



BEST FIT GUIDE

HOW TO FIND THE ATHLETIC ORGANIZATION THAT BEST FITS YOU

Adult women deserve to play sports and have fun! However, there are many variables to consider before we can commit to a new activity. Consider these items as you look at athletic organizations to join.

QUESTIONS TO ASK YOURSELF

- How much time can I reasonably dedicate to an organization?
- Do I have reliable transportation throughout the week or weekends to participate?
- What can I afford financially to cover player fees, uniforms, equipment, etc.?
- Am I looking for a more laid back or competitive experience?
- Do I have a support system to help me if my sport schedule conflicts with family commitments or other responsibilities?
- Am I looking to join an only women's group or a mixed gender/co-ed organization?

QUESTIONS TO ASK AN ORGANIZATION

- What is the primary purpose of the group? Is it highly competitive, for fun, or a combination?
- What does your organization and leadership structure look like?
- Is prior experience necessary? What is the learning curve?
- Can I visit a practice or meet the team prior to joining?
- What is the time commitment and expectations? When does the season run?
- What is the financial requirement? Are there payment plans or fundraisers available?
- What equipment do I need to bring and what is provided?
- Where does the team practice and play? Is there travel involved?
- Is there a system of accountability? How can I report or discuss a concern?
- Does the organization have access to athletic training, medical personnel, etc.?
- Is this a women's only group or is it mixed gender/co-ed?
- Can I do something other than play? Are there volunteer, leadership, coaching, or other opportunities available?
- How do I sign up?



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Organization Name:

Website:

Point of Contact:

- Is the primary purpose of the group to compete, have fun, or a combination?
- Is prior experience necessary? What is the learning curve?
- What is the time commitment and expectation of participation?
- When does the season run?
- Where does the team practice and play? Is there travel involved?
- What is the financial requirement?
- Are there payment plans or fundraisers available?
- What equipment do I need to bring?
- What equipment is provided?
- How do I sign up?

www.play-gap.org

