10-27-19

Dear: Cat 5/Fastpitch U Collegiate Prospect:

I am excited to get the 2020 Florida Gulf Coast League going and to tell you more about our program. This is my first year of a first-year league working as the General Manager of both the Category 5 and Fastpitch U teams. I am responsible for recruiting the best coaches and players possible to meet our expectations.

I am looking for committed players who are wanting to improve their game and are willing to put the work in necessary to make an impact in their personal development while committing to a team who 1. Play’s Fearless 2. Live’s A Little and 3. Is a Good Teammate. Those three things make for a great playing experience.

Our teams are different than the others in the league simply because of what we are bringing to the table in form of technology and development protocols. I created Test and Train Sports which has perfected a very robust testing and training system that enables us to target specific areas of need for each payer so they can reach their full potential.

I work with many programs and specific to Softball work with Florida State, University of Maine and Furman University so I have tested their athletes and work on a regular basis with them in their development. I will be brining those resources to these two programs and will be able to provide evidence-based training protocols that you will benefit from.

Each player on these teams will receive position specific and data driven development programming that will be supplied through a mobile-based Athlete Management System so you can benchmark where you are when you arrive and then re-test to see your progression when you leave. You will also be accountable for your efforts by; logging in all of your work and activities along with videos and daily athletic performance surveys so we can monitor and make real-time adjustments.

If we agree upon your participation you must act immediately to secure your spot and pay $500 Non-Refundable deposit and agree to payment terms that are going to have your balance paid in full on or before May 1, 2020. A payment plan is available, and we can customize for your needs. We will only have 16 players for each team, so it is imperative each player secures their spot and allows us to be prepared for your participation.

**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 with multiple roommates and two to a room 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

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

Pants [(4-Way Stretch Softball Pants)](https://www.ripit.com/products/womens-4-way-stretch-softball-pants)  - **2 each player**

Belt [(Perfect Softball Belt)](https://www.ripit.com/collections/apparel/products/womens-softball-belt) -**1 per player**

Socks [(Softball Over-the-Knee Socks)](https://www.ripit.com/products/classic-softball-over-the-knee-socks) - **2 per player**

Headbands (White or Black based on stock) [(Softball 2in Headband)](https://www.ripit.com/products/classic-softball-two-inch-headband) - **1 per player**

Tech shirt - **1 per player**

Tech short - **1 per player**

You will be representing your school and our organization when you arrive, your behavior must be impeccable! We will not tolerate any poor behavior nor will we cater to any egos! Come to this program to participate in a league to develop your skills and have a great time.

**Energy**- I love people with energy and who are willing to work! Your best effort will be required from the first pitch of each game to the final out! No Exceptions. **Approach-** I will anticipate your best approach at everything you do and will want you to better understand how to improve your approach while participating with our program this summer so you will be able to go back to your school and show great improvement. **Win**- Winning makes everything fun so although we are focused on development, learn to win, we are going to help you learn how to compete in a different environment than you are used to back at school.

[Please use this link to complete your Digital Athlete Profile](https://ppnsports.com/account/#/joingroup?groupcode=895e0ac7-ca44-45c1-85cf-4927952f837d&spId=20&cSId=1899) and make sure you upload a profile picture, complete all the personal information in your profile and upload video of you pitching, hitting, etc. I can get an idea of what you bring to the table. Please also cut a 30 second video and upload to your profile, on why you want to play in this program and what you want to get out of the summer with your participation.

Please take a moment to learn more about the [Athlete Management System](https://starsandstripessports.com/ppn-app/) we are going to be using and be sure to study all the benefits you will be receiving by working with this software and the programming we provide. This is such a huge opportunity to capitalize on resources that will make a major impact on your skill development.

I realize it is expensive to participate in this league however, the 6-Week experience will be quite possibly the best 6-Weeks you have ever had. I say that because the best summers I had as a college baseball player was playing in the New York Collegiate Baseball League for the Cortland Apples and in the Valley League for the New Market Rebels. If you can have half as much fun as I did then it will all be worthwhile!

We are providing you with this fundraising form which you can use to raise money from family and friends for your participation. 100% of the proceeds will go towards your $2,100 obligation to participate. In running National Teams in the past years and taking players to Cuba and the Dominican Republic, I have seen many families raise the total cost and some spending money so believe me when I tell you people would love to support your efforts to participate with us.

Once you complete your Digital Athletic Profile, please shoot me a text 803-260-5432 or an email at [KellyAhrens@TestandTrainSports.com](mailto:KellyAhrens@TestandTrainSports.com) to let me know so we can discuss securing your spot. There will be many questions that you and your family will have. I have managed National Teams for the past 15 years and have experience at making sure you are as prepared as possible for your participation.

With that in mind I will be hosting Video Conference Calls so you and other players and family members can join live to ask questions and better understand all elements considering your obligations and what your expectations should be. These will be recorded so you can play back later if you miss but your participation is encouraged. I will host the first call Tuesday October 28th at 9:00 PM Eastern Standard Time.

I will host monthly calls leading up to the summer league start so we can hit the ground running upon your arrival. I want you to be excited to arrive and ready to commit yourself to having a great summer giving everything you must helping yourself develop and helping us win. I am shooting for a Championship that would have Cat 5 VS Fastpitch U so we can prove to all that we provide the best resources.

Sincerely,

Kelly Ahrens-General Manager

Cat 5 and Fastpitch U