



**CATEGORY 5
SOFTBALL PROGRAM**



FASTPITCH SOFTBALL ACADEMY

PLAYER PARTICIPATION CONTRACT

Congratulations on being named 2020 Category 5 Fastpitch team who is participating in the Florida Gulf Coast League. What a great honor and opportunity for you to represent your family, city, state, softball program and this wonderful game. This designation requires a strong commitment to excellence and leadership. Eyes will be focused on you and expectations will be extremely high.

There will be struggles along the way as an unusual amount of pressure will be placed upon you. This is the first step in your journey with our organization. We aspire to be a partner you can count on throughout your career. There are many obstacles that will be placed in your way in your development and we want to be able to provide the resources necessary to see that all the obstacles are conquered. You will be given the opportunity to develop and reach your full potential on and off the field.

You are now a part of a family of players and families who share the same goals and aspirations. It will be great to follow the career of other talented people across the United States drawing strengths from their success and knowledge from their failure. While a teammate today, it is most likely you will be playing against one another during your collegiate season.

You will develop Competitive Adaptability which will improve your approach in every aspect of your game and as a person. Learning to be flexible with new faces and situations you are in will give you the skill to conquer and overcome. You will have to be able to adjust and continue to work on your skill set so you can return a better version of a person and player than you did when you arrived here in our program.

You will be held accountable for all your actions and will be required to complete a Daily Athletic Performance Survey. We will provide you daily workouts to complete that are specialized for your development. You will be tested upon arrival and tested at the end of the season so we can measure your growth and prove to you the value of your participation. Finally, you have the time to dedicate to the small details in your swing and in your mechanics that will allow you to master your skill.



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Player Code Of Conduct

Category 5 and Fastpitch U Teams are owned by Howard Sports, LLC and managed by Kelly Ahrens, the General Manager. It is hereby understood and agreed that Players and family members agree to the following terms:

1. Have Fun!
2. Work hard. Do not let anyone out work you!
3. Always be supportive of your teammates.
4. Do as you are asked to do and do so with your best effort.
5. If you do not have anything good to say, keep it to yourself.
6. Never show up an umpire for any reason.
7. Never talk to or address a coach, player, parent or fan from another team under any circumstances as competition is taking place, before and after game included.
8. Always "Sprint" to your position on the field from the dugout and from your position in the field to the dugout after each inning. NEVER WALK.
9. Always run through the bag at first base full speed no matter what the situation is on a ball hit to the infield
10. Never show "Negative Body Language" and never "Show Up" another team.
11. Always respect your coaches and address them professionally.
12. Never allow your parents to speak on your behalf, learn to speak for yourself.
13. Practice hard, play hard and always be a good sport.
14. Make sure you are properly prepared every pitch and never take a play off.



Player/Parent Contract

Player Name _____

Agreed and accepted this ____ day of _____. I agree to the terms and conditions of this contract and agree to represent Howard Sports, LLC as a Category 5 or Fastpitch U Player. I hereby agree to allow Category 5/ Fastpitch U to utilize any pictures and or video of me in any capacity necessary as deemed appropriate by Howard Sports towards the promotion of Category 5 and Fastpitch U teams.

I agree and accept responsibility to provide statements to newspapers, radio shows, TV anchors and any and all parties from the media that may be covering Category 5/Fastpitch U. I understand any actions that I take in a negative capacity can jeopardize my participation with this program.

I understand Category 5/ Fastpitch U can, at the discretion of the General manager, remove me from my participation with this team at any time as deemed necessary to protect the name and reputation of this program. I agree to do my best and put forth a good faith effort to represent Category 5/ Fastpitch U in the highest regards.

I understand this team will have 16 players and my participation on this team is critical to the success of this program. If for any reason I cannot participate due to health issues or any unforeseen instances, I will transfer my position to one of the "Alternates" as decided by General Manager. There will be no refunds returned to players for deposits or player fees.

The total cost of \$2,100 covers the following (Total Cost for Commuters Not Living In Apartments is \$1395)

- Participation in a 30 Game Schedule (Rainouts Are Not Made Up) June 3-July 15, 2020
- Room and Board- Apartment/Condo with multiple roommates and in separate beds
- Athlete Testing- Sports Testing to Benchmark athletic status upon arrival and then again re-testing at the end of the summer to validate progression
- Access to Train at the Florida International Training Academy



- Neuro-Muscular and Muscular Endurance workout programming administered through Athlete Management System via Mobile-Based App
- Professional Coaching

Uniform/Apparel Included: Provided by Rip-It

Jersey (custom-designed sublimated Crew-Neck or V-Neck by fashion designer) - **2 each player**

Helmet ([Vision Batting Helmet](#)) - **1 per person**

Pants ([4-Way Stretch Softball Pants](#)) - **2 each player**

Belt ([Perfect Softball Belt](#)) - **1 per player**

Socks ([Softball Over-the-Knee Socks](#)) - **2 per player**

Headbands (White or Black based on stock) ([Softball 2in Headband](#)) - **1 per player**

Tech shirt - **1 per player**

Tech short - **1 per player**

Transportation: Players must provide their own transportation to and from field.

I understand my participation with this team is contingent upon me being committed and able to attend all specified events.

Player Signature

Kelly Ahrens- General Manager
Category 5/ Fastpitch U

Team Contact:

Kelly Ahrens- General Manager

Text At – 803-260-5432

Email: KellyAhrens@TestandTrainSports.com