

Monthly Newsletter

THE GCLSL GAZETTE

July 2025 ♦



Welcome! *The President's Perspective*

Wow! July is flying by, and what a great month it's been for ball! It's hard to believe, but there are only five weeks left in the regular season. As we head into the home stretch, the competition is heating up, and the playoff picture is starting to take shape. It's going to be an exciting finish!

Playoff Eligibility Reminder

To be eligible for playoffs, make sure you're getting your games in. If you're close to the threshold, your captain will be reaching out to give you a heads-up. Let's keep those rosters strong heading into August!

Playing Safe in the Heat

It's been a hot summer so far... hotter than usual. Please take care of yourselves out there. Hydrate well before, during, and after your games. Pack cooling cloths or ice to help beat the heat, and captains will continue to set up tarps to provide shade. If the temperature feels too hot, don't hesitate to speak with your captain. Your safety comes first.

Music Bingo – This Saturday!

Join us this Saturday at the Kanata Sports Club for another round of Music Bingo! It's always a great time with friends, music, and so many laughs. We'd love to see you there!

Stay safe, play hard, and enjoy every inning!

Lisa Prentiss

League Updates

Executive Meeting Recap

The Executives met on July 9th and covered key updates across committees. The banquet will feature a “Country Hoedown” theme, complete with food, music, and a mechanical bull. The equipment has moved to Jack Charron from AY, located near first base. Fundraising continues with Music Bingo on July 26, and NSA merch prizes are on the way. Recruitment is planning a season-end survey and updating the website. Rules are still being reviewed, but no changes have been made, and sponsorships are all paid. Tournament plans include a potential beer tent and inter-team party. Financially, the league is doing well, so that is wonderful to see. Captains were reminded about playoff eligibility and player attendance, and new guidelines for decision-making processes were discussed.

Understanding the Annual General Meeting (AGM)

Each year, the GCLSL hosts a season-end Annual General Meeting (AGM) to reflect on the season and plan for the future. At this meeting, the Executive team reviews league financials, recaps the season, and shares insights from the year-end survey. It's also your chance to have a voice, whether you have feedback, concerns, or ideas to improve the league, we want to hear from you!

Join us on Wednesday, October 1st and be part of shaping next season. Everyone in attendance will be entered into a draw to win ½ price registration for the upcoming season!



Upcoming Events

BLSL Fun Tournament

July 18-20

Music Bingo

July 26

Fall Tournament

September 5 - 7

Playoffs

September 9 - 26

AGM

October 1

Banquet

October 4

BLUEBIRD
RECREATIONAL CANNABIS

Sponsor Spotlights

Bluebird Cannabis is a locally, family-owned retailer offering a welcoming, knowledgeable, and community-focused cannabis experience. With several Ottawa locations, they're proud to support local events and organizations as a trusted and approachable sponsor.

To learn more, please visit: [Bluebird Cannabis](#)

GCLSL Tips and Resources

Playing Safe in the Heat!

As temperatures rise, it's important to take care of yourself before and during games. Prep ahead by drinking plenty of water throughout the day, not just right before the game. Eat a light, balanced meal a few hours before playing, and avoid heavy or salty foods that can dehydrate you. Wear breathable, light-colored clothing, and pack a refillable water bottle, a hat, sunscreen, and a cooling towel if you have one. During the game, take water breaks often, seek shade when possible, and listen to your body. Let's stay safe, hydrated, and ready to play our best!

GCLSL Rules Corner

Infield Fly Rule

If there are runners on 1st & 2nd or bases loaded with less than 2 outs and the batter pops it up in the infield, the ump might yell, "Infield fly, if fair!" Translation: batter's out no matter what, even if no one catches it.

Why? So the defense can't pretend to catch it, then drop it to pull a sneaky double or triple play. Runners can still go for it (YOLO), but they do so at their own risk. Just remember: it's a live ball unless it's a foul.

Community Corner

Relax & Recharge: Free Massages at Jack Charron!

Feeling a little sore after a game, or just need a moment to unwind? On Monday, July 28, from 5:30 PM to 10:00 PM, massage therapy students from Willis College will be offering free massages at Jack Charron Diamond. Whether you're nursing post-softball tension or simply craving some self-care, swing by and enjoy this feel-good treat. Your muscles (and your mood) will thank you!



Thank you for reading!



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