> <li>● Be coachable = Accept constructive criticism as a compliment</li> <li>● Execute early work and have consistent pre-practice routines</li> <li>● Sprint everywhere on the field / Relentless positive energy</li> <li>● Act different than how you feel, BIG body language at all times</li> <li>● Pay attention to execution of details</li> <li>● Compete one pitch at a time</li> <li>● Communication on each pitch on the field, play loud</li> <li>● Learn how to play and practice at your best even when not 100%</li> <li>● Follow, trust and commit to plan, track weights</li> <li>● Proactive w/ pre-hab, rehab, foam roll, ice bath, stretch, yoga etc.</li> <li>● Understand The Mental Game/The 10 Pillars of MPM</li> <li>● Review my PIRATES Mission Start, Sto Continue for each week</li> </ul>	<ul style="list-style-type: none"> <li>● Taking coaching personally and getting small when coached</li> <li>● Not executing early work</li> <li>● Jogging or going through the motions</li> <li>● Living in the past or the future</li> <li>● Playing quiet and not being "into" the game or practice</li> <li>● Skipping pre-hab</li> <li>● Not knowing my start, stop continue</li> <li>● Not being aware of what my teammates are doing</li> </ul>
<b>COMMUNITY</b>	<ul style="list-style-type: none"> <li>● Only positives with social media, it's a reflection of you &amp; program</li> <li>● Be a role model for others and represent ECU Baseball at all times</li> <li>● Participate at volunteer events, to whom much is given, much is expected</li> <li>● Walk away from negative situations</li> <li>● Stay in control of myself at all times</li> <li>● Eat with my accountability partner at least once a week</li> <li>● Maintain eye contact in communication</li> <li>● Stay away from negative social media and message boards</li> </ul>	<ul style="list-style-type: none"> <li>● Posting things on social media that I regret later</li> <li>● Skipping out on opportunities to give back to Greenville</li> <li>● Getting into altercations or trouble in community</li> <li>● Losing self-control and making decisions I regret later</li> <li>● Not eating with my accountability partner 1x per week</li> <li>● Reading and believing things on social media and message boards</li> </ul>