

All Star Tryout Application and Information Sheet

San Luis Obispo Girls Softball Association

Tryout Dates: May 4 & 5

10U, 12U, 14U Divisions: Sunday 1:00 pm, Monday 5:00pm

(Please allow warm up time)

Location: Laguna Middle School Fields

(Each player need only attend one day, but you must attend one of the scheduled tryouts to be eligible)

Playing All Stars for the SLOGSA is an honor. Only qualified players will be chosen. Final decisions regarding selection will be made by the SLOGSA Board of Directors and the All Star coaches. Player skills will be evaluated using a variety of drills designed to assess their overall athletic abilities, specific softball skills, and knowledge of the game. ASA rules require that you must attend a school within the San Luis Obispo/Mission High School district boundaries to be eligible to play All Stars. An All Star fee (\$200.00) will be required for each player selected. (Financial assistance is available to qualified players.) We anticipate that selections will be made and all players will be notified of their status no later than May 7th. Thank you for electing to tryout for the SLOGSA All Stars.

Name of player: _____ Birth Date: _____

Parent name: _____

Address: _____ Email _____

Home phone: _____ Cell phone: _____

Have you pitched in any games this season? Yes No

Have you played catcher in any games this season? Yes No

What two positions are you most skilled at playing? _____

If selected would you be willing to play up or down one age level? Yes No

Circle the days of the week that you would NOT normally be able to practice? M T W TH F

SLOGSA All Star teams normally play in 4 to 6 tournaments per season. Please be aware that one or more of these tournaments may require some travel and an overnight stay. Indicate each of the following weekends (including previous weeks practice time) your availability.

May 23/25	Available	Unavailable	SLO Memorial Tournament
May 30/June 1	Available	Unavailable	Nipomo Tournament
June 6/8	Available	Unavailable	Templeton Tournament
June 14/15	Available	Unavailable	Morro Bay tournament
June 27/29	Available	Unavailable	"C" Association Championships (optional)

If we qualify, would you be willing to participate in a tournament on July 12-13 Yes No

Are there any special circumstances that may affect your participation in all All Star activities?

ALL STAR SELECTION CRITERIA

The objectives are to provide guidelines to assist the board and coaches in the selection of the All Star teams, promote competitive play, and provide the opportunity for participation by as many qualified players as possible. The following criteria will be used:

1. Highest consideration will be given to girls playing in their age group
2. All girls chosen must have appropriate softball skills to ensure competitive and safe play
3. Availability to attend the largest number of practices and tournaments
4. All candidates must participate in a tryout
5. Player selection will be based on the aggregate of the tryout performance and their known game play
6. Exceptions to the above selection criteria may be made only at the discretion of the SLOGSA board

ALL STAR TRYOUT PROCEDURE

All Star tryouts will be performed on one day with each athlete demonstrating her skills in a series of organized testing activities. Each of the categories will be graded on a 1-5 scale, with a "5" being complete mastery of the skill. The grading scale is as follows:

- "1" Athlete is unable to demonstrate the skill and does not understand the concepts associated with the skill.
- "2" Athlete is able to demonstrate the skill but is NOT successful in completion of the skill. Understands the concepts of the skill requested.
- "3" Demonstration of the skill with a less than 50% success rate of the skill.
- "4" Demonstration of the skill with a greater than 50% success rate of the skill and complete understanding of the concept of the skill.
- "5" Proficiency of the skill with over 80% success rate.

TEST #1 BATTING

Each athlete will demonstrate the ability to bat a pitching machine pitched ball. Speed and location will be determined by the testers/coaches.

TEST #2 FIELDING GROUND BALL

Each athlete will field five (5) ground balls hit by a tester. Location, direction and speed will be consistent and controlled by the tester.

TEST #3 TIMED RUN

Each athlete will be timed on a second base to home run.

TEST #4 CATCHING A FLY BALL

Each athlete will attempt to catch five (5) pitching machine fly balls. Height and direction will be determined by the tester.

TEST #5 THROWING ACCURACY

Each athlete will catch a tossed ball and throw towards a target (5 times). Scoring by accuracy of throws and technique (1-5 scale).

TEST #6 PITCHERS ONLY

Pitchers will throw 12-15 pitches to a tester/coach.

TEST #7 CATCHERS ONLY

All catchers will catch 12-15 pitches from the same live pitcher. During the sequence of pitches, they will throw down to first base, second base, and third base. The test will conclude with fielding a bunt.