

## Uniforms and Equipment for ABGSL, 2006

Shirt and cap -- provided by league before 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. (Sweatshirts always get shed early in practice and are often left on field. Coaches/parents are great about getting them back to rightful owner, but only if name, phone # is there!)

Glove-- good quality leather (not vinyl!). 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*. Get a glove size (this is marked on the glove) that *at least* matches the ball size of the division: Micro: 9"; Younger and Middle: 11"; Older: 12". Gloves up to an inch more than the ball size are fine (e.g. a 12" glove for a fifth-grader is fine for Middle, and can be used again in older.) \$20-30 and up.

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, often on sale.

Pants/Shorts and pads -- Absolutely no jeans or any pants that restrict movement, and no bell bottoms. Sweat pants, baseball pants, loose shorts 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/Older)-- 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 (to prevent head lice). If your girl has long hair make sure the helmet has a pony-tail hole or a rear channel. 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. (Note: The mask is easily attached if holes pre-exist near the chin strap snaps, otherwise four holes may need to be drilled.) \$25 + mask \$10

Bats-- 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, i.e. earrings, bracelets, rings, necklaces, watches. Not for practice, not for games.

Water bottle-- each girl should bring her own to every practice and game. No sharing.

Equipment bag-- makes carrying all this a little easier. Large enough to hold all your gear.

### Sources:

Mary and Joe's - San Pablo Ave. just south of Solano Ave: lots of knowledge, excellent stock  
Big 5 – San Pablo Ave. north of Manila: sale shoes, slightly cheaper prices, **no sales help at all!**  
Copeland's – El Cerrito Plaza, as Big 5.  
Sportmart – Emeryville down Hollis near Toys R Us, as Big 5

\* Note: Save outgrown shoes and gloves and donate to the league. There is a table for donating and getting used equipment at every opening and closing day. -- Goldsmith/Chin 03/03 (rev. 2/06)