



Newsletter

Volume 1, Issue 3

March 7, 2007

Coach's Message

I had the pleasure of getting into the gym with some of the girls last weekend in Bridgewater. I was very happy to see the effort, attention to detail and willingness to learn shown, by all the girls that attended. My thanks to Paul Prince and John Turnbull who came down from Cape Breton to work with the girls as they learned a lot and the hard work sets a good tone for the year.

One thing that Paul stressed this weekend was the importance of conditioning. We will be starting our indoor session this week with the introduction of our strength and conditioning program. In order for us to put forward our best effort in our training, exhibition schedule and tournaments, our players need to focus on conditioning, flexibility and strength training. For those of you who have been active in other sports, this will be easier, for those who have not, there will be some extra work to put in.

Team Nova Scotia – Bantam Girls is an elite team representing our province in a national tournament and we are looking for every advantage we can. Flexibility = Quickness, Strength = Power and Conditioning = Endurance. The three of these work together to prevent injury. If you think of how many times someone is thrown out by a half a step, if the ball was hit a little harder it would get through the infield or if the throw had a little more power behind it we could get the out, you start to understand how important this program is.

I know many girls had sore arms and shoulders last year as well, these nagging injuries cost playing time, practice time and can hold a player and their team back. In addition to all of these things, everyone can benefit from physical conditioning. As we introduce our strength and conditioning program this week we will be expecting that

all of the players will start their running and conditioning at home, as well as when they are attending practice.

We are expecting a lot of hard work from all members of this team, coaches and players alike. For those who make the team and put in the effort, there will be rewards. In addition to playing in the tournament we are finding many local attractions such as the largest water park in Canada, a shopping mall with a rollercoaster inside and the shops and attractions of Old Quebec City. We are planning a full schedule of events to compliment the baseball experience at the tournament. Work Hard, Play Hard, Have Fun will be words to live by this year and I cannot wait.

Tim Pratt, Head Coach
Team Nova Scotia-Bantam Girls
Phone 902-835-5277

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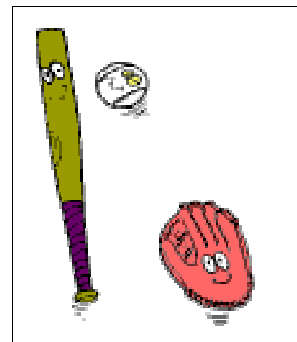
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Meet the Staff

I am very pleased to announce the coaching staff for Team Nova Scotia – Bantam Girls 2007. We have a strong staff who is dedicating to make our team the best it can be and work to make all of the girls better, happier and more productive ball players.

Our 1st Base and Hitting Coach

Jen Appleby has accepted the position of 1st base and hitting coach for Team Nova Scotia. Paul Prince, coach of Team Nova Scotia – Senior Women said Jen was one of the best hitters on his team and is very technically sound. I am excited that she will be working with our girls to get the bats moving. Jen started on the field as a softball player in 1990. She has represented Nova Scotia at least 5 softball Canadian Championships, 3 Eastern Canadian Championships, and multiple provincial and international tournaments. She made the transition to baseball 2 years ago to play with the Nova Scotia Senior Women's team and traveled to Toronto for the National tournament. Jen graduated from Acadia University in 2004 with a Kinesiology degree and is currently working at her Masters in Physiotherapy. She is excited to be part of the coaching staff for the NS Bantam girl's team and to have the opportunity to realize their potential and have FUN doing it.



Special Points of Interest:

Check out Baseball Canada Girls Bantam Championship website to read about the host city, Quebec City, accommodations and our baseball schedule at <http://www.baseball.ca/bantamgirls/>

Offensive Coordinator and 3rd Base Coach

Steve Benjamin will be our offensive coordinator and 3rd base coach. Steve and I have coached against each other, on and off for the last 4 years and I am confident that he will bring an exciting and explosive offense to Team Nova Scotia. Teams that have faced Steve in the past know that once a runner gets on first base they are a threat to score, and the defense will be pressured to make plays because of aggressive base running and clutch hitting.

Steve has been active in sports all his life, Hockey, Football, Track/field, Paddling/ Kayaking, to name just a few. He was a member of the Canada Junior Olympic Paddling team, is a certified Scuba Diver and holds a level 2 Minor Hockey Referee Certification. Steve began coaching baseball in the summer

of 2000, being the coach for SMBBA Bay Mariners at the Mosquito level. In the 4 years at this level, they won the League and Play-off Championship once, and runner up twice. In 2005, Steve assumed the Bay Mariners Peewee team and in 2006 they captured the League, Playoff, Halifax Districts and Provincial Championship and did it as an undefeated team with a season record of 32 - 0

When asked about his coaching philosophy Steve said, "I have always been more interested in players development than coaching at a "AA" or "AAA" level, watching players progress, improve, share their personal accomplishments, and then following them throughout their careers, has always been more important to me."

Steve always had skilled female players on his team. When asked about girl's baseball he said, "I have always been a strong supporter of female baseball, developing them as pitchers, using them in key roles or having an all girl infield on a boy's team. I feel female baseball is an area that has been overlooked in this province and has not been given the attention it truly needs and if I can share any of my knowledge to whatever degree, to help female baseball in Nova Scotia then, for me it was an easy decision to make. I am truly looking forward to working and coaching with Tim Pratt and all of his fellow coaches for the Nova Scotia Bantam Girl team. I truly believe that this will be a break out year and giant leap forward for Female Baseball in our province."

Coach and Business Manager

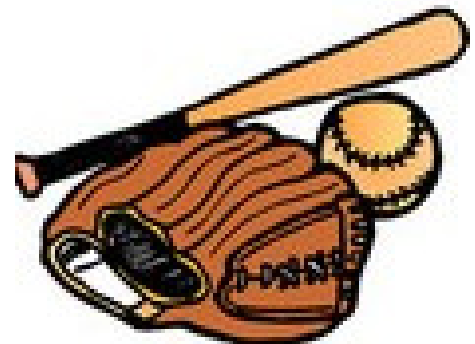
Terri Marshall has agreed to work with the team as coach and business manager. I have known Terri for 4 years. Terri has been the team manager for the last 6 years in the SMBBA recreational league. She has also been registrar and treasurer of the league and will be coaching the 14-18 girls recreational team out of the Hammonds Plains area. She will play a critical role on the team helping me run the dugout. It will be critical that the girls have their heads in the game, learn from what they see so they can be smart players. Terri's knowledge and experience both as a player and coach will be a tremendous asset to achieving these ends.

Pitching Coach

John Armstrong will be returning to the team as our pitching coach and will work with me to develop our staff. John is a skilled coach who brings a depth of experience and a wide variety of drills that will expand the girl's skill level. John was very popular with the team last year and a number of girls have asked if he would be back and I am happy to say he will.

Two Youth Coaches Join Team Nova

Jennifer Benjamin and Nicole Marshall will be joining team Nova Scotia as coaches for the 2007 season. Both ladies have a long history in baseball and were members of the 2006 Nova Scotia Bantam Girls team. I look forward to working with both of them this year, to see them obtain their full coaching certifications. I believe their National Tournament experience and their history with last year's team will be an added bonus. Their energy and enthusiasm will add to our practices as they assist in running the various skills stations. The addition of these two coaches rounds out our coaching staff and we look forward to a great year of baseball.



Jill Robertson and Staff to Provide Training

Jill Robertson (MSc.(PT), Dip, Manip, FCAMT) and her staff at Young Kempt and Beaverbank Physiotherapy have agreed to provide training service to Team Nova Scotia Bantam Girls. Jill has worked on Tim Pratt and a number of players, who have played for him over the years and has achieved very positive results. Jill and her staff have provided training services for minor baseball, soccer, hockey and football teams that have competed locally, nationally and internationally. Their willingness to set up our training program lends a great

deal of expertise and experience to our program.

On Saturday they will be introducing our strength and conditioning program at our first workshop and this program will be maintained by Jen Appleby one of our assistant coaches who is finishing her first year of her Masters program in physiotherapy at Dal.

In addition to the educational program;

which they are providing to the team at no charge, they will ensure we have training coverage, if required, for the National Tournament at an extremely reasonable rate and will provide trainer training to one of our coaches at no charge.

The program that they are setting up for us will help us get quicker, stronger and have more endurance. In addition to that, it will help avoid injuries and teach the girls how to better condition themselves for future sports and life in general.

The Downside Of Competition

One of the hardest parts of running a competitive team is that all players, though they will be treated fairly, will not be treated equally throughout the year. Every player will get a chance to compete for roster spots, practice squad positions, playing time and their position of choice, but as is the nature of competition, someone will win and someone will lose.

As we move into the skill development portion of our program it is important for us as a coaching staff to communicate this fact to you. Every girl who shows up will be a part of the skill development program and will be treated as part of the program. Our coaching staff will work with each of them to help them compete and develop their skill and our hope is that all who attend will be better

ball players than when they started and that they all had fun.

There will however, come a time when we will have to make cuts and when we will have to select our starters, backups and practice squad. We will be doing this based on a combination of skill level, effort and skills at particular required positions. I know last year there were no cuts, this year there will be, as we are looking at a smaller roster and a larger number of girls applying to try out. In addition to that, after the team is selected, the girls will be expected to earn their playing time in practice. A 2nd line player can work into a 1st line position through hard work that improves their skill. A practice squad player could earn a roster spot if one of the players

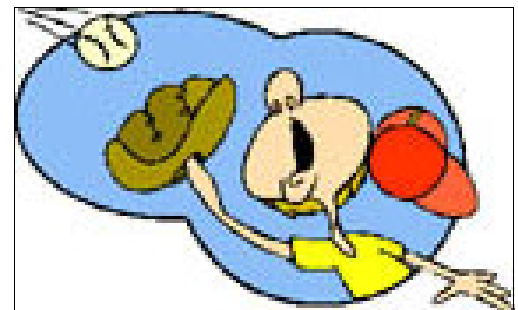
who made the team is injured or stops working to improve their play.

We will give everyone the best chance they can have to earn their spot and will do the best we can to make sure that hard work is rewarded and those who are involved in the program at any specific time benefit from their experience. In return, the players will be asked to put self aside and work hard to make the team as a whole the best that it can be. This is a valuable life lesson though it can be a hard one.

Quote of the day:

“Good Teams become great ones when the members trust each other enough to surrender ‘me’ for the ‘we’”.

Phil Jackson



March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	1	2	3
4	5	6	7	8	9	10 Indoor Training in Dartmouth 2pm-5pm \$15 + \$10 if not registered with Baseball NS last year.
11 Daylight Saving Time Begins Indoor Training in Dartmouth 9am-Noon	12 March Break	13	14	15	16	17 St. Patrick's Day
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Skills Development Clinic in Dartmouth 2pm-5pm \$10





April 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fool's Day Palm Sunday Indoor Training in Dartmouth 9am-Noon \$15	2	3	4	5	6 Good Friday	7
8 Easter	9	10	11	12	13	14 Skills Development Clinic in Antigonish 2pm-5pm \$10
15 Indoor Training in Antigonish 9am-Noon \$15	16	17	18	19	20	21 Indoor Training in Dartmouth 2pm-5pm \$15
22 Indoor Training in Dartmouth 9am-Noon	23	24	25	26	27	28
29	30	1	2	3	4	5

