



Change up

Spring 2009

All pitchers born in 1996 or later must wear the game face mask this year. Contact Greg Mah at headcoach@ladnerminorfastpitch.com



EXCEL Program for Mite and Squirt

The Ladner Minor Fastpitch Association is proud to offer the Excel Program that will be offered to Squirt and younger aged players. It will give players an opportunity to expand their skills and knowledge of the game.

The Excel program is designed to give players an avenue to "excel" at the sport they love. The program will be run much the same as previous clinics. We will be splitting the players up, into groups, and running them through a series of skill stations. Each station will be designed to teach a specific skill and will give the players a chance to practice that skill, in a structured environment. Having fun, while learning, is the key to success, so our focus will be on creating a fun atmosphere for the players to learn.

When the coaches feel the kids are ready, we will also try to introduce some inter-squad games and maybe even some games against teams at a higher level, but it will depend on the level of play the Excel players achieve.

Some of the skills, but not all, we will be focusing on include;

- ◆ Catching
- ◆ Pitching
- ◆ Hitting
- ◆ Fielding
- ◆ Running
- ◆ Sliding

More information will be distributed, to applicable teams, in the near future.

Online Hitting Academy

The LMFA has purchased 22 team MEMBERSHIPS to the **Online hitting Academy** (OHA) which provides us with 110 sign ons.

Each team will be given an email address and password that will allow five people at once to sign on. This is an excellent site that will provide instruction and drills for all skill levels from LTP to Midget.

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Major Investment in New Equipment for 2009 Season

The Ladner Minor Fastpitch Association has made a significant investment in new equipment to compliment our investment in upgrading coaches training aids last year. The equipment will be available for coaches to use for team practices and for use by our Excel program at the Mite and Squirt levels.

The **Stayback Tee** is designed to help teach and practice rotational hitting that can increase bat speed. It helps the batter establish the proper axis to launch the swing. It virtually eliminates forward motion after swing initiation commonly called lunging. This enhances balance in the stride landing and allows the hitter to adjust to different speed pitches and maximize the power by leading with hips and turning into the ball.



Stayback Tee

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Volunteers critical to LMFA success

By **Ornella Svalestuen**

Service Hours Coordinator - osval@telus.net

Parental assistance is vital to our association's success. Parents can help by volunteering for concession duty or other available volunteer opportunities. All players have submitted a \$60.00 Volunteer Fee with their registration. Parents who complete their volunteer hours by volunteering will be reimbursed the \$60.00 at the end of the season.

Concession Shifts

One concession shift equals approximately two and a half hours. Parents can sign up for a shift via the shift calendar located at the Concession. The Concession Manager will be available to answer questions and help train. Parents must sign the concession shift book to verify that duties have been fulfilled. Parents must complete five hours of Concession time. Families with more than one child registered with LMFA will only be required to complete the two shifts. Names of families who have completed Concession hours will be forwarded by the Concession Manager to the Service Hours Coordinator for reimbursement.

Team Volunteer Opportunities

Each team will be provided with a maximum of three Volunteer positions. These will include the Coach, and the assistant Coaches and/or Team Managers as determined by the Coach. Parents will not receive volunteer hour credits for scorekeeping, transporting players or attending regularly scheduled games or tournaments. The Coaches will be forwarding the names of the three Volunteers to the Volunteer Hours Coordinator for reimbursement at the end of the season.

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Learn-To-Play Enrollment Leaps by 78% in 2009

Thanks to the efforts of Janice Malesku, LTP registration is up by 78% and still climbing. The LTP introduction to local elementary schools led by Janice and her husband Neil Malesku has paid off in spades.

We are looking at a possible seven teams and have had 15 boys join the ranks this year.

Overall, while numbers are declining, there are still some bright spots for the association. In 2009 we will have four Squirt teams versus three last season, and our Mite numbers continue to be strong in 2009. The more kids we can introduce to the sport the more our long term success is assured.

Certificate awarded to all participants of our school LTP introduction program.



LMFA Service Hours Opportunities

The LMFA needs your help and your children need your support. Anyone volunteering can rest assured that they will be supported in the position volunteered for. We are in need of volunteers in the following areas:

Uniform Assistants (3):

To help organize team uniforms prior to the season, distribute team uniforms on uniform day and collect uniforms at the end of the season on equipment/uniform return day.

Webmaster Assistants (2):

To assist Webmaster with specific areas of the LMFA website, such as updating photos, etc.

Tournament Assistants:

1. To assist in planning and running the various tournaments. Parents may help with another level's tourney if they prefer to watch their player's games.
2. Concession: helpers to cover three four hour shifts.
3. Marketing Assistant: To help advertise tournaments with Softball BC
4. Call up Manager: To assist in calling players up from lower levels by communicating with coaches and ensuring equitable call ups among players.

Park Clean Up Crew (5 min per event):

To assist with park clean up after tournaments, opening day, wind up weekend, etc. Volunteers can sign up for specific events or all of them. Parents may also wish to sign up as a team to work together to make the work quick and fun.

Equipment Swap Coordinator (1-2):

To coordinate an event for players to sell, swap and shop for pre-owned equipment.

Program Manager (Excel):

To assist in set up of exhibition games, registration for tournaments, and player contacts.

Movie Night Coordinators:

To assist in coordinating and expanding this event into a movie/carnival/family picnic event

Picture Day (2):

To assist with the communication of times and information to teams and to assist with the organization of the day.

Trophy Organizer (1-2):

To assist with the selecting, ordering and distributing of trophies.

Division Photographers (1-2 per division):

To take photos for the Ladner Minor Fastpitch Association website and newsletter.

Writers (1-2):

To write pieces for the local papers' Sports Section.

Canadian Tire Jumpstart Program Liaison (1):

To find out details about the program and how our association may be able to partner with it.

Birthday Club Coordinator (1):

To set up a birthday club to acknowledge players' birthdays electronically.

Call up Coordinator (1):

To organize a list of all the girls who have the ability to play at a higher level on an emergency basis.

Woodworker (1):

To manufacture "bat handles" for the association. Samples are available.

Learn To Play Wrap Up Party Organizers (2):

To plan and oversee the season

Envelope Stuffers (1-2):

Preparing information packages for teams prior to opening day.

Sponsorship sales (1-2):

Contact local businesses to solicit sponsorships for the association. The LMFA gladly accepts sponsorships of product, cash or discounts.

Paid Position

Concession positions are available for adults that are able to work weeknights and some weekends. These will be paid positions and Food Safe is a must. If you do not have food safe, we will reimburse upon successful completion of the one day course. Contact Clint Callow by email at schoolliason@ladnerminorfastpitch.com for more information.

Gaming Researcher (1-2):

To gather information (other associations, Corp. of Delta, Victoria), structure our bid and complete gaming application.

Virtual Coaching Coordinator (1),

Photographers (2-4) and Coaches (2-4):

The coordinator will liaise between team coaches, photographer and virtual coaches. Players will receive feedback on their skills with photos.

Photo days are Wednesday
May 7th and Thursday May
27th, at Hawthorne
Elementary



New Equipment for 2009

The **Instructo Swing 5000** helps every element of swing training. Acting as the hitter's silent coach, the Instructo Swing teaches and reinforces proper hitting mechanics.

The **Hurricane** provides immediate feedback on bat speed and power. It can be used for static tee practice or as a dynamic moving target.



Zip-N-Hit Pro acts like a portable batting cage, allowing batters to improve their swing almost anywhere. Players have fun while developing confidence and power. Consistent practice anywhere without have to retrieve balls.



Three **new pitching machines** have been purchased this season. They will replace our existing machines (which will be rebuilt) and will be available for hitting practice in the cage or out on the field.



Association News - continued from page one

The OHA will standardize terminology and provide a base for the approach we take to hitting as an organization.



For example if you child is popping up all the time the site will tell you why and provide you with a series of drills to correct this. The LMFA has arranged for a 35% discount for individual memberships purchased through our organization. Regular list Price is \$29.00 USD for a life time membership.

The Association has set aside \$30K for field improvements, which include building a new covered batting cage and crowning the fields. These improvements require an engineered drawing and then approval at city hall. Completion is scheduled for late 2009. Engineers or trades people that could help would be really appreciated.

The Concession will open earlier this year (5:30) in order to give parents a chance to feed the ball



players and themselves. A satellite station will be set up over by the mite diamond between diamonds 1 and 3. Drinks, coffee and snacks to save you having to hike all the way back to the main concession. The Association has purchased a proper hot dog grilling machine this year.

Winter warm up and pitching clinics have been very well attended. Currently we have almost 40 players gorging through hitting and defence session every Saturday at South Delta Senior Secondary. The program is headed up by Clint Callow, our Excel Manager. Clint will be overseeing the Excel program for mite and squirt this year.

LTP will play on Tuesdays and Thursdays at both Hawthorne and Holly schools. Mite

play on Mondays and Wednesdays. Our plan is to have a full interlock schedule with Tsawwassen.

From Peewee up to Midget this year we will be playing a full interlocking schedule with Richmond, North Delta and Tsawwassen. As a result we may find that we are playing on different days of the week depending on who you play. We do realize this does, slightly complicate things for some teams, but the alternative was playing the same team 80% of the time. It should give parents who have children playing in different divisions a chance to see all your kids play, and who knows maybe you will get one night this year to sit down together as a family for dinner.

Delta All Sports is offering all Ladner Minor Fastpitch Members 10% off.

Line drive in movie night is June 6
<http://www.freshaircinema.ca/>

Have fun and get paid!

Become an Umpire for our Association

While other districts struggle, the Ladner Minor Fastpitch Association has been fortunate to retain our core of talented umpires under the leadership of Umpire In Chief **David Bailey**. We are, of course, always recruiting new umpires and we are still in need of boys to join our ranks.

UIC Bailey says that we have a great crew overall, but umpires at this level, like players, depend on recruitment. Tsawwassen is suffering this year from lack of recruitment the last few years and has fewer umpires.

We have 19 returning umpires, but all senior umpires are working other jobs except one, affecting their availability. The middle group is talented but few, the 2nd years or new returnees are a talented group. The middle and returnees are the strength of our umpire pool this year, thus you can see the importance of constant recruitment for new talent. We have a total of seven new umpires this year, my target was 10. Any help or ideas to increase interest is appreciated.

We have a total of 26 umpires, including myself, this year, two fewer than last year. I do have contacts outside



Umpires needed: this is an excellent opportunity to develop your personal skills as well as earn extra cash in a fun environment and is open to both boys and girls.

For more details, check out the umpire page on our website ladnerminorfastpitch.com or email David Bailey: uic@ladnerminorfastpitch.com

of South Delta willing to assist us when needed, I am not expecting any serious problems with supplying umpires for assigned games at this point in time.

Tournament Schedule

SQUIRT GIRLS

April 2009	
Mission	April 3,4,5
Burnaby	April 17,18,19
Langford	April 17,18,19
Kelowna	April 25,26
Mission	April 24,25,26
Newton	April 24,25,26

May 2009	
Cloverdale	May 1,2,3
Tsawwassen	May 2,3
Richmond	May 1,2,3
Summerland	May 2,3
Wellington	May-09
Fleetwood	May 8,9,10
Softball City	May 8,9,10
Kelowna	May 16,17,18
SSWR	May 22,23,24
North Delta	May 22,23,24
Vernon Paulette	May 23,24
Sooke Sandra	May 23,24
Abbotsford	May 22,23,24
Prince George	May 29,30,31
Whalley	May 29,30,31

June 2009	
Barriere	June 6,7
Quesnel	June 6,7
Pt Alberni	6-Jun-07
Sydney	June 6,7
Guildford	June 13,14
Coquitlam	June 27,28,29

PEE WEE GIRLS

April 2009	
Mission	April 3,4,5
Burnaby	April 17,18,19
Newton	April 17,18,19
Langford	April 17,18,19
Kelowna	April 25,26
Fleetwood	April 24,25,26

May 2009	
Cloverdale	May 1,2,3
Ladner	May 1,2,3
Mission	May 1,2,3
Wellington	2-May
Softball City	May 8,9,10
Summerland	May 9,10
North Langley	May 8,9,10
Richmond	May 8,9,10
Sooke	May 9,10
Barriere	May 16,17
Kelowna	May 16,17,18
Whalley	May 22,23,24
View Royal	May 22,23,24
Quesnel	May 23,24
Vernon	May 23,24
Abbotsford	May 22,23,24
Prince George	May 29,30,31
North Delta	May 29,30,31
Sicamous J	May 30,31
SSWR	May 29,30,31
Guildford	May 30,31
Pt Alberni	30-May-31

June 2009	
Nanaimo	June 5, 6,7
Fleetwood	June 27,28,29

BANTAM GIRLS

April 2009	
Mission	April 3,4,5
Burnaby	April 17,18,19
Newton	April 17,18,19
Sooke	April 18,19
North Delta	April 24,25,26
Kelowna	April 25,26

May 2009	
Richmond	May 1,2,3
SSWR	May 1,2,3
Summerland	May 2,3
Softball City	May 8,9,10
Cloverdale	May 8,9,10
North Langley	May 8,9,10
Vernon	May 9,10
Pt Alberni	9-May-10
Kelowna	May 16,17,18
Guildford	May 22,23,24
Langford	May 22,23,24
Quesnel	May 23,24
Prince George	May 29,30,31
Fleetwood	May 29,30,31

June 2009	
Abbotsford	June 5,6,7
Guildford	June 27, 28, 29

MIDGET GIRLS

April 2009	
Mission	April 3,4,5
Burnaby	April 17,18,19
Fleetwood	April 24,25,26
Tsawwassen	April 24,25,26
Kelowna	April 25,26

May 2009	
Newton	May 1,2,3
Vernon	May 2,3
Richmond	May 8,9,10
Softball City	May 8,9,10
View Royal	May 8,9,10
Summerland	May 9,10
Cloverdale	May 22,23,24
Pt Alberni	23-May-24
Quesnel	May 23,24
North Delta	May 29,30,31
SSWR	May 29,30,31
Langford	May 29,30,31

June 2009	
Kamloops	June 5,6,7
Abbotsford	June 5,6,7



www.ladnerminorfastpitch.com

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Fred Wells
President

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Vice President, Tournament
Director

David Bailey
Umpire In Chief

Greg Mah
Head Coach

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