

2011 New Members Survey Questionnaire Responses

NVSS surveyed our 2011 New Members after the season was over to discover their views on how well the season went for them personally, and if there were any changes NVSS could enact to make future new player's first year more enjoyable. Following a brief statistical summary, you can read their comments [edited only to remove names and team colors] to judge for yourself how a first year player in NVSS will find the return to playing softball.

Of the 62 players new to NVSS in 2011, 57 (92%) responded to our survey. We made three attempts to contact each player.

One conclusion is that a conditioning program specifically designed to exercise softball muscles is a "must" [softball uses muscles in ways that running and weight training programs usually do not]. See the NVSS Website, Physical Conditioning tab {<http://www.nvss.org/PhysicalFitness.aspx>} for our recommended program.

Of the 57 respondents, 13 (22%) will not return for the 2011 season: 6 for concerns about performance or further injury; 2 for job related reasons; 4 for commuting concerns; and 1 moved out of our area.

Conference	Total Injuries			No Exercise			Personal			James Lee			Website/Winter		
	Total	#	%	Total	#	%	Total	#	%	Total	#	%	Total	#	%
American	23	12	52%	5	2	40%	11	6	55%	5	4	80%	2	0	0%
Continental	18	5	28%	9	2	22%	6	3	50%	2	0	0%	1	0	0%
National	15	11	73%	4	4	100%	10	7	70%	8	4	50%	0	0	0%
Total	56	28	50%	18	8	44%	27	16	59%	15	8	53%	3	0	0%

Area	Type	American	Continental	National	Total	Area Total
Foot	Achilles	1	1	0	2	
	Ankle	0	0	0	0	
	Foot	0	1	2	3	5
Leg	Calf	1	3	0	4	
	Groin	1	2	4	7	
	Hamstring	8	3	4	15	
	Knee	1	1	4	6	
Trunk	Quad	4	4	4	12	44
	Arm	2	0	2	4	
	Back	1	0	0	1	
	Hand	0	1	0	1	
	Hip	1	0	2	3	
	Rib	0	0	0	0	9
	Shoulder	2	2	1	5	5
Upper	Head	0	0	0	0	
	Neck	0	0	0	0	
	Shoulder	2	2	1	5	5
Total	Total	22	18	23	63	63
None	None	5	7	2	14	14

5. What was your evaluation of your first year experience with NVSS? Please explain:

Very much enjoyed the games and was really discouraged by the injuries. After a 30-year layoff I was really surprised by how fast the skills came back and I actually can't wait till Spring to play again.

Loved it.

I enjoyed playing softball again for the first time since the 1991. The modifications made for the senior league make good sense and took just a few games to get used to. I found the assessment more demanding than actually playing the game, but it was needed to get the assessment team's work done in a reasonable time. They have a tough job. I did have some trouble remembering the finer points of playing at various positions. However, I do not regularly watch baseball and hadn't played softball for nearly 20 years.

I had a great time, got hurt my first day trying to extend a double, after my initial incident got on track and did enjoy every game and practice that I assisted, I started in the middle of the season end of May, now on my last day had a deyoob at 3 base sled head first resulting in an injury to my shoulder which I don't know how severe it is yet need an MRI and Dr is taking a sweet time to do it.

- Enjoyed it very much. Wish I was aware of the league years ago.

I felt it was a good rookie season. I have a lot of room for improvement in my play, however.

Bummed by all the rainouts, but enjoyed the times I could play. All the teammates were friendly, open, and non-assuming - I really liked being on the team. Only regrets were not playing very much (due to rain) and my own performance - I certainly could have hit better.

I really had a good time and plan to play again next season. My only criticism related to the negativity that seemed to pervade on my team and to an extent, on other teams we played. It is easy to criticize team mates for making mistakes, not running fast enough, or making errors. I never criticized a team mate, and usually tried to say something positive if someone made a mistake, like, "You'll get it next time". Unfortunately, I found this was the exception rather than the rule, especially on my team. I feel that attitude detracted from the entire experience.

I loved being placed in the American League due to these reasons: *less competitive and more fun; *I got to ride with several people who live far away like I do; *I got to play a lot; pitch even though I was not a pitcher!

I had a great time and met some wonderful people and look forward to next season.

Excellent. The team and the overall league includes a very nice bunch of people. It was a great experience.

Very positive experience. I was very impressed with the level of camaraderie among all the players, which I guess is due in part to the fact that the teams are shuffled each year so everyone gets to know most of the other players quite well. I look forward to playing next year.

Very enjoyable. Had a great time and enjoyed making new friends with common interests. League is very well organized and am impressed with the volunteerism that supports the league.

I played 20 years ago in Arlington and loved it. I had just decided I wanted to pick up another sport and started looking for a softball team to join and I found I that really enjoyed playing although being a new to softball, female was a handicap and having no recent experience or learning period before joining was a hinderance. At our age of over 50, men are not comfortable with women playing their positions even if the woman is more agile and women have only overcome this thru Title 9. I want to eventually play with

husband on the same team thus will stay and am happy that there is senior league. Since I joined after the teams were formed I was heading to the pool and/or If a team was in need of a player I could join them. I did end up on a team. Then when fall ball came my team disbanded and I received a call from the VP of the league to check to see if I was interested in playing in the fall – which I had been counting on all summer. I did end up on a team and was happy. Now to play during the winter and be re-evaluated this spring – I am looking forward to it.

Terrific!! This is a very well run program and I congratulate all that spend their time and energy in making it such a success.

Excellent, five star I have played on many teams and many leagues in different areas and you are by far the best. Keep up the good work.

Outstanding. I really enjoyed the experience and look forward to playing with NVSS for many more years. My manager and teammates were most helpful and patient as I worked to improve my very rusty softball skills. Their advice and encouragement enabled me to look forward to every game as an opportunity to learn and improve. Most of all, it was a lot of fun!

Very competitive, great fellowship and support for team members and even opposing team members. Guys were cheered and supported when outstanding plays were made and also when routine plays had less than favorable results.

It was great and met all of my expectations--except for my batting average. {Manager} did a good job of encouraging everyone and keeping us focused on having fun. The other {color} Team players had the right balance of a desire to win and the knowledge that everyone is doing their best, no matter what the outcome. We played some teams where that was not the case.

My first experience was "OUTSTANDING" I have played ball since I was 6 years old at many levels, champions to not winning a game. I loved them all but this season in the NVSS was by far my BEST experience. I didn't meet or play with one person I didn't enjoy. My teammates were exceptional and my coach even better. I looked forward to every minute I was on that field and hated missing any time on that field. NVSS and all its members are exceptional and made me feel right home the minute I showed up. I cannot explain in an email how much this league meant to me! My wife said when I came home I looked like the cat that just got its mouse. LOL... It invigorated me!!! I had to play through some intense pain most of the season with my bone spurs, something that is going to stay with me I guess. All the conditioning in the world can't fix those. Doesn't matter, worth every ounce of ICE and Motrin. Have a wonderful holiday season, I look forward to next season if I can.

I had a great fall season thanks to a very supportive manager and teammates. I plan to play in the spring. I will train during the winter with John Brown's group in Sterling. Well run organization by a group of dedicated volunteers.

Excellent. It seemed to me that all eventualities had already been accounted for.

Had a GREAT time. Really enjoyed getting back out on the field after two decades. Surprised that I had a hard time with the outfield. But also surprised that I hit the ball as well as I ever did. Guys on team were friendly, welcoming, and very forgiving. Didn't miss any time, but only because I play just on THs and my injury was followed by two rainouts. I would have missed those two games. When I returned, I was able to hit and play catcher. But I often asked for a runner when I got on base. Very humbling.

A very positive experience. NVSS is a very well run organization and I was made to feel welcome by teammates as well as members of the other teams.

I loved the games I got to play. Next time, I'll condition better. I signed up the week I retired, which didn't give me any time to find out what conditioning I needed to avoid injury. In my case, it was the sprinting around the bases that got me.

Did less than expected due to non-rotation to active positions until last half of season.

I would like to limit games to one game each day, not double headers Tuesdays & Thursdays.

I hurt my hamstring the day after my first double-header [non-playing injury] and was out for the year. Based on two games, I thought my experience was great and I have recommended NVSS to friends.

very pleased with the program...very organized...loved the number of games in the season.

Good experience.

Fantastic!!! I could not have asked for a better group of guys to play with in my first year.

Playing for [manager] was perfect for a "rookie". Patience, he explained the working of the league and was always upbeat and fun to play with. Plenty of enthusiasm for the league and his players!!! Because of [manager] and this group of guys, I cannot wait for the next season to get started.

I was very impressed with the organization itself and the friendliness of the people I met. I was warned that injuries were common in the first year, and I appreciate the fact that the league maintains off-season conditioning programs to try to alleviate some of this.

Great, good exercise.

Outstanding. My team was just great. [Managers] were fantastic. Their skill and knowledge of the game was an inspiration. Their team leadership was excellent. I enjoyed all my teammates. The opponents demonstrated fine sportsmanship and it felt like we were playing good friends. The league management was the best in all my years of playing sports.

The experience was very gratifying, both from the standpoint of exercise and friendships. I especially enjoyed the comradeship that is derived from being on a team again.

Really enjoyed the league, played 24 games before injury cut season short.

I enjoyed meeting new people, being active in a sport, and feeling competitive. Also, realizing I need to exercise more. Info was good, communication good.

Well run. Was a lot of fun.

Good.

My evaluation of my first year was excellent. A great group of guys and a great level of play. Our manager was fabulous. We did not win the most games, but I think we had the most fun. Also nice to play with guys that really love the game, despite being a little older. Finally, my teammates know who Hoyt Wilhelm was and they remember the 60's Yankee and Red Sox players. A great first year.

Was only able to play in the Fall as I broke my thumb during spring assessment testing. The day of the assessment testing was approximately 30 degrees and windy. Highly recommend there not be testing during that type of weather. -- Played Fall season and was welcomed by all on the team; enjoyed the camaraderie of the entire team and some other team players.

I was warned that I probably was not in baseball shape as I was 40 years ago: True
I was warned a lot of 1st year's get injured: True
Did it still come as a surprise about the warnings? True
Did I still have a lot of fun: True
Did I meet a great group of guys who were extremely helpful to me: True
If I did it over again, would I listen this time: True
Did I want to finish out the season: True, but the arm did not... used the game dates to go to rehab.

Everyone was in much better shape than I thought they would be in.

I played 1 double header game. I enjoyed my day ... but it aggravated an old knee problem and it took a couple weeks to recover from that. Since my knee works ok for two hobbies I enjoy (golf and dancing), I decided the prudent thing to do was to give up the softball.

I enjoyed competing again, and my teammates.

I was very pleased.

Enjoyed playing with mature people. I played FAS for 22 years and was tired of the drama and childish behavior. It was a pleasure to play with my team in this league.

OVERALL, PRETTY GOOD. I AM USED TO PLAYING IN THE EVENINGS AND WAS AMAZED HOW WELL I COULD SEE THE BALL DURING THE DAY!

I enjoyed playing in the league very much. I would rate it superior to my experiences elsewhere. Unfortunately, I work and could only take off to play one day per week.

It was fun until I pulled a calf. Made a 1 game comeback then pulled it again the following game.

Fine.

This was the first time I have played softball in 25 years. It took a while just to determine what to expect of myself at 65. I believe it takes the first season to refresh the skills necessary to play at a reasonable level required for the National level. The hitting comes around faster than the fielding. Playing in multiple positions is not always possible due to the competitive nature of the teams. I played most of the summer schedule on bad legs which limited greatly my improvement. Fall was better and my skills started to come around although not as much as I had hoped. Next year I will have a much better understanding of how to prepare. I was glad when the August break came. The summer season with 4 games a week seemed long. I plan to return in 2012.

I loved it. It was a very positive experience.

I thoroughly enjoyed my first year experience with NVSS. I have no previous experience in organized sports, but all of the folks I encountered have been very accepting of me and have universally gone out of their way to help me develop needed skills. I have had and am having a very enjoyable and satisfying time participating in NVSS activities.

Good, except for the traffic.

6. What can we do to make the first year experience better? Please list:

I wish there would have been more after game socializing among the players; was expecting that teammates would go out to lunch after games at least occasionally.

I could have used some guidance on equipment selection. Still not sure if I have the right bat. If such information exists and I missed it, it should be more obviously available to new players.

Don't know. I was advised by the veterans player to pace my self but I honestly was playing with my heart, not my head. Perhaps if before new guys start playing should have a couple weeks of training and advise on what not to do even that we all are a little old to know this ?

No suggestions. NVSS excelled.

Please keep or expand the player development workshops for all the skills – hitting, defense, base running – prior to and during the season.

Reschedule rain-out games. I don't know if it's a field issue or what, but my sense is most people want to play as often as they can.

During the Fall league, I was on-call to play for any team that needed players. For one game, I was assigned to {color} managed by {manager}. Before the game, he said that he wanted no negative comments, nor criticism of umpire decisions. I found that refreshing and would encourage NVSS to require managers to take the same approach with their teams. I recognize that managers are volunteers who devote a lot of time and energy to making their teams successful, but sometimes success is not measured only by how many games you win.

Provide more rain dates such as more Mondays per month, or start earlier in April and before end of August.

I think the skill sets evaluation can be a little better and the teams more balanced. There were players in the Continental Conference that had far superior skills to the average player and teams with a lot more talent than others. I also think some fielding clinics would be helpful to go along with the batting clinics.

Cannot really think of anything except upgrading some of the fields, but that is not the NVSS responsibility

Provide clinics – I took the batting clinic and loved it – I got a lot out of it.

But I could have used more than one session. I only had the experience from a womens softball team in the mid 70's.

I recommend that all first year players receive a personal call from the NVSS outlining the importance of off season preparation - especially doing short sprints and quick lateral movement drills. When I retired, I decided to do something part time that would be fun. So, I became certified as a personal trainer 5 years ago and thought I was in great shape for senior softball - I wasn't!!! The sudden acceleration and deceleration of play really tore up my knees, quads, and hamstrings. While I'm fine now, you bet I will do winter workouts involving quick movements with an emphasis on being able to get low to the ground. For me that means a lot of lunges, squats, and rotational types of movement. I think a personal call to a new player (maybe from a former first year player) would help emphasize the above and otherwise help to orient the new player in all aspects of the NVSS program.

If game times were moved up one half hour it would help players who live outside the Fairfax area. Traffic is a nightmare on route 66. If too hot, play five innings.

I have no suggestions. My first year experience was great. I was very impressed with the organization and operation of NVSS.

I thought everything went well. My one suggestion comes from my background as a teacher. I went to one of the batting instructions. It was very helpful, but when I got back home I could not remember all that I heard. So here is my suggestion. Create a handout that has the top ten (or whatever number works) tips that the instructors want to share and that the students will be hearing. Don't hand out the sheets in the beginning. When the students take their turn batting and getting individualized tips, have one of the instructors--with a clipboard with the pre-printed tips--jot down on the handout the suggestions given to the batter. Usually there are only 2 or 3 suggestions. When the individualized lesson is over, hand the sheet to the batter. The batter (student) leaves with a handout that has pre-printed tips and individualized suggestions. That way, the next day or next week, the student will have the reference sheet to help remember what was taught.

I honestly don't think you could have made my experience better. I was made to feel right at home, treated fairly and I like the Umpire and honesty first league approach. I do however think you could get better hats. Those darn hats are hot, need the summer mesh in my opinion. Or at least give the option to the members for either one or maybe both for the early part of the season and fall ball. Perhaps offer some clinics on softball in addition to the Hummer field voluntary practices.

Don't change anything.

Not sure. The evaluation could be sped up by not trying out people at positions they obviously can't play or not interested in. Making everyone try out at short stop is a waste of time, and a bit humiliating for some. Give people the option to skip a position during evaluations. Also, thought it would be more helpful and insightful to try out people at third rather than second since everyone got tested at short.

Be given more chances to play power field positions due to experience prior to NVSS.

Eliminate Beulah Field, too far!

Get Fairfax County to build covered dugouts at Poplar Tree and Beulah.

Reduce games I play each day.

make up rain outs

give players a choice what league they wish to play in

I'd like to have the opportunity to practice a bit more on fundamentals (hitting, throwing) before being tossed into a game situation. It had been so many years since I played that I found myself unable to throw the ball with any zip, and my arm strength really never got a chance to develop much over the course of the season.

Even the teams-some were much better than others

Team members.

It was so good I cannot think of anything.

The only suggestion that I can make is to ensure that new members understand that each date will involve a double-header. I missed that point at first – my fault. This is offered in terms of time investment.

I was warned not to overexert too much. Still, beginners get injured. Maybe a list of warmup exercises to do before a game or between games.

Not much. You guys run a great program.

No thoughts on improving the first year. Again, everything was top shelf.

-- Allow new up and coming players to participate in NVSS Winter exercise program even prior to being assessed to prepare for assessments and playing to prevent first year injuries. -- Don't hold assessments in 30 degree weather!

Though you probably did stress outside exercises (meaning in addition to the pre-season Lee program) and your web-site also contained exercises, perhaps the first year's need added prodding. But it may be like trying to make the horse drink after leading him to the water. First year's think they are still young (just my very personal experience).

Emphasive even more that no matter how good of shape you think you're in, you're probably not good enough to compete at the level you want to.

Limit players to 14.

I HAVE A LONG DRIVE TO ANY OF THE VENUES. TWICE I GOT THERE TO FIND THAT THE GAMES WERE CANCELLED LATE (WELL AFTER 7 AM) DUE TO FIELD CONDITIONS, NOT RAIN RIGHT AT GAME TIME. AFTER DRIVING 1 1/2 HOURS TO GET TO THE FIELDS, THIS DID NOT PLEASE ME AT ALL. IT SEEMS TO ME THAT SOME REP OUGHT TO CHECK THE FIELDS EARLY SO FAR AWAY PEOPLE DON'T HAVE THIS PROBLEM.

Start earlier? Play some games on Saturday?

Stress conditioning. Wish I took conditioning more seriously.

Stress conditioning—my mind was way ahead of my body.

Have more than one preseason practice/game so you can get better feeling for the team and more time to try other positions.

The drive was a little far for me, I live in southern alexandria, but that is more of a personal problem.

You are doing great. I see no substative oppotunities for change to improve the program.

Start games after traffic dies down.

7. What did you like best about your first year? Please list:

Playing the games and the sense of athletic achievement before the injuries.

Impressed with the procedures for player safety.

Liked the attitude of the players--"everybody makes mistakes so nobody should criticize"--always seemed to be the case.

I liked the way the manager (and the league) had everything organized. Most players are friendly with very few complaints about mental and physical errors.

1) Camaraderie 2) Fun time of memory line 3) I did enjoy every thing that happen on the field even my errors.

My only other experience is the Fairfax County Church League. Of the teams I played, it was impressive and nice that there were only around 1% of the players whom were too focused on competition at all cost (e.g. arguing umpire calls) compared to the ~5% in the church league.

Comaraderie & Competition.

Team members; relaxed, no-pressure atmosphere; interactions within and between teams members

The experience of playing a game I love with my peers.

I was able to car pool with someone and play on same team who lives way out here in Fauquier/Culpeper co. I was able to play in the American league division which is less competitive and more fun.

The people I met and played with. To a person, they were all a great bunch of people and very welcoming. I liked the length of the seasons, both summer and fall. And the batting clinics and batting practices.

the members of the team and getting to play in a very competitive league with a number of excellent players.

It was easy for me to get to Braddock Park from my home in Vienna.

Great competition and camaraderie

The information that the managers passed on and the willingness of some to help me with suggestions how to catch, throw and bat and running. Explaining the rules like in-field fly rule, 2 home bases, don't look at the ball after you hear the crack of the bat – I still want to know where I hit it and the game is progressing so at times I was lucky to find someone who saw and remembered where the ball landed. I'm looking forward to playing in the winter and more so for spring. I play outdoor and indoor soccer all year round so the games being during the week and in the mornings is ideal for me. I will continue and hope that one day my husband does actually retire and play with me.

The camaraderie playing a team sport.

Players, fields were maintained, games started on time, everything about the league was super. The game, the camaraderie.

The camaraderie among my teammates and the other players in the Continental conference. Great manager and teammates. The level of competition and sportsmanship.

The men and women I met and to feel their passion for the game.

1. Being able to play the game (or a variation thereof) of my youth. 2. Camaraderie of the team.

Team mates and opposing team members. Playing with some of these Seniors actually inspired me to work harder and play harder to get my skill set back to what it was when I was younger.

Team spirit and support, opportunity to play several positions, success at fielding and hitting consistently, and social aspect of being part of the organization.

My manager, then, my teammates. After that, I enjoyed the organization.

Just being outside and playing again. Brought back great memories and it was fun to be playing again. I like how our team, while wanting to win, never took the games too seriously. More than one person would say the object was to have fun. And that's what I had.

Being able to ease back into playing after more than 20 years away from the game.

Playing softball after 25 years away from the game.

Teammates! Batting Clinic!

Great camaraderie , exercise, great manager.

First, the two games I played. Then, the attitude of the players: We are here to have fun, and winning this game doesn't really matter in my life. Having said that, I am going to play good, smart softball in order to win.

friendships....very nice people

meeting new people and exercise playing

The friendliness of Everyone in the league. Everyone would say hi and care and were concerned if you got injured as I did. No one was belittling and everyone would always congratulate someone if they made a great catch or had an especially good hit. Just amazing league with a bunch of great people who want to play and enjoy each other.

Exercise, competition, socialization...all of these made for a very enjoyable summer.

The wonderful sportsmanship displayed by everyone and the even competitiveness of the teams.

Our team – [color] managed by [manager]. Everyone was very cordial, had fun and played well.

Everyone on the team was very welcoming, as well as many players on other teams. [Manager] was very helpful.

My team members and manager. Hitting the crap out of the ball. Winning the division.

Folks on the team.

Other players and managers would come over to me and welcome me.

The high level of talent. The evaluation board did an excellent job of making sure that everyone playing in the National League had the skill levels to play at that level. Very impressive.

Enjoyed meeting new people, getting exercise, seeing how well I can still play and where I need to improve.

That it was fun playing baseball again and meeting new, very helpful people.

My manager was a great teacher and helped tremendously helping me shake off the rust.

camaderie among teammates and being competitive.

Like playing 7 full innings with mature people.

I PLAYED WELL AND MET SOME GREAT PEOPLE. PLUS THE BEER AFTER THE GAMES WAS FUN TOO.

Got to know a lot of good guys and gals. Improved my hitting by watching, reading and practicing. Competition was roughly equal.

Guys and camaraderie.

Playing softball again. Meeting new people. Getting out and active.

Meeting new people and I especially appreciated the assistance that {my manager} provided to me.

The support I received from the more experienced players in the program.

People.

8. What did you like least about your first year? Please list:

I wish there would have been more after game socializing among the players; was expecting that teammates would go out to lunch after games at least occasionally.

Navigating rush hour traffic to the fields to make 9:00

Having to get into rush-hour traffic.

Lost time when I got hurt.

- The 1% focused on competition

Unconstructive attitudes/comments on the part of a few teammates. 45 minutes commute to games (each way)

Not playing often enough.

The negativity and criticism from my manager and other team mates when a mistake was made by a player. I would prefer not playing on the same team next year for that reason. But other teams operated the same way.

Provide more rain out days per season.

Lack of regular umpires. Other than that, I loved the whole experience.

It would have been nice to have more rain makeup games.

Traveling to various locations to play

Being a first year player, not having tried different positions – I still could not tell a manager where I want to play – I know where but do not know if I am good enough to play there – not that it really matters – anywhere out in field is preferable to sitting on the bench.

During the hot summer days, playing two games. Could we play just one game during that time?

Not making the All Star roster.

Having games cancelled due to rain (not much you can do about that).

The rainouts and inopportunity to make-up missed games.

1. A few players--small minority--seem to have lost sight of the game as recreation. As a result they are whiners and undermine the fun. 2. A few times I did not get home until after 2 pm. I would have liked to finish playing and be home before 1.

The HATS. Sorry I just think they were way too HOT. A few of the fields could be better. The ones at Braddock are lacking and I watched my team mate take a hard hit to the face because the pitching mound was sticking up in the air, the ball hit and jumped up into his face. He missed $\frac{3}{4}$ of the season because of that!!!

Rain outs

I really didn't dislike anything

I really have no complaints. I like the early start time. I was surprised how bad traffic was so "late" in the morning, but I just readjusted my departure time. I like playing two games. Gives everyone a chance to split the games. I think things did get a bit more tense during the fall tournament. More arguments over the close calls. Would recommend asking for volunteers from the other conferences to ump tournament games in the future. I would also prefer a liberal strike zone as everyone should be up to swing not wait for a walk. When a pitcher loses his confidence and rhythm, it's just not fine to see the real close ones get called "balls."

The injuries which seem to go with aging but are able to be mitigated through proper warmup.

My injuries.

Not given chance to play power positions until late in season.

length of doubleheaders....3 to 3.5 hrs to play 2 games..

sitting on the bench

I was unprepared for the difficulty of trying to play a game which came so easily to me 25 years ago. I had no idea that my strength and reflexes had changed so much.

I did not get injured playing softball but broke my arm playing O-55 soccer.

No negative impressions.

Commute, I live in Leesburg; games in Springfield were too far.

Pulling my quad muscles. Hurting my throwing arm in the last game.

That I sucked.

Getting hurt, and not able to play better [hitting].

No Complaints at all. ((Just the rain, (smile.))

-- Assessment testing during 30 degree weather and breaking my thumb.

Not being able to complete the season because I could not throw the ball and letting the team down.

Playing at 9:30. 10:00 would be preferred.

I pulled a hamstring, then a groin, followed by the Achilles, and then the rotator cuff. I was a mess, but didn't miss a game.

Too many occasions where the umpire makes a decision and a debate follows whereby the team that complains the most wins the decision. umpire decision should be final.

Sometimes games ran over 2 hours which is a bit tiresome.

THE STARTING TIMES WERE VARIED DEPENDING ON WHO WAS MISSING. THE GAMES WENT SLOWLY DUE TO ANY SORT OF LACK OF CONTROL BY THE PLAYERS. HAVING THE INFELDERS AND PITCHERS PRACTICE IN BETWEEN INNINGS IS RIDICULOUS, AND WASTES MY TIME. WHY NOT START WITH A 1-1 COUNT, AND GIVE A FOUL BALL ON 2 STRIKES? MAKE THE GAMES MOVE FASTER.

A few complainers. High cost for people outside Fairfax County. In my county (Prince William), the premium for out of county players is only \$10.

Late decisions on rain-outs. Drove from Herndon to Wakefield, only to find out games were cancelled. Maybe update web site **and** send an email sent to all NVSS members as soon as game-day decisions are made.

I never got to pitch.

Little opportunity to play different positions during the season due to competitive schedule. My lack of ability to play to me potential due to 25 years off and leg injuries for almost entire summer season.

The calisthenics in the winter program, but they are an unavoidable evil that must be endured.

Traffic.

9. If you do not plan to play in 2012, please tell us why:

I plan to sign up again if I can remain with a conference where I can car pool and play on same team again.....
I live way out in Fauquier/Culpeper co. and the traffic would be 1 1/2 hours to 2 hours to get even to Braddock if I did not car pool with someone....

Moving out of area.

Just unable to commit at this time; probably more yes than no though.

I'm not sure I will be able to play next year because of my job. I'm not retired and work full time. I will have to wait and see how my work schedule is and see what my boss will allow. I will do everything in my power to be there.

Major operation, not able to play.

Commute, I live in Leesburg; games in Springfield were too far.

Not able to perform to expectations.

I am still undecided. I need to start throwing a ball and see how the arm responds.

recovering from two major illnesses; will be back as soon as possible.

FRANKLY I HAVE NOT AS YET DECIDED, AS THE DRIVE IS A BITCH, ESPECIALLY TO BUELAH AND WAKEFIELD.
CAN'T WE HAVE MORE GAMES AT BRADDOCK AND POPLAR TREE?

Traffic.

10. Please go to the NVSS website and review the FAQs

(<http://www.nvss.org/Home/FAQs.aspx>). Are there any that need better explanations, or questions/explanations we should add? Please list, with your recommendation.

Great info.

Very good and helpful.

I thought the FAQ section was very comprehensive and a good source of information for first time players.

Looks good.

For new players, a better explanation on "assessments". Text in FAQ didn't sound too stressful. The tryouts lasted several hours and took a lot out of me. Afterwards, I was very sore (legs and arms). Probably tried too hard and was out of shape. It was my mistake, but I went expecting to do the following and didn't understand it was more involved.

Adequate.

No changes required.

11. Please go to the NVSS website, public section (<http://www.nvss.org/Home.aspx>). Are there any changes we should make to make the information more useful to you or future NVSSers? Please list:

The 2 links on the physical fitness page: one doesn't work, the other doesn't take you to what's indicated. I suspect this is due to changes on ASMI's web pages (at least that was the case on 10/30/2011).

- On the field information page: it would be helpful if you could list a street address for each set of fields that can be plugged into a GPS.

I think all the information I found on-line was easy to understand and found them to be correct.

I found the entire web site to be well designed and very informative.

I go to this page often. It is very useful. No suggestions have occurred to me.

I remember visiting this part of the Web site looking for when the Evaluation would take place and where. Wrote an email message and got a reply. Would be good to post this somewhere on Web site even though I understand now that time and place are not know too far in advance.

Not sure if "field status" updates were posted on the home page or not, but you may need a "Field Status" tab. If weather is questionable, post to website and email all players either way as soon as decision is made. If you do not see any message about fields, you are not sure if the decision that fields are open was made or the decision is still pending.

Adequate.

I would bring the site up to date. Some of the info it contains are dated.

12. Please go to the NVSS website, Members Only section (<http://www.nvss.org/Home.aspx> – then login). Are there any changes we should make to make the information more useful to you or future NVSSers? Please list:

- I never really noticed the Login/Register option. So I tried to register today (10/30/2011) and got "An error has occurred. Error: User Registration is Currently unavailable". I tried again using different browser (Internet Explorer instead of Firefox) and got message that username already in use. So then went thru process to have it send (reset?) password and got "A critical error has occurred. Failure sending mail." Is username "jfflorio" already in the system?? Maybe I'll try again in a few days.... Is registration required/useful? What does it get you beyond the public section(s)?

I never got on the member only website nor do I know how to log-in.

I found the information in this section to be very useful.

I haven't bothered to register for the site because I have no idea why I should or what the benefits are. I don't recall any communication advising me why I should do this. Nor do I see any messaging on Web site what's in the membership-only area.

I tried but I couldn't log in. something about my email address and user name. I'll try again tomorrow.

I do not have a login to the member only site. I will be registering, but going through the process will only further delay my response to this questionnaire.