



# Newsletter Team Nova Scotia Bantam Girls

Volume 1, Issue 4

April 9, 2007

## Coach's Message

With another couple of camps behind us we get closer to the time when we can take it out on the field and start playing baseball. After 6 hours in the gym and many more hours reviewing film, I am impressed by the effort and athletic ability of those who are trying out for the team. We have been emphasizing the basic throwing, catching, hitting, running, and most of all physical conditioning. The staff has seen steady improvement in the team and we expect to see this continue through out the season.

It is our plan to keep working on the fundamentals, increasing the power and accuracy of throwing, training our players to have soft hands in the field, increasing the speed and agility of the team as a

whole and building a group of hitters who will battle to get on base every time they are at the plate. We also plan on continuing our strong emphasis on physical conditioning and we ask that you continue your workouts at home so that when we are together we can get the most out of every opportunity.

In April we have two more indoor camps and then we are looking to get out onto the baseball field in May. Starting next week in Antigonish we are going to build on the skills we have developed indoors and start adding some complexity into the drills. Players need to start thinking about what position they want to try out for. Starting with the last camp in

April we will start to break the group into infield, outfield, pitchers and catchers. Pitchers will select a group to be in when they are not on the mound. Our training will become more and more position specific as we get closer to team selection at the end of May.

We face a great challenge as we prepare to compete with teams from Alberta, Quebec and Manitoba. It is the challenge that makes this opportunity special and that will make the successes we will have much sweeter. Winning when you are the favorite is enjoyable but winning when you are the underdog is what dreams are made of.



## Trainer's Corner

Coming prepared for team practices and games is very important. You need to make sure that you have everything at the field that you need to play safely. I talked to you about the importance of wearing your "jill" at every practice and game. You should also make sure you wear sports bras. This equipment protects you from possible injury and is considered to be important by the coaching staff. If you do not have proper equipment we may have you sit out of practice for your safety.

Something else you should bring to every practice is water. Sports drinks are fine but in addition to that, you should have water. Any time you are active you need proper hydration and as we get into the heat of the summer it becomes critical. Please ensure that you bring water to every prac-

tice. All water bottles should have the players names on them and we will not allow sharing of water bottles. This is a practice that can spread illness through the team and we cannot afford that.

You will also be required to wear cleats when we get outdoors. It is important that you have proper footwear for safety. We play a number of games in wet conditions and without cleats, poor footing can result in muscle pulls and falls.

Please continue to workout on your own and run through your exercises and conditioning program. Proper conditioning and preparation will make for a more enjoyable playing experience.

### Inside this issue:

<i>Team selection Process</i>	2
<i>Fundraising Information</i>	2
<i>Registration Fees</i>	3
<i>Fundraising Goals</i>	3
<i>Sportscape Tickets</i>	3
<i>Save Sobeys Receipts</i>	3
<i>Girls Baseball Skills Camps</i>	3
<i>April Calendar</i>	4



## Team Selection Process

Over the last week or so I have fielded questions about the team selection process and there has been a little confusion about how and when the team will be selected. I want to take this opportunity to clarify our approach to the selection of the team.

We are currently in the skill development phase of the spring training program. Our focus is on helping every ball player who comes out develop the basic throwing, catching, running and hitting skills that they will need to compete. We are not using this process to identify players who will be cut. We are focusing on development of players and allowing the players to get comfortable with the staff and the other players at the camp. This will give every girl their best chance to compete.

Starting mid May (specific date depending on when we can get on the field) we will start team selection. We will run players through drills, take measurements of

throwing accuracy and power, speed, catching ability and hitting. These drills will be specific to the position that players are trying out for. Outfielders will not be measured on grounders and infielders will not be measured on their ability to field deep fly balls and make long throws from the field. These drills will form the first part of our evaluation. The next phase (during the same weekend) will be inter squad and exhibition games. I want to see every girl who wants to try out for the team in a game situation before I assign any roster spots. Cuts could start as early as the end of the first inter squad and exhibition game weekend. We will then look to hold another set of inter squad and exhibition games after which we will cut down to 20 and assign the first set of roster spots. It may be at this time we have the roster finalized or we may take one more weekend to allow players to compete for practice squad and backup positions. Depending on when we can get out onto the fields we will target final rosters selection between the last weekend in May and the

second weekend in June.

Once a player makes the team and is given a uniform, that uniform belongs to them as long as they maintain their commitment to the team and program. We have a lot of work to do this year and we will need all of our players to be committed to the team. If a player stops working or stops attending camps, games and other team functions, they could lose their spot. This will not be a surprise. Communication will be constant and if a player appears to be losing their commitment, the coaches will talk to them and their parents. I have no expectation that this will be a problem but I need to make sure everyone is aware of it from the outset. It is not something anyone should be stressed over and know one should worry that they will come to the field in July and get cut out of the blue. That would not be fair and we would not do that to anyone.

## Fundraising Information

As the season approaches I am getting more questions about fundraising and how the team will be funded this year. It is important to get an early start so we are already beginning to approach corporations to provide sponsorships for the team. Our fundraising chair Margo Bradbury, Terri Marshall and Tim Pratt will be meeting early this week to organize our initial fundraising drive and to get the funds rolling in. As players make the team we will ask parents who are interested to join us in our fundraising efforts.



## Registration Fees

There will be a registration fee that will be payable at the time of team selection. This fee will be \$250.00. To secure the player's roster spot they will have to pay this within 2 weeks of the player's selection. For players who are selected as part of the developmental squad there will be a \$125.00 fee. This fee will mostly be used to cover the practice uniforms, ball cap and playing expenses for the developmental squad players. For those who qualify for funding assistance there are programs through local municipalities and Sport Nova Scotia that can help with these fees. If the registration fee is a problem please approach our business manager confidentially for information on these programs.



## Fundraising Goal for Each Player

In addition to the registration fees each player on the main roster will have a \$1000.00 fundraising goal. To assist with this goal we will be providing sponsorship letters on our team letter head with the signature of our business manager. This letter will provide the potential sponsor with a description of our program, the program benefits and an appeal for sponsorship. It will also provide detailed payment and receipt instructions. All funds will be tracked and financial statements will be provided to Baseball Nova Scotia and to all members of the team.



## Sportscape Ticket Sales

In addition to the sponsorship letters, each player will be provided with Sportscape tickets. These tickets are provided by Sport Nova Scotia at a cost to us of \$.50. We will sell these tickets for \$2.00 per ticket. There are some excellent prizes including a trip for 2 anywhere West Jet flies in Canada. In addition to this; on the back of every ticket, is a \$5.00 off any \$50.00 purchase at Cleve's. We have already received 1000 tickets to sell and any player who wants to get a head start on fundraising can request them. Please note that all proceeds from ticket sales will go to Team Nova Scotia Bantam Girls whether or not they make the team. We will be asking all girls who make the team or developmental squad to sell at least 50 tickets. All ticket sales will count toward the player's fundraising goals.

## Save your Sobeys' Receipts

We are in the process of registering the team with the Sobeys' Receipt program. We can redeem these receipts for cash once we have registered. Simply save your receipts and turn them in when we are together. We will add them up and turn them in to Sobeys and get cash for them. If we all collect receipts and get friends and family to do the same, we can get some money for those little extras that will make the year special.

## Girls Baseball Skills Camps

To help promote girls baseball and to raise funds for the team, we will be putting on camps for girls mosquito age and under in regions around the province. We will charge a registration fee and our players will work with the young girls under the supervision of the coaching staff. This will be a way to raise funds and keep the focus on baseball. After the session with the young girls, we will move into our own practices and exhibition games.



## April 2007

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

