



## LEVEL 1 (PLAYERS)

1. After reading the Letter to the Athlete, tell us in a paragraph what it means to you.
2. Write down two examples of how a youth baseball player can practice mental imagery that are not mentioned in the book. Describe how you felt when trying these out.
3. Make a list of all the ways you can help out your parents at home, so it is easier for them to have you ready for practice or games.
4. Why is it important to take care of your arms? List 5 ways that you can prevent injury and keep your healthy.
5. What have your parents done to make you better at baseball? Express your gratitude in 2-3 sentences below.