

Monthly Newsletter

THE GCLSL GAZETTE

December 2024 ♦



Welcome!

The President's Perspective

As 2024 draws to a close, I find myself reflecting on the incredible friendships and unforgettable memories this year and our league have brought into my life. I'm excited for all the possibilities the new year holds for us. On behalf of the executive, I want to extend my warmest wishes for a joyful and peaceful holiday season to each of you.

*The new year is shaping up to be an exciting one for the league! Be sure to join us for Music Bingo on Saturday, January 18 at the Kanata Sports Club—it's going to be a fantastic night. Don't forget to come back for the Euchre Tournament on Sunday, January 19, another great opportunity to connect with friends. Then, mark your calendars for **January 20, when league registration opens!** Stay tuned for more updates about these and other events on the GCLSL Facebook page.*

We're also hard at work securing sponsors for the upcoming season. If you know of a company that might be interested in supporting the league, we'd love to hear from you. Please email us at Softball@GCLSL.com if you have any leads.

Wishing you all a wonderful holiday season filled with joy and laughter. See you in 2025!

Happy holidays, everyone!

Lisa Prentiss

League Updates

Executive Meeting Update

The Executive Committee convened on November 19 to plan the upcoming season. General league business included plans to create a league banner showcasing sponsors, with logo sizes reflecting sponsorship levels. Taylor is exploring jersey quotes for the 2025 season, and Liz has secured facilities at KSC for key events.

Updates on the AY Jackson field revealed no timeline for its removal, and the league decided against investing in new pegs. Equipment assessments are underway, with plans to donate unused bats to Sluggerz to foster collaboration. Tiny will liaise with the umpire association to ensure equipment readiness. The decisions on team bats will follow equipment reviews.

Sub-committees provided updates on their activities. The banquet committee will meet in January with a \$550 budget. Fundraising leadership needs a replacement. Taylor is revising sponsorship materials, with Meadowlands committing \$1,000. The rules committee will review playoff spare rules, while other groups are progressing on event planning and sponsor engagement.

Upcoming priorities include updating the registration page with the Code of Conduct, finalizing a draft location, and planning a holiday event for the new year. Lane will coordinate with KSC on promotional opportunities and Euchre tournament scheduling. Additionally, off-season activities like the "Biggest Loser" fitness challenge and a dinner club were proposed to maintain community engagement.

The meeting concluded with action items assigned, including completing constitution reviews, creating a communications plan, and resolving outstanding holiday event details. The next meeting is scheduled for January 9, 2025, at 7 pm, with the location to be determined.



Upcoming Events

Biggest Loser - **January 3 - March 28**
PWL Fantasy Draft - **January 10**
Music Trivia - **January 18**
Euchre Tournament - **January 19**
League Registration - **January 20 - 25**
Pre-Draft Meeting - **March 3**
League Draft - **March 21**
Meet the Team Night - **April 17**
Season Starts - **May 5**
Spring Tournament - **May 30 - June 1**
Fall Tournament - **September 5 - 7**
Playoffs - **September 9 - 26**
AGM - **October 1**
Banquet - **October 4**



Sponsor Spotlights

The Glen Cairn Ladies' Softball League is proud to recognize the Kanata Sports Club (KSC) as a valued sponsor and supporter of our league. KSC's commitment to fostering community connections through sports and recreation has made a significant impact on the success of GCLSL.

As a hub for camaraderie and active living in Kanata, the KSC provides more than just sponsorship—it offers a space where athletes, fans, and community members come together to celebrate our shared love for the game. Their partnership enables us to continue offering an inclusive, competitive, and fun softball experience for all players.

GCLSL Tips and Resources

Here are some tips to help you set meaningful New Year's goals and improve your softball game:

1. Reflect on the Past Season

- Identify Strengths and Weaknesses: Think about what you did well and where you struggled.

2. Set SMART Goals

- Specific: Define exactly what you want to improve (e.g., better batting average, stronger throws).
- Measurable: Track your progress (e.g., "I want to improve my batting average by 10 points").
- Achievable: Set realistic goals based on your current skill level.
- Relevant: Focus on goals that will directly impact your performance.
- Time-bound: Give yourself a deadline, like mid-season or the end of the year.

3. Break Goals into Smaller Steps

- Instead of saying, "I want to pitch better," break it down:
 - Work on grip and form.
 - Practice a specific pitch (e.g., curveball) 3 times a week.
 - Watch videos of professional pitchers for technique tips.

4. Build a Routine

- Weekly Practice Schedule: Dedicate time to batting, fielding, and fitness.
- Drills: Practice drills that target specific areas (ex. soft toss for hitting, long toss for throwing).

5. Track Your Progress

- Journaling: Write down what you practiced, what went well, and what to improve.
- Stats: Keep track of game performance to see how you're improving.

6. Stay Accountable

- Share your goals with a teammate, coach, or friend who can help keep you motivated.

7. Celebrate Your Growth

- Acknowledge your progress, whether it's a big win or small improvements, to stay motivated throughout the year.

By breaking your goals into actionable steps and maintaining consistency, you'll set yourself up for a successful and enjoyable softball season in the new year!

Community Corner

We're excited to shape this newsletter into a dynamic, collaborative space—and we need your insights to make it truly valuable! If you have updates, stories, achievements, or announcements relevant to our community, we'd love for you to share them!

Your input helps us highlight the diverse perspectives, achievements, and ongoing initiatives that strengthen our community. Please send in your ideas and updates to **softball@gclsl.com**.

Thank you for reading!



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