

Hello Pitchers (and Parents😊)!

I hope that you're enjoying your summer and that you're accomplishing the goals you set for yourself in the circle. I have really enjoyed all the updates that many of you sent me and the opportunity to watch several of you compete this summer. It seems like all the hard work has really paid off...congratulations! Good luck to those of you that are finishing up your seasons. I'm hoping to get to watch several of you Iowa pitchers compete for high school State Championships this week in Fort Dodge and at some of the National Tournaments later this summer! I'm really excited to get the 2010-11 training program started in all my IA locations and in my NEW location this year in or near Murfreesboro, TN! I look forward to working with many of you again and with several of you for the first time this year. I have some more new things planned for this year's lesson program that will challenge you and push you to be the best you can be! I hope you are looking forward to it...I am!

Below is an application for this year's pitching lesson program! Please print out the entire application packet and read the instructions before completing the application. **Addresses and directions to each of the lesson locations are listed on the website under the "lessons" tab as well as all the lesson dates.** Once you completely fill out the application, mail it and your deposit to the address listed. The application deadline is August 27th this year. If you get your application in by that date, I will do all that I can to find a class for you. **Make sure to include an e-mail address that you check on a regular basis on the application as this is how I will be notifying you of your class time again this year.** Pitchers that have been in the program before will be put in the schedule first and new pitchers will be scheduled around them in the order that their applications are received...so the sooner I get your application, the better! I do anticipate that some of the sites may have waiting lists again so if you know you want to participate, please get your information back to me quickly! If you have the flexibility to attend a different site if the one you sign up to attend is full please indicate that on the application! I will do all I can to get you in the site that is most convenient for you but if it should fill up you will be immediately considered for the other location in the order your application was received. This year I will be teaching in Christiana, TN on Sundays; Ames, IA on Wednesdays, Thursdays and Fridays; Des Moines, IA on Saturday; Williamsburg, IA on Sunday and Fort Dodge, IA on Monday. **Please make sure you check for exact class dates on my website under the "lessons" tab as there are a few exceptions to these days in some locations.**

There will again be 2 lessons that are classroom sessions where we sit down and talk the entire lesson time. There will be NO pitching during these sessions! In the first session we will be doing video analysis. There will be more time to be able to "show" you what needs to change to make you better in this setting. The second session will cover many of the mental aspects of pitching...dealing with adversity, hitter weaknesses, pitch calling, etc. If you are taking lessons in Iowa you will be able to sign up for both of these classroom sessions so if the dates listed under the lesson location you are signing up for don't fit into your schedule you may choose to attend that session at another location on another date. It will be important that you DO attend these sessions somewhere though as a lot of very important information will be covered at them! These sessions will be slightly longer than your normal lesson...most likely between 1-2 hours and will be on a week night. You will get more information about how to sign up for these at your first lesson. I feel like this is the best format to cover this type of information with you so that we are able to devote enough time to these very important areas of your game!

On Saturday, October 2nd I will be doing a workshop on the recruiting process at Grand View University in Des Moines, IA. All pitchers that take lessons from me in IA that are in 9th-12th grades that think they may want to play college softball will be strongly encouraged to attend!! I will be setting up a workshop in Tennessee as well for those of you in lessons with me there. The workshop will cover everything you need to know about the recruiting process from academic requirements, NCAA regulations around contacting athletes, how to put together a player profile and skills video, how to get yourself in front of coaches, what to expect when playing college softball, scholarships and financial aid, questions to ask coaches and how to pick a school just to name a few! **If you want MY help with getting recruited you HAVE to attend this!!** We will spend at least 2 hours on this topic which I don't have the time to do with you during your regular lesson. Mark your calendars to attend! More information will coming soon about the exact time the workshop will be held. It is FREE to pitchers in my program and their parents to attend!

I am so ready to get started again! I think you will enjoy what this training season has to offer you. Remember to get a complete break in from pitching when you are finished with your summer season if at all possible. You need the time away to be rested and ready to train hard this off-season! If you have any questions, you can reach me at this e-mail address or 615-542-4660. I hope to see many of you soon! Enjoy what's left of your summer!!

Myndie

P.S. Those of you in lessons last year...if you have any new pictures that were taken over the summer and haven't e-mailed any to me for my website, please do so ASAP! I'm updating many of the photos on my website again this fall and want to include as many of you as possible!! Thanks!

2010-11 Application Instructions and Guidelines

BreakThrew Fastpitch Pitching Lesson Program

In order to make the scheduling process more efficient and effective, please read the following guidelines carefully before filling out your application. **All payment information on the application must be completely filled out and signed before submitting the application.** Applications that are incomplete and/or filled out incorrectly will NOT be considered.

All applications must be completed, **along with a \$100 deposit**, and submitted by **August 27, 2010**. Every attempt will be made to accommodate ALL athletes submitting applications by this deadline. Applications received after August 27, 2010 will be accepted ONLY if there are class times still available! Make checks payable to: Myndie Berka and send completed applications and deposits to: BreakThrew Fastpitch, PO Box 330696, Murfreesboro, TN 37133.

Please be as open as possible with your requests for class times. This allows the athletes to be placed in a class that is most appropriate for them.

Please DO NOT call for class times! **You will be notified by e-mail regarding your class time at least 1 week prior to your first class.** If there are sisters participating in classes I will do the best I can to get their classes back to back to reduce your wait time. If you are planning to carpool with other pitchers, please list all pitchers you are coming with at the top of the application somewhere and I will do the best I can to schedule you all in class together.

All pitchers will need to bring their own catchers. Your team catchers are the best option for this and STRONGLY encouraged, however, catchers can be parents or teammates if necessary. Any non-adult catcher MUST bring a mask to wear and must sign a release form!

Your deposit will be retained in the event a pitcher is given a class time, the class time is accepted and the pitcher fails to attend. Any pitcher who does not get an assigned class will receive a complete refund.

All pitchers must have the following equipment to bring to each class: **1.** A 3-ring binder (the 1" or 1.5" presentation binders with a clear pocket on the front and back covers are recommended). This will be used as a practice log. **2.** An indoor softball (leather cover recommended). **3.** Spin Right Spinner. Indoor softballs and Spin Right Spinners can be purchased on-line at www.clubk.com. A few retail stores carry the leather covered indoor balls and Spin-Right Spinners but they are not common items and may be hard to find in some areas.

Directions to all the lesson locations as well as the DATES for each site are listed under the "lessons" tab. Please realize that make-up lessons are NOT guaranteed so make sure that there won't be too many conflicts with the scheduled dates BEFORE signing up for lessons!

REMEMBER:

- **RETURN** your application no later than **AUGUST 27, 2010**.
- **INCLUDE:** \$100.00 deposit (checks made payable to Myndie Berka).
- **SEND TO:** BreakThrew Fastpitch, PO Box 330696, Murfreesboro, TN 37133.

If you have questions contact: myndie@breakthrewfastpitch.com or 615-542-4660.



| |
|-------------------|
| Date _____ |
| Deposit _____ |
| Method _____ |
| Office use only!! |

2010-2011 Pitching Lesson Application

First Name _____ Middle _____ Last _____ Birthdate _____ Grade _____ Age _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell _____ Is it OK to text to your cell phone? _____ T-shirt size: YM YL AS AM AL AXL

E-mail _____ **(IMPORTANT! This is how you will be notified of class times and other important news!)**

School Name _____ Parent's names (please list both parents if possible) _____

How did you find out about the BreakThrew Fastpitch lesson program? _____

Day/Time Selections: Please mark **ALL** time slots you would be available for a lesson. The time slots are 1-3 hour blocks. If you mark that slot it means you could attend a 1-hour lesson anytime within that time slot. Indicate at least a 1st, 2nd & 3rd choice. Be as open as possible with requests so that I can get you in a class of similar skill and/or age! The class size will be 5 girls and all classes are 60 minutes long. I will do my best to schedule your lesson within one of the time slots you mark!

- | | | | | |
|---|-----------------|-----------------|------------------|-------------------------------|
| Sunday at Christiana Elementary, Christiana, TN: | _____ 1 - 3 pm | _____ 3-5 pm | _____ 5-7 pm | _____ after 7 pm |
| Wednesday at All-Star Sports Academy in Ames, IA: | _____ 4-5 pm | _____ 5-7 pm | _____ after 7 pm | |
| Thursday at All-Star Sports Academy in Ames, IA: | _____ 4-5 pm | _____ 5-7 pm | _____ after 7 pm | |
| Friday at All-Star Sports Academy in Ames, IA: | _____ 4-5 pm | _____ 5-7 pm | _____ after 7 pm | |
| Saturday at Grandview University, Des Moines, IA: | _____ 8-11 am | _____ 11 - 2 pm | _____ 2-4 pm | _____ 4-6 pm _____ after 6 pm |
| Sunday at Mary Welsh Elementary, Williamsburg, IA: | _____ 10 – noon | _____ 12 - 2 pm | _____ 2-4 pm | _____ 4-6 pm _____ after 6 pm |
| Monday at The Softball Connection, Fort Dodge, IA: | _____ 4-5 pm | _____ 5-7 pm | _____ after 7 pm | |

If you want to be considered in more than one location please specify that as well. For example if all the Des Moines time slots are filled with returning students and you would be open to an Ames class please indicate that so you will be considered for a spot there in the order your application was received!

*****Complete lists of the dates for each lesson site and directions to each location are available at www.breakthrewfastpitch.com under the "lessons" tab!*****

Student's Name _____ **Age** _____

Please select which payment method you prefer:

Full Amount – Cash, Check or Credit/Debit Card

Recurring Major Credit/Debit Card Payment (8 months)

There will be a \$35 charge for any returned check or returned monthly payment. Please make sure to notify me of new credit card expiration dates if necessary during the year.

If you have 2 athletes (sisters) participating in lessons there will be a \$40 discount for each athlete.

| 2010-11 Pitching Lesson Costs | |
|--|---------|
| 60 minute pitching class | \$600 |
| Sibling discount (for families with 2 or more girls enrolling) | - \$ 40 |
| Total Balance Due | _____ |
| Less Deposit Paid | - _____ |
| Total Balance Due | _____ |
| Add processing fee if doing monthly payments | + \$ 20 |
| Total Balance Due | _____ |
| Total Balance divided by 8 payments | _____ |
| TOTAL MONTHLY PAYMENT | _____ |

Payment Information:

Credit Card Clients:

MasterCard Visa

Credit Card Number: _____ 3-digit code: _____ Exp. Date _____ Name on Card: _____

I do hereby authorize Myndie Berka/BreakThrew Fastpitch (BTF) to initiate entries of \$ _____ per month against my credit/debit card as shown above. I further understand and do hereby authorize that this payment/account withdrawal will take place for a minimum of 8 consecutive months unless notice is given within 30 days of the 1st training session of my intent to withdraw my child from lessons with Myndie Berka/BTF. If no notice is given within this 30 day window, I realize payments will continue to be drawn against my credit card or bank account for the full 8 months. **Payments will be withdrawn on the last day of each month starting in September and ending in April.**

I do hereby authorize Myndie Berka/BreakThrew Fastpitch to initiate a **one-time entry of \$ _____** against my bank or credit card as shown above to cover the entire 8 month cost owed for my child's participation.

Parent/Guardian Signature

Date