



EMASS Senior Softball League Opens Registration for 2023 Season

Be Part of a Team, Form Lasting Friendships and Enjoy Balanced Competition

February 23, 2023 – Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players age 50 and older. With over 450 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, and Framingham. The EMASS season opens in late April with 16 or more weeks of regular season games and year-end playoffs completed by October 1. Interested players can register for the EMASS 2023 season at <https://e-mass.org/current-programs>.

“Playing on a senior softball team has tremendous health benefits,” said Walker Royce, EMASS Commissioner. “It is addictively fun and immerses you in a healthy community of like-minded pals.”

Softball Helps Seniors Stay In Good Shape as They Age.

“Playing a team sport like softball allows our older members to compete in a game they love while engaging in anaerobic exercise that helps with heart health, strength conditioning, weight control and cognitive focus,” said Gary Seigel, the EMASS Wednesday Metro division coordinator. “We have over 150 players in their 70s and more than 20 in their 80s still playing competitive softball.”

Retired Or Not, Players Love A Weekly Physical Outlet.

EMASS players cherish their weekly double-headers. The three-hour escape to the ballfield is a weekly high point of camaraderie, teamwork and healthy outdoor competition. EMASS has many younger seniors in their fifties and sixties who can still hit a ball over a 300-foot fence, run down a deep line drive in the outfield or turn a double-play in the infield.

“Our younger players aspire to be one of those guys that can still play in their 70s and 80s,” said Steve Bober, EMASS Tuesday Pacific division coordinator. “Playing safely and together with others focused on physical longevity builds a strong community of mutual health coaches.”

The EMASS Community Continues To Grow.

EMASS has added about 60 new players in each of the last three years. “We shuffle up team rosters every year in all divisions to enhance connections across our large softball-loving community,” said Rich Goldberg, the EMASS Thursday Atlantic division coordinator. “Our members enjoy competing with and against their friends.”

“Hitting, catching and throwing a softball and being on a team is fun. When your health routines are fun, you make them a priority,” said Royce. “Some seniors are hesitant to play because their knee hurts or their shoulder is shot, or they are carrying too much weight. Every Senior Softball player has similar complaints. Aches and pains are easily tolerated when they are offset by the joy of playing and competing on a softball team with friends.”

About EMASS Senior Softball League

EMASS was founded in 1995 and offers active seniors of all skill levels a safe, well-organized opportunity to play competitive slow-pitch softball. EMASS members range in age from 50 to 90. Skill levels range from casual recreational players to those who play on nationally competitive tournament teams. Players of any skill level will find a spot with teams of similar abilities in one or more of EMASS’s six divisions. There are two Saturday divisions and four weekday divisions. All divisions play a double-header each week and many members play on different teams in multiple divisions.

For more information about EMASS Senior Softball League, visit www.e-mass.org.

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