



## 2019 PITCHING COMMITMENT LETTER

Dear Player and Parents,

Thank you for your interest in the North Shore Girls Softball League Pitching Program. The recreational portion of our season is about instruction, learning the rules of the game, and opportunities for every girl to play multiple positions while having fun. Pitchers are the foundation of the league, and NSGSL is committed to developing pitchers. As such, we have established a Pitching Program to advance the skills of interested players through league-subsidized private pitching lessons for players willing to make the commitment of developing their pitching skills.

### Pitching Program

Players participating in the program will receive four 30-minute lessons over a period of four consecutive weeks from an NSGSL-approved pitching coach (listed below). NSGSL will provide a subsidy of \$40 (4 lessons @ \$10 per lesson for 10U-14U & 8 lessons for 8U) may be paid directly to the parent after completion of the 4 lessons. Pitching coaches have different rates. Parents will be responsible for the pitching coach's full per-lesson rate, prior to receiving the subsidy. Parents and pitching coaches will work together to develop a schedule and plan for each player. Players are eligible for one series of subsidized lessons during the Spring season.

### Qualifications

Player and parents must commit to taking one 30-minute lesson per week for **four consecutive weeks** and must practice pitching at least **twice a week for 30 minutes** each session without the instructor. Pitcher must provide a catcher during lessons. Pitching requires repetition and practice and NSGSL is looking for players who are motivated! Player and parents will be required to complete Attachment A.

### Approved Coaches

- Jenny Schafran – 518-461-2458 [jennyschafran@gmail.com](mailto:jennyschafran@gmail.com)
- Cassidy Coleman– 858-231-4677 [lessonsbycoachc@gmail.com](mailto:lessonsbycoachc@gmail.com)
- Kailey Hill-760-317-8957 [kaileyhill@sandiego.edu](mailto:kaileyhill@sandiego.edu)
- Frozen Ropes Sorrento Valley - (858) 643-9390
- Contact [training@nsgsl.com](mailto:training@nsgsl.com) to request approval of a coach not listed.

NSGSL would like to remind our parents and players that participation in the Pitching Program is a privilege that requires a COMMITMENT. Your daughters are being exposed to the highest level of softball instruction and as such NSGSL is asking for an earnest commitment from them to work hard and put forth extra effort to develop their pitching skills. Our hope is that players will continue with pitching lessons after this series of four subsidized lessons.

Please sign below to commit to the Pitching Program.

Player: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Manager: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Brandi Nishnick  
NSGSL Player Development, [training@nsgsl.com](mailto:training@nsgsl.com)



**2019 PITCHING COMMITMENT  
LETTER ATTACHMENT A**

**Player:** Bring letter and attachment A to each pitching lesson.

**Parent:** Submit both pages for reimbursement of \$40 (10U-14U) or \$80 (8U) (4 or 8 lessons @ \$10 per lesson) after completion of all 4/8 lessons. Some pitching coaches will be paid directly by NSGSL or paid to player's parent. Either scan an email to [treasurer@nsgsl.com](mailto:treasurer@nsgsl.com), or mail to:

North Shore Girls Softball  
Attn: Pitching Subsidy  
3830 Valley Centre Dr Ste 705  
PMB 201  
San Diego, CA 92130-3307

**Pitching Coach:** Verify player attendance at each lesson by signing the form below after each lesson.

Player Name: \_\_\_\_\_ Pitching Coach Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Manager Name: \_\_\_\_\_ Division:  6U  8U  10U  12U  14U

Date of Lesson 1: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

Date of Lesson 2: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

Date of Lesson 3: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

Date of Lesson 4: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

**8U Only**

Date of Lesson 5: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

Date of Lesson 6: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

Date of Lesson 7: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_

Date of Lesson 8: \_\_\_\_\_ Pitching Coach Signature: \_\_\_\_\_