

EST. 2004



BASEBALL & SOFTBALL

Catch Baseball and Softball Club was founded in 2004 and is affiliated with the Dutch Baseball and Softball Federation. Over the years we've become a club with teams of all ages en of different nationalities. Catch is run by volunteers, from board to coaches, from umpires to the event team. Catch offers baseball and fastpitch softball as well as slowpitch softball. We have a softball field as well as a baseball field. Our club house and sunny terrace are situated right next to the field.

Our goal is to give every player the chance to learn about baseball and softball, improve their skills, develop self-confidence and self-esteem. We emphasise the value of teamwork and above all, good sportsmanship. Catch is a club where it's important that everyone can participate in a safe and friendly atmosphere. At Catch people feel accepted and stimulate each other.

Besides the game, we value the pleasure of spending time together. Therefore we organize several events and activities. Catch offers a family friendly environment.

Baseball at Catch is played by boys and men. Occasionally there is a team in the youth league with one or a few female players.

Softball is played by girls, women and men.

Slowpitch softball is a game that's easy to learn and play, even for people don't have much experience of team sports – and the game is particularly accessible as teams are made up of equal mixes of male and female players.





## **WE WELCOME EVERYONE**

The club welcomes men and women, boys and girls of all ages, and all nationalities. Whether you're a beginner, a rookie or veteran player, we offer baseball and softball opportunities for all. Boys and girls aged between 4 and 18 play in the youth leagues. Men and women between 14 and 50+ years of age play in the adult leagues.

## **YOUTH LEAGUE TEAMS**

The club offers baseball and softball to boys and girls aged between 4 and 18. The youngest start with playing beeball. This is a simplified form of baseball created by the Dutch Baseball and Softball Federation. The focus is having fun! Later on they split up to play either baseball or fastpitch softball.

Catch has teams at all levels of the baseball youth league and softball youth league.

## **ADULT LEAGUE TEAMS**

Catch has one senior baseball team, and several teams playing fastpitch softball. Catch participates in male as well as female fastpitch softball league. Catch also has a mixed slowpitch team.

Catch welcome new players of all skill levels to join us. Drop us a line using the form at our website [www.hsv-catch.nl/interesse-formulier/](http://www.hsv-catch.nl/interesse-formulier/) and come to one of our many practices or events. Or just swing by and see for yourself!

If you want to experience Catch, you can join three practices for free!

We are located conveniently for anyone living in The Hague and the surrounding regions.



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