



CHAPTER 1 ELEMENTARY LEVEL

1. After a bad first inning, what should your attitude be like?

- A. Negative
- B. Social
- C. Positive
- D. Sad
- E. All of the Above

2. What should practice revolve around every session?

- A. Fitness
- B. Fun
- C. Correcting previous games mistakes
- D. Learning to be part of a team
- E. All of the above

3. How many balanced meals should a Complete Athlete consume each day?

- A. Two
- B. Three
- C. Four
- D. Five
- E. Two with lots of snacks

4. In what ways can you show respect for the game of baseball?

- 1. Clean uniforms
- 2. Homerun bat flips
- 3. Having your shirt untucked
- 4. Walking off the field

5. In the recovery process, what are the most important things for your body?

- A. Water / Fluids
- B. A balanced meal
- C. Sleep
- D. All of the above