

Minnesota Force Academy

TRAINING PROGRAM

MN Force Academy 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 team and individual skills and building confidence. The MN Force Academy staff is predominately made up of former collegiate coaches and players, who among other things have won both an NCAA and NJCAA National Championship, conference titles and have competed with and against some of the best softball players in the world. Our MN Force Academy staff is made up of All-Americans and women who have competed internationally for the USA. MN Force Academy 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 MN Force Academy prides itself on specialized 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 MN Force Academy wants to help you realize your full potential. The MN Force Academy will utilize indoor and outdoor facilities centrally located in Roseville and New Brighton throughout the year. With a "home of our own" we try to set workout and training sessions that will fit into everyone's demanding schedules.

- **SUMMER/FALL TRAINING AND SCHEDULING- 10/12U**

Once the MN Force Academy has chosen the members of each team, our training begins. Each MN Force Academy player will be entered into 1 fall tournament and we will look to schedule scrimmages, as long as the weather cooperates. MN Force Academy 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 MN Force Academy organization. During the months of August, September and October, we will try to utilize either one weekend date and one night during the week for practices or two week night practices. MN Force Academy practices on Tuesday/Friday and Saturday/Sunday will typically run about 2-2 ½ hours long.

The fall schedule was designed so that all of our MN Force Academy players will have the opportunity to compete in Fall Ball League with their current association teams, but also be able to take advantage of the work we can get done on the field before the weather becomes an issue. All practices are considered "optional" and completely left up to the discretion of each individual family.

- **WINTER TRAINING & CONDITIONING-10/12U**

All well rounded athletes need to be in the best shape possible to maintain athletic excellence. The MN Force Academy staff has designed winter and early spring work outs to maximize each athlete's potential and will look to utilize either Fridays and/or Saturday and Sundays for our training sessions. Once MN Force Academy 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, play defense etc, but we will also begin our winter conditioning and agility sessions during practice.

- **SPRING TRAINING-10/12U**

MN Force Academy will train thru the end of March in accordance with MMFL bylaws. MN Force Academy will continue to provide team training and workout opportunities for those players that do not have high school restrictions up until that date. Academy will end with an end of the year party, the last weekend in March.

- **TOURNAMENT and GAME PLAY**

MN Force Academy was formed with the premise that our teams will compete in different opportunities throughout the year.

- October Trick or Treat Tournament and Force Academy Games

Minnesota Force Academy

- November Turkey Trot Tournament Participation
- January MLK Tournament Participation
- February President's Day Tournament Participation

MN FORCE ACADEMY 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-National Team Coach
Julia Buffington-NCAA Division II Athlete
Jenna George- NCAA Division III Athlete
Emma Hylan NCAA Division I Athlete
Mackenzie McCloud-NCAA Division III Athlete
Colleen Powers-NCAA Division I athlete, 10+ 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 evaluation process. MN Force Academy teams will consist of 10-11 players committed to the practice and training components of our program at the 10/12U level. MN Force Academy 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. The possibilities are endless when physical training, mental toughness, competition and a positive and healthy attitude and environment come together for your daughter.

FEES-

10/12U-\$2200 Total for the season. To make it easier for families to budget, we break the total payment up into 8 payments. We do NOT have "sessions" and expect that each family is **committed** to the entire season. If you don't think this is a viable option for your family, please look into other MFA offerings such as camps and clinics that we run throughout the year. \$2200/8 months = 300.00 monthly payments August, September, October, November and December 2020. \$250 monthly payments for January and February and \$200 for March. Credit card option is available and preferred.

If you choose to write checks-

Please bring 8 checks made out to MFAF to our Parent Player Meeting
Please write the checks payable to MFAF and date them the following way-
August 24th, Sept 15, Oct 15, Nov 15, Dec 15, 2020 in the amount of \$300 each
Jan 15th 2021, Feb 15th 2021 in the amount of \$250 each
March 15th 2021 in the amount of \$200

Your MN Force Academy fees will cover:

- Collegiate level coaching and training sessions 1-2 times per week for over 125+ hours of dedicated Force Academy training throughout the length of the program.
- MN Force Academy membership to workout in our Indoor Facility during daily specified hours

Minnesota Force Academy

- Uniform Package that includes:
 - 1 MN Force Academy Game Jerseys
 - 1 Long Sleeve MN Force Academy practice shirt
 - 2 Short Sleeve MN Force Academy practice shirts
- All practice and facility rentals, administrative, umpire and tournament fees
- Insurance provided

MN Force Academy players are responsible for purchasing their own practice/game pants, cleats, bats, gloves, batting gloves, catching gear and anything else, not listed above.

**** 2020/2021** Force Academy 10 Week Pitching Clinic Option-**

After a complete review of Force Academy pitching during the last 3 season, we have decided to continue the 10 Week Pitching Clinic option for Academy pitchers dedicated to honing their skills in a structured pitching clinic environment. The Academy Pitching Clinic is a 10 week pitching option dedicated to the pitcher who wants to improve her game through this clinic experience. The cost of the clinic is the same as all of our other clinics, \$30.00 per hour for a total of \$300.00. This option will require complete attendance throughout the program and both Force Academy staff and parent/player will need to agree if this is a good fit for the player. Please contact Lisa at 612-581-0021 lisagbernstein@gmail.com or Meggan at 763-218-3061 megstaton@yahoo.com for more details. There will only be 10 spots available for this program and players who competed for Force Academy 2019/2020 will get the first opportunity to apply for one of the open 10spots. If you are interested in possibly participating in this Pitching Clinic Option, please let me know as soon as you can and I will put you on the list.

Force Academy will still offer 10 hours of group pitching opportunities for players not interested in the 10 Week Pitching Clinic option or for players who do not fit our criteria for attendance in the Force Academy Pitching Clinic Option.

FUNDRAISING OPPORTUNITIES-

Individual Fundraisers (optional)

MN Force Academy understands the financial impact that participating in a competitive training program can take on a family. The MN Force Academy believes in providing 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 a 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 fundraisers, that is fine as well. The fundraiser(s) 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.

MN Force Academy has one staff member dedicated to the organization, implementation and financial bookkeeping of your account. Money credited to your account can be used at your discretion to help pay for your MN Force Academy fees, but if you decide to quit the training program, the money will not be refunded or transferred to another family.

PRACTICE FACILITIES

MN Force Academy 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-

- [Fairview Community Center Fields](#)
1910 County Rd B
Roseville, MN 55113

Minnesota Force Academy

- **Central Park Victoria East**
2490 Victoria St N
Roseville, MN 55113
- **Minnesota Fastpitch Academy Hitting Facility**
899 3rd St SW # 6
New Brighton, MN 55112

CONTACT INFORMATION

- **Julie Standerling**
juliestanderling@yahoo.com
612-741-4097
- **Lisa Bernstein**
lisagbernstein@gmail.com
612-581-0021
- **Meggan Staton**
megstaton@yahoo.com
763-218-3061

Frequently asked questions-

Can I break up my payments? *MN Force Academy staff can work with you and your family on different payment options. We do have the option of paying the fee by credit card.*

What happens if my daughter gets hurt?

We know that there will be bumps and bruises along the way and if a player gets injured we would still like them to attend practice and games. We will provide a different training regimen so that your daughter can continue to improve her skill set until she is able to return. Players will still be learning from our coaches and improving their softball IQ. In the case of season ending injuries, conversations will take place between the parents and a member of our administrative staff.

What happens if I play multiple sports? *We know that there will be some players that play multiple sports. We will have a set schedule that we will follow once we head inside and we will do our best to accommodate different families needs.*

What happens if I cannot come to practice?

All practices are considered "optional" in the sense that we know families have many different obligations to pay attention to. Your fees cover all of your practice and competition activities and if the player is unable to attend, that will be at the discretion of the family. Fees will not be credited back for missed practices or competitions.

How do I fundraise money to offset my fees?

As stated above, we will provide opportunities throughout the year for families to raise money to offset fees. Different members of the same family can work an event as well. For instance, if both parents and the player want to work at an event, then that family would receive 3 times as much money as compared to only having the player work an event or fundraiser. There are a lot of different types of fundraisers available and we are always willing to listen to new suggestions and ideas. 80% of the profit earned will be credited to a family account.

How many hours of dedicated pitching and/or catching do I receive?

There will be 14 hours of pitching and/or catching opportunities.

How many dome sessions are we playing in?

MN Force Academy teams will not participate in dome games this winter.

Minnesota Force Academy

When will I receive my schedule?

Monthly Schedules will be provided approximately 1-2 months in advance.

What happens if a practice gets cancelled because of inclement weather?

Force Academy promises a minimum of 125 hours of instruction over the course of the 8 months. We build in extra practice time on the front end of our schedule to compensate for the winter months and the snowstorms that will no doubt create an issue. If a practice gets cancelled due to snow/unsafe conditions, we will let you know as soon as we can. We take into consideration the driving implications of our Force families and our Staff when we decide to cancel a practice. We do have the option for Zoom practices as well

What happens if we have too many players for one team and not enough for another team?

We are not carrying more than 11 players per team so if we are short players, we will continue to seek out players to fill the roster.

What is the difference between the Force Academy and MFA Dome League

Academy is designed to provide an opportunity for individual skill improvement and increase the knowledge of mechanics of all skill sets, while focusing on practice and Tournament Play. 20% of Academy focuses on game like situations, with 80% focus on individual skill sets.

MFA Dome League will focus on team development at a more advanced level. 60% of the time will be spent on games and game like situations, with 40% focus on training and developing individual skill sets.

What is the difference between MN Force Academy, MFA Dome League and Minnesota Force Travel ball?

MN Force Academy and MFA Dome League are a supplemental training program to help prepare the player for their association's summer ball team. Minnesota Force is a year round training program and classified as a summer ball club team. Minnesota Force has teams at the 12/14/16/18U level only.

What is our next step? – *For those of you that have filled out the info online, you are all set except for bringing a copy of the Medical Waiver and Payment checks to our first Parent/Player meeting on August 24th at 6:00pm. If you have friends or teammates interested in the Academy, please direct them to the info below.*

If you are interested in joining us for the 2020/2021 Minnesota Force Academy Team season, please go to

www.minnesotafastpitchacademy.com and click on the Force Academy Tab. Fill out all of the information and submit along with your \$75 deposit fee. For any questions, please contact Lisa at lisagbernstein@gmail.com

You will need to print off the Force Medical Waiver email that back to lisagbernstein@gmail.com and also bring the original to the first practice opportunity. Forms are located on our Minnesota Fastpitch Academy website under the Force Academy tab.