

GIRLS' SOFTBALL - 2010

NON-REFUNDABLE REGISTRATION FEE Uniform Size: Youth S M L XL or Adult S M L

Fees: Fees payable to Borough of Washington. Borough Resident: \$35 per participant, not to exceed \$70 per family. \$10 late fee assessed after registration period ends.

Registration period: January 15th thru February 20th by mail or in person.

Enrollment may be limited at the Recreation Department's discretion

PLAYER AND FAMILY INFORMATION:

Player's Name _____ Male _____ Female _____

Date of Birth _____ Age _____ Grade _____ Phone # _____

Home Address _____

Parent or Guardian Name(s) _____

_____ Phone _____

_____ Phone _____

Email address: _____

EMERGENCY AND HEALTH DETAILS:

PHYSICIAN _____ **PHONE#** _____

DENTIST _____ **PHONE #** _____

EMERGENCY CONTACTS: (Parent/Guardians are called first)

1. _____ **PHONE #** _____

2. _____ **PHONE #** _____

PLEASE LIST ANY ALLERGIES/MEDICAL OR OTHER CONDITIONS THE COACH SHOULD BE AWARE:

*******VOLUNTEERS ARE ALWAYS NEEDED !!*******

I am willing to (circle one) coach assistant coach team parent umpire

Circle level of NYSCA or Rutgers certification held and indicate in which sport(s) certification is held:

LEVEL 0 1 2 3 Lifetime Sport(s) _____

PARENTAL STATEMENT: I/We, the parent/guardian(s) assume all risks and hazards incidental to such participation arising out of any and all activities whether the result of negligence or any other cause except to the extent and in the amount covered by excess accident and/or liability insurance held by the local league. We do hereby waive, release, absolve, indemnify and agree to hold harmless the members of the Washington Boro Recreation Department, Committee, coaches, organizers, sponsors, participants and persons transporting us and/or our child to and from sponsored activities. I/We agree to return the uniform and any equipment issued to us and/or our child in as good conditions as issued, except for normal wear and tear or agree to pay replacement costs before we and/or our child will be eligible for future participation in Boro sponsored activities.

PARENT/GUARDIAN/PARTICIPANT PERMISSION: If I, or the emergency contacts can not be reached by phone I DO give my permission for the coaches to call a doctor, send to the hospital or doctor's office in case of an emergency.

X _____
PARENT/GUARDIAN signature _____ **date** _____

Fee paid \$ _____ **Check #** _____ **Received by:** _____ **Date:** _____

Mail this form and your check to: *Washington Borough Recreation Department, 100 Belvidere Avenue, Washington, NJ 07882* [.washingtonboro-nj.org](http://www.washingtonboro-nj.org)

Welcome to the 2010 softball season! This information is helpful for parents and first-time softball players as well as returning athletes.

Washington Borough's recreational softball teams participate in the Warren County Girls' Softball Association. Each team will participate in 10-12 regular season games, including a weekend tournament. The season includes playoffs for the top teams and an All Star game for players selected from each team. The League bylaws are based on American Softball Association rules. Washington Borough plays other towns' teams from all over Warren County. There are three levels of play: Junior (Grades 2, 3 & 4); Intermediate (Grades 5 & 6) and Senior (Grades 7 & 8).

FAQs

- **Who coaches my team?** Coaches are volunteers from the community. The coach will likely need some help from other parents. For example, a coach may not conduct practice without another adult present.
- **When does the season start?** Practices may begin any time, but with limited indoor space, most coaches wait until the weather breaks in March. The season begins around April 20th. Make sure your coach knows which games you will not be available to play at least one week before the season starts.
- **What days of the week will we practice and play?** Practice days are determined by the coaches. Weekday games require teams to be on the field by 5 or 5:30 for a 6PM game. Saturday games are played in the morning. Game days vary depending on the level: Juniors generally play Tuesday and Friday. Intermediates usually play Wednesday and Saturday. Seniors usually play Thursday and Saturday. The League schedules the games.
- **What equipment do I need and where can I get it?** Hair tie, helmet, glove, sliding pad and cleats for safety. Starting at the top,

YOUR HEAD

- Cap, sunglasses, hair bands or barrettes. It's very important to keep hair and sun out of your eyes...so you can SEE the ball! Many travel and high school players keep a roll of something called "prewrap" in their equipment bag. Comes in many bright colors and is great for tying hair back. Ask for it at Allsports.
- Helmet with face guard and chin strap. This is a rule. The team has helmets, but if you choose to purchase your own, you can find them at Allsports, Modells or any sporting goods store, helmets are made by Rawlings, Nike, and other sports equipment manufacturers. If you already have a helmet, purchase a faceguard and chinstrap of the same brand to ensure it fits the helmet. Nike faceguards and chinstraps do not fit Rawlings helmets.
- If you wear braces, consult your orthodontist about protective mouthgear.
- If you wear eyeglasses, consult your optometrist to determine if they are appropriate to wear during sports.

YOUR HANDS

- Glove: Do not use a glove that is plastic. Use a leather glove that fits well, extends beyond the fingers a bit and is soft enough to squeeze shut. Don't buy a very stiff glove. There are plenty of gloves that are pre-conditioned. Allsports and other sporting goods stores have a good selection now.
- Bat: The team has bats. If you decide to purchase one, make sure it says "ASA" and that it says "Fastpitch" or "Softball" on it. It will be a metal bat. Length: resting one end on the ground, the bat should reach to the top of the leg, but this is really a preference. A little shorter is ok. The weight to length ratio should be -11. A 30" bat should not weigh more than 19 oz. A 29" bat should be 18 oz. The lighter the better in fastpitch. Easton makes good inexpensive bats.
- Batting gloves: good idea if your hands get sweaty or cold. Should fit tightly.

- Softball: Juniors and Intermediates play with an 11” softball. Seniors play with a 12” softball. This is just information. You don’t need to buy a ball, but if you do, get one at Allsports.

YOUR LEGS

- Sliding is permitted in this league. Buy a “long” sliding pad to protect the knee. It should cover from the mid- thigh and to mid-calf when pulled up over the knee. It should be a little hard to pull up, and fit snugly enough to stay up over the knee. When you try it on, stomp your foot hard with the pad in place over your knee. If the pad slips, get the next size smaller. You will wear this throughout the game. Buy sliding pads at Allsports.

YOUR FEET

- Wear cleats. Do not practice or play in sneakers. Softball cleats are plastic, like soccer cleats, but with an extra toe cleat to dig in for batting and to grab the dirt basepath. Soccer cleats are perfectly fine to use for softball, so if you’ve grown out of your soccer cleats, buy another pair of soccer cleats to save some \$\$, because you can’t use softball cleats for soccer. Buy cleats at Walmart, Modells, Sport Authority, etc.

Equipment: bottom line – supply your own glove, sliding pad and cleats. The team has everything else. Check with your doctors for teeth and eye protection. Bring sunglasses or a baseball cap and something to keep your hair out of your eyes.

- **Are there any local clinics for players?** Yes! There is a clinic planned by Washington Township Youth Association open to all players in grades 2 through 8. The players clinic is followed by a coaching clinic (conducted by the Warren Hills HS coaching staff) if you are interested in coaching. There is fee associated with these clinics. More information will be forwarded to you.
- **Who can I call if I have more questions?** Beth Uporsky is the Rec Committee liaison for Softball, as well as the League representative for Washington Borough. Feel free to contact her by email ([@gmail.com](mailto: @gmail.com)) or by phone (908 268 7204).

**Enjoy the season!
Practice hard, play well!
Be on time for practices!
Go Boro!**

Some Washington softball facts:

- *The pitching distance for 5th through 8th grade is 40 feet. The bases are 60 feet apart. Junior level of play has a pitching distance of 35 ft, with 50 ft baselines.*
- *There are two first bases in softball. One is for the first baseman’s use, the other is for the runner.*
- *Washington Borough stadium is the only softball stadium in Warren County. The dugouts used to have a doorway to locker rooms under the stadium. The field was home to a professional baseball team at one time, and players used to arrive by train.*
- *Washington Borough hosts the county-wide All Star game every year at the stadium. The senior girls play in the evening. One year the lights went out in the middle of the game. The game ended early and players’ trophy ceremony took place by car headlights!*