



Softball Programs for Grades 7 & 8 (and 9)

Spring (Late April - Early June) - Seniors Softball 7/8

Seniors Softball 7/8 teams play in the competitive Metrowest Girls Softball League. At this level, most of the players have a solid understanding of the game and have several seasons of experience. Emphasis is on skill development/improvement, situational awareness, communication, and strategic thinking. Players can play for both the Middle School team and Seniors Softball 7/8 if they'd like.

Games and Practices: Two 6 inning (1 hour and 45 minute time limit) games each week on Tuesdays and Thursdays at 6:00 PM.

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, a fielding mask, a pair of softball pants, and a great attitude! Bats and helmets will be available for those who don't have their own. Fielding masks are encouraged for pitchers and infielders, but are not required.

Registration: Opens in early October for the following spring.

Fall (September - Late October) - Seniors Softball 7/8

Seniors Softball 7/8 "Fall ball" teams play in the Charles River Softball League. The rules are the same as spring.

Games and Practices: Two 6 inning (1 hour 45 minute time limit) games on Sundays mornings (doubleheaders)

Practices: Typically one weekday evening practice each week if schedules allow.

Where: Home games are at Hunt Field (AMS) or Stone Park.

Equipment Needed: A glove, a fielding mask, a pair of softball pants, and a great attitude! Bats and helmets will be available for those who don't have their own.

Registration: Opens in late spring for the following fall.

Summer (Late June - End of July) - Twin Valley League 14U** Softball

12U Softball plays in the highly competitive Twin Valley Girls Softball League. It is a travel softball division with a regular season and playoffs. A 12" 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 5th, 6th, and 7th 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. With this in mind, coaches do not schedule mandatory weekend 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 and Practices: Two 6 inning (1 hour and 45 minute time limit) games each week on Tuesdays and Thursdays at 6:00 PM. 10 game season with playoffs during last week in July.

Practices: One or two practices each week on weeknights. Optional practices on weekends held by some coaches.

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

Equipment Needed: A glove, a fielding mask, a pair of softball pants, and a great attitude! Bats and helmets will be available for those who don't have their own.

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

** Please note that 7th girls born between January 1 and August 31 are age eligible for 12U softball and 9th grade girls born between January 1 and August 31 are age eligible for 14U softball. Placements will take into account a player's age eligibility.