

The Golden Girls Senior Softball Organization Welcomes You!

Looking for something a little different in your life? Have fun and get some exercise, too? The Golden Girls Senior Women's Softball Organization might be just the thing for you.

The Golden Girls has been a softball organization for senior women for over twenty years and has grown to over 170 members. We have our own intramural league in Northern Virginia composed of teams who play each other twice a week (Wednesday evenings and Saturday mornings). The teams are re-formed (drafted) every year and every effort is made to balance all the teams skill-wise and age-wise. We welcome women who have never played softball before. There is special assistance and coaching for first-time players and those who want to strengthen their skills. Skill drills are held during the winter on Monday mornings and Friday nights. It's a great way to get into the "swing" of things and meet a few Golden Girls before the regular season begins. Click on the "Winter Programs" link on the "League Info" tab on the menu bar for more information.

Tournament teams are formed from the Golden Girls population (membership in the organization is a requirement to play on any of the tournament teams). There are tournament teams for the 45/50, 55,60,65, and 70 age brackets. All of the teams travel extensively throughout the year and have garnered numerous medals, trophies, and awards over the years.

In addition to tournament and league play, the Golden Girls have a kickoff breakfast in March/April and an organizational meeting in November to get everyone together and have fun. During the summer season, we have some kind of special event like a "Fun Day" or "All Star Game". We even have a band of musicians (this is something to behold!) to perform at various functions. The Board of Directors meets every month to be sure everything is running smoothly. We also give back to the community by participating in food drives, help for the women's shelters, and other charitable organizations.

The ladies of the *Golden Girls* are very diverse in their backgrounds, both professionally and with life experiences. But it is the love of softball that brings and holds us all together. We are always looking for more members.