

# Wisconsin Heights Youth Softball



## Guidelines

### 2015



### OUR PHILOSOPHY

The Wisconsin Heights Youth Softball Program is a community based league, committed to providing all girls with the fundamental skills of softball in a fun, supportive and inspiring environment. It is our goal that each girl walks away with an appreciation and deep understanding of the game, and a love for it that will continue on as they grow older.

### OUR SEASON

**Spring Training:** (Not just for baseball!) The softball season begins in February with several structured open gym opportunities for the girls. These are not mandatory, but are extremely helpful in that it re-introduces the basic fundamental skills, and provides coaches with a chance to focus on "specialized" one-on-one coaching and/or specific fundamental skillsets to work on (i.e. catching, hitting). *Standard or Regular (mandatory) practices begin in May or as communicated by the Coach.*

**Metro Ball:** Games typically begin in May, one night per week and run approximately 7 weeks. This is a try-out team that competes at a higher level. Practices will begin in April at the discretion of the coach.

Some games may overlap 1-2 weeks with summer ball but the coach will try to schedule games with minimal conflict.

**Summer Ball:** Games typically begin late May through July for all teams and are played twice a week. (The Little Brewers games begin in June and run through July. Practices are at the discretion of the coach.)

**Fall Ball:** This competitive, skill-building team is for any player age 10 or older looking for more instruction and opportunity to play. Games are typically played Sunday afternoons in September through October in a double header format.

### OUR TEAMS – OUR FOCUS



**Little Brewers (Kindergarten – 1<sup>st</sup> grade):** This division introduces girls to the basics of softball: hitting, fielding, throwing and game instructions. Coach pitches to the team and all players will bat each game.



**U8 (2nd-3<sup>rd</sup> grade):** Emphasis is placed on the proper hitting technique with introduction to pitching.



**U10 (3rd-4th grade):** Focus is on good fundamental throwing, basic fielding and hitting skills. Elements of basic pitching skills introduced.



**U10 (4<sup>th</sup>-5<sup>th</sup> grade):** Fundamentals are still a focus and reinforced, while advanced rules are introduced. Finer instruction on hitting, including bunting and base running are taught. This is the start of competitive league. Pitching and catching development is a priority.



**U12 (6<sup>th</sup>-7<sup>th</sup> grade):** Focus on advanced skill development as the girls become more competitive. Advance team play on game strategies and fielding are emphasized. Pitcher and catcher development still a priority.



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