

# Monthly Newsletter

THE GCLSL GAZETTE

February 2025



## Welcome!

### *The President's Perspective*

Is anyone else feeling a hint of Spring in the air? It might seem strange after all the snow we've had recently, but believe it or not, we're just two months away from the start of our season! Preparations are in full swing, and excitement is building.

We had a fantastic registration period, and now we're gearing up for the draft on March 21. The anticipation is real!

Our sponsorship committee has been working tirelessly, and we're thrilled to announce that all our team sponsor spots have been filled! Thank you to our 2025 sponsors:

[Kanata Sports Club](#)

[Completely Mutts Grooming](#)

[Blue Bird Cannabis](#)

[Eco Chic Movement](#)

[Elevated Landscapes](#)

[L-D Tool and Die](#)

[Meadowlands Roofing](#)

[The Glen](#)

[Reclaim Your Spark](#)

[KRC Digital](#)

[Viking Fire Pro](#)

[Kichesippi Beer Co.](#)

Learn more about them in our ***Sponsorship Spotlight*** section of each monthly newsletter.

Looking for a fun night out? Join us this Saturday for another round of Music Bingo! Our last event was an absolute blast, with a great turnout and plenty of laughs. Don't miss out!

With so much happening, Spring will be here before we know it. Let's get ready for an incredible season ahead!

*Lisa Prentiss*

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## League Updates

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### Executive Meeting Update

The Executive Committee met on February 10, 2025. Treasurer Liz Warren reported no January expenses aside from tarps, with upcoming costs including Google Drive and insurance.

The Banquet Committee rebranded the event as “The Final Inning” and will send a survey at the season start. Equipment needs include bases, pegs, bags, and ice packs. Fundraising raised \$1,500 from Music Trivia, with another event on March 1 featuring a 50-50 draw. Plans include a popcorn sale and Wine Survivor. Recruitment has 15+ new registrations, with outreach needed for past pitchers and a field/gym required for evaluations. The Rules Committee is reviewing the constitution, considering breaking it into policy documents, and will send the code of conduct before the season starts. Sponsorships secured include two platinum, one gold, five team, and one bronze. For the tournament, a BBQ is suggested for Saturday and a beer tent for Sunday finals.

Action items include reviewing rules, collecting sponsorships, finalizing jerseys, balancing equipment bags, and notifying pitchers/catchers.



### Upcoming Events

Pitcher / Catcher Evals - **February 26**  
Music Trivia - **March 1**  
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

We are so happy to have **Completely Mutts** serve as a platinum sponsor this year. They are a dog grooming salon dedicated to providing high-quality, compassionate care for pets. They offer professional grooming services tailored to each dog's unique needs, ensuring a stress-free and enjoyable experience. With a commitment to pet well-being and customer satisfaction, Completely Mutts is a trusted choice for dog owners in the community. Learn more at [completelymutts.ca](https://completelymutts.ca)

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## GCLSL Tips and Resources

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### Softball Tip: Improve Your Throwing Accuracy

Focus on a strong, balanced stance before making your throw. Step toward your target with your glove-side foot, keep your elbow up and follow through with your arm and body. A smooth, controlled motion will help with both accuracy and power. Practice with a target to refine your aim!

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## GCLSL Rules Corner

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Did you know that the GCLSL has a dedicated Rules Committee that reviews policies and league documents annually to ensure we play with the most up-to-date guidance?

The Glen Cairn Ladies' Softball League (GCLSL) follows Softball Canada's official rules, with a few league-specific modifications. Our league aligns with the Softball Canada Rulebook, which is available online at [Softball Canada](#). You can also find the GCLSL Constitution and Rules here: [GCLSL Rules](#)

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## GCLSL Fun Facts

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For years, pitchers worldwide have aimed to reach the elusive 100 mph fastball, a milestone once thought to be unattainable. While many pitchers today consistently throw fastballs around 95 mph, it wasn't until 1974 that Nolan Ryan officially surpassed the 100 mph barrier.

Currently, Aroldis Chapman holds the record for the fastest-recorded pitch, clocking in at 105.1 mph while playing for the Cincinnati Reds. However, accurately measuring pitch speeds in earlier eras was challenging, and some players have claimed to have thrown even faster, though no official evidence exists to confirm these claims.

In recent years, pitch speeds have steadily increased, with over twenty pitchers now achieving fastballs exceeding 101 mph.

To learn more about more fastpitch fun facts, visit: [Al's Fastball Page](#)

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## Community Corner

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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](mailto:softball@gclsl.com).

*Thank you for reading!*



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