

parent/guardian tips

As we are beginning off-season lessons, I wanted to give a list of things I believe you can do as a parent/guardian to help your pitcher to be successful. These are in no particular order but I truly believe they are all important. This does not mean that you can't give tough love and make them work hard, but I hope to bring awareness to how you are doing so. Please let me know if you ever have any questions about anything. Shoot me an email or send a video. I'd love to hear more updates than I normally get between lessons.

I care about your pitcher as an athlete and even more so as a person. It is important that your pitcher understands that she matters outside of sports. I'm hoping to build strong, independent, hard working young women who also happen to be great pitchers. I hope we can all agree on that and would love your help in making it happen.

- Be a stickler on their dynamic warmup, arm care and movement prep. These are to prevent injury, create better movers and athleticism which will then make them better pitchers. It's all important!
- Allow your pitcher to take ownership. If they didn't get their workouts in or have forgotten to bring something to lessons, don't make excuses for them. I also strongly encourage you to let your pitcher speak for themselves in lessons and in everyday life. If I ask them a question, let them answer before you jump in. I may ask your opinion but want to hear from my pitchers first.
- Let your pitcher fail and fail often. Encourage them to learn from it and work through it. This is all part of the process. A lot of the time, having a fear of failure comes from outside factors and influences. You can either make it into a positive or negative by how you react. Don't be the reason your pitcher is afraid to fail.
- Stay positive. My goal is to create pitchers with a strong and positive mindset. Being negative doesn't allow that to happen. I have not coached or played with a pitcher that responded well to negativity.
- Encourage practice and you can help them plan when and how it'll happen, but your pitcher needs to be the one making the choice to go.
- Pay attention in lessons so you know what to look for at home - I want to make sure we are all on the same page and there isn't any added confusion. Be involved enough to know what your pitcher needs to work on at home but please refrain from coaching them while at lessons. If they are thinking about too many things at once, they will struggle more and it'll just create more frustration overall.
- Say very little. If you say something to them every pitch, they will never learn to think for themselves and make their own adjustments. Choose 1 or 2 things to focus on at a time and let the others go.
- Be patient and level-headed. If we expect pitchers to have control over their emotions, you need to lead by example. Focus on their development and continuous improvement. Let your pitcher make her own adjustments as much as possible.