

# The Birmingham Bobcat Softball Club 2013



Welcome to the Birmingham Bobcats!

Thank you for your interest in the Birmingham Bobcat Softball club. We have a very exciting year ahead and we would be delighted if you would join us. The following pack includes information about Softball and the Bobcats.

## What is Softball?

Softball first started in the late 19th century as an indoor version of baseball. It has changed a lot since then - you will have noticed the ball is no longer soft. The Bobcats play a version of softball called slow-pitch 'co-ed' (male and female players), which is suitable for all abilities. It is an extremely social sport – team spirit is key. Slow-pitch softball is growing swiftly in the UK - there are 24 teams in Bristol and 30+ teams in Manchester. The teams are graded due to their appropriate skill level from A to D and Recreational. The Bobcats are C/D level. Tournaments of all levels are held outdoor throughout the UK from April to October. Aside from tournaments there are also Leagues, which are held between local or regional teams. These can be competitive, friendly or both!

## Who are the Birmingham Bobcats?

The Birmingham Bobcats Softball Club is a volunteer-led club based in Edgbaston. The club consists of 40+ members of all ages, nationalities and backgrounds. The Bobcats are the only softball club in the city and are leading the way in the sport in the West Midlands. The Bobcats were established in 2010 and are increasing in both popularity and membership. In February 2012 the Bobcats were awarded the British Softball Federation's President's Club Award for substantial club development.

## Bobcat website, blog, FaceBook and twitter:

The Bobcats have a strong internet presence. For all the information about the Bobcats in general please visit our website: <http://www.westmidsoftball.com/> For latest training developments visit our facebook page [Birmingham Bobcats Softball Club](#). And for general & social recaps visit our blog <http://birminghambobcats.blogspot.co.uk/>

## Who runs the Bobcats?

The club is run by a committee of dedicated and enthusiastic volunteers. The 2013 committee include the following:



- **Jeff Nash, Chair:** The Chair is the principal representative and spokesperson of the club and is responsible for the overall management and strategic direction of the club.
- **Kate Green, Secretary:** The Secretary is responsible for appropriate and accurate documentation of the club.
- **Debbie Evetts, Treasurer:** The Treasurer oversees the accounts and ensures the financial stability of the club.
- **Sapin Patel, Operations Manager:** The Operations Manager is responsible for the general operation of the club (venues, equipment, coaching etc)
- **Sheila Nash, Tournament Coordinator:** The Tournament Coordinator is responsible for keeping the website up-to-date with the planned tournaments, publishes the logistics, and makes sure each tournament has a captain.
- **Jayne Welsh, Player Representative:** The Player Rep is responsible for listening to suggestions and concerns of the players and discussing possible solutions with the committee and then putting those solutions into action.

## Training Sessions

Training sessions are held every Thursday night at Hallfield from April to October, when not in conflict with League games. (See website for location map). We also hold indoor training sessions in the winter.

## League Games

League games are planned for June, July, and September (August will be used for make-up games). The Birmingham Softball League (BSL), a separate organisation, will organise the game schedule, umpires, logistics, and statistics.

## Membership

If you would like to join the Bobcats there is a membership fee. This fee includes training sessions and league games. Please speak to our treasurer for details.

## What equipment do I need?

The club has a few loaners that can be used when trying out the sport, but upon becoming a member, we encourage you to purchase a starter kit from the club for very reasonable price. Please speak to a committee member for details.

## Do I need a uniform?

Not required, but it's nice to have the basic team t-shirt for league or tournament games. During practice, any comfortable clothes appropriate for playing are fine. We have an arrangement with an online vendor where you can purchase either the basic shirt or any other additional items you might like. This gives you full control of size and additional embellishments you may want (see website for details). Shoes can be trainers or rubber-studded boots.

## Who are the Coaches?

The Coaching team is led by the Head Coach, Sapin Patel. The assistant coaches include Meg Gallahan, Pete Burgess, Tad Ukai, and Jeff Nash.



Sap



Meg



Pete



Tad



Jeff

## What happens at Tournaments?

The Bobcats enter general tournaments every year (see website for the 2013 planner). If you want to attend any of these tournaments please follow the instructions online to sign-up. Here are a few details:

- To give fair playing time, there is a limit of 14 attending a tournament. We prefer that this be 7 men and 7 women, but the minimum is 5 of each sex.
- Chair – there can be some waiting around so a fold up camping style chair is a good idea.
- Food & Drink – sometimes there are food vans but better to bring your own food and drink.

NOTE: The membership dues do not include the cost of tournaments. The cost is £10 per tournament day.

## Who are the Umpires?

We have some trained umpires as members, but the league will provide umpires needed for league games. If you are interested in becoming an umpire, please see Alex Levine. Umpires usually get paid a nominal fee for each game.

## Is there a Softball governing body?

Yes. There is a quango attached to SportEngland called BSUK (Baseball Softball UK). You may meet Will Lintern at training sessions – he is our Midlands Regional Representative – and also the GB Junior Baseball Coach. A branch of BSUK is BSF (British Softball Federation). To play with the Bobcats you must sign up for their website - <http://www.britishsoftball.org/> This will keep you updated with all the latest news and insure you with BSF.

## What happens if anyone is injured?

As you know, the softball is not soft. The club and all members are insured through BSF accreditation. During league games, the league is responsible for basic first-aid. During practice, the club has a basic first aid kit for use.

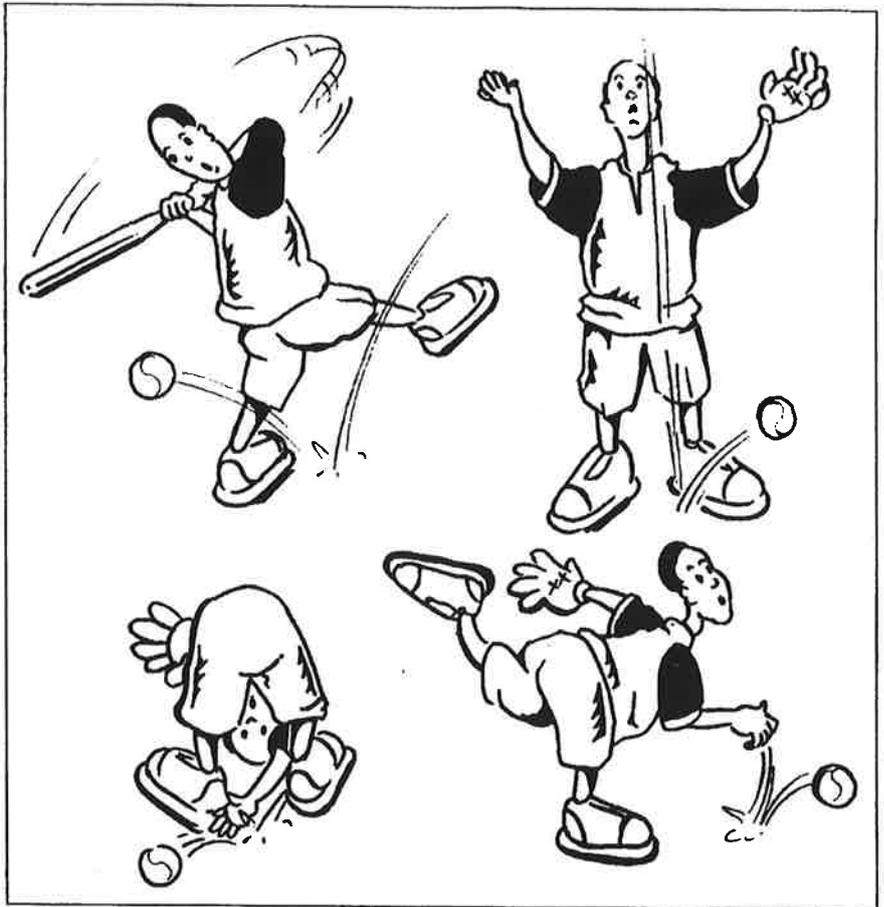
## Who are the TourCats?

The TourCats were established in 2011 and are a touring team. In 2011 & 2012 the TourCats visited different European countries for friendly tournaments. It has not been determined yet if there will be a 2013 international trip for the TourCats. The TourCats are self-funding and must sign waivers, as the Bobcats are not liable.

## Social Events

The Bobcats are a very sociable team. In addition to tournaments the club also holds other social events including an End of Season Awards and a Christmas party. After training each Thursday, some of the Bobcats retreat to a local pub for a post-training drink and dinner.

# AN IDIOT'S GUIDE TO SOFTBALL



## Part 1: The Basic Game

There are two types of adult Softball played in the UK: Fastpitch and Slowpitch. This Guide deals with Slowpitch, which accounts for about 95% of all UK Softball. Young children (aged 6-11) often start by playing T-Ball, which is the same as Slowpitch except that the ball is hit from a stationary batting tee instead of being thrown ("pitched") to the batter.

Slowpitch Softball is played by two teams of ten players each. The teams take it in turns to bat and field. The batting team is called the **OFFENSIVE** team and the fielding team is called the **DEFENSIVE** team.

Most Slowpitch Softball is played by mixed teams, where men and women play together, usually in a 5:5 ratio. However, this ratio sometimes varies, and Slowpitch is sometimes played by single-sex teams as well.

The basics of Softball are very simple. A player, known appropriately enough as the **PITCHER**, pitches the ball to a **BATTER** who hits it and runs around as many bases as possible before the ball is retrieved and returned under control by the defensive team. The aim of the game is to score more **RUNS** than the

opposition, and a run is scored when a player on the batting team advances around all three bases and back to the home base (called **HOME PLATE**) from whence she started.

Unless you hit the ball so far that you can run around all the bases before it's returned (a **HOME RUN**), you'll probably have to stop at one or more bases on your way around and wait for the next batter to hit the ball so you can advance further.

Meanwhile, the defensive team is trying to get batters and baserunners **OUT**, either by catching balls hit in the air, as in cricket, or in various other ways we'll get to later. Once three players on the offensive team have made outs, the two teams switch: the defensive team comes in to bat and the batting team goes out to the field to defend.

An inning is completed when each team has batted, and a full game consists of seven innings. A game usually takes between 45 and 90 minutes to play.

Players bat in a pre-arranged order (in mixed games with a 5:5 ratio, men and women bat alternately). After the last batter in the order has hit, the first batter comes up again. If the final out in an inning is made by, say, the fourth batter in the order, then the fifth batter will be the first to hit when the team comes in to bat again.

## Part 2: The Playing Area

A Softball playing area is contained within a 90-degree angle, and is usually called a **DIAMOND**, because the central part of the playing field – the **INFIELD** – is diamond-shaped. The **OUTFIELD** extends outward from the infield to a boundary, either actual or notional. From above, the playing area looks like illustration below.

Everything inside the thick black lines is known as **FAIR TERRITORY** and is where most of the action takes place. The shaded area outside these lines is called **FOUL TERRITORY**, where some

action can take place. Everything beyond this is called **DEAD BALL TERRITORY** because if this ball goes into this area, all action stops. As a basic rule, the batter must hit the ball into fair territory.

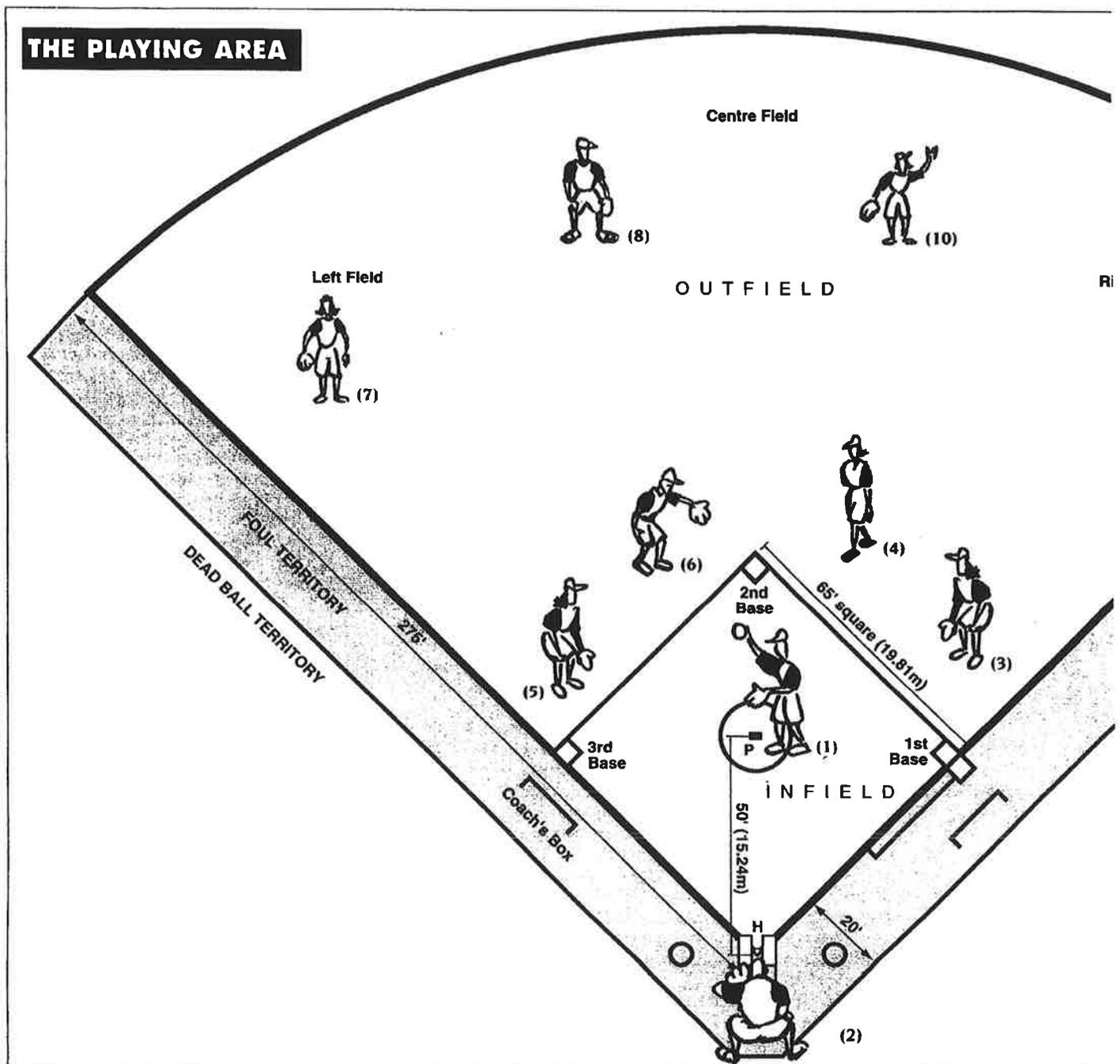
Unfortunately, Softball diamonds are not always marked out and you may have to imagine (and agree with the other team!) where Fair, Foul and Dead Ball Territory are located.

You will often hear people referring to **LEFT FIELD**, **CENTRE FIELD** and **RIGHT FIELD**. These terms mean exactly what they say. Left field is that part of the outfield which is to the left as you look at the field diagram; centre field is the outfield area behind second

base; and right field is the outfield area to the right on the diagram.

The pitcher stands on the **PITCHER'S PLATE (P)** and pitches the ball to the batter, who stands beside **HOME PLATE (H)**, 50 feet away. A right-handed batter will stand to the right side of home plate (from the pitcher's point of view) and a left-handed batter to the left of home plate. Once a batter hits the ball into fair territory, she advances counter-clockwise around the bases.

Each **BASE** (First Base, Second Base and Third Base) is marked, usually with a 17" square plastic bag filled with foam. The distance between each base for adult Slowpitch Softball is 65 feet (quite a long way!). In the absence of

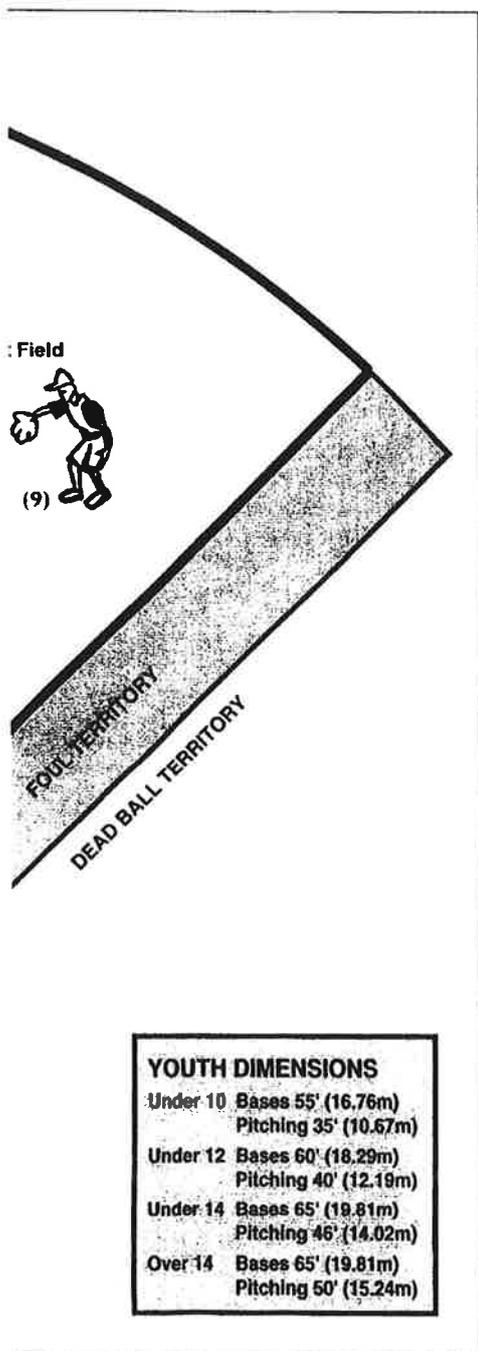


proper bases, players will sometimes put down clothing or similar items to mark base positions.

For safety reasons, **FIRST BASE** often consists of a double base, half white and half orange, with the orange section in foul territory and the white section in fair territory. The batter heads for the orange part, the fielder uses the white part, and collisions are avoided.

**HOME PLATE** is a five-sided piece of heavy rubber measuring 17" across.

The **PITCHER'S PLATE** is a rectangular piece of heavy rubber measuring 6" by 24". The pitcher must have one foot in contact with this plate when delivering a pitch to the batter.



## Part 3: The Defensive Team

The job of the defensive team, known as **FIELDERS**, is to catch or stop any balls hit, with the aim of preventing offensive players from advancing around the bases and scoring runs. Towards this end, each fielder has specific duties (and also a specific number which is used as a form of shorthand in scorekeeping):

### INFIELDERS

**PITCHER (1):** The pitcher pitches the ball to the batter from the pitcher's plate and then becomes another infielder, ready to catch or stop batted balls and throw to bases as required. The pitcher will often take throws at first base on balls hit to the first base player, or back up other infielders on throws coming in from the outfield.

**CATCHER (2):** The catcher kneels or squats behind home plate and returns the ball to the pitcher if the batter swings and misses or fails to swing. The catcher also guards home plate against incoming baserunners and tries to tag them out before they can reach the base and score a run.

**FIRST BASE (3):** This is often a busy position, as many balls will be thrown to first base in an attempt to put batters out who are running from home to first. So this fielder needs "safe hands": i.e., she needs to be able to hold on safely to thrown balls. The first base player also guards part of the right side of the infield against batted balls hit on the ground or in the air.

**SECOND BASE (4):** The second base player will guard much of the right side of the infield and will try to catch balls hit in the air or on the ground. She will often catch throws made to second base, though the shortstop (see below) can do this as well. See how the infielders are positioned on the diagram to cover as much of the infield area as possible. It is a common fault of inexperienced infield players to stand on their base at all times. This isn't necessary and means that they're not covering as much of the field as they could be. It only becomes necessary to touch your base if you are trying to get someone out there.

**SHORTSTOP (6):** The shortstop stands between second and third base and tries to stop or catch any ball hit towards left field. The shortstop is also in a good position to take throws at second base or, occasionally, at third.

**THIRD BASE (5):** The third base player guards the area near third base and will usually take throws made to third. This player needs good reflexes (since the ball is often hit hard in her direction) and a good throwing arm, since it's a long throw from third to first base.

### OUTFIELDERS

Outfield positions are not quite so rigidly defined as infield positions. The team captain or possibly the catcher may position the outfielders, sometimes differently for each batter. For example, if a hard-hitting batter is up, the outfielders may all move back, or if a left-handed batter comes up, the outfielders may all swing around towards right field.

In general, however, the **LEFT FIELDER (7)** will play in left field, the **CENTRE FIELDER (8)** will play to the left of the centre field area, the **ROVER (10)** will play to the right of the centre field area and the **RIGHT FIELDER (9)** will play in right field. The outfielders' job is to catch or stop balls hit in their direction and return them quickly and accurately to the infield.

### GLOVES

Each defensive player, including the pitcher, wears a fielder's glove to stop and catch balls. These gloves may seem cumbersome at first and even a bit cissy – macho cricket players are often tempted not to use them! But gloves are essential – not just because the size and weight of a softball (it's not soft!) makes it painful and dangerous to catch without a glove, but also because the glove will allow you to make catches you could never make barehanded and to control the ball quickly in order to throw it, which is an essential part of the game. Besides – it's against the rules not to wear one! Players will usually buy their own gloves to ensure they have one that fits and feels comfortable.

Practice using the glove, catching the ball in the webbing rather than the palm and remembering not to rely on the glove to do everything. Close your fingers on the ball once it goes into the glove and cover the gloved hand with your bare hand to stop the ball popping out.

Another reason to practice with the glove is that it's worn on your weaker hand (i.e., if you're right-handed you'll wear a glove on your left hand), and you're probably not used to catching with this hand. The reason for this arrangement is so that your stronger hand is free for throwing.

## Part 4: Pitching

There are two basic types of Softball, **FASTPITCH** and **SLOWPITCH**, defined mainly by the speed at which the ball is pitched to the batter. Fastpitch Softball is the international competition form of the sport, and Women's Fastpitch is an Olympic Medal Sport. Fastpitch is played in the UK, almost always as a single-sex sport. But the overwhelming majority of UK players play Slowpitch, and that's what we're looking at here.

In Slowpitch, the pitcher must start with one or both feet in contact with the pitching plate. She may take one step in any direction, but one foot must remain in contact with the pitching plate until the ball is released. The ball is lobbed underarm and must have an arc which reaches at least six feet and no more than twelve feet from the ground. Anything else will be called an illegal pitch by the umpire and will count as a ball unless the batter swings at the pitch.

The pitcher in Slowpitch may seem on a hiding to nothing, since everyone is going to hit the ball. But the trick is to use different kinds of spin, a high arc and variations in the speed or angle of delivery to make things as awkward as possible for the batters.

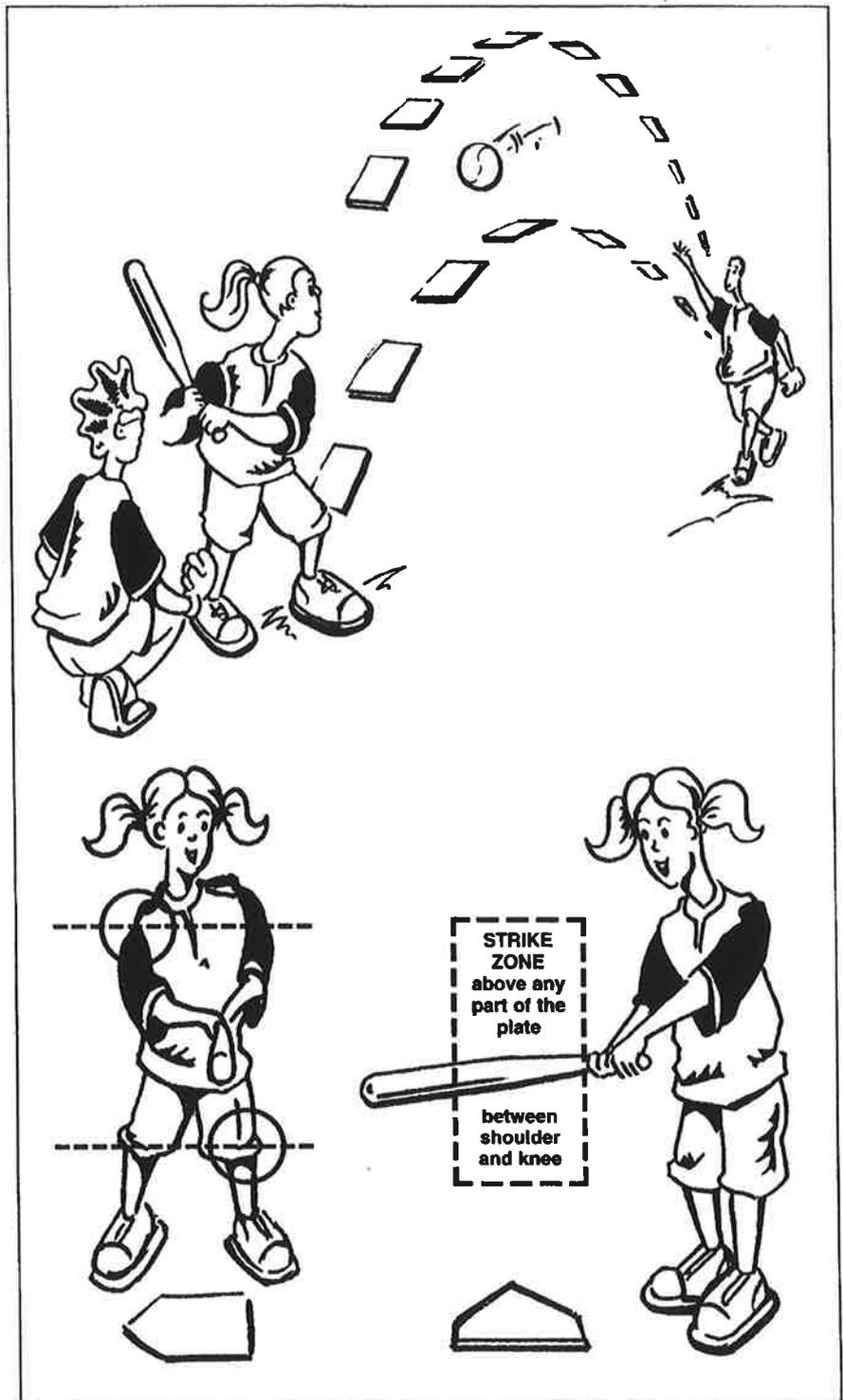
As shown in the diagram, the batter will be standing next to home plate, ready to hit. Here comes the pitch! For a moment, let's ignore the main object of the game, which is for the batter to hit the ball. Suppose she doesn't? What happens then?

### STRIKES AND BALLS

A pitched ball will be described (by the umpire) as either a **STRIKE** or a **BALL**. Basically, a strike is a good pitch and a ball is a bad one.

#### A GOOD PITCH

- **MUST** be pitched from the pitching plate.
- **Must** have an arc of between 6 and 12 feet from the ground.
- **Must** pass between the height of the batter's knees and back shoulder as she stands at home plate in a normal batting stance (you can't make it harder by crouching down!).
- **Must** pass across some part of home plate.
- **Must not**, in the opinion of the umpire, be too fast.



A pitched ball which fulfils all these conditions will be called a **STRIKE** because it will have been judged by the umpire to have passed through at least some part of the **STRIKE ZONE**. The strike zone is an imaginary three-dimensional column of space with depth, width and corners corresponding to the shape of home plate. A ball need only touch (pass through) any part of this zone to be called a strike.

If a pitch is good and the batter fails to swing, or swings and misses, or swings and hits the ball into Foul Territory (without it being caught) or into Dead

Ball Territory, then the pitch will be called a strike. If three strikes are called against you and you haven't managed to hit the ball into Fair Territory, you are **STRUCK OUT**.

If a pitcher pitches four **BALLS** – bad pitches which are out of the strike zone and which the batter makes no attempt to hit – then the batter will walk to first base. Putting batters on base is dangerous since they are liable to get around to score runs, so the defensive team will hope that the pitcher doesn't do this too often! The basic job of a Slowpitch pitcher is to throw strikes!

## Part 5: Batting

There are several stages involved in basic batting technique:

- Start with your weight mostly on the back foot and the bat drawn back.
- Watch the ball all the way to the point of contact with the bat.
- Begin the swing by stepping towards the pitcher with the front foot.
- Twist the body to open the hips, then the shoulders, which pulls the bat through to meet the ball.
- Just before the bat meets the ball, the wrists should snap to accelerate the bat into the ball and to help generate follow-through on the swing.

From our discussion of balls and strikes, it should be clear that judging whether a pitch is good is a vital skill that batters must learn, because it is foolish to swing at bad pitches. Why?

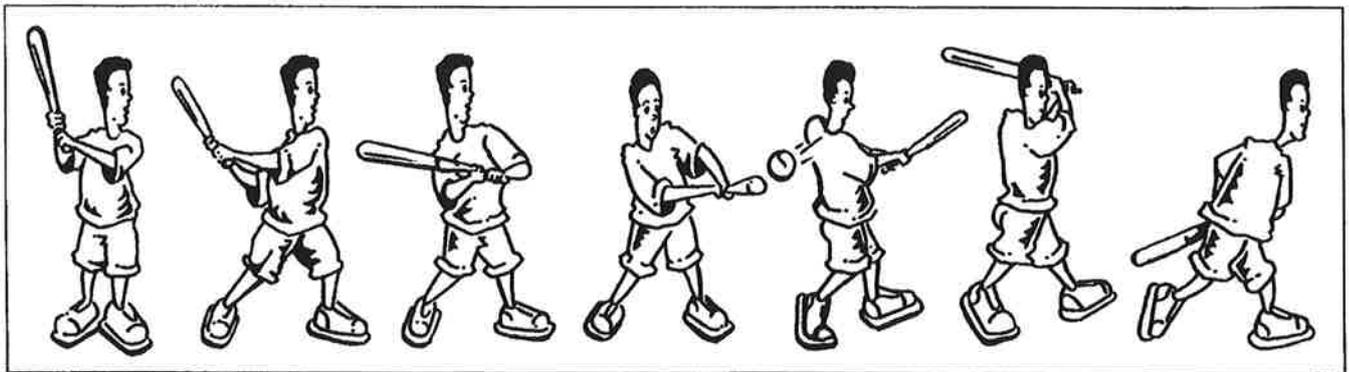
Because it's hard to make good contact with bad pitches, and four bad pitches will put you on base with a walk. Getting on base, with the possibility of coming around to score, helps your team.

If and when you hit the ball into Fair Territory, you **must** run. You have no choice. You must drop (never throw!) the bat down into Foul Territory and run as fast as possible to first base (and on to further bases if you think you can make them safely – i.e., before the fielders can get the ball to a player on that base). Remember that you must touch every base with your foot as you run past it, and when you decide to stop at a base (apart from first base and home plate), you must stop on it, not run past it. If you run past, you're liable to be tagged out.

If the ball is touched by a fielder, the position of the ball when first touched determines whether it is fair or foul.

### FAIR BALLS AND FOUL BALLS

- If a ball is hit into the infield (i.e. in Fair Territory) but then rolls foul before it passes first or third base, it is considered FOUL.
- If a ball lands in the outfield (i.e. in Fair Territory), and then rolls foul, it is considered FAIR.
- If a ball is hit into Foul Territory outside the infield, but then rolls into Fair Territory before it passes first or third base, it is considered FAIR.
- If a ball is hit into Foul Territory outside the outfield and then rolls into Fair Territory, it is considered FOUL.
- First base and third base are considered Fair Territory. If a batted ball hits either first or third base, it is considered FAIR no matter where it goes afterwards!



## PART 6: Running the Bases

So you've hit the ball, it's not been caught in the air by a fielder, it lands fair and you're forced to run. You have now become a **BATTER-RUNNER** until you reach first base, and a **BASERUNNER** thereafter.

You are not considered safe – i.e. you can't become a baserunner – until you reach first base without being put out. If any defensive player is holding the ball and touches first base with any part of her body, or the ball itself, before you get there, you are **OUT**.

A typical example would be this: you hit the ball along the ground (called a **GROUND BALL**) to the shortstop. You set off for first base. The shortstop picks it up and throws to the first base player, who catches the ball in her glove while her foot is in contact with the base. The ball gets to her before you can reach the base. You're out! You can be put out in the same way at

all bases to which you are **FORCED** to run (we'll explain when you're forced to run and when you're not in a moment).

**Remember – as a baserunner you are never safe until you are touching a base. If at any point you are touched with the ball (whether in or out of the glove) by a fielder and you are not safely in contact with a base, you are out. This is called a TAG. There are two exceptions to this rule:**

- **Over-running first base.** As a batter-runner, you don't have to stop dead on first base. You are allowed to make contact with the base and then run on beyond it in a straight line (so you don't lose speed and momentum), after which you can safely walk back to first without the danger of being tagged out. However, if you pass first base and turn into the field of play with the intent to run on towards second, you **can** be tagged out. When running to second or third base, however, you must stay in contact with the base once you reach it. Incidentally: you can also over-run home plate when scoring a run.

- **A dead ball situation.** An example of a dead ball situation is when the batter swings and hits the ball into Foul Territory. The ball is now considered dead and no play can take place, so if you had left your base on the swing, you are allowed to walk back to it in safety prior to the next pitch. Another common example of a dead ball situation is an **OVERTHROW**. This is where a ball thrown errantly or missed by one of the fielders winds up in Dead Ball Territory. At this point, the umpire will call the play dead. Any base-runners are then allowed to walk safely to the base they were attempting to reach at the point when the throw was made, plus one more. Even if a baserunner was standing on a base, she will be awarded the next base she might have advanced to, plus one more. Inexperienced players often dispute the award of two additional bases in this situation, but that's the rule!

Now we'll look more closely at when baserunners are forced to run and when they're not, and what fielders have to do in these situations to put runners out.

## FORCE OUTS

Let's suppose that you have made it to first base safely and now the next batter comes up to bat. Remember that you can only advance to second base or beyond if the next batter hits the ball or receives a walk; you are not allowed to "steal" bases as in baseball or Fastpitch Softball.

However, if the next batter hits the ball into Fair Territory without it being caught in the air, you are **forced** to run towards second base because the batter-runner is coming to occupy first base and no more than one runner per base is allowed. In any situation where you as a baserunner are forced to advance, the defensive team can put you out simply by throwing the ball to a player standing on the base to which you're advancing. This is called a **FORCE OUT** (or Force Play). No tag is necessary – although the fielder can choose to tag you while you're between bases if she wishes.

Let's suppose that you're a baserunner on first and the next batter hits a ground ball to the shortstop. You are **forced** to run to second, the batter-runner is **forced** to run to first, and the defensive team has a choice of two possible **FORCE OUTS** – you or the batter-runner. If they're feeling ambitious and there are less than two outs, they can go for both of you; if they're successful, this is called a **DOUBLE PLAY**. Typically, the shortstop would throw the ball to the second baseplayer standing on second – that puts you out – and the second baseplayer would throw immediately on to first base. If the throw reaches the first baseplayer before the batter-runner reaches the base, she too would be out and the defensive team would be feeling quite proud of themselves!

Force plays can apply at any base. For example, if there are baserunners on all three bases (this is called **BASES LOADED**), then all the runners are forced to run on the next hit that isn't caught in the air, and the fielders could get a **FORCE OUT** at any base – including home plate.

## Conclusion: So You Want to Know More?

This Idiot's Guide is designed to tell beginning players how to play the basic game. There is a lot this guide doesn't cover, in terms of both rules and playing techniques. Once you're familiar with the basic rules of the game, you might want to look at a proper Rulebook.

## WHAT IF THE BALL IS CAUGHT IN THE AIR?

Suppose you're on first base with less than two out and the next batter hits the ball in the air towards an outfielder (this is called a **FLY BALL**, or, if it's hit on a low, hard trajectory, a **LINE DRIVE**). Well, as soon as the outfielder catches the ball before it hits the ground (and the laws of physics tell you this will happen within seconds), then the batter is out – at which point you're no longer forced to run to second, since there's no batter-runner coming to occupy first. The force is off.

Instead, you can choose whether to advance to second or not and so the defensive team can't get you out with a Force Play. They can only get you out by tagging you with the ball: a **TAG OUT** or Tag Play. That's why, if the ball is hit in the air towards a fielder when you're a forced runner, you shouldn't automatically take off for the next base, because the catch might be made and the force removed.

**AND HERE'S THE KEY POINT:** you cannot advance to the next base on a caught fly ball unless your foot is in contact with the base you're already occupying when the catch is made, or afterwards. This is called **TAGGING UP**. You must tag up before you can advance after a caught fly ball. Why? It's a rule!

## TAG OUTS

You have probably already grasped the point that fielders must **TAG OUT** runners who are not forced to run; simply standing on the base with the ball won't do.

Say you are the first batter in the inning and you hit a **DOUBLE** (a hit that allows you to get to second base). When the next batter hits the ball and runs toward first, you don't have to advance if you

UK Softball follows, for the most part, standard rules devised by the ASA (Amateur Softball Association) in America. You can buy an ASA Rulebook for £4.00 from the British Association of Softball Umpires (BASU). Ring Mike Jennings on 01923-227462. BASU can also supply umpires to run a Rules Clinic for beginning teams.

If you want to know more about the techniques of batting, fielding, throwing, baserunning etc, contact the British Softball Coaches Association (BSCA).

don't want to, because no one is coming to occupy your base. If you do choose to head for third, you are **UNFORCED** and to put you out, a fielder must tag you with the ball in hand or glove before you reach your target base. In fact, you can turn around and run back to the base you came from if that seems a wiser choice; no one is coming to occupy that base and it's still yours!

There is a great deal of skill and judgement involved in baserunning and a good runner can often gain an advantage by forcing the defensive team to panic and make mistakes. So pay attention at all times, run hard and look for chances to take extra bases when the defenders make bad throws or simply aren't paying attention. Never give up on the possibilities until the umpire has called "Time!" and the play is over.

## SLIDING

Remember that we said you can over-run first base (or home), but not second and third, where you can be tagged out if you're not in contact with the base. But running hard and then stopping dead on a 17" piece of plastic isn't easy!

One way to do this is to slide the last few feet into the base along the ground, so that you come to rest on or in contact with the base with minimal loss of momentum. Another reason to slide is that you will present a smaller and more difficult target for the defensive player who might be waiting to tag you.

## TIPS FOR SLIDING

Start your slide about 10 feet from the base. Tuck one leg under the other, lean back into a reclining position, but keep your fists clenched and your arms up off the ground (to avoid injuries). Sliding is most fun and least painful on wet grass; it can be a killer on AstroTurf or gravel infields!

Ring Maria Anderson on 01737-765457. The BSCA can sell you a lavishly illustrated Basic Coaching Manual for £5 and/or a 90-minute Slowpitch Softball Coaching Video for £11.50 including postage and packaging. BSCA can also supply coaches to run clinics for beginning players.

**For more general information about Softball, ring BSF National Development Officer Bob Fromer on 01886-884204.**