



# PLAYER AND PARENT

- HANDBOOK -





Welcome to the Space Coast Select 30 National Training Camp  
hosted at USSSA Space Coast Complex!

USSSA Space Coast Complex is located on 85 acres near the coast of Florida, featuring 15 all AstroTurf fields, three championship stadiums and state-of-the-art HD video boards, covered seating and excellent concessions at every quad. The complex is a short drive from Florida's pristine beaches, shopping, and restaurants to make your experience full of competition and fun.

The Space Coast Select 30 kicks off on January 16th with participant check-in, evaluations conducted by ODM, Team Meet and Greet, and a Professional Athlete Panel. USSSA Fastpitch is excited to welcome you to the 2025 Space Coast Select 30 and expect this year to be one to remember!



# ABOUT SELECT 30

## Our Mission

It is the mission of the S30 program to create opportunities for elite-level, amateur athletes to showcase their skills in competitive settings and provide resources to educate and empower athletes, parents and coaches. The Select 30 Program is committed to providing athletes the necessary tools and a platform for which they can accomplish their dreams in fastpitch, education and beyond.

## Selection Process

Athletes will be invited to the Select 30 National Training camp via our All American Direct Invites (grad year 2025-2030), Select 30 nominations from years past, and invites from coach nomination process.

## The Training Camp

At the National Training Camp, players will go through an elite-level training event administered by the USSSA current and former professional players and the Select 30 Task Force. The event will be focused on player development while identifying the top talent in each participating graduation class (2025-2030) in order to identify the top athletes in each division. Training will focus on putting athletes in situations they will face in their future collegiate and professional careers including athletic testing, individual skill work, team workouts, speed and conditioning training, and classroom settings providing athletes with next level knowledge on topics such as mental training, media training, and video analysis.



# CODE OF CONDUCT

The goal of the United States Specialty Sports Association (USSSA) is to offer our members a quality product in all aspects of the USSSA Programs. USSSA is committed to providing athletes with the tools and the competitive platform by which they can accomplish their dreams in softball and in life. To this end we are committed to making the 2026 Select 30 National Training Camp a positive one, in terms of competitiveness and an overall enjoyable experience for everyone involved and that nothing which occurs during the operation of these games reflects negatively toward the USSSA and the Select 30 National Training Camp.



Parents and athletes will maintain high standards of moral and ethical conduct that includes self-control and responsible behavior. Both athletes and parents must display courtesy and good manners and consider the physical and emotional well-being of others.



Parents and athletes will not swear, use abusive language, or display disruptive behavior, including behavior that is dangerous to self or others, including acts of violence, harassment, and physical or sexual abuse.



Parents and players will respect the officials, coaches and event staff and their authority during the Select 30 Camp.



At no point will parents be allowed to confront coaches without the presence of a tournament director at a designated time and location away from any scheduled game.



# CODE OF CONDUCT



The head coach will be the sole decision maker in all aspects of the game. He/she will be the only person making the lineups, making changes to the lineup and determining all game management facets. At NO point will the parents have any say in how the game is managed or who is playing.



We give our coaches guidelines for creating lineups and doing their best to keep innings as equal as possible. Coaches are NOT held to any rules on innings played, innings played at primary or secondary positions and or line up rotations.



At NO point are parents allowed to approach coaches in an aggressive way for any circumstances.



Parents are asked to stay away from the dugout during practices and games unless of an emergency situation or asked for assistance by the head coach. All head and assistant coaches must clear a USSSA background check.

## Zero Tolerance

USSSA and the Select 30 National Training Camp has a zero tolerance for non-compliance towards any of these rules. Failure to adhere to these or any other rules and procedures as set forth in an USSSA sanctioned event may result in actions taken against the individual held responsible. Such penalties include reprimands, probation, suspension (game, event, year or multi-year) or permanent expulsion from USSSA sanctioned events.



# WHAT TO EXPECT

## Friday, January 16, 2026

Check in on Stadium Concourse. Evaluations on Stadium Field.

### Group 1: Grad Classes: 2026, 2027, 2031

- 12:00 PM – 12:30 PM | Check-In
- 12:30 PM – 2:30 PM | Player Evaluations & Metrics

### Group 2: Grad Classes: 2028 & 2029

- 2:00 PM – 2:30 PM | Check-In
- 2:30 PM – 4:30 PM | Player Evaluations & Metrics

### Group 3: Grad Class: 2030

- 4:00 PM – 4:30 PM | Check-In
- 4:30 PM – 6:30 PM | Player Evaluations & Metrics

### Evening Event (All Participants) at Space Coast Stadium

- 7:00 PM | Welcome Ceremony & Pro Player Panel

## Saturday, January 17, 2026

- Morning Session: ~7:00 AM – 12:00 PM
- Afternoon Session: ~2:00 PM – 7:00 PM
  - All games played at high school regulations (43ft. pitching distance)

## Sunday, January 18, 2026

- Morning Session: ~7:00 AM – 12:00 PM
- Afternoon Session: ~2:00 PM – 7:00 PM
- 6PM Homerun Derby (After last game of the day)
  - Fastpitch Stadium

## Monday, January 19, 2026

- Morning Game: 8:00 AM – 12:00 PM
- Select 30 Game: 12:00 PM



# WHAT TO WEAR

## Athlete Brings

- Black and White pants
- Black and White socks
- Black and White belt
- Personal equipment
  - No metal cleats permitted
- Athletes may bring:
  - (1) personal water jug – up to 74 fl. oz.
  - (1) small cooler – ice and towels only





ODM®'s mission is to help every single softball player across the nation. From the player's first and last at bat, we are determined to test and track the player's athleticism while pushing them to their best potential. Having tested over THOUSANDS of players, ODM® is the standard bearers for players' athletic development, trusted by travel ball and college coaches across the nation. ODM® is home to the only and highly regarded Allister Index.

#### **ABOUT ONDECK MEASUREMENTS**

In fastpitch softball, OnDeck Measurements (ODM) is the recognized authority in objective measurables – comprehensive raw softball athletic data. Individual objective scores and the corresponding Allister Index (AI), have become the most important objective statistical measurements in player assessment, self-evaluation, and player development.

#### **The Allister Index**

This is a measurable snapshot of a player's softball athleticism. The number is generated from the individual's scores and put into a proprietary algorithm, giving players clear, tangible and achievable goals.

#### **ODM TESTS**

##### *10-20-40 Yard Dash*

Uses a laser timing device to ensure the most accurate time, the 10-20-40 yard dash measures explosiveness and acceleration. It also gives the player their home to first time.

##### *Agility Shuttle*

Uses a laser timing device to ensure the most accurate time, the agility shuttle is a 5-10-5 yard test measuring the player's quickness, ability to change direction and body control.

##### *Swing Analysis*

A player's swing analysis consists of bat speed, hand speed, time to impact and ball exit speed.

##### *Overhand Throwing Velocity*

Measures the player's arm strength.

##### *Grip*

Testing the player's hand and forearm strength, using medical dynamometers.

#### **WHY PLAYERS NEED ODM NUMBERS**

A player can use these numbers give her a clearer idea of what she needs to do to reach her goals and which college program might be a good fit. A parent can have an objective understanding of their daughter's raw abilities, giving them a better idea of what needs attention and development. A coach can use these averages give them an idea of their teams overall athleticism and where a recruit fits.



**NCSA**  
COLLEGE RECRUITING

Next College Student Athlete (NCSA) is the world's largest and most successful college athletic recruiting network. NCSA was founded in 2000 to help educate student-athletes and their families on the college athletic recruiting process.

Today, NCSA works with families, club, high school and college coaches to help hundreds of thousands of student-athletes find their best college fit.

NCSA leverages proprietary technology and data with professional expertise and personal relationships to offer recruiting support to families, club and high school coaches, and college coaches. NCSA recruits for 34 different sports.

Since 2000, more than 200,000 NCSA clients have reported their commitment to a college team. But what really drives success for NCSA and its clients is the passionate team of former college coaches and athletes who use their firsthand knowledge and expertise to help athletes at every step in the recruiting process.





# COMPLEX PARKING

The staff at USSSA Space Coast Sports Complex is excited to welcome you and your event to our facility.

Please review the following information about each parking lot, along with tips for parking in the best location based on your visit. See our map for additional details. Note that overflow parking and lot changes can occur. Please follow onsite signs and parking personnel for changes.

- Red Lot: enter off Stadium PKWY at the northern end of the complex.
- White Lot: enter off Stadium PKWY in the middle of the complex.
- Blue Lot: enter off Stadium PKWY in front of the stadium.
- Junior Lot: enter off Stadium PKWY at the southern end of the complex the entrance is at the shipping/receiving sign.
- Fairgrounds Lot: This is our overflow parking area that is only used at approved times. The USSSA staff and signage will let you know when this lot is an option.

## Tips:

- If your game is in the red quad please park in the red lot.
- If your game is in the white quad park in the red lot or white lot.
- If your game is in the Blue quad park in the blue lot or the white lot.
- If your game is in the stadium park in the blue lot.
- If your game is in the junior stadium park in the junior lot.
- The red lot is our largest lot. It provides the largest number of spots. If you cannot find a spot check this lot.

## DO NOT!



- Do not park on the grass along Stadium Parkway at any time.
- Do not block or park at the entrances/exits.
- Do not remove cones to park.
- Do not park in the employee parking area.



# COMPLEX POLICIES

The following policies apply at all times:

- No firearms or weapons in the complex.
- No alcoholic beverages may be brought into the complex.
- No abusive behavior or foul language is permitted.
- No outside food may be brought into the complex.
- Must adhere to beverage policy.
- No bikes, scooters, skateboards, or other wheeled devices in the complex.
- The Space Coast Complex is a non-smoking facility.
- We are a dog friendly complex.
  - Leashes and Supervision: All pets must be on a leash or in a carrier and under control at all times while on the premises.
  - Animals are not permitted on any turf areas within the complex.
  - Clean-Up: Please clean up after your pet immediately. Waste disposal stations are provided throughout the complex.
  - Behavior: Pets should be well-behaved and not pose a threat or disturbance to other guests or pets. Excessive barking, aggression, or disruptive behavior may result in being asked to leave.
  - Health: Ensure your pet is up to date on vaccinations and in good health when visiting the complex.
  - Responsibility: Owners are fully responsible for their pets' actions, including any damage or injury they may cause.
- All coolers, bags, and purses are subject to search. The USSSA Space Coast Complex is managed on behalf of USSSA by the Sports Facilities Companies.



# TURF AND BULLPEN RULES

- NO metal cleats, turf shoes only.
- NO liquids of any kind, other than water.
- NO food, beverages, gum or seeds of any kind.
- NO glass bottles or containers, no outside alcohol of any kind.
- NO sharp objects, including tent stakes or chairs.
- NO smoking.
- NO pets.

## DUGOUT RULES

- NO gum or seeds of any kind.
- NO glass bottles or containers, no outside alcohol of any kind.
- NO smoking.
- NO pets.
- For everyone's safety, dugouts, bullpens and fields are for team members only! Pets, children and spectators are prohibited from these areas.

Failure to follow these rules may result in forfeiting or removal from the Complex, and other sanctions in accordance with the USSSA Constitution.

FOR YOUR SAFETY, PLAYERS AND COACHES ONLY IN DUGOUTS, BULLPENS AND ON THE FIELDS!

**ALL OTHER COMPLEX AND USSSA RULES APPLY!**



# WEATHER ALERTS

Welcome to Florida, the lightning capital of the world.

It does not have to be raining where you are for cloud to ground lightning to occur, especially around a sports complex with metal light poles, fencing, and large, open playing surfaces. If alerted by the lightning detection system horn, the warning message over the public address system, or by Space Coast Complex staff, you must evacuate the complex.

Participants and guests are not to reenter from their location of safety until the lightning warning has cleared, which will be signaled by the sounding of the horn, public address system message, and/or verbally by Space Coast Complex staff.

Guests and participants may seek shelter under the covered areas of the stadium concourse. Space Coast Stadium concessions may remain open, but all other field concessions and food trucks will stop serving during the lightning warnings to help facilitate the evacuation of the players and guests.

Scan QR Code for Space  
Coast Complex Lightning  
Detection System.





## LIVESTREAMING

Subscribe today so you can catch every pitch from the Select 30 Training Camp LIVE on USSALive.com. From select fully produced games to fields with Flightscope data inserted into the broadcast, you can watch the game on your computer, mobile phone or even your TV. USSALive is available on Apple TV, Roku, and Amazon Fire.



## LOST AND FOUND

Should you lose an item at the Space Coast Complex, we do have a lost and found. Scan the QR code to fill out the form. Please allow our facilities team time to look and respond.



# **USSSA SPACE COAST COMPLEX**



Blue Quad White Quad Red Quad

White Quad

Blue Quad

