



Jamison's Future Swings 2025-2026 Travel Team Information Packet

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General Information

Congratulations on being selected to the **Jamison's Future Swings** travel team! We look forward to a competitive season and being part of your athletic development. Please read this information and then both the athlete and parent need to sign, date and return the Team Agreement (last page) to your coach. **In addition to the Team Agreement, please submit a copy of your birth certificate.**

Please read the following guidelines that the **Future Swings** organization expects its athletes and parents to follow. In an effort to clearly define what is expected from each athlete, parent and coach, the following guidelines have been developed. Future Swings reserves the right to amend these guidelines at any time with or without prior notice to players or parents.

The Future Swings program is registered with USSSA or ASA. Our program is much more competitive than little league or recreational divisions and requires a greater level of commitment from everyone -- athletes, parents and coaches. In order for our team/organization to reach full potential, the entire team/organization must be well coordinated and moving in the same direction.

Team Policies

Season schedules will be posted for everyone when they are finalized. If an athlete has prior or conflicting commitments, the athlete is asked to inform the head coach of such commitments as soon as possible.

Goals

Our primary goal is to assist each athlete to improve his or her game. Our method of achieving this goal will include the following, but not limited to:

- Develop strong, confident and capable individuals with the ability to be strong leaders.
- Advance techniques on how to set and achieve personal/individual goals.
- Learn the role of a team player and its importance.
- Provide a solid foundation to compete in a highly competitive environment (both on/off field).
- Improve skills and develop a heightened understanding for the game.
- Participate in competitive tournaments.

Active Players

When an athlete is chosen to be a member of the Future Swings team, he or she becomes an active athlete when the Team Agreement is signed and submitted to the coach. If a Future Swings athlete decides to no longer be on the team, this agreement will no longer be in effect and the player will forfeit all funds and fees paid to the organization.

Fundraising

Our fundraising events are designed to cover uniform items, tournament entry fees and tournament insurance. All athletes are expected to participate in our fundraising events (or pay the approximate amount to be raised) without exception. Jamison's Future Swings also welcomes Community Partner Sponsorships to satisfy fundraising efforts. For more information, contact Adam Jamison.

Team Equipment

In an effort to maintain effective branding, **head coaches must approve all uniform selections with Adam Jamison**. In addition, coaches should be aware of the Future Swings logo sheet for all ancillary items the teams may want to order.

Refund Policy

All money paid into Future Swings is **non-refundable**.

Payment

All payments should be made payable to **Jamison's Future Swings**. Fees are as follows:

- **\$500 fee ensures your athlete's spot on the team and a weekly team practice at Future Swings indoor facility at Future Champions Sports Complex.**
Arrangements may be made with Adam Jamison to pay in two installments, if needed.

Benefits

- **Future Swings athletes receive a \$10 discount per half hour of individual instruction at Future Champions.** *A half hour of instruction is \$40 for non-Swings athletes.*
- **The immediate family of Future Swings athletes are admitted free of charge to Future Champions tournaments.** *Must present Future Swings Athlete card for admittance.*
- **Future Swings athletes and immediate family members are granted 10 percent off food orders at Future Champions Restaurant.** *Must present Future Swings Athlete card for discount.*

Practices

All team practices, unless otherwise stated, are mandatory. If an athlete cannot attend a practice session, the athlete must give advance notice of the absence or tardiness. Practices will be held at Jamison's Future Swings' practice space located at Future Champions Sports Complex, 5 Kelly Drive, Jacksonville, unless the coach determines an alternate location.

A positive attitude at all times during practice will be displayed by each player, coach and assistant coach. Negative comments and behavior contrary to a positive learning environment are not acceptable and will not be tolerated. Each athlete is expected to hustle throughout the practice session. While on the playing

field, each athlete will run to and from each station, as well as their retrieval of missed balls, collecting equipment and bases at the end of practice.

Every athlete is expected to do his or her part to make practice run smoothly and give their undivided attention to the coaching staff and follow directions. If an athlete is unsure of a direction given to them or a drill being conducted, the athlete is encouraged to ask the coach for clarification.

Practices are designed to develop new skills and sharpen skills already acquired. Only the coaching staff is allowed to give instruction and direction during practice and/or games. Parents and spectators are not to interfere with the practice session or the team coaching staff in any way.

Individual Instruction

Athletes are able to schedule individual instruction at Jamison's Future Swings in addition to his or her weekly team practice. Travel team members will be offered instruction at a reduced cost -- \$30 per half hour session instead of the normal \$40. Athletes (or parents) must schedule practices in advance of the lesson by emailing jamisonsfutureswings@gmail.com or contacting Adam at 217.370.3469.

Pre-Game Expectations

Each athlete shall arrive **1 hour** prior to game time, ready to begin warm-up. Each athlete shall be wearing the required uniform and will have all required equipment in their bat bags. Uniform shirts shall be tucked in at all times. Belts will be worn in games. All jewelry will be removed. The team will warm-up, stretch and run together.

Game-Time Expectations

Cheers and positive comments are encouraged. Only positive comments and cheers are permitted to both opponents and teammates. Respect your fellow teammates. There are no exceptions for misconduct or inappropriate behavior.

Never laugh or make fun of an opponent. No foul or inappropriate language will be tolerated. Sportsmanship is paramount for this organization. Proper field decorum is required by all participants at all times.

Athletes will not visit with family, friends or spectators during the game; and family, friends and spectators are expected not to pose a distraction during the game.

The coaching staff will handle any disputes with the umpires. Parents and players shall not become involved.

During games, bat bags and helmets should always be hung properly on the fence by hooks provided.

Gear and helmets are not to be thrown, nor shall any player display unsportsmanlike conduct. Such conduct may remove the player from the game, lineup and team.

Athletes, including substitutes, are to keep warm and stretch at all times. Athletes should continue to stretch, wear jackets, practice hitting or run sprints in order to stay warm, and be ready to play at all times.

All athletes are expected to cheer and support their team, watch the game and be prepared to go into a game at any time. **Only pitchers and catchers are to be sitting in the dugouts resting.**

Negative or disruptive behavior at any time is cause for removal from the bench, game and team.

Between-Game Expectations

Athletes should rest and mentally prepare for the next game: stay out of the sun, eat a light healthy snack or meal (if time permits). Unless there is at least three hours between games, the coach has approved leaving or it is unavoidable -- please remain at the field with the team (this will prevent late arrivals for warm ups and games).

After-the-Game Expectations

Athletes should not remove any of his or her equipment until the game is over and acknowledgement of the opposing team has taken place. Athletes are expected to pick up all trash in the dugout and go directly to the area designated by coaches for the team meeting. Parents may go to this area with their players, but must remain silent at this time.

Travel Procedures

In the event the team travels out of the area, the coaches will make every effort to ensure each athlete and parent has a map or proper directions. Prior to each trip, the coach will brief the parents and players and provide specifics. Generally speaking, while traveling, the team will stay as a group. The coaching staff will attempt to book hotel rooms as a block. The coaching staff asks parents to observe team and hotel rules while on extended trips.

Parent Responsibilities

Athletes' parents are very important to the success of this team. The manager and coaches depend on the parents' support and adherence to the Policies and Code of Conduct. We ask that each of you work with us in upholding the following:

- Punctuality is expected. Please have players to the field of play on time.
- If an athlete is ill or injured, and unable to participate in games or practices, the coach should be notified the night before the scheduled game or practice.
- Parents will not slander any player, coach or other player's parents on this team or other team members.

24-Hour Rule

Parents may have prior experience playing or coaching. However, Future Swings has its own coaching staff, therefore coaching from the stands will not be allowed. Any comments or observations that a parent may have, can be discussed with the coaching staff, after a 24-hour period. In other words, if you have a complaint, we ask that you wait 24 hours after the incident to give time to think about your concern, as well as provide a cool-down period. If you still feel you want to address the issue with the coaching staff, feel free to call regarding your concerns. This rule is designed to help prevent all parties involved from saying something out of haste that may be regretful later.

Should a parent have a problem with the coaching staff of this team, arrange to meet privately with him or her off of the field away from players. No coach or manager shall entertain any discussion during practices or games.

Parents must realize and remember that the Registration Fee in no way guarantees your child's playing time.

Negative or disruptive actions by parents are cause for removal from the team.

Parents are asked to keep their child focused on their goals, assist with their outside skill work and to be positive at all times so that the athlete remains positive and poised to improve his or her game.

Athlete Expectations

As a player with the Swings team, all athletes are expected to understand player policies:

- Set personal goals and work to achieve them.
- Do your best at all times.
- Do not walk onto the field until you are able to give 100% of your attention to the game.
- Show respect for teammates.
- Be on time, dressed and ready to begin practices and games as scheduled.
- Call 24 hours in advance if unable to attend a practice/game.
- Show good sportsmanship at all times.
- Actively participate in team fundraising.
- Include teammates in social circles and refrain from cliques within the team.

Team Codes of Conduct

Coach's Responsibilities

Coaching staff responsibilities include developing the fundamental skills of each athlete on the team. The main objective is to develop, train and teach each athlete to maximize his or her ability. The demands on each athlete will be rigorous, but the success of each player is contingent upon individual desire and effort. It is the coach's job to promote excellent performance of each athlete and to help realize his or her full potential.

Regardless of individual goals, the team is committed to play at a competitive level. This is a competitive organization, and each athlete is playing on a competitive team. All players will be given equal opportunity for training and development during practice and friendly games. When competing at tournaments, the team will be playing to win. This is not an instructional league.

Athlete's Responsibility

This is your team and your experience. As a team and as individual athletes, you will get out of this experience what you put into it. There are many obstacles that the team will need to overcome, but if you are willing to work, anything is possible. There will be demands out of your comfort zone, but trust that the intention is to make you the best player possible.

Parents' Responsibility

Parents can be the biggest source of support for athletes or his or her biggest obstacle. We want to be clear on what we expect from parents: we are a team composed of athletes, coaches, parents and fans. We ask parents to support their child by allowing them to experience frustrations, failures and successes on and off the field. We have the best interest of your child in mind. Understand that this is a process, and that by the end of the year your child will have improved tremendously. How much they improve depends upon their effort, and how much they are allowed to grow.

Fan/Official Relationship

- Officials are necessary to the game.
- They are bound by a code of ethics that makes them rigidly impartial.
- Fans -- and particularly parents -- should never harass or taunt officials.
- Please leave the discussion of rules and questions to the coach.

Sportsmanship

- Parents have to demonstrate good sportsmanship and serve as positive role models.
- Vulgar or inappropriate language, taunting or trash-talking will not be tolerated.
- Outsiders must never intrude upon the field during a game.
- Cheerleading should be for our team, not against the opponents.
- Keep comments positive in nature.

Responsibility of the Athletes

- Put the team's goals, welfare and success before your own.
- Attend practice sessions.
- Be receptive to coaching.
- Be responsible for uniforms and equipment.
- Represent your team and your community and follow the team's policies.
- Report all injuries to the coach.
- Be on time.

- Do your best.
- Work on improving individual skills outside of team practices.
- Work on physical conditioning when not at practice.
- Always strive to improve skills.

Responsibility of Coach

- Select the team.
- Determine the style and philosophy of play.
- Teach at practice sessions.
- Determine who starts at playing time.
- Establish and enforce team policies.
- Select team leaders.
- Always make sure safety and athletes' welfare comes first.

Eligibility Requirements for Athletes

- Conform to State and District Regulations.
- Maintain skill level, physical condition level and show improvement.
- Must maintain school grades.

Participation on a Team

- It is a privilege, not a right.
- Players must accept all responsibilities in order to stay on the team.
- Nobody will be accorded equal or guaranteed playing time.
- Athletes must maintain an acceptable skill level to maintain their current position and status.
- All positions and roster spots are at the sole discretion of the manager.

Practice Sessions and Games

- Parents are not allowed on the practice or game fields unless asked by the coach for assistance.
- The field is the athlete's classroom and should be free of distractions.
- Positive support is encouraged at games.
- Tardiness or absence must be immediately and properly explained.
- Players are encouraged to obtain private instructors for individual skills such as pitching.
- Players are asked to work on skills individually when not at organized practice.
- Players are to maintain a physical fitness regimen and show signs of improvement as the season progresses.

The Future Swings Organization reserves the right to amend these Policies and Codes of Conduct at any time, with or without prior notice to players or parents.



Jamison's Future Swings Team Agreement

Athlete

I have read and understand the Swings Policies and Codes of Conduct and pledge to follow them. Furthermore, I understand that NOT abiding by the Policies and Codes of Conduct may lead to removal from the team.

Player

Date

Parent/Guardian

As the above player's parent/guardian, I have read, understand and will abide with the team's Policies and Codes of Conduct. Furthermore, I understand that NOT abiding by the team's Policies and Codes of Conduct may lead to removal from the team of my athlete.

Parent/Guardian

Date