

November 2009



Dear ABGSL Families,

Welcome to the 27th season of ABGSL Recreational Softball. We invite you to join us for another fun and exciting season of girls softball.

Attached are registration materials for the ABGSL Spring 2010 Season, including the:

- **2010 Spring Calendar.** You will also receive a calendar with your team's practice and game schedule when the teams are announced on Opening Day on Saturday, March 6<sup>th</sup> at Fielding Field.
- **2010 Registration form.** One form must be completed and returned for **each player**.
- **Supplemental Information form.** This is kept confidential and helps us consider your daughter's particular needs when we form teams. Please use this form to request a scholarship.
- **Medical/Email/Photo Release form.** One form must be completed for **each player**.
- **Codes of Conduct form.** One form must be signed and returned for **each player**.
- **Family Volunteer form.** One form must be completed and returned for **each family**.

**Early Bird registration ends on December 31. Regular fees apply for Registrations received on and after January 1, 2010.** You must return all forms with full payment (or partial payment and an approved scholarship request) for your child to be registered and be assigned to a team. We are pleased to announce that registration fees have NOT increased from last year. Because Micro Division fees are lower, there is no difference between Early Bird and Regular fees, but register as early as possible!) Consider making a tax-deductible donation beyond your fees to ABGSL when registering; it benefits many girls whose families cannot afford the full fees.

**After your Registration Forms and Payment have been returned to ABGSL:**

- **Players in Grades 2-9 must attend one of the Player Assessments on January 16 or January 23.** These assessments are used to balance our teams and are NOT a tryout. You can register at the Assessment Days, but regular fees apply and you must arrive 20 minutes early.
- In mid-February, a **Confirmation Packet** is mailed with more information about the season.
- On **Opening Day**, team assignment and practice schedules are announced.

**VOLUNTEERS ARE NEEDED! ABGSL runs entirely on volunteer labor, which means that:**

- **Every family volunteers for a Team Job and a League Job.** Indicate on the volunteer form whether you wish to sign up for a specific League and Team Job, or whether you would like to be assigned both of your jobs at the Team Parent Meeting
- **Coaches and Managers are the most essential aspect of the League.** Without them we would not be able to function. They are exempt from other Team and League Jobs and ITS FUN! If you are interested in being a Coach or Manager, please indicate that on the volunteer form.

We look forward to another great season of softball. Please invite your friends to JOIN THE FUN!

Walt Gill  
ABGSL President



November 2009

Dear Families of Kindergarteners,

Thank you for your interest in the Albany Berkeley Girls Softball League. Softball is a great sport that builds multiple skills and requires a certain level of development. We have registered a few Kindergarteners in the League in the Micro Division in years past, and expect to continue to do so on a limited basis.

There are certain things we think families should understand when they register their Kindergartener:

- The Micro Division is structured to work for the developmental level of 1st-graders. We know that some Kindergarteners are particularly mature, and that they have the necessary ability to focus to begin learning softball skills, while others are more distractible. Families have the best ability to evaluate whether their child is ready to participate for the two hours of practice and game on Saturday mornings. Our skilled coaches can also help assess your daughter's readiness to play.
- Girls with older siblings who have played softball or baseball tend to do better than those who have not seen the game in action. (This is also true of 1st graders, but tends to be more important with Kindergarten girls.)
- All 1st graders play in the Micro Division, so if your daughter plays Micro in Kindergarten, she will remain in the Micro Division in 1st grade. This works great for some girls, and others find two years of Micro to be less challenging than they would prefer.
- Kindergarteners will be registered on a space-available basis. If we have more 1st-graders than can be accommodated on our Micro teams, we will have to ask Kindergarteners to wait until next year, when they will be first on our list for registration.

Thanks again for your interest. If you have any questions about our Micro Division please feel free to contact me at [president@abgsl.org](mailto:president@abgsl.org), or our Micro Division Commissioner, Jane Hammond at [jane@jhevents.com](mailto:jane@jhevents.com). Alternatively, you can leave a message on our hotline at 510-869-4277 and we will call you back as soon as possible.

Walt Gill  
ABGSL President

# Albany Berkeley Girls Softball League

## Registration Form (Grades 1- 9)

**Please Return IMMEDIATELY! Early Bird fees until Dec 31, Registration closes Feb 1**

**Each player's application** must include a completed:

- **Registration Form**
  - signed **Medical/Email/Photo Release Form**
  - **Codes of Conduct Form**
  - **Full payment** made payable to ABGSL, or a request for scholarship on the **Supplemental Info form**.
  - ABGSL is an all-volunteer league. **Each family** must submit a completed **Volunteer form**.
- **A separate registration form is required for each player.**
  - Team assignments are made by the ABGSL. For requests, see below.
  - Confirmation letters will be mailed in February.
  - Fees are payable to ABGSL, and include a team T-shirt, cap, photos and award.
  - **Please print legibly in blue or black ink.**

### PLAYER INFORMATION [You MUST answer all questions, including those about scheduling conflicts]

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Division:  Micro (Gr. 1- Saturday only)     Younger (Gr. 2-3)     Middle (Gr. 4-5)     Older (Gr. 6-9)

**Younger, Middle and Older Divisions ONLY: Tell us if you have scheduling conflicts (you MUST check one box):**

Can play **EITHER** M/W/Sat **OR** Tu/Th/Sat     Can **ONLY** play M/W/Sat     Can **ONLY** play Tu/Th/Sat

**If new to ABGSL**, how many years have you played organized softball/baseball? \_\_\_\_\_ Which league? \_\_\_\_\_

For Older Division players, are you an experienced:     Pitcher     Catcher

#### Parent/Guardian - 1

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip Code: \_\_\_\_\_

Phones: Home: \_\_\_\_\_ Work: \_\_\_\_\_

Cell: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

#### Parent/Guardian - 2

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip Code: \_\_\_\_\_

Phones: Home: \_\_\_\_\_ Work: \_\_\_\_\_

Cell: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

**Teammate Requests:** You may specify up to 3 friends you would like to have on your team. The League will consider requests, but *cannot guarantee* requests will be honored. Be sure to check whether friends are available on the same days of the week. Please note that Older Division friend requests are very challenging to accommodate.

Name: \_\_\_\_\_ Name: \_\_\_\_\_ Name: \_\_\_\_\_

### Registration Fees (made payable to ABGSL):

|         | Early Bird (by Dec 31, 2009) | Regular (on or after Jan 1, 2010) |
|---------|------------------------------|-----------------------------------|
| Micro   | \$90                         | \$90                              |
| Younger | \$165                        | \$185                             |
| Middle  | \$180                        | \$200                             |
| Older   | \$195                        | \$215                             |

Please consider making a **donation** in addition to your registration fee. ABGSL is a 501 (c)(3) non-profit organization, tax-id #94-2958214. Donations are deductible as allowed by law.

**Younger siblings of registered players receive \$20 discount, except in Micro Division.**

|                       |           |
|-----------------------|-----------|
| Player Fee            | \$ _____  |
| Sibling Discount      | \$- _____ |
| <b>Donation</b>       | \$ _____  |
| Total for this player | \$ _____  |

**Refund policy:** \$25 non-refundable; balance refundable upon request prior to February 1, 2010. As of February 1, 2010, no refunds will be processed due to costs already incurred by league on player's behalf.

#### For Registrar Use Only

| Division    | Date Received | Check Number | Total Amount | Registration Fee | Donation | Scholarship | Supplemental Info |
|-------------|---------------|--------------|--------------|------------------|----------|-------------|-------------------|
| Micro Y M O |               |              |              |                  |          |             |                   |



# Albany Berkeley Girls Softball League

## 2010 Spring Calendar

|            | DAY     | TIME  | EVENT  |
|------------|---------|---|--|
| 1/1        | Fri     |   | <b>Early Bird registration ends.</b> Regular fees apply to all registrations received after January 1. Registration closes February 1.   |
| 1/16       | Sat     | 8:30am- 1:00pm  | <b>Mandatory Assessment Clinics Grades 2-9:</b> Attend only <b>one</b> clinic. Registration is <b>required</b> - bring forms and fees if you have not registered.  |
| 1/23       | Sat     | 8:30am- 1:00pm  | <b>Mandatory Assessment Clinics Grades 2-9:</b> Attend only <b>one</b> clinic. Registration is <b>required</b> - bring forms and fees if you have not registered.  |
| 2/6        | Sat     | 9am- 2pm  | <b>Skills Clinic</b> (includes pitching & catching): 9:00-10:00 Younger, 10:00-11:00 Middle, 11:00-1:00 Pitchers/ Catchers, 1:00-2:00 Older  |
| 2/13       | Sat     | 9am- 2pm  | <b>Skills Clinic</b> (includes pitching & catching): same as 2/6   |
| 2/27       | Sat     | 9:00-12:00  | <b>Coaches/ Managers Welcome and Orientation Meeting:</b> (Arlington Community Church, 52 Arlington Avenue, Kensington)  |
| 3/6        | Sat     | 9:30-11:30<br>Micro/Younger<br>11:45-1:00 Older<br>1:15-3:15 Middle | <b>OPENING DAY!</b> Parents <b>MUST</b> accompany girls to sign-in and <b>MUST</b> return 30 minutes prior to pick-up for team assignments.<br><b>Coach Clinic:</b> The Coach Clinic for each Division will be held while the players participate in drills. |
| 3/8-3/13   | Mon-Sat |   | <b>Practices begin for all Divisions/ Team Parent Meetings</b>   |
| 3/13       | Sat     | 9:00-10:30am  | <b>Micro Coach/Parents Clinic (Codornices Park):</b> teaching skills & Micro drills.   |
| 3/13       | Sat     | 11:30am-1:30pm  | <b>Women-Only Skills Clinic (Codornices Park):</b> Learn all the basic skills to be able to play softball with your daughter.  |
| 3/14       | Sun     | 9am-11am  | <b>Field Lining and Scorekeeping Clinics</b>   |
| 3/21       | Sun     | 9am- 2pm  | <b>Skills Clinic</b> (includes pitching & catching): Same schedule as 2/6.   |
| 3/27       | Sat     | Times TBA   | <b>ABGSL/Albany Little League Parade and Breakfast (Albany)</b>  |
| 3/28       | Sun     | 9am-1:30pm  | <b>Coach Clinic:</b> 9:00-10:30 Younger, 10:30-12:00 Middle, 12:00-1:30 Older  |
| 4/18       | Sun     | 9am-2pm   | <b>Skills Clinic</b> (includes pitching & catching): <b>Same schedule as 2/6.</b>  |
| 5/1        | Sat     | All day/ Detailed schedule TBA                                      | <b>6th Annual Bat-A-Que</b> (Batathon & BBQ): PHOTO DAY for team pictures, ABGSL's grand party and fundraiser.   |
| 5/2        | Sun     | Times TBA   | <b>Sting Assessments</b>   |
| 5/7        | Fri     | Times TBA   | <b>Sting Assessments</b>   |
| 5/14       | Fri     | 5pm until dark  | <b>Coach/Manager Game and BBQ:</b> Adults only   |
| 5/31 - 6/5 |         |   | <b>Last Week of Games:</b> Team parties, Trophy and Photo distribution   |

### MANDATORY ASSESMENT CLINICS – Players (other than Micro Division) **MUST** attend **ONE** clinic.

These are **NOT** tryouts, but are used to balance the skills on each team. Every player in **Grades 2-9 MUST** come to one of the two clinics. Girls who have them should bring gloves, cleats and a batting helmet.

| CLINICS SCHEDULE        | Saturday, January 16 | Saturday, January 23 |
|-------------------------|----------------------|----------------------|
| <b>Younger Division</b> | 8:30am – 10:30am     | 8:30am - 10:30am     |
| <b>Middle Division</b>  | 10:00am – 12:00pm    | 10:00am - 12:00pm    |
| <b>Older Division</b>   | 11:30am - 1:30pm     | 11:30am - 1:30pm     |

### EVENT LOCATIONS

**Fielding Field** is the location for ALL EVENTS unless otherwise noted. Fielding Field is located at the north end of 5<sup>th</sup> Street, north of Harrison, in Berkeley.

**Codornices Field** is at 1201 Euclid Ave. between Eunice and Bayview Place (across from Rose Garden) in Berkeley.

# Albany Berkeley Girls Softball League

## Codes of Conduct

### ABGSL Player's Code of Conduct

As a player in the Albany Berkeley Girls Softball League I hereby pledge to:

- Play safely.
- Try to the best of my ability.
- Work hard to improve my skills.
- Listen to and follow the coaches' instructions.
- Attend all practices and games, or notify my coach if I cannot attend.
- Be a team player - cooperate with my teammates.
- Be a good sport by acknowledging all good plays, whether the player is on my team or the opposing team.
- Respect all players (no "trash talk").
- Learn the rules of the game.
- Cooperate with the umpires; respect their decisions.

*Player's signature* \_\_\_\_\_ *Date* \_\_\_\_\_

### ABGSL Parent's Code of Conduct

I hereby pledge to provide positive support, care and encouragement for my child participating in the Albany Berkeley Girls Softball League. I will remember that these games are for the girls and not the adults. I will set a good example by:

- Encouraging good sports behavior by demonstrating support for all players, coaches and officials at every game, practice or other sports event.
- Applauding good plays by my daughter's team and the opposing team.
- Providing support for my daughter so she can learn and develop new skills.
- Helping players to do their best by being involved in the League.
- Placing the emotional and physical well being of all the girls ahead of any personal ambition to win.
- Respecting the umpires and refraining from questioning their decisions, setting an example for my child to follow.
- Keeping remarks positive and constructive.
- Volunteering to help.

*Parent's signature* \_\_\_\_\_ *Date* \_\_\_\_\_

# Albany Berkeley Girls Softball League

## Medical/Email/Photo Release Form - Emergency Information & Parental Consent

**NOTE: Player will not be registered unless this form is completed and returned to ABGSL.  
COACHES: This form must be present at all practices and games involving this player.**

**Child's Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Parent/ Guardian** \_\_\_\_\_ **Parent/ Guardian** \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

### Emergency Contacts (List 2 People)

Name \_\_\_\_\_ Name \_\_\_\_\_

Relationship \_\_\_\_\_ Relationship \_\_\_\_\_

Phones \_\_\_\_\_ Phones \_\_\_\_\_

### Medical/Dental Insurance Information

Insurer \_\_\_\_\_ Group/ Policy # \_\_\_\_\_

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Dental Insurer \_\_\_\_\_ Group/ Policy # \_\_\_\_\_

Dentist \_\_\_\_\_ Phone \_\_\_\_\_

### **Emergency Treatment Information. The Above named child has these problems/prohibitions:**

\_\_\_\_\_  
\_\_\_\_\_

**Consent for Medical Treatment:** As the parent or legal guardian of the above named player, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Dentistry. This care may be given under whatever conditions are necessary to preserve the life and limb or well-being of my dependent.

**Information/Email/Photo Release:** We give permission for our family's names, address(es), phone numbers, and email address(es) to be printed on the team roster(s). We will receive a copy of our team roster(s) and, as ABGSL members, will use the information only for ABGSL-related purposes. We understand that ABGSL neither provides this information to the entire league nor publishes this information on the ABGSL website. We also give permission for ABGSL to use the email address(es) provided to send ABGSL-related information and to add our email address(es) to league-controlled distribution lists (used only for ABGSL-related information) provided that ABGSL will allow us to remove our names at any time from the distribution list. We also give permission for ABGSL to use images of the registered child and coaches in publications and literature including the ABGSL website, provided that individuals are not identified by name in such publications.

**Signature of Parent or Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_

# Albany Berkeley Girls Softball League

## Volunteer Areas

ABGSL is truly an all volunteer organization. It is run by parents and families; we have no paid staff. The League succeeds because many people put in many hours to do what's needed over the course of the season and the year. To get an idea of what's involved, take a look at the chart below. Each line lists a job vital to the League for which one or more volunteers take responsibility. The jobs are broken into areas, and the areas are supervised by Coordinators (the bold lines) who work year-round with each other and the League President to coordinate all the jobs and to make sure nothing falls through the cracks. The League President then works with the Board of Directors to resolve any issues that arise and to make sure that League operations are consistent with ABGSL's philosophy. NOT shown in this chart are the tasks done by League families who each put in a few hours of time, on request, in support of some league event or job. Altogether, this represents thousands of hours over the course of the year. We are always on the lookout for more people to share the load, because only by spreading those hours among many people can we avoid burn-out!

### **President (Walt Gill)**

- Manage League calendars
- General and strategic planning
- Work with Coordinators
- Work with Board and Committees
- Commissioners & Coaches (Micro, Younger, Middle, Older, Sting)
- Manager coordinator
- Reporter coordinator
- Recreational team formation
- Coordinate Rec and Sting Leagues
- Policy and issue resolution
- Grants
- Promotional wear
- ABGSL/Albany Little League parade
- Solano Stroll

### **Registrar/Board Secretary (Hilary Hoynes)**

- Registration database, reports & rosters
- Registration fees & scholarships
- US mailbox

### **Administration & Communication (OPEN)**

- Hotline
- Email
- Website (Sam Arriolo)
- Sponsors
- Photos & trophies
- Outreach (for players)
- Volunteer coordinator

### **Finance/ Treasurer (Ed Murray)**

- Budgets
- General ledger
- Accounts payable
- Accounts receivable
- Reporting and oversight
- ASA relations (insurance & registration)
- Contracts

### **Commissioner of Play (Michael Saaf)**

#### **Coaching Consultant: Katie Vickers**

- Player Assessments
- Player clinics
- Coach clinics
- Coach and player training materials
- Coach/manager binders
- Coach/manager orientation meeting
- Coach/manager recognition
- Scorekeeper clinic
- Field liner clinic
- Rulebook
- Umpires (adult & youth)

### **Bat-a-Que Coordinator (Lori Simpson)**

- Committee Chair
- Committee members
- Fundraising
- Communications
- Prize coordination
- Bat-a-thon
- Food
- Games
- Dunk tank

### **Field Coordinator (David Wampler)**

- Field permits
- Field scheduling
- Field maintenance
- Field development
- Relations with ASFU, cities, and UC

### **Equipment Coordinators (Bill Mack, Chris Killian, Lisa Romo)**

- Team equipment coordination

# Albany Berkeley Girls Softball League

## Family Volunteer Form

Player Name(s): \_\_\_\_\_ Division(s): Micro Younger Middle Older

Parent/Guardian Name(s): \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email Address(es): \_\_\_\_\_

**ABGSL runs entirely on volunteer labor. Every family is required to take on a Team Job and a League Job.**

You can sign up for specific League jobs using this form, as well as your interest in Coaching or Managing a team. One form must be completed and returned for each family. If you do not sign up for a specific job below, then you will sign up for both your team job and your league job at your team's parent meeting at the start of the season. Indicate below whether you wish to sign up to be a coach or manager, and whether you wish to sign up for a specific league job, or will sign up for your jobs at your team meeting.

**Coach or Manager:** Being a coach or manager fulfills BOTH your Team and League job requirements. If you sign up to be a Coach or Manager, the League will contact you before the season starts.

Name of Parent Volunteer: \_\_\_\_\_ Days available: Any M/W Tu/Th

**Coach** (please circle one): Micro Younger Middle Older

**Assistant Coach** (please circle one): Micro Younger Middle Older

**Team Manager** (please circle one): Micro Younger Middle Older

If you want to be a Coach or Manager, have you done so in ABGSL before?

Yes, as Head Coach     Yes, as Assistant Coach     Yes, as Manager     No

**League Jobs:** The League needs volunteers for some specific jobs. If you are interested in doing or sharing one of these, please check the box and the league will contact you:

Administrative Coordinator     Registrar for the 2011 season (train in 2010)

Bat-A-Que coordination team     Outreach/ Recruiting Coordinator

Equipment Coordinator     Data Entry (support of Registrar)

Photo/Trophy Coordinator     Mailbox

Reporter Coordinator     Hotline

Shop/Cook for Coach/Mgr. BBQ     Parades Coordinator (Albany Little League & Solano Stroll)

Coach/Mgr. Meeting (buy food)     Sponsorship Coordinator

**Team Jobs:** Other than the Head and Assistant Coaches and Team Manager, ALL Team Jobs will be described and assigned at the team meeting at the start of the season. At the team meeting, every family who is not already committed to a specific League job will be assigned a 4 hour portion of one of the following League jobs: **Bat-A-Que, Field Maintenance, or General** support.

We will sign up for both our League and our Team Job at the team parents' meeting.

Finally, to help us focus our outreach, **NEW FAMILIES** please tell us how you learned about ABGSL.



# Albany Berkeley Girls Softball League

## Equipment Guide

**ABGSL provides bats, batting helmets, balls, game shirts (with numbers!!) and game caps.**

### Glove

Good quality leather (not vinyl!). The best are those that are already soft and don't need to be broken in. Be sure girl's hand fits well inside the glove and she can make it open and close *at the store*. The Glove Size (this is marked on the glove) that *at least* matches the ball size of the ABGSL Division: Micro: 9"; Younger and Middle: 11"; Older: 12". Gloves up to an inch more than the ball size are fine ( \$20-30 and up).

### Shirt and cap

Provided by League before the first game. Until then, girls should bring and wear their own caps. Write name and phone number with Sharpie on all caps and sweatshirts/jackets.

### Shoes

Must have rubber cleats. Soccer shoes are permissible. (Since softball shoes are not allowed for soccer, if you're doing double duty, get soccer shoes.) Leather uppers desired over made-made materials. \$19 and up.

### Pants/Shorts and Pads

Absolutely no jeans or any pants that restrict movement, and no bell bottoms. Sweat pants, baseball pants, loose shorts are okay. For Younger, Middle and Older, you will need sliding shorts with pads underneath—these are nylon “biking” shorts with pads sewn into the hips. (All girls will be taught and are expected to slide when running bases.) Sliding shorts \$12.

### Sliding Knee Pads (Middle and Older Divisions)

Can be small rectangular knee pads (slip-on elastic) or long (knee to mid-shin), worn on the sliding leg or both legs. \$15 for one big pad, smaller ones \$5-10

### Batting Helmet

Provided by the League, but girls may buy their own for comfort and to prevent head lice. **Must have a chin-strap (elastic) and a face-mask.** If you already have one without a face mask, you can get a mask that attaches to it. \$25 + mask \$10

### Bat

Provided by the League. Some girls wish to have their own, but definitely not necessary. If you do, be certain to buy a “softball” bat, and “fast pitch,” NOT “slow pitch.” An ASA approval label makes bat usable in tournament play (i.e. Sting). Lengths should range from 26 to 32 inches and weigh between 15 and 21 ounces. Player should be able to grip bat with bottom hand at base, arm fully extended, and maintain bat parallel to ground indefinitely. *Err on the light side.* A bat too heavy—and many girls tend to go for a too-heavy bat—will forever ruin their swing. Get last year's model (or older) for value, as new bats can cost \$200+. \$30 and up

### Hair/Jewelry

Scrunchies or rubber bands to pull back hair, and keep in mind where hair must go when she puts on a helmet. **ABSOLUTELY NO JEWELRY IN GAMES OR PRACTICES** ( i.e. earrings, bracelets, rings, necklaces, watches).

### Water bottle

Each girl should bring her own to every practice and game. No sharing.

### Nearby Equipment Stores:

**Mary and Joe's** – 911 San Pablo Ave. in Albany. 525-1597. Very friendly and knowledge.

**Big 5** – 11060 San Pablo Ave. in El Cerrito. 237-3935.

**Sports Authority** – 3847 Emery Street (at 40<sup>th</sup>) in Emeryville. 450-9400.