

| No. | Team Name | Captain |
|------------|--------------------|--------------------|
| 1 | Spike Tysons | Abby King |
| 2 | Couples Therapy | Nicole Guidugli |
| 3 | Risky Biscuits | Sydney Taylor |
| 4 | Practice Safe Sets | Tim Mattingly |
| 5 | One Hit Wanderers | Stephanie Bonfilio |
| 6 | The Crew | Renee Mains |

| Date | | |
|----------------|--------------------|--------------------|
| 5/17/22 | Week 1 | |
| 7:00 | Couples Therapy | Risky Biscuits |
| 8:00 | Spike Tysons | The Crew |
| 9:00 | One Hit Wanderers | Practice Safe Sets |
| 5/24/22 | Week 2 | |
| 7:00 | Spike Tysons | Couples Therapy |
| 8:00 | One Hit Wanderers | The Crew |
| 9:00 | Risky Biscuits | Practice Safe Sets |
| 5/31/22 | Week 3 | |
| 7:00 | Risky Biscuits | Spike Tysons |
| 8:00 | Couples Therapy | One Hit Wanderers |
| 9:00 | The Crew | Practice Safe Sets |
| 6/7/22 | Week 4 | |
| 7:00 | Couples Therapy | The Crew |
| 8:00 | Risky Biscuits | One Hit Wanderers |
| 9:00 | Practice Safe Sets | Spike Tysons |
| 6/14/22 | Week 5 | |
| 7:00 | Spike Tysons | One Hit Wanderers |
| 8:00 | The Crew | Risky Biscuits |
| 9:00 | Practice Safe Sets | Couples Therapy |
| 6/21/22 | Week 6 | |
| 7:00 | Couples Therapy | Risky Biscuits |
| 8:00 | Spike Tysons | The Crew |
| 9:00 | Practice Safe Sets | One Hit Wanderers |
| 6/28/22 | Week 7 | |
| 7:00 | One Hit Wanderers | The Crew |
| 8:00 | Couples Therapy | Spike Tysons |
| 9:00 | Practice Safe Sets | Risky Biscuits |
| 7/5/22 | Tournament | |