

Monthly Newsletter

THE GCLSL GAZETTE

♦
May 2025

Welcome! *The President's Perspective*

The season is in full swing, and what a start it's been! The games so far have been filled with great energy, strong plays, and plenty of fun. While we're still waiting on Mother Nature to fully deliver those summer temperatures, it's been absolutely wonderful to be back on the diamond doing what we love—playing ball and building community.

This weekend marks one of the highlights of our season—Tournament Weekend! It's more than just games; it's a chance to come together as a league to enjoy a few days filled with friendly competition, laughter, and unforgettable memories. Whether you're out there swinging a bat or cheering from the sidelines, there's something for everyone to enjoy.

Here's what to look forward to:

- Friday Night: Join us at the Kanata Sports Club for pizza, good company, and a great way to kick off the weekend.
- Saturday: We'll be at the Jack Charron diamond with food and beverages available throughout the day, so come hungry and stay hydrated as we cheer on our teams.

The forecast is looking promising, and we're crossing our fingers for sunshine and blue skies. Keep those sunny thoughts coming! A huge thank you goes out to our Tournament Committee for their time, dedication, and effort in organizing what's sure to be a fantastic weekend. Your work behind the scenes does not go unnoticed, and we're so grateful for everything you do to keep our league thriving.

Don't forget to take lots of photos throughout the weekend—we'd love to include your best shots in our year-end video to celebrate the season and all the great moments we've shared.

Here's to a fun, safe, and successful tournament. Let's play hard, cheer loud, and enjoy every minute!

Lisa Prentiss

League Updates

Equipment Donations for Local Youth Leagues

Have gently used softball gear you no longer need? If you have cleats, helmets, bats, catcher's equipment, or anything else taking up space in your bag, consider donating it to local youth leagues in need. Donations can be coordinated through Jayne Coady at jcoady@xplornet.com.

Upcoming Spring Tournament

Join us Friday night for a Papa John's pizza party hosted by KSC, then come back Saturday (11 AM–3 PM) for a beer tent by Kitchissippi, Biagio's pizza truck, and sweet treats from ABC Treats. We'll see you on the diamond! Go teams!



Upcoming Events

Spring Tournament

May 30 - June 1

Fall Tournament

September 5 - 7

Playoffs

September 9 - 26

AGM

October 1

Banquet

October 4



Sponsor Spotlights

We're excited to welcome Meadowlands Roofing as a Gold Sponsor! **Not only are they supporting a team, they're also covering the tournament pizza this weekend!** A trusted, family-owned Ottawa business with 50+ years of experience, they specialize in top-quality residential and commercial roofing and hold an A+ BBB rating.

To learn more, please visit: [Meadowlands Roofing](https://www.meadowlandsroofing.com).

GCLSL Rules Corner

Tournament weekend is upon us, and here are some tournament-specific rules to refresh your memory!

- Games on Friday start at 6:00 PM sharp — not 6:15!
- There is no time limit on the 6-inning games, so hustle on and off the field to keep things moving.
- You must play the bottom of the inning, even if you're ahead — total runs help calculate points
- Having issues? Talk to your captain. They'll handle any concerns with umps, delays, or other teams.

GCLSL Tips and Resources

Keys to Being a Successful Hitter – GCLSL Tips

Want to feel more confident at the plate? Here are some quick tips to boost your swing:

- Line up your knocking knuckles – Helps your wrists roll for more power and control.
- Hold the bat loosely – A tight grip causes tension and blisters. Think relaxed and fluid.
- Confidence is key – Believe in yourself before you even step in the box.
- Throw the bat's "butt" at the ball – A great cue for solid contact.
- Don't roll your wrists early – You'll lose power. Keep them strong through contact.
- Step toward the pitcher – Avoid stepping in or out—it tips off the catcher.
- Inverted "V" arms – Relax your arms instead of forcing your elbow up.
- Use your hips – They're not just for dancing—hip power = hitting bombs.
- Have fun and stay loose – A relaxed body swings better.
- Practice with purpose – T-work may be boring, but it builds muscle memory.

And remember—small tweaks (like fixing your knuckle alignment) can make a big difference. From someone who used to overthink every at-bat: trust yourself, and keep swinging!

Community Corner

The Unsung Superhero's Sidekick: Catchers

Catchers are the quiet quarterbacks of the field, guiding the game from behind the plate with strategy, intuition, and leadership. A great catcher doesn't just catch the ball — they think the game, read batters' stances, call pitches, and support their pitcher through every inning. The bond between a pitcher and catcher is built on trust and communication, and it's crucial for a team's success.

Calling a game is complex — it's about reading foot positions, swing mechanics, and even body language. It can't be learned overnight; it takes years of experience and thousands of innings to develop this level of insight. And **one golden rule:** never put your glove target down the middle of the plate — protect your pitcher, always.

Catchers have a unique view of the field and play a vital role in directing defense, calming nerves, and rallying teammates. They also hear everything from behind the fence, so let's remember to cheer them on.

Though the game evolves with more analytics and coach-led pitch calls, the human touch and instinct of a catcher remain irreplaceable. It all begins and ends with the pitcher-catcher duo.

So, to all the catchers out there, your leadership matters, your voice matters, and your work behind the plate is seen and appreciated!!!

XOXO Jaime

Catcher since 1992 – Body is broken and older, but I am still going!!

No knee pain did you even catch???

Thank you for reading!



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softball@gclsl.com