

## **GIRLS SOFTBALL PROGRAM**

### **SOFTBALL ATTIRE**

**ALL PLAYERS MUST BE PREPARED TO PARTICIPATE IN ALL SOFTBALL RELATED ACITIVITIES DURING PRACTICE TIME. EXCEPTION IS INJURIES. THIS INCLUDES SLIDING AND DIVING ACTIVITIES. ALL PLAYERS SHOULD ALSO BE PREPARED FOR COLD/RAINY WEATHER AND GYM PRACTICE "AT ALL TIMES".**

**Clothes for practice:**

**Athletic pants or shorts ( if wearing shorts sliding pants are required underneath)**

**Shirts made of athletic material that can be tucked in**

**Hair should be pulled back and remain out of face**

**Sweatshirts or Athletic jackets (that you are not afraid to get dirty or ripped)**

**Cleats (for field play)**

**Athletic Tennis Shoes (for gym play) (slip ons are not acceptable)**

**Sunglasses must be certified for athletic use TO PLAY IN THE GAME!**

**Glove - sliders - batting gloves (prevents hand stings)**

### **UNACCEPTABLE ATTIRE**

**All clothes must be free from profanity, alcohol & drug slogans, and sexual innuendos**

**BOXER SHORTS**

**PAJAMA BOTTOMS**

**LONG SLEEVES THAT COVER THE HAND**

**NON-ATHLETIC CLOTHING**

**METAL HAIR CLIPS**

**SUNGLASSES NOT CERTIFIED FOR ATHLETIC USE**

**JEWELRY OF ANY KIND**