

## **B.A.S.E. PROGRAM TRANSCRIPT – ROOKIE LEVEL**

COACH: In the National Baseball Hall of Fame plaque gallery, each Hall of Fame member is represented with a bronze plaque. These plaques honor the game's greatest players, managers, umpires, and executives.

COOPER: Wow, Coach! These are some really good players.

COACH: Yes, Cooper. These are the greats.

COOPER: So, what's the secret?

COACH: The secret? The secret to what?

COOPER: The secret to being a great athlete. I want to be great, but sometimes, I'm just OK.

COACH: OK, Cooper, I'll show you the secret. Come with me.

COACH: What do you see?

COOPER: A baseball diamond.

COACH: And how many bases do you have to touch to score a run?

COOPER: All three bases plus home plate. So four, four bases, Coach.

COACH: Why? Wouldn't it sometimes be easier to skip a base?

COOPER: No, Coach. You have to round all four bases, otherwise you'll get out.

COACH: That's right Cooper, so here's your secret: more than just being a superior athlete, you want to be a superior person and a superior example to others. Baseball can teach you how to be both.

COACH: Just like you pointed out there are no shortcuts in baseball, there are no shortcuts in life.

COOPER: OK, Coach.

COACH: Cooper, let's take a run around this baseball diamond and learn a few tips which will help you be a superior example.

COACH: Are you ready? Let's start at first base.

## **SELECT FIRST BASE - FITNESS**

COACH: First you have to exercise and practice. Just imagine you never exercised and then you wanted to run, jump, and try to catch a ball. You're body is going to have a hard time, right? So which exercises could help you train to become a better athlete?

SELECT ALL THAT COULD HELP YOU

COACH: Good job! Did you notice that you need various types of exercise and practice in order to play well?

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COACH: Now let's learn about exercise from baseball's greatest players, the Hall of Famers.

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COACH: This is some great advice. Now let's learn about the different ways for you to stay healthy, stay in shape, and stay at the top of your game.

- Agility means you can move quickly and easily.
- Strength is to have great physical power.
- Flexibility means you can move your joints through a full range of motion.
- Endurance is the ability to perform an action for a long time without stopping.

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COACH: Now let's build a fitness plan. Drag an exercise activity to the correct fitness goal.

COACH: Nice work! You need to balance your exercise activities. Instead of doing one kind of exercise all the time, you need many different types of exercise.

## **SELECT SECOND BASE - NUTRITION**

COACH: We've discussed the need for proper exercise, but healthy eating is also important. This is the area where some athletes really struggle. Let's take a look at what makes a nutritious and healthy diet.

SELECT EACH OF THE FOOD GROUPS TO LEARN MORE

- Water: Drinking water, before, during, and after exercising is important. Exercise causes you to sweat, and when you sweat, you lose water through your skin.
- Vegetables: Vegetables are a great source of vitamins and minerals. Vegetables contribute to healthy muscles, nerves, blood, and fluid balance.
- Protein: Protein is found in meat, beans, and tofu. Protein builds and repairs muscles and helps prevent fatigue.
- Fruits: Fruits are a great source of potassium and vitamins. Potassium prevents muscle cramps and supports the heart. Vitamins are important for everyday body function.
- Grains: Grains include bread, cereal, rice, and pasta. Our bodies need the energy that these complex carbohydrates, or starches, provide. Whole grains are also a good source of fiber.
- Dairy: Milk and milk products are great sources of calcium needed for strong teeth and bones. Also, dairy provides an excellent source of protein.

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COACH: Now let's hear what these top athletes have to say about nutrition and eating right.

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COACH: Now it's your turn to plan a day's meal. Drag five food choices to your plate and see if you can build a healthy meal. Be sure your meal has a food item from each of the five food groups.

COACH: Great job! You have a food item from every food group!

### **SELECT THIRD BASE - CHARACTER**

COACH: Now let's take a look at character and what makes an exceptional role model. From this picture, see if you can select three examples of good sportsmanship.

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COACH: Let's see what these Hall of Famers say about good character.

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COACH VOICEOVER: One of my all-time favorite ballplayers is Lou Gehrig. That's because he's a great example of character and sportsmanship. Let's learn a little bit more about this legend. Lou Gehrig earned the nickname "The Iron Horse" because he never missed a game. He played 2,130 games in a row and set a record that lasted for over 50 years. Gehrig was a much respected ballplayer. He could hit for average, had great power, and batted cleanup for the powerful New York Yankee teams of the 1920s and 1930s. He also played excellent defense at first base. During the 1939 season, Gehrig began feeling weak. He was told he had a disease called ALS. On July 4, 1939, Gehrig delivered a "goodbye" speech in which he said he felt like "the luckiest man on the face of the earth," even though he was dying. Gehrig passed away in 1941, and ALS is now known as Lou Gehrig's Disease. Lou Gehrig gave us a lesson in humility, which means being respectful. He also gave us a lesson in dedication, which means being determined and committed.

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COACH: Lou Gehrig is an excellent role model. Here are just some of the character traits that Lou Gehrig had. Now it's your turn. Select the positive character traits that best describe you.

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COACH: Nice work! You have important character traits that make you a superior example.

### **SELECT HOME PLATE - FAIR PLAY**

COACH: We've learned a lot about healthy foods and exercises for your body. Eating unhealthy foods and not being active can make your body tired and sick. There are also bad things that you can put into your body that can hurt your muscles or your heart. Some athletes want to become stronger without eating right or working out. They take pills or drugs called Performance Enhancing Substances. These substances are a form of cheating and they are not allowed in any sport.

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COACH: Now that you know what it takes to be a great athlete, it's time to get ready for the game. Make the correct choices by dragging all the healthy items into the backpack.

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COACH: Let's hear what these top athletes have to say about playing fair, staying healthy, and not taking shortcuts to reach goals.

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COACH: Cooper, you only get one body in your lifetime, so treat it well. You know, some people don't want to work hard to win. Instead, they're out looking for shortcuts. Sometimes they want us to take shortcuts too. Beware of anyone who tries to get you to take a Performance Enhancing Substance. Taking these substances, or drugs, is wrong. It is against rules of baseball, against the law, and can really hurt your body especially over time. You have the power to choose what's right. When you do it helps not only you, but it helps everyone around you make good choices too. Cooper, can you be a superior example?

COOPER: Yes, Coach!

COACH: Great job! You're on your way to achieve your goals and be a superior example.

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COACH: Life's decisions can come at you fast, so here's a fastball to see if you can answer these questions.

COACH: Home run!

COACH: Well done! You made it through all the bases. You have what it takes to be a great athlete and a superior example.

COOPER: Coach, I get it! I know the secret!

COACH: Great, Cooper! What's the secret?

COOPER: It's up to me to work hard on and off the field, make healthy and good choices, and be a good sport. I can do that! I can be a superior example!

COACH: I'm proud of you, Cooper. You *can* do that. You're now ready to sign up to be a superior example. Congratulations!

COOPER: You can too! Sign the pledge and be a superior example too!

**[END]**

## **B.A.S.E. PROGRAM TRANSCRIPT – ADVANCED LEVEL**

OZZIE SMITH: Hi, I'm Hall of Fame Member Ozzie Smith. I earned my spot here in Cooperstown in 2002 following a 19-year major league career. Becoming a Hall of Fame athlete requires extremely hard work, unrivaled dedication, and outstanding character to become a great player and teammate, all on top of athletic ability.

In order to be superior examples to those around us, we have to make the right choices every day; choices that affect our lives and the lives of those around us. So how can choosing healthy habits and making the decision to live the right way keep you on the path to greatness? Let's hit the field to find out how.

In baseball, and in life, you can improve your chances for success in four important ways: fitness, nutrition, character, and fair play. Just like in baseball, in life you can't score a run for your team unless you've touched all four bases.

As you make your way around this diamond, you'll find activities to help you become a superior example. While rounding each base you'll uncover important foundations of success from my fellow Hall of Fame members. Listen to their sound advice, and as you cross home plate, make a commitment to a healthy lifestyle because you too can achieve success and be a superior example for your team and community.

Let's head to first base.

### **SELECT FIRST BASE - FITNESS**

OZZIE SMITH: Take it from me; spending 19 years in the major leagues, you have to get your body ready to play every day. All athletes must exercise to improve their fitness and prepare their bodies. Being a major league player means playing 162 games in 180 days. To play successfully, you need a balanced exercise program with a variety of workouts. Now that you're on first base, let's hear what other Hall of Famers have to say about being fit and keeping your body in shape.

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OZZIE SMITH: Now let's look at how a variety of exercises can help a young player improve his performance.

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OZZIE SMITH: Now it's your turn. Let's plan your weekly training program. Remember, your goal is a balanced training plan.

OZZIE SMITH: Great hit!

### **SELECT SECOND BASE – NUTRITION**

OZZIE SMITH: Here at second base, we're going to learn about the importance of nutrition and diet in your everyday life. This is where some athletes really struggle. The temptation is great to eat what you want, when you want. But in order to be a superior athlete you need to understand your body's relationship to food.

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OZZIE SMITH: Let's look at some examples.

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OZZIE SMITH: After looking at each example, select the person you think has the best diet.

OZZIE SMITH: If this is your final choice, select "Next" to move on.

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OZZIE SMITH: Now let's hear what other baseball stars have to say about nutrition.

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OZZIE SMITH: Let's take another look at our high school athletes and their diets. What changes could be made to make them healthier?

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GAME VOICEOVER: This has been quite a game. And the play's not over yet! Looks like the runner at 2<sup>nd</sup> is breaking for 3<sup>rd</sup>. The pitcher throws the ball to third. It looks like the runner is caught in a run-down!

OZZIE SMITH VOICEOVER: Now let's see what you know. Choose the right meal options to help this athlete out.

## **SELECT THIRD BASE – CHARACTER**

OZZIE SMITH: Let's head back to the Museum to study character; a critical component to being a superior example.

OZZIE SMITH: Here at the National Baseball Hall of Fame and Museum, the qualities of sportsmanship, integrity, and character are celebrated every day. In the history of baseball, three individuals stand out as examples of character and courage.

OZZIE SMITH VOICEOVER: Roberto Clemente possessed one of the most powerful throwing arms the game has ever seen. He recorded 3,000 hits. He was a Latin-American pioneer, and played the game with poise, pride, and an unmatched level of professionalism. Beyond the field, Clemente was an amazing humanitarian, caring for others through charitable work at every turn, even to the point of losing his life in a plane crash while trying to deliver aid to victims of an earthquake in Nicaragua. Clemente teaches us the virtues of loyalty and service. He's one of my heroes, and one of baseball's most revered players.

Lou Gehrig earned the nickname "The Iron Horse" because he never missed a game. He played 2,130 consecutive games and set a record that stood for over 50 years. Gehrig was the ultimate gentleman ballplayer. He could hit for average, had great power, and batted cleanup for the powerful New York Yankee teams of the 1920s and 1930s. He also played excellent defense at first base. During the 1939 season, Gehrig began feeling weak. He would soon be diagnosed with ALS, a degenerative disease of the body's central nervous system. On July 4, 1939, Gehrig delivered a farewell speech in which he said he felt like "the luckiest man on the face of the earth." He said these words as his body was failing and his life was coming to an end. Gehrig passed away in 1941, and ALS is now known as Lou Gehrig's Disease. Lou Gehrig gave us a lesson in humility and dedication.

Jackie Robinson is one of the most important figures in the history of our nation. In 1947, Jackie Robinson became the first African American to play in the modern major leagues. This occurred a full 15 years before Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech in 1962 in search of equality for all races. On April 15, 1947, when Robinson started the game for the Brooklyn Dodgers against the Boston Braves, he faced discrimination and racism. Many fans did not want to see an African American playing in the Major Leagues. Jackie became one of the best athletes to ever play the game of baseball. He hit for average, he stole bases, he played great defense. He was smart, he was a leader, he was selfless, and above all, he exemplified bravery, humility, courage and character. Jackie's actions gave hope to millions of people around the world. He showed that change and progress were possible and that equality was necessary for all. Through adversity, Jackie Robinson demonstrated true courage and self control.

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OZZIE SMITH: Character is built every day with small but significant decisions and goals. Think of something you can do this week, or the very next time you play in a game that would help you become more like these Hall of Fame heroes. Be specific! Now write it down and put it where you'll see it each day. Focus your efforts on this one goal until you feel you are making noticeable progress. This may sound like a small step, but I guarantee that if you follow through, you really can change for the better, day by day, one goal at a time.

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OZZIE SMITH: Now it's your turn! Select the positive character traits that best describe you.

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OZZIE SMITH: You did it!

### **SELECT HOME PLATE – FAIR PLAY**

OZZIE SMITH: Baseball teaches us many things. It teaches us the value of teamwork. It shows us how to manage defeat. It forces us to understand that the game is played every day, and that even when we stumble we have to rally for the next day. The choices we make as athletes and in our everyday lives impact our ability to succeed. These choices also impact others around us. In baseball, like in life, peer pressure can cause us to do things we would not normally do. It can impair our decision making. It can lead us to believe that shortcuts exist instead of hard work. The dangers of Performance Enhancing Substances are real. They are harmful, illegal, and can impact every aspect of your life in a negative way. In many ways, Appearance and Performance Enhancing Substances are marketed to young athletes. Advertisements promise greater strength, speed, and quicker recovery time. Teammates, or other people, may tell you that these drugs will make you stronger and better. Yet they don't tell you the negative things that happen to you if you choose to use dangerous Performance Enhancing Substances. There's only one right way to play and that is to live free of these Performance Enhancing Substances.

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OZZIE SMITH: Let's hear more from my fellow Hall of Famers about Fair Play.

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OZZIE SMITH: Life's decisions can come at you fast, so here's a fastball to see if you can answer these questions about Performance Enhancing Substances.

OZZIE SMITH: You knocked it out of the park!

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OZZIE SMITH: I understand the pressure to win can distort reality with false promises of becoming a better athlete or a fit person. But these reasons are never good enough to cheat the system of fair play. Remember that when you cheat in sports, you cheat yourself, your teammates, your family and friends. If you're faced with these difficult decisions on or off the field, please talk to someone about fair play and about how to make the right choices to be a superior example. Your parents, your coaches, your teachers, and other friends or leaders can help you understand how to make healthy choices and decisions. Most importantly remember that you can make a difference. You can decide right now to make the right choice to take care of your body by working hard, eating right, displaying good character, and most importantly avoiding Performance Enhancing Substances. Decide now be true to yourself and to the game.

OZZIE SMITH: Well done! Now it's your turn to make the pledge to be a superior example.