

ENERGETIC 8'S

1. What is Deep Run's Energetic 8's Program?

The team is instructional by design and the goal is to prepare a group of girls to play at advanced levels of play (e.g., VIGS Sunday Select, Travel). In 2010, only girls born between January 1, 2001 and December 31, 2001 are eligible to 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 these locations.

2. How and when is the team formed?

Try-outs 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. Please check the above website for specific dates and times.

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 through June. Games will depend on the number 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 my child and me?

Energetic 8's requires commitment from the player and her parent(s). There will usually be one practice a week and, when available, a game often held on Sunday afternoons. In addition, a season-long commitment to playing on a Deep Run Intramural team is required to play on the Energetic 8's. This program gives a girl the opportunity to improve and advance through the intramural program age groups, VIGS Sunday Select, Travel, High School, and beyond. Parents will be expected to help as requested by the coach at practices and at games. They are also expected to assist with field maintenance, snack stand duty, 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.

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

Very! It is discouraging for the team not to have all players attend all games and practices. It is not fair to the other players, the coach, or your daughter for her to consistently miss practices or games since she will not be able to develop the skills the other players have developed and her play will suffer. However, it's understood that children get sick and there are bonafide reasons when they cannot attend an event. Some conflicts are unavoidable and every effort will be made to set training session times so that all can participate. If your child cannot attend a practice/game, you are asked to please email/phone the coach so that they may plan accordingly.

5. 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. Opponents in the past have included Doylestown, Harleysville, North Penn, Souderton, Towamencin, and Richland.

6. What will the costs be?

Costs will be a small addition to the Deep Run fees for the Intramural program and Club Membership. In 2010, the cost for the program will be announced once the amount of required fees for gym rental, umpire costs, etc. are determined.

7. What equipment will my daughter need?

She will need a glove and cleats. While sliding at this level is 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 girls have their own helmets or bats. These are perfectly acceptable, as long as they meet safety requirements.

8. What equipment is provided by Deep Run?

Deep Run will provide bats, balls, batting helmets, and catcher's equipment (helmet, mask w/throat protector, shin guards, and chest protector).

9. How are the teams managed?

Deep Run 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 which are properly instructed to win games. Your daughter will be trained regularly and encouraged by the coaches to play well with good sportsmanship. 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 arise when the better players are kept in a game while others may get less playing time. Added time for the other players is usually given when the outcome of a game is no longer in doubt. But, 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 daughter's coach off the field. Explain your concerns to him/her and, if need be, include the Division Director. If, together, you are unable to resolve a problem, please contact the Softball Intramural Player Agent or Commissioner.

10. How can I help?

Please remember that, since Deep Run is virtually 100% volunteer, we are always appreciative of your help! Step up to the plate and pitch in or, better yet, volunteer at any level.

15. Who can I contact if I have further questions on the Intramural program?

Please contact the Deep Run Softball Player Agent, Chuck Files, at chuckfiles@verizon.net or the Intramural Softball Commissioner, Ken Lynch, at alpenwasser@yahoo.com.