

2017 BEARCAT SOFTBALL INFORMATION

- First Practice: February 27th @ HS Turf Field 3:00-5:30. Friday early release practice time 3:00 for everyone on the 1st week. After the 1st week, Friday early release practice time TBD.
- Saturday Practice: March 4th 10:00-1:00 @ HS Turf Field
- Spring all sport parent/player meeting: March 6th - 6:30-8:00 in the HS PAC (Performing Arts Center). Softball breakout 7:30-8:00, RM# 507.
- Minimum Practice Days Before Jamboree: 10
- Max # of Contests: 20 + Jamboree
- Jamboree: Saturday March 11th @ Everett
- Bearcat Camp: Saturday March 18th @ MHS Gym & Softball Field
- Little League tryouts February 4th & 11th, need volunteers to help.

Paperwork - Please get all your required paperwork completed before Monday February 27th and turned into Kathy Wallace. If you have already played a sport this year, you need to check with Kathy to see if you are signed up for Fastpitch. If you haven't you need to get an athletic packet and complete all the paperwork.

IF YOU'RE NOT SIGNED OFF BY KATHY YOU CAN'T PRACTICE

Schedule and Updates - WesCo Athletics site (www.wescoathletics.com). JV has the same game schedule as varsity unless a school does not have a JV team. For home games, JV & Varsity at the same time with a few exceptions (see the schedule), both at the HS field.

Practice

Have tennis shoes and be prepared for either an indoor or outdoor practice.

Sweats are mandatory for all practices.

All practices will be from 3:00 – 5:30. All at HS turf field for both teams.

For rain outs we will meet in RM 507. Game and practice rain outs will be announced.

Turf Field Rules – No metal cleats allowed, Water only on the field, no sports drinks or food, no seeds or gum

Water - Bring a water bottle to practice every day. The best thing you can do for yourself in the first two weeks of turn outs is stay hydrated, even in the cold. And for obvious reasons, please don't share water bottles!

Gear - Check your softball gear and make sure it's ready to go. This includes all screws on helmets, tighten the lacing on gloves and have a good pair of cleats. **NO METAL CLEATS ALLOWED ON TURF FIELD**

Bats – Bats must have either the ASA 2000 or the ASA 2004 certification mark. The NFHS governs high school softball but they go by the ASA for equipment certification. In addition to the certification mark the bat must **NOT** be on the non-approved list found here, http://www.asasoftball.com/about/certified_equipment.asp

