Central Valley Girls Youth Softball Item List

**Items provided by the league:**

* **Uniforms**
	+ *Pants*
	+ *Shirts*
	+ *Socks*
* **Catchers Gear**
	+ *Chest Pad*
	+ *Knee Pads*
	+ *Mask*
* **2 Team Batting Helmets**
* **2 Team Fielding Masks**
* **Team Bat**

**Thing’s we are encouraging Parents to buy:**

* **Fielding Glove**
* **Fielding Mask**
	+ *Make sure it’s a good fit, a moving mask prohibits on-field vision.*
* **Batting Helmet**
	+ *Make sure it’s a good fit, a loose helmet can cause problems at the plate. A cage on the mask helps to prevent facial injuries.*
* **Bat**
	+ *While we do have Team Bats, not all girls will be comfortable with the Team Bat size, finding the right fitting bat can really help at the plate.*
* **Cleats**
* **Batters Gloves**
	+ *Not a requirement by any stretch, they can help the girls keep a stronger grip on the Bat and prevent blisters; especially useful for girls just starting out or girls with powerful swings.*
* **Bat Bag**
	+ *Now that you have all this softball equipment, you’ll need a Bat Bag to help carry it to and from the field, it also helps keep everything in one place at home!*
* **Chest Protector/Sternum Guard**
	+ *These come as shirts and help protect your child’s heart during the game. We encourage all girls to wear one.*