

FREE
REPORT

THE HIDDEN DANGER

ALL PLAYERS MUST BE AWARE OF
WITHIN THE BASEBALL CULTURE

...AND WHAT YOU CAN DO TO PROTECT YOURSELF!



by TREVOR SANTOR

WARNING: Please understand my intention for this report is not to steer you away from the game of baseball.

In fact, I strongly believe that baseball is a very positive and influential game for developing into a well-rounded man. Baseball is a game that will teach many of life's golden principles that can be applied to result in a successful life. Some examples of the significant values that can be developed through this game are: sacrifice, hard-work, patience, teamwork, self-discipline, and perseverance. These are only a few of the incredible values that can be gleaned from this great game of baseball.

With that being stated clear and upfront, the purpose of this special report is to uncover the hidden dangers that are widely promoted within the baseball culture, yet not regularly a topic of discussion. The goal of this report is to make you fully aware as a baseball player of the potential hazardous activities and thought patterns and what you can do to protect yourself. In the following sections, I will uncover the psychological processes that all baseball players go through, how many choose to respond, and how we can properly deal with adversity.

The information from this report was drawn from my first-hand experience as a baseball player from a very young age through a 5-year collegiate career, as well as from observing players from my now coaching platform. By the end of this report, we will come to a clear solution that will give you a solid, unbreakable foundation that will keep you focused, on track, and away from the many destructive behaviors that can potentially ruin your career and your life! This is very serious stuff, so stay tuned...

The Identity of a Baseball Player

As we grow up watching the big leaguers on TV, it can be a great way to see the results of many years of hard-work, dedication, and passion for the sport of baseball. Watching the great players of our day can have a very positive impact on us as we look to them as role models to follow and exemplify. We hope that the leaders in this game will continue to showcase the good qualities that we wish to mirror such as: quiet confidence, humbleness, and strong faith.

Many major league players do demonstrate these great qualities, yet there is a flip side of the coin. Many big league players can show qualities that we would deem negative which are: quick tempers, arrogance, pride, and profanity, which are glamorized in the media because of the reckless nature of the world. Even in little league today, you see players arguing balls and strikes, or losing their tempers on the mound or in the dugouts. Where do you think they get this from?

When you fall in love with the game of baseball, it is very easy to have your "identity" formed around the game of baseball. One of the major issues with forming an identity around the game of baseball is that it can bring about copying what you see on TV and can increase the worldly desires that the world brings like: fame, money, lust, and pride. Especially nowadays, with multi-hundred million dollar contracts being signed, the pursuit of worldly riches can become paralyzing to the real purpose and true fulfillment for us being on this earth, which is **to know and trust in God**.

Yet, even more dangerous than the worldly riches this game can create, is the fact that many players' self-worth is measured by this game and their performance in this very difficult game. Self-worth can fluctuate erratically in this game if your "identity" (your value) comes from it. Many young athletes are even comparing their own talents, size, strength, and skill level to those they see on TV only adding to the problem of lowered self-esteem and self-worth. Putting this game before your greater identity in Christ can be a dangerous place to settle, and in this report you will **discover why**.

Baseball Is a Game of Constant Failure

It takes a tremendous amount of talent, skill, and heart to persist and make it to a higher level within the game of baseball. The best players in the world even fail a majority of the time. At an average of 7 out of 10 times a good hitter will fail in the batter's box. Errors are inevitable on defense, and winning can be difficult to come by depending on how good your team is. I am sure you have felt this pain of failure and what this amount of failure can do to your self-esteem, self-worth, and confidence when you put your full worth, value and identity in the game itself.

HERE IS THE DANGER: When your identity comes from the game of baseball, and you cause your team to lose, you feel like a loser. Let's just be honest, when you fail in the batter's box or on the field, you feel like a failure, and that pain hurts more than a physical pain at times. When your performance does not match up with your identity in which you hold yourselves to and see on TV, you can quickly lose self-confidence, self-worth, and self-esteem. This 'Identity Gap' can create significant mood changes caused by the feelings of self-doubt and inadequacy; which can also be known as a *lack of faith*.

The reality is that all baseball players go through emotional rollercoasters during their baseball seasons. From a positive perspective, this is a great opportunity to learn and understand the valuable lessons of self-control and staying positive through trials and tribulations.

“Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing...”
(James 1:2-4).

Yet, having that amount of faith endurance is a lot easier said than done. In fact, many baseball players will immediately seek an alternative route to escape those painful feelings of inadequacy as quickly as possible. The pain that you experience from the 'Identity Gap' can be problematic if not dealt with in a productive manner through a strong faith in a loving God. Your only chance at staying firm in an unshakable, confident identity is to know God and take refuge in Him. (Your shelter in hard times) Or else you will be like many who search for quick fixes outside of God to feel a short term confidence boost or pain relief.

The Baseball Culture

Not only are most players walking around with lowered self-esteem and worth, but the baseball culture today has a very competitive atmosphere and many times players will look to their teammates as their competition. Imagine for a moment how it would feel if your own teammates were secretly celebrating your failures because it would make them look better and give them an opportunity to take your spot. It would be a pretty upsetting feeling, right? That is the baseball culture today.

Here's the kicker: From the experience I've had being around the baseball culture for over 18 years, I've realized that many players do not deal with the failure of the sport or competition in beneficial manner. Especially in a game that is so full of failure and injury like baseball. The fact is that most baseball players tend to look for quick escapes of the pain and discomfort of lowered self-esteem, confidence, and sore bodies. Whether they are looking to boost confidence, forget about the past due to poor performance, cover up the pain, or cheat their way to the top, there are ways available for players to find these destructive substances and activities. These ways are readily available within most baseball programs/schools from high school up and it is destroying their bodies, minds, and spirits on a very fast pace.

HERE IS THE DANGER: On this page I have listed the most popular quick fix alternatives within baseball that baseball players indulge in and even promote to each other that are destroying their lives and intimacy with God.

Alternative Quick Fixes Accepted within the Baseball Culture Today

- **Chewing Tobacco:** A quick fix buzz that many local smoke shops will sell to minors without ID, and even if they can't buy it for themselves, it is readily available in the baseball bags or pockets of one or more players on the team from high school aged forward. "Chew" is a very popular baseball fix that contains very addicting chemicals with cancer causing effects leading to yellow teeth, cancerous gums, and eventually premature death.
- **Alcohol:** A very tempting and glamorized controlled substance in today's modern society. Alcohol is available usually at high school age and above, alcohol is provided at most weekend house parties where binge drinking is promoted. (Binge drinking: getting as drunk as possible, as fast as possible). This dangerous social activity leads to engaging in the other poor habits and can very easily lead to a mistake that can lead to death.
- **Marijuana:** Also known as weed or pot, marijuana is a very popular substance in the baseball culture because it relieves stress, takes away pain, for the short term and takes your mind into a euphoric state allowing players to forget about their problems. Yet, when they come down from the high, the problem is still there. It is readily available in high school and anywhere else for that matter. It is also promoted as a "cool" recreational drug.
- **Cigarettes:** Not as big of a problem in the baseball culture, yet still used by some and readily available with high school aged students and above. Cigarettes, and now "Vapor Pens", have the effect of a quick tobacco buzz used to eliminate stress or anxiety. Leads to developing an addictive habit which we know what it leads to.
- **Pornography:** A quick, easy, and available fix for anyone to relieve symptoms from lowered self-esteem or boredom. A very addictive and destructive habit that is hard to break if not dealt with properly. Pornography has become disgustingly available on television, movies, online, and easily accessed through smartphones.
- **Premarital Sex:** A glamorized taboo that is portrayed through popular music, television, and movies. Many high school students feel like they must lose their virginity before leaving high school, or they aren't "cool". Premarital sex can lead to teen pregnancy and emotional scars that can last a lifetime. Now with social media being so popular and promiscuity everywhere, today's generation has lust-filled temptations to deal with around every corner.
- **Steroids:** A popular topic in baseball since the scandals with Major League players and athletes using these performance enhancing drugs. Baseball players feel that if they want to make it to the Major Leagues than they must use steroids to gain size and strength. This is a false and dangerous assumption because steroids cause more harm than good and the consequences are maximized in the hands of a misinformed players.
- **Secular Music:** One of the most powerful, destructive, and influential mediums today within the baseball culture and in most groups for that matter. In today's world of promiscuity, vulgarity, and godless music, the concepts that they are being introduced to the youth through music and song are extremely dangerous to the value system and stability of their Christian faith. Music is a very spiritual practice, and most youth are ignorant to the darkness and damage that is caused by listening to most "secular music".

As you can see, sin can easily run rampant and grow quickly within a baseball culture, a team, and a player's life. All these quick fix alternatives can do real damage on your body, mind, and spirit if you is not aware of the many dangerous side effects. It is a problem that each player will have to face and stand up against in order to protect the well-being of their life. Just like a slump in baseball, you can also find yourself in a 'sin slump' which can be even more dangerous and difficult to break out of.

Teammates Are Chosen For You

Here's another reality: The fact is that you will be around a group of guys that you have not chosen to be around for a majority of your time. The baseball team is a group of guys was chosen by a league or a coach and whether it is a blessing or not, you will be around the same group of guys on a daily basis throughout a baseball season or a high school, or college career. This closed group of guys will most likely become your closest friends. Therefore, whatever activities this close group of friends is involved in, you are very likely to be involved in them as well.

If the group goes to church, loves God, and listens to worship music, you will most likely join them. But, if the group smokes marijuana, goes out drinking on the weekends, and tries to sleep with girls, then the odds are you are most likely going to follow. I pray that won't be the case for you, and that is why it is very important to know Jesus and follow Him whole-heartedly. My prayer is to develop strong leadership skills in you so that you can influence and lead others on a righteous path that will keep you safe, healthy, and successful not only in baseball, but in all aspects of life too.

The truth is all baseball players are going to be tempted with many of the world's temptations of pride, lust, and self-indulgence. Things are going to happen in life which will make you feel inadequate and your flesh will want to seek and find an easy way out. Things aren't always going to go your way on the baseball field, in the classroom, or at home. To top it all off you are going to be around a group of teammates who some will be seeking the pleasures of this world instead of dealing with their problems face to face by taking refuge in God.

The fact is: Knowing how to deal with the inevitable adversity that baseball and life will bring you will be the key to a successful and fulfilled baseball journey and a very fulfilling walk with God.

The question that remains is this: Will you be able to maintain and grow a strong foundation of faith and identity in Jesus Christ in the face of these trials and temptations?

*****Let me be the first to tell you that it is my life's mission to give you the tools and training to do so!*****

The Hope is FOUND in Jesus

Taking refuge in God when you are going through tough times is essentially the way to stay on a righteous path that will bring you true joy, fulfillment, and a long life. Having faith in a good God will always be the answer to your problems. Knowing that God is producing in His people perseverance and endurance so that you will **lack in nothing** is key to your journey. Having an unshakable identity in Jesus Christ and being made whole through His redemption on the cross is the only way to have a continual high self-worth that all people are in desperate need of. Jesus died for you, to live life with no worry, condemnation, or feelings of inadequacy!

Having your identity in Christ as a blameless child of God because of the performance of Jesus and not your own is the only way to keep self-worth high without wavering that no baseball game or sin slump can EVER knock down.

In order to follow Jesus, we must first love Jesus, in order to love Jesus, we must first understand Jesus, and in order to understand Jesus, we must be taught Jesus. As a believers and followers of Jesus, my hope is to teach you about the Kingdom of God through the game of baseball. I pray to continue to teach His ways to the next generation, boldly and fearlessly, as we engage to change the baseball culture around for His glory. I have one question for you: **Are you in?**

How My Mentoring Can Help You

As your Christian Baseball Mentor, what I will do is give you a Christian perspective on the circumstances so that whatever you go through will not knock you down, but only build you up stronger. I promise to give you sound advice from the Bible to help you solidify your identify as a child of God who is deeply loved by showing you and explaining the many promises found in God's Word.

My second promise is to lead you by example by showing you that there is pure joy and success from escaping the shackles of sin. I will show you how to meditate, how to pray, and how to cultivate gratitude from praising and worshipping the Lord our God.

Teaching you these simple strategies will help you persevere through the tough times by building an everlasting hope that never fades in the face of trouble. You will soon find out that having a faith in Jesus Christ is life's ultimate performance enhancer, anti-depressant, and pain reliever. No other substance will compare to the benefits of being a worshipper of the One True God.

My final word is that I know and understand all that you are going through. I have been there myself. That was the point of this report is to show you that what you will go through is difficult, and sin may seem to be the easy escape. I know it can be easy to get caught in the shackles of sin, mess up, and fall, but like a good coach I will be there to encourage you and show you the mercy and grace that our God shows to us through Jesus Christ. Everyone gets chance to learn from their mistakes and make the proper adjustments. Life and baseball are synonymous in the fact that you must make adjustments. I will teach you how to best make proper adjustments and strategies to be successful at it.

In conclusion of this report, I urge you to know that your worth is not based on your baseball performance. Instead, make sure that you know that **"...in all these things we are more than conquerors through him who loved us."** (Romans 8:37). Giving yourself the right perspectives will be the greatest gift you can give yourself to stay on a righteous path through this game of baseball and in life.

In constant prayer with you,



P.S. Please also read the resource *Baseball Genesis – Living for Christ through the Game of Baseball* my newly published book that will explain deeper the concept of Christianity and how we can grow God's Kingdom through baseball. It also comes with a free 7-Week Online eCourse that will take your understanding to a whole new level! I'll see you in there!