

GRINDER BALL RULES – 2006



- 1 Win. Or die trying.
- 2 Be MVP, MTWT F S S
- 3 Bite worse than your bark.
- 4 Knowing what's coming and hitting what's coming--not the same thing.
- 5 Every pitch is full count. Every inning, the ninth. Every game, game seven.
- 6 The best seat in the house is often determined by the best players in the house.
- 7 Grinder ball requires speed, defense, and discipline. And immigration.
- 8 Play every game like it's your last.
- 9 Be realistic, expect miracles.
- 10 Only one statistic matters: W
- 11 When jumping on the White Sox bandwagon, do not, I repeat DO NOT, keep your hands and arms inside the wagon at any time.
- 12 There is only one acceptable reason not to hold onto the ball: Amputation
- 13 There is only one thing more valuable than ability. The ability to recognize it.
- 14 It's a mother's right to yell at her boys.
- 15 Be a highlight reel.
- 16 Level the playing field. Preferably while the other team's on it.
- 17 Never be satisfied with what you have achieved. It pales in comparison to what you can achieve.
- 18 NEVER be late for the National Anthem. No matter what nation you're from.
- 19 A reputation is not built on what you are going to do.
- 20 Hot dog vendors don't take credit.
- 21 Thieves will be punished. Swiftly, harshly and repeatedly.
- 22 When attending a Chicago White Sox game, don't blink.
- 23 When all is said and done, make sure you've "done" more than you said.
- 24 Play like there are no rules.—like gravity for instance.
- 25 A good outfielder doesn't see the wall. He tastes it.
- 26 Your hitting should serve as a warning. To low flying aircraft.
- 27 If the fence won't come to you, go to the fence.
- 28 Always give fans something they can take away from the game. Like the other team's pride.
- 29 Play like a star. Never act like one.
- 30 Good enough, isn't.
- 31 Never swing at foolish pitches. Unless they're foolishly belt high, right down the middle.
- 32 Respect respect.
- 33 The best way to get out of a hole is to dig deeper.
- 34 For some, it's not a choice. It's genetic.
- 36 You can't spell "win" without a few "k's"
- 37 Never walk. Even when you walk.
- 38 You're either counted on or counted out.
- 39 Be a man. Play like a boy.
- 41 Never underestimate the power of power.
- 43 Step up to the plate even if you're not stepping up to the plate.
- 44 There is more to baseball than peanuts and cracker jacks.
- 45 The best defense is a good win.
- 46 Respect the past, people that are shoeless, and anyone named Joe.
- 47 Flying does not make you superman. Getting up and making the throw to first for the force out, now that makes you Superman.
- 49 There are no starting pitchers. Only finishing pitchers.
- 50 Be head and shoulders and arms and legs and spine and torso above the competition.
- 53 There are always willing players: Those willing to do whatever it takes to win. And those willing to watch them.
- 54 If you can't take the heat get out of the batter's box.
- 55 It's called stepping up to the plate for a reason.
- 57 There's power in numbers. Like #14, #23, #5, #24, #15, #25...
- 58 Never throw back a home run ball, even if it from the other team.
- 59 GO. GO. GO.
- 61 There is no "I" in team. But there is one in quit.
- 63 You don't have to be a coach to coach.
- 65 Do not sit in the leftfield bleachers, home to Scott Podsednik.
- 66 There is nothing loveable about losing.
- 69 There's always this year. (Well, and last year.)
- 71 If at first you succeed, repeat.
- 73 When bringing the family to a White Sox game know your limits.
- 74 Believe in magic. Not magic numbers.
- 75 Heroes aren't made. They're rotated.
- 76 Pitch. Hit. Win. Repeat.
- 78 Ixnay on talkin' about the ayoffsplay
- 88 Make history, history.
- 89 Taste victory and be hungry forever.
- 92 Interpretive dance at 101 M.P.H.
- 95 Be more than a one hit wonder.
- 96 Expect the unexpected at U.S. Cellular field, home of the White Sox.
- 98 Batters should fear your fast ball. Not because it can get them out. Because it can knock them out.
- 99 Intimidation can come in the form of a screaming 99 MPH fastball or a screaming 9 year-old.
- 162 Crying in baseball is acceptable only if champagne burns your eyes.
- 174 Hoist the city up on your shoulders. They'll return the favor.

