

PLANET FASTPITCH VARSITY SCHOOL

Benefits: This is Denise Davis's program. Denise's energy and focus will be given to the pitchers and small group of select catchers who are enrolled in this program. It will be the highest level of training available at PFP. It is a select program, with students that are chosen through an application process by Denise Davis. Students will be surrounded by high level athletes with similar work ethics and goals. The program is constructed, implemented and taught by Denise (with the exception of very few professional development dates). Denise will also have a highly qualified support staff for special events and seminars.

In the 2008-2009 Program, these incredible coaches were involved in the Varsity School:

Coach Elaine Sortino – Head Coach UMass, NFCA Hall of Fame

Coach Sue Enquist, Former UCLA Head Coach, NFCA Hall of Fame

Kate Roberts – Fairfield University

Emily Wehr – UMass

Kaila Holtz – UMass/Team Canada

Kristi Stefanoni – Assistant Coach UMass

Allie Gendron – UConn

In addition to this fine list, we are welcoming Brandice Balschmiter (All-American UMass, Team USA elite, Chicago Bandits) to our staff and guest appearances by Whitney Mollica, prolific UMass hitter.

It is a program developed to fully train the pitchers and catchers with the presentation of physical and mental strength and sports performance training and testing, mechanics enhancement, timing work, speed measurements, plate strategy, video analysis, alternate pitches, fielding position and overhand throwing, hitting and a total skills package.

To train consistently with Denise Davis, you must be a Varsity School Player. This program will be on the cutting edge of training and development. The students will be constantly monitored and well-cared for.

This is the ideal combination of group and private training. It will cater to individual issues as well as competitive needs. For pitchers, this program still caters to individual training offering several options of private lesson packages year. There are also special sister rates.

EXTRAS: *In addition to all of the dynamic offerings of the Varsity School, PFP is adding the following training plans to this year's program.*

1. *Free admission to the November 17th, 2009 Right View Pro Training Session with baseball guru Don Slaught and softball specialist Misti Guenther. The session will be from 6-9pm at PFP. The regular admission price is \$100 per person. Varsity students are FREE and parents of Varsity students are \$25.*
2. *EACH WEEK, all Vartisans are required to strength train prior to or following group training. There will be a computer interface set up at PFP for all students to log in their scores from assigned activities. Emily Wehr, our certified strength and conditioning specialist, will work with this data each week and post results and assign progressive exercises.*
3. *Pitchers and catchers will also be required to complete other physical tests. Scores will be retained, analyzed and posted for competitive review at PFP. (these tests will include, but not limited to, mph and rps tests, mile runs, vertical jump, sit ups, line touches)*
4. *Coach Sortino is currently setting her instructional dates.*

5. *RVP personalized movement analysis. Pitchers and catchers will receive individualized reports. Pitchers will receive 1 hitting and 3 pitching segments. Catchers will receive 2 hitting segments.*
6. *Coach Enquist is joining us in January.*
7. *Special recognition for Varsity participation in future websites and online recruiting.*

In summary, more hours at PFP, more individualized attention, more structured assignments, more seminars, great speakers = better players.

Who: Only high level athletes with serious goals of competing at a college level will be accepted. Players must be passionate about softball and becoming a well-rounded player as well as willing to commit practice time.

Challenges: Pitchers will face various challenges. There will be ongoing speed challenges as well as inner squad pitching competitions against live hitting. Hitting, fielding and fitness challenges will also be presented per age group.

Identification: Players will receive the following identification products:
Planet Fastpitch Varsity Pullover
Each PFP Varsity Athlete will receive one training ball on Week 1 and another ball on Week 13. These balls are to use at PFP and at home for training.

Assignments: Denise Davis will assign group rosters based on abilities and class chemistry. Groups will be assembled with respect to experience, body awareness, mechanics, speed, pitch menu and age. PFP kindly asks local players to train in Monday groups to enable long-distance commuters to gain access to the program.

Admissions: Application must be completed and submitted for review. Varsity Grads from previous years do not need to complete the online application. Rolling admissions: Beginning immediately and ending when the program is full. Upon acceptance, enrolled students must sign Letter of Intent.

Pre-requisites: Completion of previous Planet Fastpitch Varsity Program or PFP training. Must have active status as Planet Fastpitch VIP. All outstanding balances paid in full.

Requirements: Computer access
A catcher and/or parent.
Pitchers must be academically eligible in order to maintain enrollment in program.
High attendance record.

Opportunities: Enrolled high school pitchers and catchers will also have the opportunity to earn and learn as coaches-in-training at various PFP clinics. A great part-time job and way to give back to youth pitchers and hitters!

VARSITY CALENDAR

Group	Sunday	Monday	Week
Sept	20	21	**
	27	28	**
Oct	4	5	**
	11	12	off
	18	19	**
Nov	25	26	**
	1	2	**
	8	9	
Dec	15	16	
	22	23	
	29	30	off
	6	7	
	13	14	
Jan	20	21	off
	27	28	off
	3	4	off
	10	11	
	17	18	
Feb	24	25	Sue Enquist
	31	1	
	7	8	
	14	15	
	21	22	
Mar	28	1	
	7	8	
	14	15	
	21	22	
Apr	28	29	
	4	5	off
	11	12	
TBD	18	19	
	25	26	make-up

The group program begins on Sunday September 20th/ Monday September 21st, 2009 and runs through Sunday, April 18th/ Monday, April 19th, 2010.

The private 30 minute lessons will be offered and may be taken at any time during the year based on availability. **Additional private lessons may also be purchased in packages of 6, 12 and 24.

- Classes are held on Sundays and Mondays. Players are assigned to a specific day & time.
- Sessions will be approximately 2 hours in length with an additional 30-45 required on site training time prior to or following weekly sessions.
- In the event of inclement weather, there is one make-up date set in April. This is an if-necessary date to be determined.

Catcher – Sister of Varsity Pitcher

Details: Player will catch for pitching session and participate in hitting and seminar session. No private lessons included – may use from sister’s package that comes with Varsity program. Additional lessons may be purchased in packages of 6, 12 or 24.

**Option 1:
Payment Plan**

Down Payment: \$130
(Due immediately upon registration)
Non-refundable

Monthly Installments: \$70
(11 Monthly payments due 1st
Of each month beginning 9/1/09
Added onto sister’s account)

**Option 2:
Pay in Full Discount**

Down Payment: \$130
(Due immediately upon registration)
Non-refundable

Balance due on or before 9/1/09 \$665

\$105 Savings!

Catcher – Non-relative of Varsity Pitcher

Details: Player will catch for pitching session and participate in hitting and seminar session. No private lessons included but may be purchased in packages of 6, 12 or 24.

**Option 1:
Payment Plan**

Down Payment: \$80
(Due immediately upon registration)
Non-refundable

Monthly Installments: \$115
(8 Monthly payments due 1st
Of each month beginning 9/1/09)

**Option 2:
Pay in Full Discount**

Down Payment: \$80
(Due immediately upon registration)
Non-refundable

Balance due on or before 9/1/09 \$815

\$105 Savings!

PLAN COST COMPARISONS

Plan	Private Quantity	Deposit	# Payments	Payment Amount	Savings
24 Pack Pitcher	24	\$ 375	11	\$ 295	
24 Pack Pitcher Pay in Full	24	\$ 375	1	\$ 3,020	<i>\$ 205</i>
12 Pack Pitcher	12	\$ 375	11	\$ 250	
12 Pack Pitcher Pay in Full	12	\$ 375	1	\$ 2,540	<i>\$ 210</i>
24 Pack Pitcher Sister	24 shared	\$ 450	11	\$ 435	

24 Pack Pitcher Sister Pay in Full	24 shared	\$ 425	1	\$	4,600	\$ 210
Catcher - Sister	0	\$ 130	11	\$	70	
		\$ 130	1	\$	665	\$ 105
Catcher - Non-relative	0	\$ 80	8	\$	115	
		\$ 80	1	\$	815	\$ 105

Policy: Once accepted, status remains active until high school graduation/departure to college (August). The contract is renewable annually.

After 2 warnings and a player/parent/coach conference, any student who does not cooperate with the philosophies, goals, assignments, training regimes, academic eligibility and/or misconduct policy (including drug and alcohol policy) will be dismissed from program and the balance of the yearly tuition is required to be paid in full.

Monthly payments are due by the first of each month. Any late payments will receive written warning on first offense. The second offense, account will be subject to a \$20 late payment fee. After the second offense, late payments will cause disqualification from the Varsity program. **An auto-pay program MUST be established with PFP. Upon acceptance, PFP now requires all students (with the exception of those who have paid in full) to set up an auto payment plan with PFP. Please contact Ashley Crawford regarding these important details.**

In the event of short-term, acute injury, players are requested to attend classes to learn by observation. In the unfortunate event of long-term injury, with a valid medical documentation, a medical leave of absence from the program will take place. Pitchers will pay for a pro-rated month and then take the leave. If there are pitchers on the wait-list, they will be invited to fill the open slot. Fees for the wait-listed individual will also be pro-rated as will the balance of private lessons for the remainder of the academic year, basing the remainder of a 2 per month scale. If a VIP participant is pulled from the wait list, she will immediately join the program and will incur a charge for the remainder of the month, a deposit and then begin a monthly installment. She will be a matriculated student in the program from the time that she is pulled from the wait list. The injured pitcher may re-enter the program when healed and when there is an opening in the program.

In the event of extremely inclement weather, classes will be cancelled. There is ONE weather related make-up opportunity on Sunday, April 25 and Monday, April 26, 2010. There will be no other make-up opportunities. Private lessons will not be exchanged for missed groups. Make-ups are not available for schedule conflicts, sickness or vacations.

Planet Fastpitch will provide a Varsity Network list of all students in this Elite program (with permission of the student). The list will include name, phone and email. **If you have conflict with your assigned time, it is your responsibility to contact a student in another class to make a possible switch. PFP assumes no responsibility for a student's personal scheduling adjustments. These classes are similar to college classes and must be treated with the same respect. College professors would not be called upon to make up a missed class privately with a student. It is the student's responsibility to attend the pre-paid sessions regularly.**

**Testimonials: Here are just some of the incredible notes that we received from Varsity students.
This is the pulse and the passion of the Varsity Program...**

“I like the intensity of the program. I learned a lot of new drills that I can use on my own. I really think I improved from this program. Thanks for all your help Denise. ☺ “

“Everyone is so nice and friendly! I like how the players and coaches are so dedicated to softball and really try to make the time spent working at Planet Fastpitch worthwhile.”

“I like that we can get pitching, hitting and a time where we can discuss game situations and become better athletes. I love it!!!”

“I liked the thing that we did to see who is the best out of your age group.” (Top Gun)

“I like the groups because I can learn off of my peers. It helps me view others and learn off of their mistakes as well as mine. I also like the 2 parts – hitting & pitching. It covers the whole game. I enjoyed the live pitching in the hitting section. It helps us at the same time in both parts of the game.”

“People, staff and meeting kids from other towns...new drills I never knew before...improving in my skills over the 27 weeks.”

“I love pitching and I would love to actually pitch in a game this year. I liked the kick boxing exercise, hitting and all the drills that we work on too.”

“I liked the Top Gun activities and all the drills we do that I use.”

“You get private lessons to work on individual things and there is seminar to talk, ask questions and review.”

“I love what I always get out of this program once the season begins and I also love the pace that we work at and the development of each pitch.”

“I loved all the drills that Denise thinks up, they’re really great and they help my pitch a lot. All the people who go to the Varsity Program are super nice and I’ve made a lot of new friends that always try to help my hitting or pitching.”

“The things I like the best about the varsity program are: 1. the coaches are always there for you, 2. everyone is very enthusiastic and helpful, 3. the different seminars, and 4. the variety of drills.”

“It showed all aspects of softball, not just pitching.”

“The confidence it gave me in knowing I am good and better than most girls in my school.”

“I like live pitching, the radar gun, front toss and competitions. Oh, and new pitches.”

“My favorite things were throwing drops, throwing to spots, playing “PFP”, Top Gun, doing the toolboxes and learning how to be loose.”

“It was fun and it really helped me improve on everything and it pushed me to do things harder and more often – to push myself.”

“I love the agility. It’s soooooo much fun and works us to the limit. I also like the connection drills. They are fun also.”

“I loved having private lessons!! The drills are wonderful and I never think that these weird tools and drills would help me...but they work!! Denise is great and her intensity helps me have more energy and drive. ☺”

“The Varsity Program helped me change myself, both as a player and as a person. I became more relaxed and more confident. Everyone here helped me improve myself in ways that seemed unheard of to me. This program has done amazing things for me, so thank you to Denise and everyone else involved in the Varsity Program.”

“The things I like most about the Varsity Program is learning and growing as a group. Being in a group allows you to look to the group for support, motivation and competition. Also, you have a constant comparison to see where you’ve come from, where you are and where you could go.”

“Being able to throw to live batters, top gun, competing against the people in my class because it really drove me to do better...”

“I liked learning all the different drills to help fix the little things in pitching.”

“It was fun and kept me motivated through the whole off season, and I got to know a lot of great people.”

“It showed all aspects of softball not just pitching. ☺”

“I liked the organization and the balance between pitching and hitting. It is important to practice both and you all really helped make that clear.”

“In pitching I like the fun, supportive atmosphere...also liked the intensity and the times where I threw wicked hard. If I want to play college softball this program will truly help me succeed and take me where I need to go to play. Finally, I believe in Planet Fastpitch’s philosophy of softball. I am loyal and I got PFP’s back!”

“I loved everything about the Varsity Program.”

“I like the intensity and how Denise pushes us when she knows she can get more out of us.”

“I like the advice and the positive attitudes that make me want and willing to learn and improve.”

“I really liked that the Varsity Program had me throwing and hitting all the way back in October. I also liked how it motivated me to keep in shape!”

“The thing that I enjoyed most is the intensity that Denise showed while interacting and teaching. I liked how there were serious moments that needed focusing, but at the same time you could still breathe and know that if you couldn’t get something, the coaches would still be there with another drill or exercise to get you where you want to be. I had a lot of fun and am hoping to be accepted in the 07-08 Varsity Program next year. Thank you.”

“How we learned different pitched and it gave me new drills to practice every week. It helped me with my hitting because my legs got stronger.”

“Everyone was nice and they knew what they were talking about.”

“...learning to spin pitches and having competitions...honestly, the program is awesome. I always love changing and the program helps me grow.”

“I like the group I was in because it was like we were competing against each other but at the same time we could learn from the girls in the group. Also, I like how varsity was like a reset for me and I go back and work on things that I don’t work on during high school season.”

“I really like seminar. This gives me a chance to reflect upon what I just learned and almost make better sense of it. ☺”

“I like having the time for both pitching and hitting. I also like having the ability to learn other (a.k.a. rotary) pitches during class. I also like going over other alternative ways to train. The mental aspects are also good seminar sessions.”

“...being in a group of similarly skilled girls that I can learn from and share tips and struggles with...work on fundamentals for so long at the beginning...different pitches and spin practices...Denise ☺...how it’s a dedicated program that shows a clear progression through the off season – if you work with it, you improve a lot!”