

# Golden Seniors Softball Club of Sacramento

October 2023

Dear Prospective Club Member,

The Golden Seniors Softball Club of Sacramento (GSSCS) is a non-profit organization set up and run by people, men age 50 or over and women age 40 or over, who enjoy playing softball. Qualifying age is determined as the age you will be on December 31, at the end of the playing year. By requesting an application to join the Club you have indicated you share a common interest with over 500 other members who live in the greater Sacramento area to continue to play softball in our senior years..

GSSCS follows the Senior Softball USA (SSUSA) Rules unless those rules are superseded by GSSCS Playing Rules. GSSCS has created some specific Playing Rules, in the interest of safety, to minimize the possibility of injury to Club members. When you are assigned to a team, you will learn more about the League Playing Rules or you may find them on the Club's website. GSSCS also has a Code of Ethics printed on page 2 of the application which, by signing the Application, all members have agreed to follow.

The Golden Seniors Softball Club has seven different leagues in which a member may be eligible to play. These leagues have eligibility requirements and play on different days of the week and at different ball parks. Some of the rules may vary slightly from one league to another. On the application, you will be asked to select one or more of these leagues. Below is a brief description of the leagues and their requirements.

**League #1:** Monday Day League... for men over the age of 70 and women over the age of 60. The games are played on Monday mornings at the Sacramento Softball Complex and are scheduled at 9:30 am.

**League #2:** Tuesday Day League... for men over the age of 60 and women over the age of 55. The games are played on Tuesday mornings at the Sacramento Softball Complex and are scheduled at 9:00 am.

**League #3:** Tuesday Night League... for men over the age of 50 and women over the age of 40. The games are played at the Sacramento Softball Complex and are scheduled for 6:30, 7:45 and 9:00 pm.

**League #4:** Wednesday Night League... for men over the age of 55 and women over the age of 40. The games are played at the Sacramento Softball Complex and are scheduled for 6:30, 7:45 and 9:00 pm.

**League #6:** Tuesday Day League...for men over the age of 60 and women over the age of 55. The games are played at the Sacramento Softball Complex and are scheduled at 10:30 am.

**League #7:** Monday Day League...for men over the age of 70 and women over the age of 60. The games are played on Monday mornings at the Sacramento Softball Complex and are scheduled at 11:00 am.

**League #8:** Tuesday Day League...for men over the age of 75 and women over the age of 60. The games are played on Tuesday mornings at the Sacramento Softball Complex and are scheduled at both 9:30 and 11:00 am.

If there are not enough teams to support three games Leagues 3 or 4 might change start times for two games to 7:00 and 8:15.

The Sacramento Softball Complex is located on Longview near Watt Avenue, next to Business-80.

You may choose to participate in one league or several. Bear in mind that each league plays approximately 20 games during the season. Joining the Club requires payment of \$25 Club Dues. You may then select as many leagues as you are age qualified to play. Each league has a separate League Fee which varies based upon the cost to operate that league. When you submit the application for membership you must include the Club Dues and total League Fees for the leagues you selected. If, for some reason, you do not play any games in a League you pay for you may request the entire fee be refunded. If you play a portion of the year but you wish to withdraw from the league you may request a partial refund. Any refund must be requested in writing from the Player Agent. A request submitted before May 15 or 4 weeks after joining the Club, whichever is later, will receive a refund for scheduled games not played. Any request made after that time will receive no refund.

Be sure to complete page 3 of the application regarding the amount and type of your previous softball experience. The Club passes this information to the team managers who, in turn, use the information to make selections during the drafting of their teams each

season. This information helps the Club establish some balance among the teams so the skill levels of each team are closely matched. Please also tell us how you found out about the Club so we can better focus our recruitment efforts.

After you have submitted your application, you will receive an Emergency/Medical Information card, a plastic envelope and a luggage loop in the mail. You are asked to complete the information on the card and attach this information to your equipment bag. This information will assist the Club in securing emergency medical care should you be injured on the field. If it becomes necessary for emergency medical personnel to transport you they can remove the bag tag and take it with you to be sure the information is shared with all personnel providing treatment.

The Club sponsors practice sessions/games during the off season. Every Tuesday and Thursday morning at 9 a.m. Club members gather at Carmichael Park, get in some batting practice, split into teams and then play a practice game. You are encouraged to attend some of these practice sessions as it will prepare you for some of the physical exercise required during the season. It will also provide you with the opportunity to get to know the rules and some of the other Club members. At some point you may be invited to attend a "try out" session where the team managers for leagues you have selected will be able to assess your level of play before they make up their teams. Each year managers start the draft with blank rosters and new teams are formed. This usually occurs in the month of February.

Once you are selected to play on a team, the team manager will contact you to ask a few questions about your interests and abilities. The manager will inform you about some practice games which are usually scheduled in the month of March. Be sure to write down the name, phone number and email of the team manager. You may need to contact him or her before the season begins.

Please read the Code of Ethics and the Release and Waiver section of the application. The Club is serious about this. You take responsibility for your own health, safety and behavior. Sign the application under the Release and Waiver section. Should you fail to sign the application, it will be returned to you for your signature. This will delay your membership so please, don't forget.

Please take time to visit the Club's web site: [www.sacramentoseniorsoftball.org](http://www.sacramentoseniorsoftball.org). The web site contains current information, applications and newsletters which are full of information about the Club. You can download the Club's membership applications and pass them on to your friends. You can also call the Club's answering machine (916) 491-1721 to learn about field conditions and any rainouts or other changes in schedules.

We welcome you to the Club and look forward to meeting you and enjoying this time-honored game of softball. Should you have any questions, please do not hesitate to call any of the Club's officers. You can find their contact information on the web site and in each newsletter.

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