

There are 12 teams in the Freshwomen Division. Each team has 11-12 girls but we expect the turnout to be on average 6-7 girls per team. We will have five stations with 2-3 teams at a station at one time.

Volunteers will be running each station. We will also have volunteers acting as team captains to help the girls complete the task at each station.

Girls will arrive to Gile at 12:30 pm and receive a name tag and then meet at the diamond. Once most have arrived, we will welcome them to the event and break them up into teams.

The events include:

1. **Running Relay**  
   Two teams. One team starting at home. Other team starting at 2nd base. When the event coordinator yells “Go” a girl from each team runs around bases until she returns to where she started. When she returns to her starting point, the next player on her team goes. The team that finishes first wins the event. NOTE: if a team has more players than the other, have someone on the team with less players run again to even it out.
2. **Balloon Toss**  
   Each girl stands on a line facing their target (ideally some Freshmen Coaches) and has a chance to hit them with a water balloon. If they throw it and it does not break, they are allowed to get it and try again. One point for hitting a coach.
3. **Hitting off a tee (2 tees)**  
   Two teams with each team hitting off a tee. Girls get 1-2 hits to hit a tennis ball using a yellow wiffleball bat. Girl/team who hits the ball the furthest wins the event.
4. **Target Throws**Girls line up on a line with softballs. The object is to throw the balls and hit targets on the field (cones, objects, etc.). Team that hits the most targets wins the event.
5. **Pickle**Two volunteers catching at each base. Girls have to run in between bases. If a girl gets tagged out, they are out. Girl left is the winner (and her team is the winner). If team counts are high, have two groups going at once.

**Award Presentations**

After the conclusion of the five events, girls are given popsicles and sit in the infield for the awards ceremony.



**ASSIGNMENTS**

|  |  |  |
| --- | --- | --- |
| **Station** | **Name** | **Assignment** |
| PA/Registration | PA/Registration |  |
| Station #1 | **Running Relay** |  |
| Station #2 | **Balloon Toss** |  |
| Station #3 | **Hitting off a tee (2 tees)** |  |
| Station #4 | **Target Throws** |  |
| Station #5 | **Pickle** |  |

|  |  |
| --- | --- |
| **Team** | **Honorary Captain(s)** |
| Angels |  |
| Athletics |  |
| Cardinals |  |
| Cubs |  |
| Diamondbacks |  |
| Marlins |  |
| Orioles |  |
| Phillies |  |
| Pirates |  |
| Red Sox |  |
| Rockies |  |
| Royals |  |
| Twins |  |

Check team counts… we are one less in 2013