



# 2010 – 2011 Fall / Winter Training Program

36 Week Fall – Winter Training Lessons for Fastpitch Softball

August 4, 2010 – April 27, 2011

**\*\*EACH CLASS MEETS ONE TIME PER WEEK. PLEASE CHECK THE KFA CALENDAR ON THE REGISTRATION PAGE FOR OFF DATES.**

**For Ages 5 and up**

**Beginning / Intermediate / Advanced / Elite**

**Team and Individual 9 Month Training Programs Offered In:**

**Pitching, Catching, Hitting, Defensive Skills & Combination Classes**

**TEAM AND INDIVIDUAL RENTALS AVAILABLE WEEKLY AT THE SODDY DAISY LOCATION**

## **AVAILABLE LESSONS AND COST:**

### **PITCHING:**

- **Group Lessons** (3 to 5 students per class) for 45 minutes - \$140.00 per month per student
- **Private Lesson** (1 student per class) for 30 minutes - \$200.00 per month

### **HITTING, CATCHING, DEFENSIVE/FIELDING, COMBINATION TRAINING**

- **Group Lessons** (3 to 5 students per class) for 45 minutes - \$100.00 per month per student
- **Private Lesson** (1 student per class) for 30 minutes - \$200.00 per month
- **Combination Class [Hitting & Defense]** (6 Students per class) for 45 minutes - \$75.00 per month per student. Please note this class will alternate with hitting and defense weekly. This class will also have up to 6 students in each class.

### **TEAM TRAINING:**

Team clinics are offered on a regular basis with KFA instructors. The cost is \$20.00 per player with a minimum of 10 players. We schedule the team clinics on an as needed basis with your coach. We are flexible in what we teach so that the clinic is most beneficial to you and your team; teams often work hitting and defense, but anything is possible.

### **KFA Memberships:**

**Students who desire to take lessons at KFA must purchase a basic membership. This is an annual requirement.**

**NEW STUDENTS: \$65.00**

**FORMER STUDENTS: \$50.00**

**\*\*\*Sister Discount: Each sister may take 10% off their monthly fee\*\*\***

## LESSON STRUCTURE:

- Once you decide on the class or classes you want to take you may choose from Private Lessons or Group Lessons. Do not worry about finding a group for your daughter to work with, this is our job. We group students with similar skill levels.
- If you cannot attend your lesson, you will forfeit that lesson. NO MAKE-UPS will be given unless your instructor must cancel. Payment is still due to KFA even if you miss the majority of the month unless you are injured and under a doctor's care. All injuries should be made known to your instructor and the office manager as soon as possible to qualify for make-ups.
- Lessons will be structured over the 9 month course (36 weeks of lessons). The lessons will begin in August and end April 27, 2011. An optional session will start in May and run through the end of June. Lesson instruction will build each week. Every class is unique and taught according to the skill level and progress of each individual class. We make every attempt to group together the most appropriate classes and reserve the right to make changes as the year progresses based on your child's development.
- Lessons will be given on Sundays, Mondays, Tuesdays, Wednesdays and Thursdays. Team training may be scheduled on any day there is availability.
- Lessons will be offered at Two locations:
  - **North Facility - Hixson / Red Bank / Soddy Daisy**
  - **East Facility – Ooltewah / E. Brainerd / North Georgia**
- Lesson payments are due at the beginning of the month at your first lesson. Payments not received by the second lesson will result in a **\$25.00 late fee** being assessed. Therefore, if you have not paid for your lessons prior to the start of the second lesson, you **MUST ADD \$25.00 TO YOUR MONTHLY FEES**.
- Any returned check or any electronic payment made through PayPal that is denied will result in a **\$30.00 RETURNED CHECK FEE**. Following a returned check or denied credit card, you will become a 'cash-only' customer. **WE RESERVE THE RIGHT TO REFUSE SERVICE TO ANYONE**.
- Lessons will be given by your primary instructor with assistants filling in as needed. This means the majority of your lessons will be given by your primary instructor; however, it is sometimes necessary to have an assistant teach your class.
- Lessons are scheduled back to back with little transition time between. If you need to discuss something in depth please email your instructor or schedule a time outside of lessons to meet. Please make every effort not to intrude on the following class times.
- Students should arrive 15 – 20 minutes early to sign-in for their lessons and to warm-up before the lesson begins. It is extremely important to be ready to go at your scheduled lesson time. Students in private classes that are not warm will have very limited instruction.
- Each student in the pitching class must purchase, and use a soft training ball during lessons because of the close proximity of the pitching area. We will have them available for purchase at the evaluation session and throughout the year for \$6.00 per ball. If your instructor okays it, you may use regulation hard balls but you are required to still bring a soft training ball with you. All pitching students at both locations should wear tennis shoes and bring cleats. Optional training balls will also be available for purchase at the evaluation session and throughout the year. **ONLY TENNIS SHOES OR TURF SHOES WILL BE ALLOWED AT THE NORTH FACILITY**.
- Each student in the hitting, defensive, catching or combination classes should bring both tennis shoes and cleats. Some lessons will be given on the turf and some lessons will be given on the dirt field. You must bring an approved helmet at bat for your lesson.
- ALL non-participants must stay out of the training areas before, during and after lessons. There are very real chances of being hit by a ball or bat.

## PRE-ENROLLMENT EVALUATIONS REQUIRED FOR ALL STUDENTS:

ALL Students (Even if you have been taking lessons all summer) must undergo a pre-training evaluation to enter lessons. Mandatory evaluations will be held July 12, 13 & 14 and July 19, 20 & 21, 2010 from 6:00 pm until 9:00 pm. **EVALUATIONS WILL BE AT THE SODDY FACILITY ONLY**. You must choose an evaluation time on your application. Your time you are registered for is the time you should plan to attend. If there is a problem with your time, you will be notified. Students who complete their evaluations prior to July 21 will have priority scheduling. Additional **EVALUATION DATE: July 26, from 6pm to 8pm by appointment only**.

The final week for evaluations will be July 26 through July 30, but all evaluations will be by **APPOINTMENT** only. Email: [beth@kfasoftball.com](mailto:beth@kfasoftball.com) for an appointment or call 423-443-0557.

**IF YOU FIND OUT ABOUT LESSONS AFTER THE EVALUATION DATES, THERE MIGHT BE OPENINGS STILL AVAILABLE. You will need to contact Beth at [beth@kfasoftball.com](mailto:beth@kfasoftball.com) to schedule an evaluation.**

**APPLICATION FORM:**

**\*\*\*REGISTRATION AVAILABLE ONLINE\*\*\***

**PERSONAL INFORMATION:**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_

**EMERGENCY CONTACT:**

Mother's Name: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
Father's Name: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
Other's Contact: \_\_\_\_\_ Work #: \_\_\_\_\_ Cell #: \_\_\_\_\_  
Insurance Company: \_\_\_\_\_  
Policy Holder's Name: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Any Instructions Regarding Your Insurance: \_\_\_\_\_

**EXPERIENCE:**

Summer Team: \_\_\_\_\_ Age Group: \_\_\_\_\_ Coach's Name: \_\_\_\_\_  
School You Attend: \_\_\_\_\_ Do you play school ball? \_\_\_\_\_  
Fall School Ball or Spring School Ball? \_\_\_\_\_ School Ball Coach's Name: \_\_\_\_\_  
Primary position (summer): \_\_\_\_\_ Primary Position (School): \_\_\_\_\_ # of years playing fastpitch: \_\_\_\_\_  
Overall skill level: \_\_\_ Beginner \_\_\_ Intermediate \_\_\_ Advanced \_\_\_ Elite # of years pitching: \_\_\_\_\_  
What other sports do you play? \_\_\_\_\_

**CLASS ENROLLMENT:**

**I am interested in (please check all that apply):**

↑ Pitching ↑ Catching ↑ Hitting ↑ Defensive/Fielding ↑ Combination

**I am interested in taking lessons at the following facility:**

↑ Ooltewah / East Brainerd / North Georgia      ↑ Red Bank / Soddy Daisy / Hixson

**PLEASE CHOOSE THE CLASS SIZE YOU WANT FOR EACH CLASS YOU ARE REGISTERING FOR:**

- ↑ **Group Pitching Lessons** (3 to 5 students)
- ↑ **Private Pitching Lessons** (1 student)
- ↑ **Group Catching Lessons** (3 to 5 students)
- ↑ **Private Catching Lessons** (1 student)
- ↑ **Combination Class** (6 students)
- ↑ **Group Hitting Lessons** (3 to 5 students)
- ↑ **Private Hitting Lessons** (1 student)
- ↑ **Group Defensive Lessons** (3 to 5 students)
- ↑ **Private Defensive Lessons** (1 student)

**AVAILABLE DAYS AND TIMES FOR LESSONS:**

Lessons will be given on Sundays, Mondays, Tuesdays, Wednesdays and Thursdays. Each instructor will have varied days they teach on. Please indicate in the blanks below at least three days that you would be available to attend lessons and the time range you would be available. Please indicate 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice for days and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice for times. Check as many available times as you can.

↑ <b>Sundays</b> _____	↑ <b>Mondays</b> _____	↑ <b>Tuesdays</b> _____	↑ <b>Wednesdays</b> _____	↑ <b>Thursdays</b> _____
_____ pm to _____ pm	_____ pm to _____ pm	_____ pm to _____ pm	_____ pm to _____ pm	_____ pm to _____ pm

**PLEASE CHOOSE AN EVALUATION DAY AND TIME:**

Please choose an evaluation date:

↑ July 12    ↑ July 13    ↑ July 14    ↑ July 19    ↑ July 20    ↑ July 21

Please choose an evaluation time:

↑ 6:00 pm    ↑ 6:30 pm    ↑ 7:00 pm    ↑ 7:30 pm    ↑ 8:00 pm    ↑ 8:30 pm

↑ *None of these work I need an appointment*

**ADDITIONAL QUESTIONS THAT WILL HELP US PLACE YOU IN THE MOST APPROPRIATE GROUP WITH YOUR DESIRED INSTRUCTOR:**

Have you taken lessons before? \_\_\_\_\_ If so, where? \_\_\_\_\_

Who was your instructor this past year? \_\_\_\_\_

Have you taken from another instructor in the past? \_\_\_\_\_

Are you currently involved in a speed and agility program? \_\_\_\_\_

If so, where? \_\_\_\_\_

**PITCHER'S ONLY:**

# of years pitching: \_\_\_\_\_ Pitches you throw EFFECTIVELY: \_\_\_\_\_

What are your strengths as a pitcher? \_\_\_\_\_

What are your weaknesses as a pitcher? \_\_\_\_\_

Who was your pitching coach this past year? \_\_\_\_\_

Who do you want your pitching coach to be? \_\_\_\_\_

What is your current pitching speed, if known? \_\_\_\_\_

**HITTER'S ONLY:**

Are you a left handed slapper? \_\_\_\_\_ What is your home to first time, if known? \_\_\_\_\_

What are your strengths as a hitter? \_\_\_\_\_

What are your weaknesses as a hitter? \_\_\_\_\_

Who was your hitting coach this past year? \_\_\_\_\_

Who do you want your hitting coach to be? \_\_\_\_\_

*\*\*We cannot guarantee you will get the desired instructor, but please be assured that all of our staff is trained in the same manner to teach you the specifics of the sport. \*\**

**PLEASE NOTE: Registration will not be considered complete until the membership fee is mailed to**

**KFA Softball Fall Programs  
P.O. Box 788  
Ooltewah, TN 37363**

**If you have any questions, please contact Beth Keylon-Randolph at [beth@kfasoftball.com](mailto:beth@kfasoftball.com) or call 423-443-0557.**