

# Albany Berkeley Girls Softball League

## Equipment Guide

**ABSSL 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 ABSSL 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 knowledgeable.

**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.