



2025 YEAR IN REVIEW

2025 Year in Review: Athlete Self-Report Card

As we wrap up an incredible year at Premiere Softball Academy, our athletes will take part in a powerful Self-Evaluation Report Card.

Each player will grade themselves on multiple areas of their development—using a 1–5 scale, where:

1 = Needs more work and 5 = Very confident/improved/mastered

This process encourages honesty, accountability, and self-awareness, helping athletes reflect on their effort, growth, mindset, and overall performance throughout 2025.

Once completed, report cards will be turned in to Coach Christie, where we will review them together and use this feedback to build a personalized 2026 Plan of Attack—designed to elevate each athlete's goals, confidence, and performance heading into the new year.

Reflect. Reset. Reload.

Let's Dream Big and Work Hard—together.

ALL ABOUT YOU

Student's Name

Today's Date:

PARENT/GUARDIAN INFORMATION

Full Name:

Phone:

Email Address:

DETAILS

Age: _____ Grade: _____ School: _____ Current Team: _____

PSA Coach

Christie Jason Frank Gabe Sean Robert Courtney

Type of Lessons

Pitching Hitting General Defense Softball/Baseball Basics Infield Outfield Catching
 Other _____

Classes/Camps/Workshops Attended

Pitching Speed "GLOW" Class Beginning Pitching Class Beginning Defense Class
 Intermediate Defense Class Hitting Class

CLASS/ CAMP/ WORKSHOP FEEDBACK

If you attended any camps, classes, or workshops this year, please share your feedback. Your input is incredibly important to us and helps shape how we improve and grow. We truly appreciate you and value your voice as we build an even better experience for 2026.

CLASS/CAMP/CLINIC/WORKSHOP ATTENDED	N/A	1	2	3	4	5	Does not apply to me	Did not learn or gain knowledge	Learned something new	Loved it, I got better and learned a lot!
							Does not apply to me	Did not learn or gain knowledge	Learned something new	Loved it, I got better and learned a lot!
Pitching Speed "Glow" Class	N/A	1	2	3	4	5				
Beginning Pitching Class	N/A	1	2	3	4	5				
Group/League/Team Pitching Clinics	N/A	1	2	3	4	5				
Beginning Hitting Class	N/A	1	2	3	4	5				
Intermediate Hitting Class	N/A	1	2	3	4	5				
Advanced Hitting Class	N/A	1	2	3	4	5				
Beginning Defense Class	N/A	1	2	3	4	5				
Intermediate Defense Class	N/A	1	2	3	4	5				
Advanced Defense Class	N/A	1	2	3	4	5				
Catching Class	N/A	1	2	3	4	5				
Outfield Class	N/A	1	2	3	4	5				
Fall Break Camp	N/A	1	2	3	4	5				
Summer Camp	N/A	1	2	3	4	5				
Winter Camp	N/A	1	2	3	4	5				
Other:	N/A	1	2	3	4	5				
Other:	N/A	1	2	3	4	5				

Comments/Feedback:

OVERALL ATHLETIC PERFORMANCE: PITCHERS ONLY

Take a moment to reflect on your 2025 season and give yourself a grade based on your own performance and effort. Be honest with yourself—growth starts with self-awareness.

1 = Needs a lot of work 2 = Below average / inconsistent 3 = Average / improving 4 = Strong / confident. 5 = Excellent / one of my strengths

ACCURACY

Fastball		N/A	1	2	3	4	5
Change Up	Type:	N/A	1	2	3	4	5
Drop Ball		N/A	1	2	3	4	5
Curve Ball		N/A	1	2	3	4	5
Backdoor Curve		N/A	1	2	3	4	5
Rise Ball		N/A	1	2	3	4	5
Offspeed		N/A	1	2	3	4	5
Other		N/A	1	2	3	4	5

Comments:

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SPEED

Fastball		N/A	1	2	3	4	5
Change Up	Type:	N/A	1	2	3	4	5
Drop Ball		N/A	1	2	3	4	5
Curve Ball		N/A	1	2	3	4	5
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Comments:

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PITCHING MECHANICS & FUNDAMENTALS

Grip & Wrist Position	N/A	1	2	3	4	5
Arm Circle (smooth, powerful)	N/A	1	2	3	4	5
Snap/ Release & Follow Through	N/A	1	2	3	4	5
Stride Length & Direction	N/A	1	2	3	4	5
Balance & Posture	N/A	1	2	3	4	5
Timing (arms and legs working together)	N/A	1	2	3	4	5
Finish & follow through	N/A	1	2	3	4	5
Drag	N/A	1	2	3	4	5

ACCURACY & COMMAND

Hitting Intended Spots	N/A	1	2	3	4	5
Consistent Strike Percentage	N/A	1	2	3	4	5
Ability to throw ahead of the count (first pitch strike)	N/A	1	2	3	4	5
Limiting walks	N/A	1	2	3	4	5
Recovering after a "miss"	N/A	1	2	3	4	5

VELOCITY & POWER DEVELOPMENT

Improved pitching speed	N/A	1	2	3	4	5
Strong lower body drive	N/A	1	2	3	4	5
Explosive off the mound	N/A	1	2	3	4	5
Maintaining mechanics at a higher speed	N/A	1	2	3	4	5
Ability to throw hard and stay controlled	N/A	1	2	3	4	5

MOVEMENT & PITCH DEVELOPMENT

Fastball consistency	N/A	1	2	3	4	5
Change-up effectiveness	N/A	1	2	3	4	5
Movement pitch development (drop/rise/curve/screw)	N/A	1	2	3	4	5
Spin and movement quality	N/A	1	2	3	4	5
Confidence throwing off-speed pitches	N/A	1	2	3	4	5

MENTAL GAME & CIRCLE PERFORMANCE

Confidence in the circle	N/A	1	2	3	4	5
Focus pitch-to-pitch	N/A	1	2	3	4	5
Handling pressure situations	N/A	1	2	3	4	5
Short memory after mistakes	N/A	1	2	3	4	5
Body language and leadership	N/A	1	2	3	4	5

OVERALL ATHLETIC PERFORMANCE: PITCHERS ONLY Page 2

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MENTAL GAME & CIRCLE PERFORMANCE

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Focus pitch-to-pitch	N/A	1	2	3	4	5
Handling pressure situations	N/A	1	2	3	4	5
Short memory after mistakes	N/A	1	2	3	4	5
Body language and leadership	N/A	1	2	3	4	5

CONDITIONING & DURABILITY

Arm care consistency / stretching	N/A	1	2	3	4	5
Warm-up and recovery habits	N/A	1	2	3	4	5
Strength and conditioning habits	N/A	1	2	3	4	5
Ability to maintain form when tired	N/A	1	2	3	4	5
Understanding when you are fatigued	N/A	1	2	3	4	5

WORK ETHIC & COACHABILITY

Effort during lessons	N/A	1	2	3	4	5
Practicing between lessons	N/A	1	2	3	4	5
Applying corrections	N/A	1	2	3	4	5
Commitment to improvement	N/A	1	2	3	4	5
Asking questions	N/A	1	2	3	4	5

GROWTH & REFLECTION

The biggest improvement I made as a pitcher in 2025:

One thing I still struggle with:

One pitching goal I achieved in 2025:

LOOKING AHEAD TO 2026

My top 3 Pitching Goals for 2026:

1. _____
2. _____
3. _____

In 2026, I want Coach Christie to help me with:

1. _____
2. _____
3. _____

Additional Comments

OVERALL ATHLETIC PERFORMANCE: HITTING

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HITTING MECHANICS & FUNDAMENTALS

Bat grip and hand position	N/A	1	2	3	4	5
Athletic stance and balance	N/A	1	2	3	4	5
Load / Shifting	N/A	1	2	3	4	5
Timing	N/A	1	2	3	4	5
Bat / hand path to ball	N/A	1	2	3	4	5
Hip rotation and lower body use	N/A	1	2	3	4	5
Bat speed	N/A	1	2	3	4	5
Contact point	N/A	1	2	3	4	5
Follow-through and finish	N/A	1	2	3	4	5

CONTACT & BALL CONTROL

Consistent contact	N/A	1	2	3	4	5
Fewer swings and misses	N/A	1	2	3	4	5
Ability to hit different pitch locations	N/A	1	2	3	4	5
Ability to hit off speed pitching	N/A	1	2	3	4	5
Ability to adjust mid-at bat	N/A	1	2	3	4	5

POWER & QUALITY OF CONTACT

Hard contact	N/A	1	2	3	4	5
Line drives	N/A	1	2	3	4	5
Extra base hits	N/A	1	2	3	4	5
Improved exit speed	N/A	1	2	3	4	5
Ability to drive the ball when ahead in the count	N/A	1	2	3	4	5
Recovery after a strike out	N/A	1	2	3	4	5

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Hard contact	N/A	1	2	3	4	5
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OVERALL ATHLETIC PERFORMANCE: HITTING Page 2

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APPROACH & PITCH SELECTION

Understanding the strike zone	N/A	1	2	3	4	5
Swinging at good pitches	N/A	1	2	3	4	5
Taking good pitches	N/A	1	2	3	4	5
Adjusting to different pitches	N/A	1	2	3	4	5
Having a plan every at-bat	N/A	1	2	3	4	5

MENTAL GAME & CONFIDENCE

Confidence in the batter's box	N/A	1	2	3	4	5
Focus during lessons / games	N/A	1	2	3	4	5
Handling failure and tough at bats	N/A	1	2	3	4	5
Body language after at-bats	N/A	1	2	3	4	5
Competing every at-bat	N/A	1	2	3	4	5

WORK ETHIC & COMMITMENT

Effort during lessons	N/A	1	2	3	4	5
Coachability	N/A	1	2	3	4	5
Practicing outside of lessons	N/A	1	2	3	4	5
Asking questions and wanting to improve	N/A	1	2	3	4	5
Applying feedback	N/A	1	2	3	4	5

WORK HARD

OVERALL ATHLETIC PERFORMANCE: Hitting Page 3

GROWTH & REFLECTION

One area I improved the MOST in 2025:

ANSWER

One area I still need to work on:

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One hitting goal I achieved in 2025:

LEADER IN LEARNING™

LOOKING AHEAD TO 2026

My top 3 Hitting Goals for 2026:

1. _____
2. _____
3. _____

I want PSA and my hitting coach to help me with in 2026:

1. _____
2. _____
3. _____

Additional Comments

OVERALL ATHLETIC PERFORMANCE: DEFENSE

Take a moment to reflect on your 2025 season and give yourself a grade based on your own performance and effort. Be honest with yourself—growth starts with self-awareness.

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DEFENSIVE FUNDAMENTALS – ALL POSITIONS

Ready position and athletic stance	N/A	1	2	3	4	5
First step quickness	N/A	1	2	3	4	5
Glove presentation	N/A	1	2	3	4	5
Footwork to the ball	N/A	1	2	3	4	5
Staying low through the play	N/A	1	2	3	4	5
Ball security (no rushing/ no panic)	N/A	1	2	3	4	5

REACTION AND MOVEMENT

Reading the ball off the bat	N/A	1	2	3	4	5
Lateral movement	N/A	1	2	3	4	5
"On the hop"	N/A	1	2	3	4	5
Charging slow rollers / short balls	N/A	1	2	3	4	5
Moving back on deep balls	N/A	1	2	3	4	5
Recovering after a miss/error/mistake	N/A	1	2	3	4	5

THROWING AND TRANSFER

Clean glove-to-hand transfer	N/A	1	2	3	4	5
Throwing accuracy	N/A	1	2	3	4	5
Throwing mechanics	N/A	1	2	3	4	5
Arm strength for my position	N/A	1	2	3	4	5
Making smart throwing decisions	N/A	1	2	3	4	5
Overhand throwing velocity	N/A	1	2	3	4	5

DEFENSIVE IQ AND AWARENESS

Knowing where the play is	N/A	1	2	3	4	5
Understanding cutoffs and relays	N/A	1	2	3	4	5
Knowing when to hold the ball	N/A	1	2	3	4	5
Communication with teammates	N/A	1	2	3	4	5
Anticipating the next play	N/A	1	2	3	4	5
Set your plan and either stick to it or adjust	N/A	1	2	3	4	5

OVERALL ATHLETIC PERFORMANCE: DEFENSE PAGE 2

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EFFORT, HUSTLE AND FOCUS

Playing every ball hard	N/A	1	2	3	4	5
Backing up teammates	N/A	1	2	3	4	5
Staying locked in between pitches	N/A	1	2	3	4	5
Body language after mistakes	N/A	1	2	3	4	5
Competing until the play is over	N/A	1	2	3	4	5

INFIELD SPECIFIC

INFIELD ONLY

Ground ball fielding consistency	N/A	1	2	3	4	5
Forehand technique	N/A	1	2	3	4	5
Backhand technique	N/A	1	2	3	4	5
Playing through the ball	N/A	1	2	3	4	5
Tags and quick release	N/A	1	2	3	4	5
Double play awareness	N/A	1	2	3	4	5
Quick to recover after mistakes	N/A	1	2	3	4	5
Short hops	N/A	1	2	3	4	5
Knowledge in run downs	N/A	1	2	3	4	5
Various types of throws	N/A	1	2	3	4	5
Standard throw	N/A	1	2	3	4	5
Dart throw	N/A	1	2	3	4	5
Side arm (purposefully)	N/A	1	2	3	4	5
Throwing on the run	N/A	1	2	3	4	5
Fake throw	N/A	1	2	3	4	5

One area I improved the MOST in 2025:

One area I still need to work on:

3 Goals for 2026:

1.

2.

3.

OVERALL ATHLETIC PERFORMANCE: DEFENSE PAGE 3

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OUTFIELD SPECIFIC

OUTFIELD ONLY

Drop Step	N/A	1	2	3	4	5
First Read	N/A	1	2	3	4	5
Proper catching mechanics	N/A	1	2	3	4	5
Tracking fly balls	N/A	1	2	3	4	5
Catching with confidence	N/A	1	2	3	4	5
Throwing through cutoffs	N/A	1	2	3	4	5
Hitting your cutoff	N/A	1	2	3	4	5
Knowing the "next play" - your plan	N/A	1	2	3	4	5
Preventing extra bases	N/A	1	2	3	4	5
Various types of throws	N/A	1	2	3	4	5
Crow-hop	N/A	1	2	3	4	5
Hit your cut	N/A	1	2	3	4	5
Throwing home	N/A	1	2	3	4	5

One area I improved the MOST in 2025:

One area I still need to work on:

3 Goals for 2026:

1. _____

2. _____

3. _____

OVERALL ATHLETIC PERFORMANCE: BASERUNNING

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SPEED & EXPLOSIVENESS

First-step quickness	N/A	1	2	3	4	5
Acceleration out of the box	N/A	1	2	3	4	5
Sprinting mechanics	N/A	1	2	3	4	5
Maintaining speed through the base	N/A	1	2	3	4	5
Effort on every run	N/A	1	2	3	4	5

RUNNING TECHNIQUE & BODY CONTROL

Proper running form	N/A	1	2	3	4	5
Hitting the front part of the base	N/A	1	2	3	4	5
Rounding bases efficiently	N/A	1	2	3	4	5
Staying balanced while running at full speed	N/A	1	2	3	4	5
Sliding technique (feet first, head first when appropriate)	N/A	1	2	3	4	5

BASRUNNING IQ & AWARENESS

Knowing the situation	N/A	1	2	3	4	5
Awareness of counts and outs	N/A	1	2	3	4	5
Reading the defense	N/A	1	2	3	4	5
Anticipating overthrows	N/A	1	2	3	4	5
Making smart aggressive decisions	N/A	1	2	3	4	5

LEADS, JUMPS & READS

Proper lead size	N/A	1	2	3	4	5
Timing of my secondary lead	N/A	1	2	3	4	5
Reading the ball off the bat	N/A	1	2	3	4	5
Reacting quickly on contact	N/A	1	2	3	4	5
Getting good jumps on steals	N/A	1	2	3	4	5

OVERALL ATHLETIC PERFORMANCE: BASERUNNING page 2

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AGGRESSION & DECISION-MAKING

Confidence taking extra bases	N/A	1	2	3	4	5
Choosing when to be aggressive	N/A	1	2	3	4	5
Stopping when needed	N/A	1	2	3	4	5
Avoiding unnecessary outs	N/A	1	2	3	4	5
Trusting my instincts	N/A	1	2	3	4	5

EFFORT, FOCUS & HUSTLE

Running hard every time	N/A	1	2	3	4	5
Staying focused between pitches	N/A	1	2	3	4	5
Listening to base coaches	N/A	1	2	3	4	5
Body language after outs	N/A	1	2	3	4	5
Competing on the bases	N/A	1	2	3	4	5

SLIDING

The ability to slide during the correct times	N/A	1	2	3	4	5
Confidence in sliding	N/A	1	2	3	4	5
Feet first and not knees	N/A	1	2	3	4	5
Getting up after slide	N/A	1	2	3	4	5
Advancing to another base after initial sliding	N/A	1	2	3	4	5

GROWTH & REFLECTION

One area I improved the MOST in 2025:

One area I still need to work on:

3 Goals for 2026:

- 1.
- 2.
- 3.

OVERALL ATHLETIC PERFORMANCE: MENTAL TRAINING

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BREATHING & EMOTIONAL CONTROL

Using breathing to calm nerves	1	2	3	4	5
Slowing my body down under pressure	1	2	3	4	5
Breathing between pitches/plays	1	2	3	4	5
Resetting my breath after mistakes	1	2	3	4	5
Staying present instead of rushing	1	2	3	4	5
Knowledge of my breathing patterns	1	2	3	4	5
Utilizing my breathing patterns	1	2	3	4	5

REST, RECOVERY & BALANCE

Getting enough sleep	1	2	3	4	5
Taking care of your body	1	2	3	4	5
Understanding when to rest	1	2	3	4	5
Managing school, sports, and life	1	2	3	4	5
Avoiding burnout	1	2	3	4	5
Eating healthy	1	2	3	4	5
Hydration	1	2	3	4	5

VISUALIZATION & MENTAL REPS

Visualizing successful plays	1	2	3	4	5
Seeing myself succeed before games	1	2	3	4	5
Using mental reps when not practicing	1	2	3	4	5
Staying positive during visualization	1	2	3	4	5
Believing my mental work helps my performance	1	2	3	4	5

BELIEF, CONFIDENCE & SELF TALK

I believe in myself	1	2	3	4	5
I use positive self talk	1	2	3	4	5
I trust my training	1	2	3	4	5
I have confidence after failure	1	2	3	4	5
I compete without fear	1	2	3	4	5

OVERALL ATHLETIC PERFORMANCE: MENTAL TRAINING PAGE 2

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MISTAKES, ADVERSITY & RESETTING

Letting go of mistakes quickly	1	2	3	4	5
Learning instead of dwelling	1	2	3	4	5
Bouncing back after tough moments	1	2	3	4	5
Short term memory between plays (be a goldfish)	1	2	3	4	5
Staying supportive of teammates	1	2	3	4	5

MENTAL TOUGHNESS & RESILIENCE

Staying focused when tired	1	2	3	4	5
Competing when uncomfortable	1	2	3	4	5
Handling pressure situations	1	2	3	4	5
Staying locked in for full games	1	2	3	4	5
Fighting through frustration	1	2	3	4	5

RECOVERY & GROWTH MINDSET

Reflecting after games/lessons	1	2	3	4	5
Using feedback to improve	1	2	3	4	5
Understanding growth takes timee	1	2	3	4	5
Not comparing myself to others	1	2	3	4	5
Trusting the process	1	2	3	4	5

GROWTH & REFLECTION

One area I improved the MOST in 2025:

One area I still need to work on:

Top 3 Goals for mental training 2026:

1. _____
2. _____
3. _____

OVERALL ATHLETIC PERFORMANCE: BEING A GOOD TEAMMATE

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COMMUNICATION & SUPPORT

Encouraging teammates	1	2	3	4	5
Communicating on defense	1	2	3	4	5
Cheering from the dugout	1	2	3	4	5
Using positive words	1	2	3	4	5
Being respectful in all situations	1	2	3	4	5
Positive from the dugout when not playing	1	2	3	4	5
Responding well to constructive criticism	1	2	3	4	5
Picking up a teammate when they are down on themselves	1	2	3	4	5

EFFORT, ENERGY & ATTITUDE

Bringing positive energy	1	2	3	4	5
Hustling for my teammates	1	2	3	4	5
Staying locked in even when I'm not playing	1	2	3	4	5
Being coachable	1	2	3	4	5
Putting the team before myself	1	2	3	4	5

HANDLING TEAM SITUATIONS

Supporting teammates after mistakes	1	2	3	4	5
Not blaming others	1	2	3	4	5
Handling frustration maturely	1	2	3	4	5
Staying composed in tough moments	1	2	3	4	5
Helping keep the team together	1	2	3	4	5

LEADERSHIP & EXAMPLE

Leading by example	1	2	3	4	5
Doing the right thing when no one is watching	1	2	3	4	5
Including everyone	1	2	3	4	5
Showing respect to coaches, umpires and opponents	1	2	3	4	5
Representing my team with pride	1	2	3	4	5



Dear PSA Families and Friends,

Thank you so much for taking the time to complete the PSA Year-in-Review Student Survey. Your honesty, effort, and thoughtful feedback truly mean so much to us. We are incredibly grateful to have you as part of the Premiere Softball Academy family.

Your responses help us:

Celebrate how far each athlete has come

Build a personalized 2026 plan of attack for each individual athlete

Continue improving PSA for current and future athletes

As we look ahead to 2026, we are excited to continue helping your daughters grow—not only as softball players, but as confident leaders and strong young women. Over the past 26 years, we have been fortunate to see our athletes go on to become lawyers, doctors, politicians, teachers, coaches, executives, and so much more.

Our hope has always been that PSA is a place where athletes learn more than just the game—where they build leadership skills, character, resilience, and a love for the process... with a little fun along the way.

Thank you for trusting us with your athletes' journeys. We are honored to be part of their growth.

Dream Big. Work Hard.

With gratitude,

Coach Christie & the PSA Team





BEFORE YOU GO...

We'd Love Your Additional Feedback

Your voice helps shape the future of PSA.

What is one thing PSA does really well?

What is one thing we could improve?

Is there anything new you'd love to see at PSA?

Future Programs – Tell Us What You Want!

Please check any programs you'd be interested in participating in:

Weekly Recruiting Workshop (Recruitable Athletes)

Yes Maybe Not at this time

A workshop focused on writing, planning, goal setting, and recruiting education.

Athletes will actively work through materials using Cathi Aradi's Fastpitch Recruiting Manual, creating real recruiting tools—not just listening.

Slappers School

Yes Maybe Not at this time

A specialized program designed to teach the fundamentals of slapping, speed mechanics, bat control, footwork, and game application.

Coaches Workshop – Practice Planning & “How-To’s”

Yes Maybe Not at this time

A hands-on workshop for youth coaches covering effective practice planning, drills, structure, player engagement, and how to teach skills with confidence.

Anything Else You'd Like to Share?