

FUN, FITNESS & FAIRPLAY



**ALDERWOOD
SOFTBALL**

SINCE 1949

**PARENT GUIDE
to
SOFTBALL**

TEE BALL

ROOKIE BALL

COACH _____

TEAM _____

Is Your Child Ready for Fun

This is a guide to make sure your child gets the best out of Softball. This will also let you prepare and fit your child with all the equipment you need. Sizing is important so that the player can get the best results.

Make sure the players have the proper equipment



Choosing the Right Glove

A glove that's is too big and heavy can hinder the player from catching. A glove too small will have the same effect and cause injury. The player must be able to close the glove with their hand, so that the ball does not fall out.

Breaking-in the Glove

When the glove is not being used you should position a ball in the pocket and tie the glove closed with a string or a rubber band around the outer perimeter.

CREATING THE POCKET



This will help mould the glove to hold a ball. With a new glove Spray but do not soak the inside and outer part of the glove with water, this will help mould the leather glove. When the glove is completely dry you can use a leather oil to soften the leather but do not over oil your

glove! Twice a season is sufficient! Allow the glove to dry thoroughly for 24 hours. After every use wrap the ball in a glove and store in your personal equipment bag. This will make it easier for your child to catch the ball because of the pocket you created and make them feel great about catching the ball.



Choosing the Right Bat

A great bat will not turn a poor hitter into a great hitter. If the player's hitting mechanics are all wrong, no bat will help. Today you will find bats designed specifically for Tee Ball and Rookie. We advise that the lighter the bat the better. Player's need to be able to generate enough bat speed to effectively hit the ball. As a rule of thumb, aluminum bats are lighter than wooden.

When shopping for a bat, have your child hold the bat straight and to their side out (parallel to the ground) with their "hitting" hand. If the player cannot hold the bat straight out for 5 seconds or so without the arm starting to shake and the bat dropping, it's too heavy. This is a good exercise to also develop batting arm strength. It also helps in hitting the ball straight off the tee or from a pitch. Please note that even though the league supplies team bats, your bat may be best for your child. All bats are shared by everyone on the team.

Here is a basic guide for determining a bat for a player which can be obtained at any sporting outlet. Expensive bats are not always best for Newbeez.

WIEGHT	HEIGHT of PLAYER			
		36"- 40"	41"- 45"	46"- 48"
	40 lbs or less	24"	25"	27"
	41- 50 lbs	25"	26"	27"
	51- 60 lbs	26"	26"	27"

Choosing the Right Helmet



Helmets will last a player for a few years so it is important to get the right size with a chin strap.



Helmets cost \$20 and up and you may want to consider adding a cage for your child's face and

teeth protection.

Most players wear their ball cap under the helmet so take along a cap when shopping. There is also side adjusting helmets which may allow a player to use the same helmet for many years to come. Chin straps are mandatory for all players. It prevents the helmet from falling off when running from base to base.

Other Important needs for the game

Jock or Jill – You should make sure every player has their own Jock or Jill for their protection. You can find them in Canadian tire, Walmart, or any sporting store but remember not every store carries small sizes. If you find a place let other parents know.



Uniforms – The league supplies a hat, shirt and shorts for younger players and pants for the older kids. We strongly recommend the players put their name in their hats and personal helmets. For footwear the use of running shoes is all that is required at any age. If a player wishes to use baseball shoes they must be free of sharp cleats. It is mandatory for all players to wear their issued uniforms

Extras

Batting Gloves – These gloves may hinder younger kids but they are used by older kids to prevent vibration from the bat hitting the ball.

Softball – To get the best results you should use nothing bigger than a tennis ball to allow the player to be able to catch and hold on to and throw. Using a larger ball will discourage the player as it becomes too hard to hold onto. The league supply's and uses a nine inch softball not a hardball.

Equipment bag – These can be very useful to keep your child's gear together and not scatted all over your house. Your uniform can also be stored along with your hat.