



SOFTBALL ACT NEWSLETTER

ISSUE 1 - VOL 2 - JANUARY 2010



HAPPY NEW YEAR!!!



WELCOME TO THE FIRST ISSUE OF THE SOFTBALL ACT NEWSLETTER FOR 2010!

2010 is already proving to be a busy year for Softball ACT with teams travelling interstate for Nationals rounds and the Australia Day Junior Carnival which was held from 22 - 25 January, attracting 57 teams and a huge number of supporters....read more in these pages!

Articles or news items for our newsletter are always welcome. If you would like to contribute, please contact Softball ACT.

DATES FOR YOUR DIARY: FEBRUARY TO MAY 2010

Sat 30 Jan 2010: Saturday Afternoon Women's Competition Resumes

Wed 17 - Sun 21 Feb 2010: Open Men's National Championships

To be held at Hawker International Softball Complex

Fri 19 - Sun 21 Feb 2010: Open Women's Gilley's Shield Finals

To be held at Hawker International Softball Complex

3 Mar 2010: Commencement of Twilight Competition

To be held at Hawker International Softball Complex (read more on page 2)

3 May 2010: (Proposed) Commencement of 2010 Winter Competition

To be held at Hawker International Softball Complex (read more on page 2)

Fri 7 May 2010: 2010 State Dinner

To be held at the Ainslie Football Club.

SOFTBALL ACT NEWS

2010 Australian Under 19 Men's and Women's Squads

Congratulations to the following ACT players who have been selected into Softball Australia's 2010 Australian Under 19s Men's and Women's Squads.

These athletes were selected from the 2010 Under 19 Men's Australian Championship (Nox Bailey Shield) and the 2010 Under 19 Women's Australian Championship (Elinor McKenzie Shield) held earlier this month.

U/19 Men's squad

Jesse Taws

U/19 Women's Squad

Bridget Corver

Nicole Dodd

Katina Robson

Ella Ross

Katherine Tye

These teams will play in the International Friendship Series in Sydney from 4 to 8 July 2010. The series consists of a training and competition program which is a development and instructional opportunity for both coaches and players. The competition includes overseas entrants and is the first stage of a pathway to further national and international opportunities.

Full team lists are available on the Softball Australia website.

Results: 2010 Australia Day Junior Carnival

The Australia Day Carnival involved 56 teams competing over four days. The event was a great success with much positive feedback. Well done to all players and thank you to everyone who contributed to make the event happen!

Canberra team winners in the Grand Finals included:

- Canberra Gold U16 Girls Cup
- Canberra Blue U16 Girls Plate
- Canberra U16 Boys

For full Grand Finals results, please visit the Softball ACT website - the link is available from the home page and the Carnival page.

Results: ACT Diamonds in Gilley's Shield 2009/10 3rd Round - Jan 2010

Well done to the ACT Diamonds for their success in the third round of the Gilley's Shield, winning four games (out of six) as follows:

6 Jan	2:00 PM	WA Flames	0	vs	ACT Diamonds	7
6 Jan	8:00 PM	Vic Titans	2	vs	ACT Diamonds	1
7 Jan	12:00 PM	NZ White Sox	1	vs	ACT Diamonds	11
7 Jan	4:00 PM	QLD Heat	3	vs	ACT Diamonds	0
8 Jan	1:00 PM	SA Starz	0	vs	ACT Diamonds	9
8 Jan	6:00 PM	NSW Firestars	2	vs	ACT Diamonds	3

The ACT Diamonds are now holding third place, behind the WA Flames in second place and the NSW Firestars in the lead.

Softball ACT

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VOLUNTEERS OF THE MONTH - JANUARY

Thank you to the following January Volunteers of the Month - your time and effort is greatly appreciated.

Woden Valley Softball Association (WVSA)

1. Brad and Karyn Vance – for their fantastic support of the WVSA's morning competition. Karyn is assisting our Canteen coordinators with serving in and packing away the canteen, in addition to assisting with organising Woden's uniforms. Brad has assumed the role of groundsman - marking the diamonds and working on Diamond 1 to restore it to its former glory.

These volunteers are putting in long hours to assist the WVSA in its weekly operations, and in the run up to the ACT Junior Championships in March. Their efforts are greatly appreciated by the WVSA Committee.

2010 Australia Day Junior Carnival

The people listed below voluntarily committed long hours (in excess of 10 hours per day during the Carnival) to ensure the success of the Australia Day Carnival, not to mention the time commitment for many of these people before the carnival even started. Without the efforts of these people we could not run such a successful carnival, let alone run a carnival at all for the number of teams we have.

A special mention also to all the parents of players who assisted throughout the carnival with general volunteer duty such as garbage runs, manning the merchandise store, etc. Without their support we could not have got through the weekend.

2. Dan McKay, Di Kropp, Billie McPherson, Bek Pearson, Therese Coleman-Wright, Danielle Pring, Tim Windsor, Andrew Ray, Mark Dehlsen, Ian Dehlsen, Mark Gallagher, Sarah Houston, Michael Hill, Billy Demetrius and Brandon Hardwicke - for their efforts during the Australia Day Junior Carnival weekend as well as in the umpires time of need.

3. Rod King – for his hard work as Convener of the Australia Day Junior Carnival, plus general clean up each day.

4. Michelle Demetrius and Brian Higginbotham – for their efforts as Registrars of the Australia Day Junior Carnival and assisting with general clean up each day.

5. Dagmara Hanscombe – for her hard work as the Carnival Volunteers Coordinator, pre-carnival preparation, general clean up and assistance during the carnival.

6. Mandy Rankin – for her efforts as the Merchandise and Uniform Coordinator prior to and during the carnival.

7. Mat Camp, Billy Demetrius, Geoff Hardwicke, Jon Wells, Paul Mascord – for their efforts as Grounds men and assisting with general clean up each night

8. Amanda Gallagher, Dan McKay and Di Kropp – for their assistance as Umpire Coordinators for the carnival.

Canberra Boys Teams

The boys teams for Australia Day were not finalised until very late and thanks goes to the coaches.

9. Ralph Bradbury and Pip Powell - for their efforts in organising the Canberra boys teams during December and January

10. Jacob Granger and Kas Granger for the U12s, **Brian Sloan and Ralph Bradbury** for the U14s and **Tom Wickham**, together with their officials who came on board at the last minute to ensure the teams could play. Congratulations on doing a great job at short notice.

Canberra Girls Teams

10. Maree Hardwicke – for her efforts in coordinating the Canberra Girls Teams in the lead up to the Australia Day Carnival.

SOFTBALL ACT NOTICES

Twilight Softball Commencing 3 March 2010

This 5-week competition will be held on Wednesday nights from 3 March through to 31 March inclusive at Hawker International Softball Complex. There will be two game start times - 6:30pm and 8:00pm.

Entries are open for open women, junior girls and junior boys teams or individuals. We hope to have two open divisions (A and B grade) and also a junior division.

The cost is \$600 per team (no restriction on the number of players in a team) or \$13 per player per game.

Anyone interested in playing should email Frank Curcio at dangiecu@netspeed.com.au advising of your interest and to register.



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Winter Softball Will Be Back In May 2010

Start getting your teams organised for the 2010 Winter Softball Competition.

Venue: Hawker International Softball Complex

Proposed dates: 3 May to 30 June – Male teams to play on Tuesday nights, Female teams to play on Wednesday nights (Monday and Thursday night will be considered subject to the number of teams)

Competition format: 8-week competition using a modified version of the game which was successfully piloted in the 2009 Winter Competition.

Divisions: Male and female open teams as well as junior teams

Playing times: Male teams to play on Tuesday nights commencing 4 May, Female teams to play on Wednesday nights commencing 5 May

Cost: \$950 per team with no restriction on the number of players used or \$13 per player per game (we will find a team for individual players if needed)

Other information: Subject to interest, it is hoped to have two open divisions (A and B grade) and also a junior division for both male and female competitions

Further details will be provided in March/April but don't let this stop you from getting your team for the winter competition organised! Please pass this message on to your members and anyone else who might be interested.

For further information or to register your interest, please contact Frank Curcio by email: dangiecu@netspeed.com.au.

GENERAL SPORT & COMMUNITY NOTICES

Well, Able & Mobile for Women Program (WAM)

This program is a joint venture between the YWCA, YMCA, Women's Centre for Health Matters, Women with Disabilities ACT and the ACT Mental Health Consumers Network.

WAM is a 10 week exercise program specifically designed for women with limited mobility and/or mental health issues and includes a variety of activities that provide women the opportunity to enjoy fitness, sport and recreation, in a safe, fun and supportive environment.

New participants to this program are currently being accepted and taxi transport to and from the fitness classes can be arranged.

Classes are offered at Chifley and Hackett and begin in the first week of February 2010.

For more information, please contact Softball ACT to have the flyer emailed to you, or contact the YMCA 6281 0124 or woden@ymca.org.au.

Sports Medicine Australia

Sports Medicine Australia - ACT Branch - has courses starting in February including:

- Level 1 Sports Trainer,
- Sports First Aid (Apply First Aid HLTA301B)
- Spinal Management
- Cardiopulmonary Resuscitation (Perform CPR HLTCPR201A)
- Introduction to Sports Massage
- Elastoplast Strap Smart
- Advanced Sports Taping

For more information, visit the Sports Medicine Australia website - <http://www2.sma.org.au/act/pdfs/2010-Calendar.pdf>

Please note: An opportunity exists for you to practice your accreditation for first aid and sports training at Softball ACT's various tournaments. Remuneration will be given to those wishing to help out once accredited.

Please remember: Sports trainer and sports first aid accreditations are valid for three years only. CPR accreditations should be updated every year as recommended by The Australian Resuscitation Council. Please check your ID card for your accreditation expiry date or contact Sports Medicine Australia 6247 5115 for clarification.

Masters Softball Tour to China October 2010

Horizons Sporting Events is organising a master's softball tour with 11 days of social softball competition as well as sightseeing and shopping in Beijing, Nanjin, Hang Zhou and Shanghai.

The flyer can be found on the Softball ACT website (link from the home page) or contact Horizons on 02 9743 5711 for more information.

Please note: this tour has been organised independently by Horizons Sporting Events and is not affiliated with Softball ACT or Softball Australia.

SOFTBALL AUSTRALIA EMPLOYMENT OPPORTUNITY

Manager, High Performance Pathway

Softball Australia is seeking to recruit a Manager, High Performance Pathway. This is a permanent full-time position based in Melbourne.



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Applicants must provide an up-to-date CV and a brief letter outlining why they should be considered for this position.

For more information about this opportunity, visit the Softball Australia website (in 'Latest News', dated 28 Jan) or contact Sue Noble on 03 9818 6144.

Applications close at 5.00pm on Wednesday 17th February 2010.

NEWS FROM THE SOFTBALL WORLD

2010 ISF XII World Championship to be held in Venezuela

The International Softball Federation's XII Women's World Championship will be held June 23-July 2, 2010 in Caracas, Venezuela, with 16 countries competing.

The world championship had originally been awarded to the USA, however a decision was made to relocate the event due to a date conflict with the Central American & Caribbean Games

The world championship will receive national television coverage and that international distribution is already being worked on. The Venezuelan officials outlined plans to upgrade and renovate existing facilities

2012 ISF XIII World Championship Venue Decided

Softball Yukon and Softball Canada will host the International Softball Federation XIII Women's World Championship in July, 2012 (exact dates to be confirmed) in Whitehorse, Yukon,

The unique location brings with it over 20 hours of daylight, which allows for softball games - on unlit fields - well into the evening hours. The playing facilities in Whitehorse have multiple fields, which will allow the organizers to meet what is expected to be a ten-day, 60-plus games schedule.

SPORTS NUTRITION & RECIPE OF THE MONTH

Kids & Sport - Carbohydrates for Energy

The Australian Institute of Sport details a number of strategies to help athletes avoid carbohydrate depletion during exercise (http://www.ausport.gov.au/ais/nutrition/factsheets/basics/boosting_immune_function_in_athletes).

One suggestion is to base meals around nutrient-rich foods containing carbohydrates, such as rice, pasta, bread, cereals, legumes (eg lentils, chickpeas, baked beans), fruit, starchy vegetables (eg potato and corn) and low fat dairy products.

Food choices such as these will provide fuel for the muscles and will be digested and absorbed faster than a meal high in protein/fat. This will help your child perform at their best without tiring too soon. Ready-to-eat carbohydrate foods that can be easily carried in a sports bag and are convenient after-school snacks, include fresh and dried fruit, muesli bars and sandwiches (<http://www.nestle.com.au/Nutrition/SportsNutrition/NeedsofChildren/Eating-Before-Sports.htm>).

The quantity needed depends on activity levels, the type of activity undertaken and body size.

This month's recipes are for sandwiches that meet this strategy by being nutrient and carbohydrate-rich, while minimising fat where possible.

Creamy Chicken & Corn

50g chopped cooked lean chicken
2 tbsp cooked or canned corn kernels
1 tbsp low fat mayonnaise
1 tsp chopped chives
1 tsp chopped continental parsley

Combine all ingredients and spread onto your choice of bread.

Variation: Use tuna instead of chicken

Lamb, Hummous and Salad

2 tbsp low-fat hummous
½ small grated carrot
4 small slices of tomato
2 lettuce leaves
1 sandwich slice of low-fat tasty cheese
50g cooked lean lamb, thinly sliced

Spread each slice of bread with the hummous. Top with the salad ingredients (tomato could be added later to avoid sandwich going soggy).

Variation: Beef or chicken would also be great instead of the lamb. For a bit more zing, add chilli or sweet chilli sauce.

Try these fillings with wrap breads or on rice cakes for something different!

If you would like to be added to Softball ACT's emailing list to keep up-to-date with news and events, please send an email to softballact@bigpond.com with "subscribe" in the subject line.