

STIX Training Facility Rules

A Safe & Family-Friendly Environment

Waiver Required

- A customer account and signed liability waiver are required for all participants. This includes parents/guardians who wish to enter the cages with their athlete.

Youth Guidelines

- Children under 13 must be supervised unless attending camp or with a trainer.

Cage & Equipment Rules

- Batting helmets must be worn while hitting.
- DO NOT adjust or move machines — ask staff for help.
- ONLY Baden Ballistic balls are allowed in pitching machines.
- Bring your own equipment — Gear is not provided
- Baseballs/Softballs may be checked out at the front desk — Please return after use.

Prohibited

- NO Drugs, alcohol, or intoxication
- NO Profanity or inappropriate behavior
- NO Spitting on the floor
- NO Food or drinks inside cages
- NO Cleats or metal spikes inside the facility
- NO Swinging bats or golf clubs outside of cages
- NO Throwing balls outside of cages
- DO NOT touch or damage the black walls
- DO NOT remove equipment from the facility