

The logo for Baseball Softball UK is positioned on the left side of the image. It features the words "Baseball" and "Softball" in a bold, white, sans-serif font, with "UK" in a larger, bolder font. A stylized white graphic of a baseball bat and ball is integrated into the design, positioned to the right of the text.

Baseball •
Softball *UK*



**Girls Secondary
School Softball 2022**

FASTPITCH CUP

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Global Sports Growing in the UK

Softball and baseball are some of the largest sports played across the world, with a global playing population of over 65 million people, spanning 125+ countries.

Softball and baseball alike are growing in their reach to a young audience across the UK, and youth playing opportunities are increasing exponentially. With the sports' return to the Olympics in 2028 (previously in 1996, 2000, 2004, 2008, 2020), there is no better time for young people to experience these sports.

To this effect, as the development agency for both sports, BaseballSoftballUK (BSUK) is excited to be introducing new school programmes for 2022. We invite you to join us to engage and inspire your students to push themselves out of their comfort zones, improve existing and develop new skills, and see a new generation dream of representing Team GB at future Olympic games.





Inspiring Girls through Fresh Sporting Options

THE INSIGHT

Research has shown that the most challenging time for girls' relationship with sport and physical activity is the transition between primary and secondary school, which sees the largest drop off in participation¹. The last two years have created an even larger divide for those girls whose relationship with sport and physical activity may have already been vulnerable. What we know:

- Girls are motivated by having fun, being healthy, and being with friends and growing confidence^{1 & 2}
- Lack of body confidence and fear of judgement, particularly from male peers, are some of the largest barriers to girls engaging in sport at school^{1 & 3}



WHERE SOFTBALL COMES IN

Listening to this insight, we are aware that relevant and appealing options are crucial to ensure sport offers resonate with girls' wants and needs. As the female Olympic version of the sport, we see softball in particular offer:

- A girls-only group sport, which is often preferred³
- A team dynamic, which allows girls to play sport with their friends, while embracing different skills and strengths at the same time
- Modified game formats which allow confidence to be developed, with multiple opportunities for success and improvement
- A fresh sport, which is still largely unknown, so may inspire girls who have struggled to engage with traditional sport, or simply need something new to engage with.

1. [Youth Sport Trust: Three-year trend of girls reporting same barrier to physical activity in schools](#) / 2. [StreetGames: Doorstep Sport](#) / 3. [Women in Sport: Reframing Sport for Teenage Girls: Building Strong Foundations for their Futures](#)

Softball bears similarity to many striking and fielding sports you and your students are familiar with - like cricket and rounders - so many of the fundamental skills are already known. The addition of softball to a school sport programme provides an opportunity to learn and utilise these core skills across varied contexts, as well as providing a new challenge learning the concept, flow and strategy of the game.

Softball provides an opportunity to develop a host of physical, mental and social skills, such as:

PHYSICAL SKILLS

Throwing: Overarm & underarm (pitching)

Catching: Thrown ball & hit ball

Stopping moving ball: Balls flat on the ground or on the bounce

Hitting: Moving ball & still ball (using tee)

Running: Speed (standing start to moving) & agility (around bases)



MENTAL & SOCIAL SKILLS

Strategy: How to score runs (offensive) & limit opposition runs (defensive)

Teamwork & Cooperation: Each player working for the team's greater good, often requiring self-sacrifice (e.g. get out for teammate to score)

Resilience: Learning from failure, with various opportunities during a game to improve

Girls Fastpitch Cup - Programme Elements

The *Fastpitch Cup* is an exciting opportunity to offer a brand new, girls-only competitive sport for year 7 and 8. The programme includes:

1

School-Based Softball Club - Summer Term 1 & 2

The first stage involves schools running an extracurricular club across summer term 1 and 2 as suitable. The programme offers coaching resources, marketing resources, staff CPD, and one visit by a Professional or Team GB softball player to support growth.

2

Intra-School Competition - Summer Term 2

Two one-day tournaments form the competition element:

- **Zone Cups:** All schools will compete in their regional Zone Cup, with at least 3 fixtures against other schools.
- **Championship Cup:** The two highest placing schools from each Zone Cup will qualify to compete in the Finals at the National Baseball & Softball Complex.

Goal: An entry-level programme for schools to introduce softball, featuring a modified version of the game to make learning this new sport as simple, fast and fun as possible.

Target groups: Girls in years 7 & 8, who want to play a new regular sport.

Eligible areas 2022: We are inviting schools in London, South Bucks, West Sussex and Milton Keynes to join us for the inaugural competition.

Taking part in the Girls' Fastpitch Cup is completely free for all participating schools.

Girls Fastpitch Cup - Commitments

	Participating schools will receive:	To participate, schools are expected to:
LEARN	<p>Access to teaching resources, including club programme and accompanying coaching resources</p> <p>Support resources to promote your Club, including one Athlete Visit at a club session or day of PE lessons</p> <p>Two CPD places at a Regional Teacher CPD session, and access to Fastpitch Cup webinar</p>	<p>Run an extracurricular club (lunchtime or after school) over Summer Term 1 and 2</p> <p>Promote the club to female students most in need of the opportunity</p>
PLAY	<p>Entry into Zone Cup, and Championship Cup for qualifying teams</p> <p>Travel bursaries for Championship Cup (application-based)</p>	<p>Attend relevant Zone Cup, and Championship Cup if qualifying</p>
KIT	<p>Exclusive equipment discount, and hire-purchase support available</p>	<p>Provide or source softball kit, as required for programme delivery, including gloves, helmets, bat, softballs, bases</p>
PLUS	<p>Optional design competition open for all students</p>	<p>Support with impact monitoring via post-programme evaluation surveys (students and staff)</p>

Girls Fastpitch Cup - Timeline



Girls Fastpitch Cup - Important Dates

	London	West Sussex	South Bucks	Milton Keynes
Q&A Webinar	Wednesday 4th May, 4.30pm - 5.30pm Online			
CPD	TBC	Tues 17 May, 3pm - 6pm Chichester High School, Chichester, PO19 8EB	Thurs 5 May, 3pm - 6pm Farnham Park National Baseball & Softball Complex, Slough, SL2 3BP	TBC Conniburrow Sports Pavilion, 37-39 Conniburrow Blvd Milton Keynes, MK14 7DX
Zone Cup	Thurs 16th June, 9.30am - 2.30pm The Hub, Regent's Park, London, NW1 4NU	Tues 14th June, 9.30am - 2.30pm Chichester High School, Chichester, PO19 8EB	Tuesday 21 June, 9.30am - 2.30pm Farnham Park National Baseball & Softball Complex, Slough, SL2 3BP	Thurs 17th June, 9.30am - 2.30pm Conniburrow Sports Pavilion, 37-39 Conniburrow Blvd Milton Keynes, MK14 7DX
Fastpitch Finals	Thursday 30 June, 9.30am - 2.30pm Farnham Park National Baseball & Softball Complex, Slough SL2 3BP			