

# Lesson policies and expectations

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- Pitchers must commit to getting better. They must practice at least 3 times a week + practice doesn't always have to be full pitches to a catcher. I will provide them with many drills they can do by themselves in their home so there aren't any excuses!
- Pitchers are required to bring their binder and a writing utensil to each lesson so we can discuss their practice log, they can take notes + put their new assignments/workouts in it from that day. They must also bring their band(s), spinner, indoor ball and water. Parents/guardians: make them responsible for their own stuff instead of doing it for them.
- Pitchers must provide their own catcher. A waiver must be signed if a catcher is under 18 + they must wear full gear. Team catchers are strongly encouraged to attend so they can grow right along with the pitchers.
- I expect pitchers to have their band exercises + dynamic warmup done by the time their lesson starts. If you do not have a lot of room to warm up, you are able to do a lot of it in place. I also expect you to give full effort, good eye contact + listen well in lessons. Ask questions if something isn't clear to you. Work hard to get better outside of lessons so I see a difference at the next lesson.
- Pitchers will receive many homework assignments to work on mentality + I expect them to be done by their due date. These should be just as important to them as the physical workouts are. Their binder should not be thrown in a bag left untouched until the next lesson. If they are following their workouts like they should be, the binder should be with them at practices. Assignments should not be forgotten if they are frequently looking at their binder. Binders must be well-organized: practice log is easy to find, workouts are together in order and notes are easily found so you can focus on the last thing we discussed in lessons.
- In order for pitchers to grow and get better, they must get out of their comfort zone and not be afraid to fail. Come to lessons knowing you will be challenged but have the mindset to work through failures and learn from your mistakes. Being a successful pitcher takes a lot of hard work but also takes patience and trust.
- There are no refunds and a cancellation policy is in effect. If a pitcher must miss a lesson, I must be notified at least 5 hours before her scheduled lesson. You will receive a credit to be used toward lessons or camps if I am notified + a make up option is not available. If I am not notified at least 5 hours in advance, you are expected to pay for that lesson. Let me know as soon as possible if you have a conflict so I can try to schedule a make up. Email and text reminders will be sent 24 hours in advance to help you plan better. You are responsible for contacting me to make up a lesson. There are no snow days unless I cannot make it to the lesson location. You will be notified by text if I will be cancelling lessons. If I do cancel, I will reschedule that lesson at a later date.
- PARENTS/GUARDIANS: Please take time to read the separate parent/guardian handout. I will be revising it once I get questionnaires back as well.
- ONLINE ETIQUETTE: If you are involved in the online lesson community, I will not tolerate any negativity so please be kind because everyone is there to learn and get better no matter where they are at on their pitching journey.
- Commit to getting better this off-season by putting in the time and effort and I promise it'll all be worth it when you see how much you've improved!