



What is the Crush? The Crush are our summer tournament teams, selected from girls playing in CGFS. These teams play competitive softball, competing in weekend tournaments with teams from other softball leagues. The Crush teams are a great way for girls who love softball to experience what competitive softball is

like. The players will develop new skills and take their game to a new level. It is more serious... but still great fun and an experience that they'll never forget.

When is the Crush Season? The first tournament is typically over Memorial Day weekend and tournaments continue through the end of July. Most teams will play in 6-7 weekend tournaments. If there is enough interest, there will also be Crush "Fall Ball" teams which will pick up in late summer and may play one or two tournaments a month into early November.

What are the tournaments like? Most tournaments are in the Bay Area, although teams sometimes go to an "away" tournament - such as Lake Tahoe (and those away tournaments are the favorites of the girls). Teams usually play three games on Saturday, and Sunday is elimination day — keep winning, and you could play three games on Sunday into the afternoon. Some tournaments might require a game on Friday evening.

What are the costs? Crush fees are expected to be about \$350 to \$450 for the summer season. This includes the uniforms, the tournament fees, and insurance. These costs can be mitigated through the use of sponsors. Travel expenses and personal equipment are extra.

How big of a commitment is the Crush? Most summer teams have 2 practices a week plus the weekend tournaments. It is expected that the Crush is the girl's highest-priority extra-curricular activity taking precedence over other extra-curricular activities. Girls who miss practices may get less playing time at the tournaments. Unlike the recreation league, there are no playing time minimums and it's the coach's discretion how much a girl plays.