



## LEVEL 3 (PLAYERS)

1. Why is it important to be a well-rounded athlete and be involved in positive activities outside of baseball?
2. Describe how Jon Olsen had to handle adversity, Reflect on your baseball career, what adversity have you had to face? If so, describe how you handled it.
3. What mental practice can you use to enhance your game?
4. What are ways that the book describes learning how to become more self-sufficient? What are ways that you have become more self-sufficient?
5. Florida State head coach Mike Martin talks about the importance of school. How does that go into his decisions for prospective recruits? How can you keep your grades up?