



Policies and Expectations

Cancellation Policy:

Please give ample notice prior to cancelling a lesson. I expect a 24 hour notice.

Depending on the situation and subject to 8kFastpitch's discretion, lack of notice, insufficient time notifying 8k before a lesson start, or creating a habit out of cancelling with short notice, will result in no refund for a full or partial lesson charge, and/or warrant 8k cutting ties with the client. All cancellations will be handled on a case by case basis.

If your daughter is sick, do not bring her in. The same cancellation policies listed above apply.

8k Player Expectations:

- Players are to come prepared for lessons by;
 - o Bringing *both* tennis shoes and cleats
 - it's just a good habit to get used to
 - o Having all personal equipment that the player needs
 - gloves, batting gloves, bat, knee/arm/ankle braces, mouth and face guards, etc.
 - o **Hair needs to be up in a pony tail or held in place out of her face**, and athletic wear needs to be worn, head to toe
 - be an athlete, this is not a fashion show
 - no jeans or tight/restricting clothing
 - o Having sufficient water to last for the duration of the lesson
 - o Arranging for a catcher for pitching lessons (14U+ pitchers only)
- Be respectful of the facility, clean up after yourself, pick up used equipment, leave unused equipment alone, and be mindful of lessons already in progress.
- Players are 100% expected to come to each lesson ready to work hard
- If your daughter is having an off day or you know she going to be a dud, *please* reschedule the lesson
 - No lessons should be scheduled after a sleepover, illness, boyfriend/girlfriend troubles, too much homework, etc.
- Parents:
 - o If you stay for the lesson, I ask that you be actively engaged and supportive. If you're listening, it's another set of ears to help your daughter work on the correct skills at home.
 - Let me do my job
 - Reinforce what I'm teaching
 - Feel free to ask questions
 - But please leave the back seat driving for working at home with your daughter, off my watch
 - o Please turn cell phones on silent during lesson, and take phone calls outside or in your vehicle

- I have found that some girls tend to get more out of lessons when parents are not there...less pressure, less seeking of approval. I will leave that up to you and won't make it a requirement, but keep that in mind.