

Player Guide

How to Write Your Apology and Value Recommitment Letter



Writing a letter shows you're ready to take ownership of your actions and remind others (and yourself) what kind of teammate and person you want to be.

1. Start with Your Apology

Be direct and honest. Say what you're sorry for.

Examples:

- "I want to apologize for talking back to the umpire."
- "I'm sorry for letting my emotions get the best of me and hurting my team."

Tips:

- Keep it short and clear.
 - Take responsibility—don't blame others.
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2. Share What You Learned

Say what you understand now that you didn't before.

Examples:

- "I learned I can't control the umpire, but I can control my reactions."
- "I realized my actions didn't show respect to the game or my teammates."

Tips:

- Talk about emotions (what you felt and why).
 - Show you thought about how your actions affected others.
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3. Recommit to Your Values

Say what kind of teammate and person you choose to be from now on.

Examples:

- “I will work on staying calm and respectful, even when I’m frustrated.”
- “I want to be the kind of teammate who lifts others up, not lets them down.”
- “I will play with heart, effort, and sportsmanship every game.”

Tips:

- Include one specific action you’ll do differently next time.
 - Use one of your Code of Conduct values here if you want!
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4. Close the Letter

End with a strong final sentence to show your commitment.

Examples:

- “Thank you for giving me the chance to learn and grow.”
 - “I’m ready to earn back your trust and be a better teammate.”
 - “I’ll show my values through my actions moving forward.”
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Final Checklist

- Keep it to one page
- Be honest, not perfect
- Speak from the heart
- Make it about growth, not just saying sorry

