

Johnston Girls Softball Association (JGSA)



Recreational (Rec) League Softball

What is Rec League Softball?

Rec League softball is affiliated with Little League and is an educational softball program lead by JGSA designed for girls of all skill levels ages 6U through 12U.

Why participate in Rec League Softball?

JGSA encourages girls who want to continue to learn the game, build skill sets, and have fun to play Rec League softball. The Rec program is designed to provide an educational platform that focuses on player development to better learn the game of softball, while giving girls exposure to game situations. Our volunteer coaches are experienced and skilled in the game, focused on teamwork, and sportsmanship.

What to expect?

Tryouts – Girls are expected to attend tryouts that consist of fielding ground balls and fly balls, as well as hitting drills. Pitching tryouts will also occur at the end of the tryout session. If a player is unable to attend her designated tryout session, she will be assessed based on her previous softball experience.

Spring Season – Teams will participate in skills nights, team practices, and games at Lew Clarkson from late April through early June, with 10U and 12U teams playing a total of 12 games to fulfill eligibility requirements for the Little League All-Stars Tournament team. Younger age groups may play one game per night, while the older age groups usually play double headers.

Who is eligible to play?

Any girl who is interested in playing softball and building lasting friendships, who is age 12 or under on January 1 of that year, is eligible to play.

What age group would my daughter fit into?

A Rec League season includes a spring season (typically April-early June). Age qualifications include:

- 14U – must be 14 years old or younger as of January 1 of that year
- 12U – must be 12 years old or younger as of January 1 of that year
- 10U – must be 10 years old or younger as of January 1 of that year
- 8U – must be 8 years old or younger as of January 1 of that year
- 6U – must be 6 years old or younger as of January 1 of that year

Who will select the teams?

Head coaches and/or assistant coaches are required to attend tryouts to analyze the skill levels of the players, and then participate in the player draft to select their teams. The intent of the player draft is to evenly spread players with various skill levels across all teams to ensure competitive balance between the teams to enhance the experience for all players.

How many teams will there be in each age division?

We will field as many teams as there are coaches and players interested. Generally, there will be multiple teams in each age division.

What does it cost to play on a Rec League team?

Typically there is a registration cost of \$105 for 6U and 8U, and \$125 for 10U and 12U. Families will also need to purchase a team t-shirt directly from Nike/Gear Up Sports for approximately \$15 for each player.

How are coaches selected for Rec League teams?

Individuals interested in being a coach or assistant coach for a Rec League team must complete and submit an application to the JGSA Board and be approved. In addition, all coaches must attend a coaches' clinic and first aid training prior to the start of the season. All coaches, assistant coaches, and team parents must complete a background check before team activities begin.

How do I get started and what if I have more questions?

Visit the JGSA website to learn more: <https://www.johnstongirlssoftball.org/>. Please contact any member of the Board with additional questions. A list of board of directors and contact information is available on the JGSA website.