



FAQ for Erin Emmi Pitching:

1. Requirement of all students:

1. Bring a notebook and pen to every lesson and log all training during workouts and throughout the week. If it is not written down, it did not happen. We can not know what is working or not working if you do not track your workouts and training. You may be excused from training if you do not complete your homework.
2. Complete all assigned homework and be prepared to show your training log at each lesson. This is required.

Example of what to write in your journal:

Date:

Focus or goal of training:

Warm up:

What are you doing well:

What do you want to improve:

Drills completed (speed, accuracy, movement, spin):

What are you doing for recovery:

What other training are you doing:

3. Arrive at least 15 minutes prior to your lesson to begin warming up and stretching. Be ready to start on time.
4. Bring all necessary equipment, including a ball, glove, proper footwear, and if applicable, a bat and helmet. Indoor lessons require tennis shoes or turf shoes. Outdoor lessons require cleats.
5. A target will be provided for pitching. If you would like to throw to a catcher, you are responsible for bringing one.
6. Complete all work between lessons. Pitching requires consistent effort and discipline. Improvement depends on the work done outside of lessons.
7. Bring a phone or camera to record lessons so you can review drills and instruction at home.
8. If you are late, lesson time will not be extended. Lessons are scheduled back to back.
9. Payment is required at the end of each lesson.
10. ***A 24-hour cancellation notice is required. If notice is not given, the full lesson fee will be charged. Future lessons may not be scheduled until the missed lesson is paid and the next lesson is prepaid. Cancellation of lessons must be done via text message or phone call. Do not cancel lessons via Facebook or Instagram.***

11. Accepted payment methods are cash, Cash App, and Venmo. All payments must be received by the end of the lesson. No shows will not be allowed to book until previous lesson is paid for in full.
12. How often should we schedule lessons?

For 30-minute lessons, it is recommended to attend weekly or every other week. For 1-hour lessons, some people like to do every other week, some clients do once a month or every six weeks. It depends what your goals are and what we are working on. This can be discussed with Erin for clarification of your goals. If you are traveling a long distance, scheduling back-to-back lessons is encouraged to maximize training time.

Lessons are designed to teach new concepts and training methods. Athletes should record what they learn, practice it at home, and return ready to continue progressing or build on more challenging skills.

Lessons are not focused on simply getting repetitions. While drills will be included, the primary focus is on improving mechanics. Strong mechanics are necessary to increase speed and develop advanced pitches. Athletes will focus on mastering a fastball and consistently hitting locations before learning movement pitches.

13. Investment:

1 hour pitching lesson: \$100
30 minute pitching lesson: \$50

Hitting lesson (1 hour): \$75
Hitting lessons (30 minutes): \$40

Our goal is for every pitcher to succeed and reach their full potential. This requires commitment, consistency, and effort from both the athlete and the parent. Progress depends on maintaining these habits outside of lessons.

What I teach:

I am a Tincer Certified Pitching Instructor and am committed to teaching proper, efficient mechanics. While athletes may want to increase speed or learn new pitches during the season, the greatest improvements in velocity and pitch development typically happen in the off-season. In-season training focuses on maintaining and refining skills. A balanced training schedule is important, and athletes should avoid pitching competitively year-round. Long-term development and athlete health should always be the priority.

For your pitcher to be successful, she needs to complete the drills detailed in our lessons as well as her own training at home. It takes many hours to improve as a pitcher. At a minimum, a pitcher should spend three days on activities that will help her to be a better pitcher. Activities may include mobility, recovery, strength training, sprint training, pitch-specific training, drills, etc.. This is during the pre-season, off-season and in-season. She should take some time to rest

for a period of time at the end of her season before heading into the work of pre-season. Pitchers are athletes, and their position is demanding both physically and mentally. Please understand that. While each pitcher's goals are different, they need to be clearly defined, and Erin expects pitchers to set goals regularly and keep track in their journal of their progress.

Liability Waiver and Release of Liability:

Participation in pitching lessons and athletic training involves inherent risks, including but not limited to muscle strains, joint injuries, and other physical injuries. By participating in lessons with Erin Emmi Pitching, both the athlete and parent/guardian acknowledge and accept these risks.

I, the undersigned, on behalf of myself and/or my minor child, voluntarily assume all risks associated with participation in pitching instruction and training activities. I hereby release, waive, and discharge Erin Emmi Pitching, its instructors, and affiliates from any and all liability for any injury, illness, loss, or damage that may occur as a result of participation.

I confirm that the athlete is physically able to participate and that participation is voluntary. I understand the nature of the training and accept full responsibility for any risks involved.

I permit Erin Emmi to take photos of my child and use them for social media. This includes Instagram, facebook, and her website.

____ Yes Erin Emmi has my permission to take photos or video of my child and use for professional use such as social media, and sharing with other instructors to obtain feedback about students progress.

Signature Page:

Athlete Name: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____