



Softball Programs for Grades 3 & 4

Spring (Late April - Early June) - AAA Softball 3/4

AAA Softball 3/4 teams play in the competitive Metrowest Girls Softball League and introduces player pitching and catching, stolen bases, and three outs/inning. Coaches are still allowed on the field to provide instruction and emphasis is on fundamentals and increasing situational awareness. Coaches pitch when a batter has 3 balls. An 11" soft safety softball is used at this level. Players will play all positions during the season.

Games: Two 6 inning (1 hour and 30 minute time limit) games each week on Mondays and Wednesdays at 6:00 PM. 10-12 games are played each season.

Practices: Typically one practice each week on Saturday mornings once games start. Prior to that, coaches may hold some weeknight practices based on availability of fields and players.

Where: Home games are at the Warren Fields. Away games are in surrounding towns.

Equipment Needed: A glove and a desire to have a LOT of fun! Bats and helmets will be provided for those who don't have their own. Fielding masks are encouraged for pitchers but are not required.

Registration: Opens in early October for the following spring.

Summer (Late June - Early August) - Softball Sandlot

Softball Sandlot is a fun, mixed age program meant to provide our younger and more inexperienced players with an opportunity to advance their skills during the summer. There are fun skills-and-drills activities as well as even-strength scrimmages amongst the players.

Sandlot Sessions: Two weekday evenings filled with fun softball instruction and pickup games. Mixed ages up to 10 with supervision to ensure that everyone is learning and playing at their level.

Where: At the Warren Fields

Equipment Needed: A glove and a desire to have a LOT of fun! Balls, bats, and helmets will be provided. Many players like to have their own bats and helmets - and that's fine, too.

Registration: Opens in May for each summer.

Summer (Late June - End of July) - Twin Valley League 10U Softball

10U Softball teams play in the highly competitive Twin Valley Girls Softball League. It is a travel softball division. Coaches do not pitch in this league and there is a greater emphasis on pitching and catching. An 11" standard softball is used at this level and pitchers and infielders are encouraged to wear a fielding mask. All players will play in the field in each game, but they may not play every position during the season. This is a competitive league that includes girls in 3rd, 4th, and 5th grades. Our numbers have increased over the past several years and we will likely be implementing a tryout for these summer teams in the coming year.

IMPORTANT: It is important that players who commit to this summer team are available for the bulk of the games and practices. If you know that your daughter will be away for significant time during the season, please discuss with the AYBS Softball VP (softballvp@aybsonline.org) prior to registration.

Games: Two 6 inning (1 hour and 30 minute time limit) games each week on Mondays and Wednesdays at 6:00 PM. 10 games are held each season.

Practices: One or two weekday evening practices per week. Some optional practices on weekends.

Where: Home games are at the Warren Fields. Away games are in surrounding towns.

Equipment Needed: A glove and a fielding mask and a desire to have a LOT of fun! Bats, and helmets will be made available for those who don't have their own. Softball pants are recommended because sliding is introduced.

Registration: Opens in late April or early May for that summer.

** Please note that 5th grade girls born between January 1 and August 31 are age eligible for 10U softball. Placements will take into account a player's age eligibility.

Fall (September - Late October) - AAA Softball 3/4

AAA Softball 3/4 "Fall ball" is a recreational travel division and spring rules are used.

Games and Practices: One 6 inning (90 minute limit) game on Saturdays (4:00 PM-ish)

Practices: Typically one weekday evening practice each week.

Where: Home games are at the Warren Fields. Away games are in surrounding towns.

Equipment Needed: A glove and a desire to have a LOT of fun! Bats and helmets will be provided for those who don't have them. Fielding masks are encouraged for pitchers and infielders but are not required.

Registration: Opens in late spring for the following fall.