

## **LA MESA SENIOR SOFTBALL ASSOCIATION B-LEAGUE INFORMATION FOR NEW MEMBERS**

Welcome to the La Mesa Senior Softball Association B-League. The following general information is meant to help you get started. First and most importantly, do not worry about your playing ability. The ability of our players range from limited to very good, and as such, we have positions for people with all skill levels, so you do not need to feel inadequate or embarrassed. The league is coed and players must be 55 or older. All players are encouraged to play on Mondays, Wednesdays and Fridays, but one or two days a week can be accommodated. **Also, we strongly suggest that you start slowly and do not force yourself. Regardless of fitness level, pulled muscles are all too common with the newest players.** We are pleased to have you with us and we hope you enjoy the league as much as we have.

All new players will start off as a “Guest Player” which is ideal for a person looking to see if (s)he is comfortable playing ball as you may not have played any baseball or softball for many years. It is an easy way to get back in the swing of it without committing to a fulltime position that you may not be ready for. 80-90% of our guest players move on to a team full time during their guest season or at the next draft.

As a guest player you will be contacted by the Player Agent (PA) to fill in on a team when it is short of players. If you are not available to play on the day you are requested by the PA, there is no downside to saying you are not available, and you will still be contacted by the PA for future fill in needs. Each player should have their own glove (we use 12inch softballs) and a metal/alloy softball bat. As bats are expensive, if you do not have one, team players are usually happy to let you use one of theirs until you are assigned to a team.

After playing 3-4 times, you may be contacted by the PA about joining a team full time if there is a team missing an adequate number of players. Once you are assigned to a team you will need to purchase a uniform and as pay dues for the remainder of the season. Owning your own bat and glove is necessary. Our rules (at our website) identify what are league legal bats to purchase. Before playing your first game you are encouraged to look over our rules and particularly those on running. We have designed running rules to avoid injuries to runners and basemen.

Although we all like to win, it is most important to play safe and have a good time.

**FEES AND DUES:** Annual Dues are \$80.00 and payable by December 1 for the following year. Annual dues are pro-rated for the current year. You are required to purchase a uniform shirt and cap. A summary of the fees is shown below. Make checks payable to **La Mesa Senior Softball Association** and submit to a league officer.

**ANNUAL DUES:** \$80.00 (pro-rated at \$7.00 per month)

**SHIRT & CAPS:** WIX SHIRTS All sizes \$10. BLACK CAPS both solid & soft \$10

**SHIRTS AND HATS:** Players are required to have the correct color of uniform when they change teams. There are currently 9 colors in use. Players are required to purchase new uniforms if they don't already have the correct color.

**TEAMS AND MANAGERS:** Currently there are two divisions in La Mesa Senior Softball, an “A” Division and a “B” Division. Playing skill determines which division a player is assigned to. Most players will begin in the “B” Division. Games are typically played three days per week on Monday, Wednesday and Friday, year-round, with game times normally at 9:00 and 10:30 AM. New teams with new managers are created four times per year resulting in most players being on different teams with a different color than the previous season. All players report to their team manager for playing assignments.

**SCHEUDLE:** You will receive a game schedule and it will designate the date, time, and field where your team is to play. The three fields normally used are Kuhlken Field at Memorial Drive and University Avenue, near the La Mesa Recreation Center; and the back field at Sunset Park, the entrance of which is located west and off of Lake Park Way (opposite the Jiffy Lube). Lake Park Way runs north off Lake Murray Blvd., one block west of Baltimore Drive. When either of these fields are closed for yearly maintenance, games are scheduled for the softball field at Grossmont High school adjacent to Harry Griffen Park (9550 Milden St, La Mesa). Games start at 9:00 a.m. and 10:30 a.m. **Notify your team manager if you are going to be late or miss a game(s).**

**JOINING THE LEAGUE:** If you wish to join the league, please download the PLAYER INFO. FORM by clicking the link on the website, then click the download icon and you can fill-out the form and to email the to [lmssbleague@gmail.com](mailto:lmssbleague@gmail.com) .

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