

The following is a general program overview:

**Rebels Gold** monthly dues are set by the Head Coach, and due on the first of every month. Monthly dues cover the cost of game balls, insurance, field use, team marketing, and player recruitment. As a registered non-profit organization with California, Rebels Gold dues are tax deductible.

**Friendlies: 2-3 weekends a month, players will pay for friendlies before each game. Depending on the cost and player count.**

**Tournaments: All tournaments will be paid by players in advance.**

**Practice Schedule:** *A significant aspect of our program.*

- **Tuesday:** Team Practice Sessions, 6:00p to 8:00p
  - Pitchers & Catchers Bullpen, 5:00p to 6:00pm
- **Thursday:** Team batting Practice Sessions, 6:00p to 8:00pm
- **Saturday:** Hitting & Defense Clinics

**Specialty Trainers/Staff:**

- **Ernie Marez:** President SC Rebels Org., owner Rebels Gold Academy. 29 years of Gold level coaching experience in hitting, pitching, catching, fielding, conditioning instructor, and all mental aspects of training. 45 years of playing and current elite men's travel fastpitch softball player
- **Cesar Gardea:** Gardea hitting instructor, Rebels Gold coach, Corona High school coach, Hitting instructor for 15 years and 25 years coaching
- **Brett Andrews:** Andrews hitting instructor, Rebels Gold Coach, Corona High school coach, 20 years hitting instructor and 29 years coaching
- **Ashley Tapia:** Tapia pitching instructor, Rebels Gold Coach, former player, and High school coach
- **Angie Turton:** Team Operations Coordinator

**Game Schedule:**

- Friendlies 2-3 weekends per month
  - Primarily local to Lake Elsinore, Perris, and Orange County
- Tournaments 1-2 weekends per month.
  - Typically local to Lake Elsinore, Perris, and Orange County
  - We participate in prominent events (PGF, Alliance, and TCS).
- Supplemental and Premium Tournaments
  - The team budget is for one standard tournament each month. Any additional or premium tournaments are funded through fundraising and, or out of pocket.

**Homework Requirements:**

- Daily: 20 minutes glove drills
- Daily: 45 minutes of conditioning
- Daily: 100 swings (tee, whiffles, soft toss, etc.).
- Pitchers: 5X per week - 1 hour pitch bullpen.
  - Focus on mastering all pitches, change, rise, drop, screw, curve, fastball, working spin, location command and Velocity.

**Instructional Access:**

- Our facility is proud to offer private lessons at an additional cost. Lessons are based on the availability from the following trainers:
  - Coach Cesar - hitting
  - Coach Brett - hitting
  - Coach Ernie - hitting fielding, pitching, catching, conditioning
  - Dave Garcia - hitting fielding, pitching, catching, conditioning
- Private lessons offer a fully immersive experience that's uniquely tailored to your needs and skill set.

**Team Communication:**

- Most team communication is handled via email and GroupMe and Stack Team