

VIGS SUNDAY SELECT TEAMS

1. What is VIGS Sunday Select Softball?

First we need to explain what VIGS is! VIGS stands for Valley Intercommunity Girls Softball. It is a non-profit organization dedicated to recreational girls fast pitch softball. VIGS member organizations include recreational softball leagues from Deep Run Valley, Doylestown, Harleysville, Lenape Valley, Nor Gwyn, Montgomery, North Penn, Souderton, Towamencin, and Richland among others. For more information on VIGS please check out their website at www.vigs.net.

The Deep Run Sunday Select teams are formed from the Deep Run intramural players who desire to play at more competitive level than the intramural program can provide, as well as additional games. It is a requirement of the VIGS rules that members of a Sunday Select team must also play on a Deep Run intramural team thru the entire season. Depending on the interest and talent levels available, teams will be fielded at 8U, 10U and 12U Levels.

2. How and when are teams formed?

Girls must tryout each year for the team. Current players can be cut to make room for players with better skills. Any interested player is encouraged to come to tryouts. It is the goal of Deep Run to field one team in each age group. A second team at an age level could be considered depending on interest and ability. Tryouts for each team are held in September or October. On-Line registration for tryouts is available at www.drsvsa.org starting in August.

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

Weekly indoor practices will start in early February, and the season runs from April through the end of June. Games are scheduled on Sunday afternoons usually starting at 1:00 PM or 3:00 PM. There are

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

Deep Run Sunday Select Softball requires a time commitment from the player AND her parents(s) during the season. There will usually be one practice a week and a game on all Sunday afternoons (except for Memorial Day weekend), and two weekend local tournaments. 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. This program gives a girl the opportunities to prepare to play at the travel team level, 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. Travel players may not play in the VIGS Sunday Select program.

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 Sunday Select 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 Sunday Select 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 are generally at Deep Run. The remaining games are within a short

driving distance. Teams in the past have included Doylestown, Harleysville, Lenape Valley, Nor Gwyn, Montgomery, 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. The fee will cover a complete uniform, indoor gym time, umpires fees, team equipment, and membership in VIGS. In 2008 the cost for the VIGS Select Program is \$65.00, in addition to the Intramural fee of \$75.00. The Deep Run Club Family fee of \$100.00 is collected whenever a family registers for the first time, or the first sport registration of the calendar year. Tournament entry fees will be collected separately and per player when teams decide to play in tournaments

8. What equipment will my daughter need?

You need to have a glove and softball cleats (soccer cleats can be worn). Since sliding at this level is an ability that is expected of the players, sliding shorts and sliding pads should strongly be considered. Some players at this level have their 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 Sunday Select level it is our goal to field the best teams possible, and win games (but not at all costs). 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. A coach 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 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 Marae Benner, Softball Commissioner (drvsaladylightningcommish@drvsa.org) 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 Sunday Select program?

Please contact the Marae Benner, Softball Commissioner at drvsaladylightningcommish@drvsa.org