

ENERGETIC 8'S

1. **What is the Deep Run Energetic 8's program?**

This team is instructional by design, and the goal is to prepare a group of girls to play at advanced levels of play (VIGS Sunday Select, Travel). In 2008 only girls born between January 1, 1999 and December 31, 1999 are eligible for play on this team. Providing age appropriate opponents can be found, some games will be arranged usually with local teams like Lenape, Doylestown, North Penn etc. Some away games may be held at those locations.

2. **How and when is the team(s) formed?**

Tryouts are held in early spring. On-Line registration for tryouts will be available at www.drsvsa.org starting in January. All eligible players are encouraged to come to tryouts. It is the goal of Deep Run to field at least one team each year. A second team could be considered depending on interest and ability.

3. **How long is the season, and how many games/tournaments will there be?**

Some indoor practices may be held starting in February. Outdoor practices will be held once the weather breaks in early to mid April. The season length will depend on the coach and the desire of the team. Generally the season will run concurrent with the intramural season April thru June. As mentioned above games will depend on the amount of appropriate opponents we can find but will usually not exceed one game per week. Tournaments are usually not available at this age.

4. **What type of commitment will be needed from a child and the parents?**

Participation in the Deep Run Energetic 8's program requires a time commitment from the player AND her parents(s) during the season. There will usually be one practice a week and when available a game often held on Sunday afternoons. This level of play requires dedication to the game, practice at home is desired, and a season long commitment to playing on a Deep Run Intramural team is required in addition to play on the Energetic 8's. This program gives a girl the opportunities to prepare to play at the VIGS Sunday Select, Travel Teams, and possibly play at the High School level, and beyond. Parents will be expected to help as requested by the coach at practices and games. Parents also are expected to assist with the fields, snacks, and other duties when requested by the coach. Coaches, Parents and Players are always expected to follow the Deep Run Lady Lightning Softball Code of Conduct.

5. **How important is it for my child to attend all practices and games?**

Very Important! It is expected that all players will attend all games and practices. It is discouraging for a coach, and the other players not to have all players attend a practice or a game. However, it is understood that children get sick, and that there are reasons they occasionally cannot attend a scheduled activity. Some conflicts with school functions and religious activities are unavoidable, and efforts will be made where possible to set training session times so that all can attend. In the spring/summer, the player's primary sports obligation should be to Deep Run Energetic 8's Team. If your child cannot attend a practice or a game, you are asked to call/email the coach and let them know. However, if you anticipate that your daughter will attend a significant number of practices/games, you may want to reconsider having her tryout for the team. It is not fair to the coach, the team or your daughter for her to consistently miss practices or games since she will not develop the skills the other players have developed and her play will suffer. Her playing time may be reduced, and her status on the team may be jeopardized.

6. **How much travel is there?**

Not too much! Half of the games will most likely be at Deep Run. The remaining games are within a short driving distance. Teams in the past have included Doylestown, Harleysville, North Penn, Souderton, Towamencin, and Richland.

7. **What will the costs be?**

Cost will be in addition to the Deep Run fees for the Intramural program. In 2008 the cost for the program will be \$40.00 including a uniform. In addition you must pay the Intramural fee of \$75.00, and the Club Family fee of \$150.00.

8. What equipment will my daughter need?

You need to have a glove and softball cleats (soccer cleats can be worn). While sliding at this level is a not a requirement, learning and attempting to slide during a game will be strongly encouraged therefore, sliding shorts and sliding pads should be considered. Some players at this level have there own helmets and bats (They must meet safety requirements). You will receive a uniform as part of your membership fee.

9. What equipment is provided by Deep Run?

Deep Run will provide bats, balls, and batting helmets, catchers' equipment (helmet, mask, throat & chest protector, shin guards) will also be provided.

10. How are the teams managed?

Deep Run Softball will choose from a pool of volunteer coaches with the best overall experience and skill levels available. At the Energetic 8's level it is our goal to field the best teams possible, and win games, with instruction always the main focus. Your daughter will be trained regularly and encouraged by the coaches to play well with good sportsmanship. Winning is a product of training, conditioning, and good play. As your daughter moves into older age groups winning does become more important, and player decisions will be made with winning in mind. At this level coaches will try to even out playing time as much as possible so that all players get game experience and develop a love of the sport. However, there will be situations that will arise where the better players are kept in the game while others may get less time in the game. Added time for the other players is usually given when the outcome of a game is no longer in doubt. Please rest assured that our goal and intention is to develop ALL of the players on the team. If you have any issues with the way a team is being run talk to your daughters coach off the field. Explain your concerns to him/her. If together you are unable to resolve a problem, please contact the Intramural Softball Commissioner. If further discussions are necessary you may contact the Softball Commissioner.

11. How can I help?

Please remember Deep Run is for the most part 100% volunteer, we are always looking for help! Step up to the plate and pitch in when requested or even better volunteer before being asked. Feel free to let Jeff Koenig (3koenigs@comcast.net) know of any issues, or suggestions you may have, but be prepared to help us solve, or implement them!

12. Who can I contact if I have further questions on the ENERGETIC 8's program?

Please contact the Intramural Commissioner Jeff Koenig at 3koenigs@comcast.net