

## FLAFA – NEW TO SOFTBALL

If you are new to Fastpitch Softball, this document will provide you with information about the various options available for players - including time commitment, competitive level, and structure. FLAFA serves girls from age 6-16. Traveling Softball includes league games and practices on weeknights and tournaments on weekends. The Summer season runs from April through July.

Traveling Fastpitch levels: 8U (8 and under), 10U (10 and under), 12U (11-12 years old), 14U (13-14 years old) and 16U (15-16 years old).

### WHAT IS FASTPITCH SOFTBALL?

Fastpitch softball is a competitive form of softball and is the same sport you see in high school and college competition. Fastpitch softball differs from slow-pitch softball in that the pitchers deliver the ball with a speedy windmill motion as opposed to a slow, looping motion. Slow-pitch softball is offered in some youth programs and adult leagues but fastpitch is the competitive sport girls advance to as they get older.

### HOW DO I GET STARTED?

Many players start by playing T-Ball at a young age. See below for information on how to get started.

1. **Explore this website.** This site contains information besides what is on this page, and you can get a small flavor of the differences in rules and atmosphere in the different programs.
2. **Read the Handbook.** The FLAFA Handbook has detailed information about the program. The Handbook is available under the Parents Tab.
3. **Talk to a Board Member or other program participant.** This is a great way to learn more. You can contact a Board Member by accessing the "Board" page on this site and clicking a link to email a Board Member.
4. **Attend the winter skills clinic.** The winter skills clinic is to help players develop their skills and to assist them in choosing which level of play they are interested in.
5. **Start with Fall Ball.** Fall Traveling Softball is a low-pressure option to give traveling a try. The season is short (games on weekends only during a season that lasts slightly more than one month) and is focused on player development. (~Sept)

**\*\*Scroll to second page for more info\*\***

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## SOFTBALL OFFERINGS

PROGRAM	8U LEAGUE ONLY	TRAVELING
	8U	10U-16U Traveling
Registration Period	Registration closes late February	Registration closes around the end of September / Beginning of Oct following fall ball.
Ages	6-8 (as of 12/31 of the current year)	9-16 (as of 12/31 of the current year)
Time commitment (games/practices combined)	2-3 days/week	4+ days/week
Competitive Level	Fun and development with moderate competition	Moderate to high
Game Days	TBD	10U (Tues/Thurs), 12U (Mon/Wed)
Pitching	Machine Pitch	Player Pitch
Practices can begin	Early April	Late March / Early April
Season begins	Late April	Late April
Activities	1 League game week, 1 optional Tournament	League games and tournaments
# Tournaments	TBD	3-4 In Season + State Qualifier > State (Nationals Optional)
Cost	\$155	10U - \$360, 12U - \$385, 14U-16U - \$410