



Golden Girls Softball Association of the National Capital Area

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Website: <https://www.goldengirls.org>

Facebook Public Group: Golden Girls Softball

Golden Girls Mission Statement:

The Golden Girls exists to foster physical fitness, recreational activities, fun and fellowship through active participation in softball.

Who Are The Golden Girls?

The ladies of the Golden Girls are a very diverse group, both professionally and in life experiences. But it is the love of softball that brings and holds us together. We are always looking for more members. Being a female 40 years or older is the only requirement for you to join.

General Information:

The Golden Girls is a softball organization for women, established in 1989, which has grown to over 165 members. The intramural league in Vienna, Virginia (a suburb of Washington, DC) is 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 by skill set and age. Women who have never played softball before are welcome to play. There is special assistance and coaching for first-time players and those who want to strengthen their skills. Traveling tournament teams are formed from the Golden Girls population (membership in the organization is a requirement to play on any of the tournament teams). The tournament teams are based on age brackets. All tournament 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 the spring to start the softball season. During the summer months, they have a special event like a "Fun Day" or an "All Star Game". There is even a band of musicians (this is something to behold) to perform at various functions. Since we are a 501.c.3 nonprofit organization, the Board of Directors meets once a month to ensure everything is running smoothly. The Golden Girls also give back to the community by participating in food drives, helping women's shelters, and other charitable organizations.

