

JoWagner Softball Pitching Policy

At JoWagner Softball, my goal is to help each athlete build a strong foundation that leads to long-term success, confidence, and a healthy arm. Please review the following policies and expectations to ensure a productive and respectful training environment.

Cancellation Policy

A 24-hour cancellation notice is required for all scheduled lessons.
Cancellations made within 24 hours of your lesson time will be charged in full.
This ensures fairness to all athletes and protects valuable lesson slots.

Training Communication

If you or your athlete decide to begin training with another instructor, please communicate that with me. This is not about ownership, it's about collaboration. I don't want to work against another coach; I'd rather coordinate and support what they're teaching so your athlete continues progressing in the right direction.

Athlete Responsibility

Progress happens outside of lessons just as much as during them.
Athletes are expected to run assigned drills between sessions to reinforce movement patterns, build muscle memory, and make mechanical changes stick.
There's no magic wand in pitching, growth comes from consistent, focused work.

Technology & Data Tracking

Radar testing will be done approximately once per month for weekly athletes (or roughly every 4 sessions).
Once an athlete reaches an elite level, we will begin using the PitchLogic ball consistently to track spin axis, spin rate (RPMs), and pitch metrics in detail.
Technology is used as a tool to support your development, not as the only measure of progress.

Lesson Structure

Lessons are designed for development, not just repetitions.
At times, we may not even touch a ball, as the focus might be on body sequencing, feel, or specific mechanical corrections to build a stronger and safer foundation.
I will not introduce new pitches until the current pitch can be located consistently and the athlete's foundation is solid.

Warm-Up Expectations

The first 5 minutes of each lesson will be used for RAMP warm-ups (Raise, Activate, Mobilize, and Potentiate).
Athletes are encouraged to arrive a few minutes early if they'd like to do extended stretching or band work before we start.

Social Media Consent

JoWagner Softball frequently shares photos and videos on social media platforms to celebrate athlete progress, showcase training, and educate the community.

Please indicate your preference below:

- ☐ I give consent for photos and/or videos of my athlete to be used on JoWagner Softball's social media platforms, website, and promotional materials.
- ☐ I do NOT give consent for my athlete's image or likeness to be shared publicly.

Parent/Guardian Name: _____

Athlete Name: _____

Signature: _____

Date: _____

