

Girls' Softball

Tryouts for the Cabin John Girls' Softball Team are from September 3, 4, and 9. How many players make the team depends on the skills and attitudes on display during tryouts. Experience playing softball **is not** a requirement; however, it will certainly help if you demonstrate that experience with a positive attitude and good conditioning. There will be many girls trying out for the same position. Be willing to attempt a new position in order to better your chances of making the team. Have two water bottles at every session and come to the diamond dressed appropriately. Shirts need to have sleeves and shorts must come to just above the knees when standing. Bring a light jacket and sweat pants just in case. Remember, this is softball...not a fashion event ☺. If you do not have a glove let me know in advance. Below are the criteria for selection. Note that some of these are “intangibles.”

- Hustle during every moment of tryouts, which is expected for every practice and game
- Stamina throughout tryouts
- Your individual speed running the bases and making defensive plays
- Ability to hit the ball with both power and to locations consistently
- When to “take” pitches
- Understanding situational base running as well as fielding (including)
 1. when to tag-up
 2. when to hold up
 3. when to force an extra base
 4. when to hold a ball and not make a throw
 5. when to run the ball into the infield
 6. which base runner is the most dangerous
- Speed and accuracy of throws within the infield and from the outfield
- Understanding cut-off throws
- Possessing a positive attitude
- Encouraging others
- Showing respect to the game, teammates, opponents, coaches, and self

We do not expect all of you will enter tryouts with every skill mastered; bring what you have and what you know and do your best. Do not give up after one bad day or get too excited over one great day. This is a three day event, possibly more. Have fun and come prepared.

-Coach Unger and Coach Hass

My parent(s)/guardian(s) and I understand the evaluation process:

Signature of student and parent/guardian