



Policies and Expectations

Cancellation Policy:

Please give ample notice prior to cancelling a lesson. I expect and prefer a 24 hour notice, but understand life happens, so please notify me as soon as possible.

Depending on the situation and subject to 8k Fastpitch'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 a full or partial lesson surcharge, 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 personally 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
 - o Having sufficient water to last for the duration of the lesson
 - o Players who are issued a stretching rope are expected to bring the rope to every lesson
 - o **Arranging for a catcher for pitching lessons, (for reals!)**
 - I realize I was willing to catch more than a few times, but please plan on bringing a catcher everytime.
- Players are 100% expected to come to each lesson ready to work hard
 - o Players not prepared to work, or players that have clear chronic bad attitudes, the lesson will come to a stop, and you will have one of two options to choose from;
 - 1.) Leave
 - If this is the choice I will expect written goals and a clear vision expressed to me before being considered to be given another lesson
 - The cancellation policy listed above will take effect
 - 2.) We sit and we come up with a plan on how to switch gears and get going again in a positive direction.
 - I will expect the parent to help me as I assume you wouldn't want to pay for an hour's worth of talking.
 - We will stop and do this as many times as necessary. I am not going to put forth more effort and energy to help your daughter get better than she is willing to give. Period.
- If your daughter is having an off day or you know she going to be a dud, *p/lease* reschedule the lesson.

- No lessons should be scheduled after a sleepover, illness, boyfriend troubles, too much homework, etc.

- Parents:

- 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 for the hour
 - 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
- 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.

- Payments:

- Payments for lessons need to be made prior, or directly following the lesson
 - **A \$5 discount will be given for all clients who make payments in cash**

Print Player's Name	Signature	Date

Print Parent's Name	Signature	Date

Photo & Media Release & 1 on 1 Coaching Waiver

I hereby grant permission to 8kFastpitch and any other contractors used in promoting the business to photograph/video my child(ren). It is my understanding that this photograph/video or portions thereof will be used for public view. I agree to participate in this project without financial remuneration, and I understand that this releases photographer/interviewer from any future claims, as well as any liability arising from the use of said photograph/video.

I also grant 8k to work with my daughter 1 on 1 without my supervision.

<input type="checkbox"/> YES <input type="checkbox"/> NO	Parent Signature:	Date:
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