

Minnesota Fastpitch Academy –Force

YEAR ROUND TRAINING

Force believes in the process of teaching the game both at the physical and mental level. Players will be asked to work hard in order to gain an understanding of the details and techniques that allow players to move from Good to Great while developing skills and building confidence. The Force staff is predominately made up of former and current collegiate coaches and players, who among other things have won both an NCAA and NJCAA National Championship, conference titles, coached on an Olympic team, and have competed with and against some of the best softball players in the world. Our Force staff is made up of All-Americans and women who have competed internationally for the USA. Force feels 100% confident that we will provide each player the opportunity to maximize her own individual game at a pace and level that is comfortable to her.

The Force prides itself on year-round training in all areas of the game. Those individuals who want the opportunity to work out and maximize their game will have the chance to work alongside coaches and teammates that are dedicated to the same goal. So many players dream of playing at the next level, whether it is high school, college, or professional ball and the Force wants to help you realize your full potential. The Force will utilize indoor and outdoor facilities centrally located in Roseville and New Brighton throughout the year. With a 15,000 square foot facility, our "home of our own" we try to set workout and training sessions that will fit into everyone's demanding schedules.

- **FALL TRAINING AND SCHEDULING**

Once the Force has chosen the members of each team, our training begins. Each Force player will be entered into 1 or 2 fall tournaments and we will scrimmage as long as the weather cooperates. Force wants to provide the opportunity for our players to work together and gel while learning the important details of what it takes to compete at the highest level. Players will participate in team training, optional practice, and team events designed to bring cohesiveness and camaraderie throughout the Force organization. During the months of September and October, we will utilize Saturday and/or Sundays and one other optional night during the week for practices. Force practices on Saturday or Sundays will typically run from 2-2 ½ hours long.

- **WINTER TRAINING & CONDITIONING-**

All well rounded athletes need to be in the best shape possible to maintain athletic excellence. The Force staff has designed winter and early spring work outs to maximize each athlete's potential and will look to utilize Saturdays and Sunday for our training sessions. Once Force moves inside due to weather issues, our winter workout and conditioning sessions will begin. Each athlete will have the opportunity to continue to hit, throw, work on their defensive skill sets etc, but we will also begin our winter conditioning and agility sessions. Force will run sessions throughout the week and on weekends, so interested individuals can stop in, get in a quick workout and be on their way. We are in the process of securing gym time designed for team practices and scrimmages.

- **SPRING TRAINING**

Force understands the demands and time commitment that varsity athletes playing in our system will face once high school practice begins. During this critical training phase of our year, we have open gym time available on both nights and weekends that our Force players can utilize to keep their game sharp. If a player has practice restrictions placed on them by their high school coach, Force will fully support the high school coach's policy and resume both workouts and training once each player's high school season has ended. Force will continue to provide team training and workout opportunities for those players that do not have high school restrictions during our spring workouts. Each player will still have the opportunity to work out in our facility at her own discretion and participate in team meetings, lectures, and bonding events.

Minnesota Fastpitch Academy –Force

- **SUMMER LEAGUE & TOURNAMENT PLAY**

Force was formed with the premise that our different teams will compete in different opportunities throughout the year. Our Force National teams will have 2-3 midweek practices and competitive tournament play as the number one priority. Our Force Select teams will have 1-2 practices a week and local and regional tournament play as their focus. All summer schedules will be available by March 1, 2021 so that Force families can organize their summer plans with regards to work and vacation schedules. Force expects complete participation of players during weekend tournament play unless an emergency arises. Please plan vacations, summer camps, and other events for the weekends when your Force player is not competing with her team.

- **18U Teams**-Force will field one 18U team for the 2020/2021 season, assuming we have enough solid players to field a competitive team. The team will play in r 1-2 fall tournaments. The team will be named in August/September.
- **16U Teams**- Force will field three to four 16U teams for the 2020/2021 season. Force National teams and Force Select teams. National Teams will play in recruiting/exposure tournaments in the fall. Force Select teams will play in 1-2 Fall Tournaments. Preliminary teams will be named in October.
- **14U Teams**- Force will field six to seven 14U teams for the 2020/2021 season. Force National teams and Force Select teams. National Teams will play in recruiting/exposure tournaments in the fall. Force Select teams will play in 1-2 Fall Tournaments. Preliminary teams will be named in October.
- **12U Teams**- Force will field one to two 12U team for the 2020/2021 season. The Force Select team will play in 1-2 Fall Tournaments.

Total number of teams will be formed depending on total participants in the Force program

FORCE STAFF-

- **Owner/Player Development/Master Instructor**
Julie Standering
- **Administrator/Operations Manager/Master Instructor**
Lisa Bernstein
- **Coaches/Lead Instructors**

Julie Standering-NCAA All American, National Champion, Pan Am Game Gold Medal Winner

Britt Bruzek- NCAA Division III Athlete

Julia Buffington-NCAA Division II Athlete

Jenna George-NCAA Division III Athlete

Emma Hysten-NCAA Division I Athlete

Mackenzie McCloud-NCAA Division III Athlete

Colleen Powers-Head Coach St. Catherine's University-NCAA Division I athlete, 11 years experience coaching at the college level

Meggan Staton-NCAA Division II Athlete- All-Conference, team's leading hitter

Plus other current and former NCAA College Softball players.

TEAMS-

Teams will be formed after our try out and evaluation process. Team placements will be announced, but Force reserves the right to switch a player to a different team if circumstances warrant a change. Force teams will consist of 11-12 players committed to the practice and training components of our program at the 12/14/16/18U level. Force believes that the higher the level of commitment, the higher the level of potential to promote competitive athletes who can achieve greatness at the next level, and some of our national team coaches might choose to add a thirteenth player. The possibilities are endless when physical training, mental toughness, competition and a positive and healthy attitude and environment come together for your daughter.

Minnesota Fastpitch Academy –Force

- Force-National Teams

The Force National teams will be made up of players in the organization who have made softball a top priority. Players chosen to play on our Force National can expect to commit to a training and practice regimen focused on developing talent throughout the entire year. As stated above, your high school softball season will take precedence in the spring, but during the rest of the year, your Force National team will require your commitment of both time and energy. Collegiate level coaching, national and regional exposure, team practice and 1 night a week of League play, and improvement of individual and team skills will be the center of the target for this group of players. Force National players will be involved in team building activities, college preparation/recruiting seminars, and other team and family activities designed to foster cohesiveness throughout the organization. Force believes that we can have a positive and healthy effect on your daughter's experience as a softball player and we are committed to that end. The financial responsibilities for families of Force players will be higher than those of players on Force Select teams due in large part to travel schedules, year-round training, and increased coaching fees. National Team and 18U Coaches reserve the right to have more than 12 players on their rosters. (\$390 per month for 11 months for our new 2021 Force players).

- Force Select Teams

These teams will compete in both PGF/USSSA/Top Tier and other local tournaments throughout the summer. We intend to play in the Top Tier league during the week, with minimal doubleheaders throughout the summer. As stated above, your high school softball season will take precedence in the spring, but during the rest of the year, your Force team will require your commitment of both time and energy. Collegiate level coaching, regional exposure, team practice and improvement of individual and team skills will be the center of the target for this group of players. Select players will be involved in team building activities, college preparation/recruiting seminars, and other team and family activities designed to foster cohesiveness throughout the organization. Force believes that we can have a positive and healthy effect on your daughter's experience as a softball player and we are committed to that end. The financial responsibilities for families of Force Select players will be \$350 per month for 11 months for our new 2021 Force players.

- Sister Discount-For families with players in Force and/or Force Academy, you get a 20% discount on the second daughter. Connect with Lisa for more details.
- If anyone wants to pay by credit card, connect with Lisa for the link.

FEES-

Your Force fees will cover:

- Collegiate level coaching and training sessions 1-3 times per week for 11 months-Over 360 hours of training opportunities for position players and an additional 95+ hours of training for pitchers and catchers
- Force membership to workout in our Indoor Facility during daily specified hours
- Uniform Package that includes:
 - 3 Force Game Jerseys (Summer)
 - 1 Long Sleeve Force practice shirt
 - 3 Short Sleeve Force practice shirts
 - 2 pair of game socks
 - 2 belts
 - Helmet including Facemask
 - Ball bag for our new players
- All practice and facility rentals, administrative, league, umpire and tournament fees
- Select and/or National Tournaments fees and gifts
- Insurance provided by PGF/USSSA or similar governing body

Minnesota Fastpitch Academy –Force

Force players are responsible for purchasing their own practice/game pants, cleats, bats, gloves, batting gloves, catching gear and anything else, not listed above. Equipment packages are available at discounted prices

VOLUNTEERING-

Your Force participation will require 6 total hours of volunteering per family. Force runs 3-4 tournaments per year and we will ask for help for those tournaments. We will definitely work around your daughter's schedule so you do not have to miss her games. If you have 2 daughters in our Force program, you will only need to help out 6 hours per year.

FUNDRAISING OPPORTUNITIES-

Individual Fundraisers (optional)

Force understands the financial impact that playing in a competitive travel organization can take on a family. The Force believes in providing 1-2 Player Fundraising opportunities that each family can choose to participate in during the course of the year. Each family can decide if they would like to do Zero, 1, or 2 of the volunteer fundraisers with 80% (of the profit) of your daughter's money earned, credited back to your family to help offset the cost of participating. If your family would rather not participate in any optional fundraisers, that is fine as well. The fundraisers will be spaced approximately 6-10 weeks apart and again, it is up to each individual family to decide whether or not they choose to participate.

Individual Fundraisers (Mandatory)

Force ran a mandatory fundraiser for the first 5 years of our existence and will be implementing that again this season. Each family will be expected to participate in selling some raffle tickets. More information will be available in the next few weeks.

PRACTICE FACILITIES

Force will be based out of the Roseville area and our practices will take place in local park around the area, the fields at the Fairview Community Center, and at the Minnesota Fastpitch Academy hitting facility located in New Brighton-Our 15,000 square foot training facility is our "home" and an awesome facility to improve your game!

- [Fairview Community Center Fields](#)
1910 County Rd B
Roseville, MN 55113
- [Central Park Victoria East](#)
2490 Victoria St N
Roseville, MN 55113
- [Minnesota Fastpitch Academy Hitting Facility-\(MAILING ADDRESS\)](#)
899 3rd St SW # 6
New Brighton, MN 55112

CONTACT INFORMATION

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