


# OUR OBJECTIVE

This is an over 30 Women's Slow Pitch league, (players should be at a minimum 30 yrs old by July 1st). This is a non-competitive over 30 social league. We have all types of players from never played before to experienced players, we do not have umpires (we use a strike zone mat for balls and strikes) and welcome players at all skill levels.

We try very hard to make sure teams are as even as possible. The league is more to let women get out at the end of the week, exercise a little, hang out with old friends or family, make new friends, get some me time without kids &/or significant others (unless

they choose to have them come )

This league is not meant to be a hard core competitive league, (although competitiveness is natural) we are not out to “beat” each other up. Some rules are modified from the standard slow pitch rules to accommodate our mission for the league. The **PRIMARY** goal is to have fun, socialize and play safely.

We would assign you to a team, unless of course you know some current players and we would try to match you up with them providing there is room on the specific team (returning players take precedence over adding new players to teams). There are no tryouts, our league is more for fun than anything else. We usually put 15-20 players per team to allow for vacations, work, and kids ect.... Practices are determined by the coaches.

The league runs from the beginning of July until the end of September on Friday nights, games start promptly at 6pm. We always play at the FHRC Complex, 21 Rock Spring Church Drive Forest Hill. Md. We typically try to play 2 games (subject to change) before it gets dark. At the end of the season we hold a league party with the men's over 30 league that also plays on Friday nights. Our Women's league in conjunction with the Men's Friday night league comprises the Forest Hill Adult League. **ALL players are welcome and are encouraged to come to the pavilion and socialize with other Adult league players after the games.**

League cost is \$30 and we have league shirts, for a small fee, you will need to purchase (from the league or coach), once assigned to a team. All players should have a league approved shirt to include league logo (on front), name & unique number on the back.

Our league was established in 2009 and has an average of approx. 120, over 30, women playing each year.