

# **FOREST LAKE AREA FASTPITCH ASSOC.**

## **EXPECTATIONS & TIME COMMITMENT**

First and foremost, the question that most parents ask is,  
“How much time commitment is involved”

### **6U Age Level (T-Ball)**

The 6 and under teams play in an in-house league amongst other Forest Lake teams. They will have 1 practice and 1 game per week.

### **8U Age Level**

The 8 and under teams will have 1 practice per week and 1 or 2 games per week. All games will be played in the Forest Lake/Lino Lakes areas. Practice day will be decided by the coach.

### **10U Age Level**

The 10 and under teams will have approx. 2 practices and 2 double header games per week. Games will be on Tuesday and Thursday nights. Practice days/times will be decided by the coach.

### **12U Age Level**

The 12 and under teams will have approx. 2 practices and 2 double header games per week. (1 game night per week until school is out) Games will be on Monday & Wednesday nights. Practice days/times will be decided by the coach.

### **14U Age Level**

The 14 and under teams will have 2 practices and 2 double header games per week. Games will be on Tuesday & Thursday nights. Practice days/times will be decided by the coach.

### **16U Age Level**

The 16 and under teams will have 2 practices and 2 double header games per week. Games will be on Monday & Wednesday nights. Practice days/times will be decided by the coach.

### **All 10U-16U Teams**

Each team has the opportunity to be in at least 3 tournaments paid for by FLAFA. This includes our Forest Lake Tournament. The other 2 tournaments will be at the discretion of the coach. Teams will also play in the State qualifying tournament, possibly state and nationals.

If teams qualify for nationals, the costs involved will be an extra cost.

### **Mandatory 10 Volunteer Hours**

We have implemented a mandatory volunteer schedule and are asking that parents/players volunteer for at least 10 hours per family. The events could include but are not limited to the Forest Lake Tournament, Youth Night, Field Clean Up Day, Fundraising Delivery, Team Parent Rep or Coaching.

### **Fundraiser Participation**

We ask that all players participate in the FLAFA Fundraiser. This fundraiser helps raise much needed funds for our program that help keep fees lower for families. Funds raised go towards equipment, field maintenance, umpires, tournament fees, coaching clinics and other costs associated with maintaining our program.

### **Other Commitments**

As always, we encourage the players to make sure that the fields and batting cages are raked after each practice and game. We also encourage parents to be involved.