

CONSISTENT QUALITY PITCHES ♣ CONSISTENT QUALITY AT BATS ♣ CONSISTENT ROUTINES ♣ AWARENESS STRATEGY ACTION brian@briancaia.com  
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# P·R·I·D·E

**PERSONAL·RESPONSIBILITY·IN·DAILY·EXCELLENCE**  
UNIVERSITY OF IOWA PEAK PERFORMANCE PROGRAM CLIMBING THE MOUNTAIN 200 FT AT A TIME

**EXCELLENCE**  
DISCIPLINE DEDICATION  
K-A-O  
INTELLIGENCE IMAGERY INSPIRATION  
RECOGNIZE RELAX RESPONSE-ABILITY  
RELEASE RECOVER ROUTINES  
REFOCUS  
RESPOND

PRESENT PROCESS PERSPECTIVE PHILOSOPHY POSITIVE PREPARATION

DON'T COUNT THE DAYS  
MAKE THE DAYS COUNT

TODAY+TODAY- YOUR CAREER ♣ FAKE IT TILL YOU MAKE IT ♣ RELEASE YOUR MENTAL BRICKS ♣ CONTROL WHAT YOU CAN CONTROL

### Quality AB criteria

1. Hard hit ball
2. Walk
3. HBP
4. Move a runner with no outs
5. Score a runner from 3<sup>rd</sup> with less than 2 outs
6. Base hit
7. 6 pitch at bat ending with no strikeout
8. 9 pitch at bat even with a strikeout
9. Catcher's interference