

New Student Expectation Sheet

What is...

Expected of Me	Expected of You & Your Daughter
<p>New Student 1x Assessment:</p> <ul style="list-style-type: none"> • 1st Lesson you will show me what you normally do for warm ups and a I will video a few full pitches. • We will then go over a few things to break down the pitch and go back through some drills. • Within the next few days you will receive an in depth video analysis. I will also record you fastball speed, spins per second, and spin axis. <p>Continuing Lessons:</p> <ul style="list-style-type: none"> • Expect me to look at videos you send me via hudl and give verbal feedback @ next lesson or via hudl or email. • Expect me to measure Speed, Spin, Spin Axis, & Spot – 3x a year at minimum (1st Lesson or in Fall, December, & March. • Expect me to take notes after some lessons & record it on an assessment sheet. • Expect me to try to hold the pitcher accountable when in between lessons by having her do homework or provide me with video working on a skill. • Expect me to take video in the lesson and show it immediately to track progress. • Expect me to break down the skill into chunks and slow it down so the pitcher can learn it faster. This may mean that we don't even throw from the mound or a full pitch in the lesson. • Expect me to keep learning and educating myself on pitching mechanics & efficient teaching methods. • Expect me to be available via text/email about pitching or recruiting concerns. • Expect me to help with the recruiting process when it comes time and to help with a video and recruiting page. 	<p>New Student 1x Assessment:</p> <ul style="list-style-type: none"> • Please Bring: glove, pitching sneakers/turfs, athletic clothes. Preferably not a baggy hoodie or top. • Bring A Notebook and pen to take notes. • Keep an Open Mind & be Ready to Learn. • Payment of cash or check the day of the lesson. I don't offer packages but you can pay ahead if you want if you keep track. If I don't have change you can overpay or underpay and catch up next time. • Recommended you take Intermediate Seminar 201 if you want to continue lessons. • The pitcher should be ready for the lesson by warming up or stretching and throwing overhand and/or underhand if space allows. <p>Continuing Lessons:</p> <ul style="list-style-type: none"> • Mandated to take Intermediate Seminar 201 • Download the Hudl Technique App so we can send & rec videos and analysis (Free). If the student also has a phone they can download the app as well and login in with your info. • Expect me to go over a proper warm up routing with stretches to do before lessons or anywhere. • Expect you and your daughter to make a yearly commitment to lessons. Before fall, I will ask for your requested timeslots for the year from Sept-March. You don't have to start in September but I will make up my schedule for the year. Once I put everyone in a timeslot you can then cancel/reschedule via the website. • I expect you to communicate with me if she decides to stop pitching or continue lessons with another instructor. Keep it cordial, it is not a contest, it's what you think is best for your daughter. • I expect that if you are around the age of 14 that you will invest in a personal strength/speed trainer if pitching in college is your goal. • If pitching in college is not your daughter's goal at the age of 14 then you may want to consider a cheaper instructor, or possibly group lessons. If she does not have a mental investment in going higher then you may not want to invest \$ in lessons. She may be more interested in affirmation than development

Let me know if there is anything you think I should add to either side!