

**WELCOME!**

**West Hill Softball Association  
Timbits Parents  
Orientation Meeting**

April 11, 2023

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# Agenda



- WHS: Who we are
  - Equipment Requirements
  - Parents Responsibilities & Volunteering
  - Season Details
  - Team Rosters
  - Coach Info
  - Q & A
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# West Hill Softball Mission



A **community focused, non-profit, volunteer-driven organization** created in 2008, built on the passion for sport. We are dedicated to providing organized Fastpitch Softball for Calgary youths, aged 5-19 in South West Calgary.

WHS aspires to be an outstanding softball organization that provides a high quality experience to every athlete by adhering to the following:

- **Introduce** athletes to the sport and **how to play** the game
- **Inclusive** for all skills levels, in all age groups
- Grow softball **skills** through consistent instruction
- Improve **fitness** level through active practices and games
- Introduce athletes to the excitement of **competition**
- Build **new friendships** through team dynamics
- Build **confidence** in athletes through positive reinforcement
- Build a sense of **community** through friendship and connections
- Build strong future **female role models** in sport
- Ensure all players are **HAVING FUN**

**With the overall goal: DEVELOPING A LIFELONG LOVE OF THE GAME**

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<https://www.westhillsoftball.ca/about-us/who-we-are/>

# GIRLS IN SPORT



## WHY I PLAY SPORTS

1. To have fun
2. To improve my skills
3. To stay in shape
4. To do something I am good at
5. For the excitement of competition
6. To get exercise
7. To play as part of a team
8. For the challenge of competition
9. To learn new skills
10. To win

*\*Source: NCCP Coaches Manual Softball Canada from player survey with young female athletes*

## WHY I STOP PLAYING SPORTS

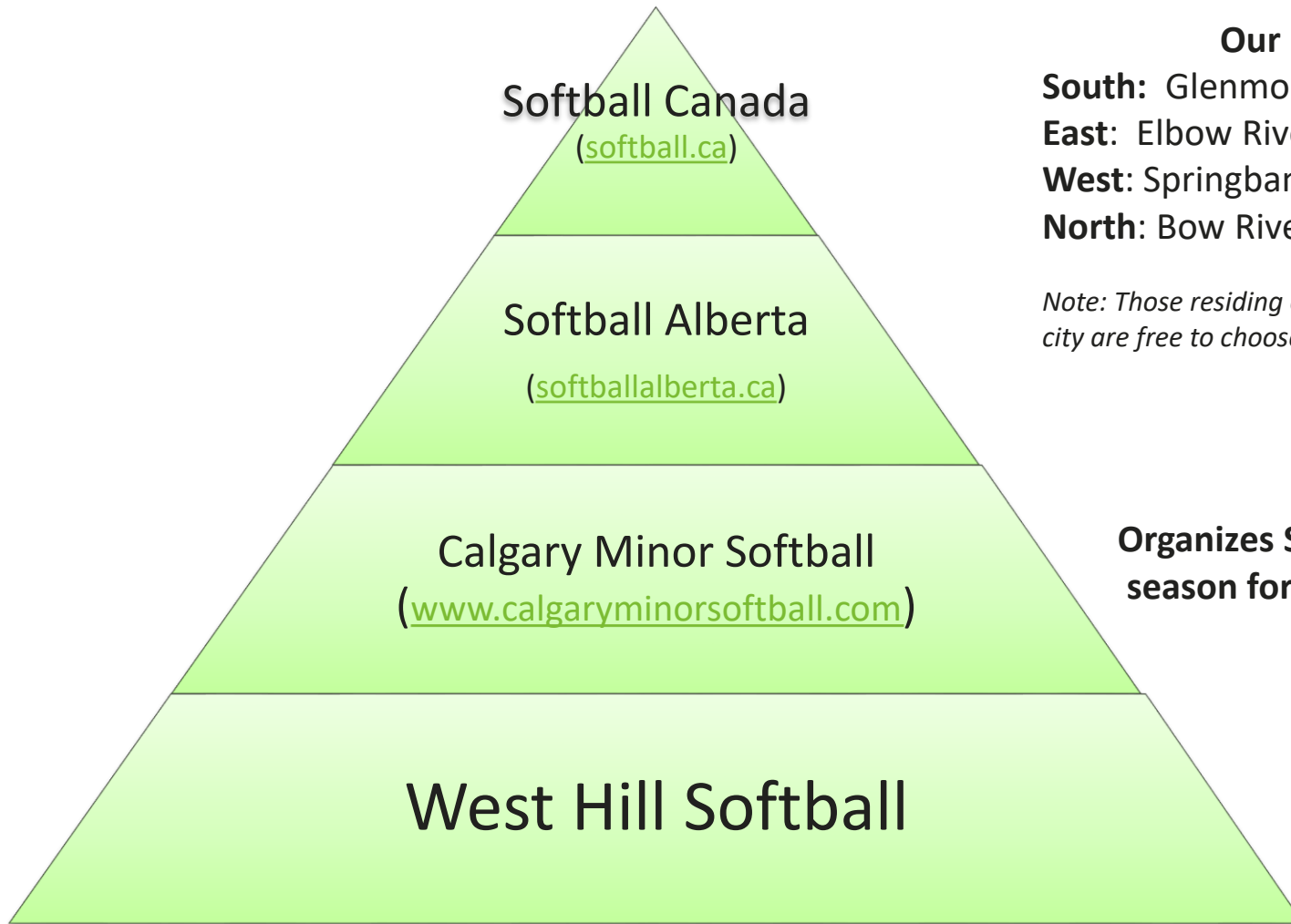
1. I lost interest
2. I was not having fun
3. It took too much time
4. Coach was a poor teacher
5. Too much pressure (worry)
6. I wanted a non-sport activity
7. I was tired of it
8. I needed more study time
9. Coach played favorites
10. Sport was boring
11. Overemphasis on winning

**“Statistics show that over 70% of children drop out of organized sports by the age of 13”** *\*Source: Respect In Sport*

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**\*NEW\*** ALL HEAD COACHES WILL COMPLETE “KEEPING GIRLS IN SPORT” E-COURSE

# Governing Bodies & Boundaries



## Our boundaries:

**South:** Glenmore Dr.

**East:** Elbow River

**West:** Springbank

**North:** Bow River / 16<sup>th</sup> Ave

*Note: Those residing outside Calgary, west of the city are free to choose their preferred city district.*

**Organizes Spring & Fall  
season for all districts**

# WHS Board Members



**Brian Antaya**

President, Communications, U15  
& U19 Coach

✉ [director@westhillsoftball.ca](mailto:director@westhillsoftball.ca)



**Jennifer Kirby**

Vice President & Secretary  
U19 Coach

✉ [vp@westhillsoftball.ca](mailto:vp@westhillsoftball.ca)



**Rory Brownell**

Treasurer.  
U15 Coach

✉ [treasurer@westhillsoftball.ca](mailto:treasurer@westhillsoftball.ca)



**Rachel Sawyer**

Registrar.  
U15 Coach

✉ [registration@westhillsoftball.ca](mailto:registration@westhillsoftball.ca)



**Shireen Bond**

Conflict Resolution Coordinator  
U15 Coach

✉ [appeals@westhillsoftball.ca](mailto:appeals@westhillsoftball.ca)



**Nicole Genereux**

Fields & Gym Coordinator  
Daughter - U19

✉ [fields@westhillsoftball.ca](mailto:fields@westhillsoftball.ca)



**Craig McDowell**

Equipment/Lockbox Coordinator, U17 Coach

✉ [equipment@westhillsoftball.ca](mailto:equipment@westhillsoftball.ca)



**To Be Filled**

Timbits Program Coordinator

✉ [timbits@westhillsoftball.ca](mailto:timbits@westhillsoftball.ca)

<https://www.westhillsoftball.ca/about-us/board-of-directors/>

# WHS How Are We Doing?



## 400 Participants

Past 6 Year Trend: 228 => 261 => 292 => 296 => 342 => 405

u7 = 28 (-12); U9 = 53 (-8); u11 = 66 (-32)

u13 = 87 (-2); u15 = 79 (+1); u17/u19 = 61 (+22)

## 35% Growth since COVID

## 9.2 Likelihood to Recommend Average Rating

## 8.8 Value for Money Average Rating

## 82% Coach Satisfaction (Rated 4 or 5 out of 5)



Our volunteers, our coaches, and our community  
it's what drives our organization

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# PLAYER EQUIPMENT REQUIREMENTS

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# Equipment Requirements



## PLAYERS MUST PROVIDE:

- **Glove:** Make sure it is the right size for your player (<https://howtosizefastpitchglove.weebly.com/youth-softball-glove-size-chart.html> or <https://www.rawlings.com/help/help-sizing.html>)
- **Proper Footwear:** Good running shoes or cleats (i.e. no sandals!)
- **Pants:** Just recommend older pants that will get dirty; *no shorts!*
- **Water:** Bring own water bottle; (*snack is optional, recommend to eat prior*)
- **Hair:** Should be worn in ponytail or other style to keep out of eyes



## PROVIDED BY WHS:

- **Helmets:** provided for Timbits level (*Consider getting your own – ensure face shield attached*)
- **Timbits Team Shirts:** different colour for each team, supplied by Softball Alberta / Timbits
- **WHS Hat:** black, yours to keep!
- **Bats:** various sizes will be provided to share as a team. *Not required to buy your own at this age as they will grow out of them quickly.*
- **Balls:** They use 9" 'softies' (same size as a baseball). One per player provided to keep.



## OPTIONAL

- **Infield / Pitching Mask:** good habit to start early just to protect their face
- **Batting glove(s):** not required but may be fun for them
- **Jyl/Jock:** Required for U9+; optional for Timbits



## West Hill Softball Equipment Requirements

Our Community Partner: [Play It Again Sports – Westhills](#)

PLAY IT AGAIN SPORTS

**Play It Again Sports**  
Locally owned store in SW Calgary (owner's daughter plays in CMSA)  
10% discount off regular priced items if you mention you are from West Hill Softball  
Westhills Town Centre - 270 Stewart Green SW (Additional location in Shawnessy)  
[Website](#)



**Tuxedo Source For Sports**  
Likely the largest selection of Softball clothes and equipment in Calgary.  
2520 Centre Street North  
[Website](#)



**Adrenaline Source For Sports**  
Sister store to Tuxedo but likely won't have as much stock.  
9309 Macleod Trail South  
[Website](#)



**SportChek**  
Will have the basics for softball - cleats, gloves, batting gloves, helmets.  
Multiple locations incl. Westbrook  
[Website](#)

# WHS Online Store




- Our Branded apparel site is **NOW LIVE!**
- No deadline for orders
- Delivery options available
- Choose from 4 Colours
- Choose from multiple logos
- Buy local! (DoMuch Concepts)
- Support your organization – a portion of the sales are returned back to WHS for jersey purchases
- Hoodies, shirts, sweaters, jackets, shorts, sweats, bags, toques, gloves, etc.


Shop

Default sorting ▾ Showing 1–16 of 32 results


1 2 ▶




Adult Everyday Fleece Hooded Sweatshirt  
\$44.00 – \$52.00  
[Select options](#)




Youth Everyday Fleece Hooded Sweatshirt  
\$44.00 – \$52.00  
[Select options](#)




Adult Game Day Fleece Colour Block Hooded Sweatshirt  
\$73.00 – \$81.00  
[Select options](#)




Youth Game Day Fleece Colour Block Hooded Sweatshirt  
\$73.00 – \$81.00  
[Select options](#)




Adult Raider Pullover  
\$83.00 – \$86.00  
[Select options](#)



Youth Raider Pullover  
\$83.00 – \$86.00  
[Select options](#)



Adult Raider Short Sleeve Pullover  
\$79.00 – \$83.00  
[Select options](#)



Adult Dynamic Heather Fleece 1/2 Zip Sweatshirt  
\$85.00

# EXPECTATIONS & REQUIREMENTS FOR PARENTS

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# Mandatory For All Parents



**Respect In Sport (RIS)** course is designed to protect players and enhance Calgary Minor Softball by providing a fun environment

- ✓ **RIS Parent: Required for 1 parent of each player**
- ✓ **RIS Leaders: Required for all coaches and managers**

**95%**

Complete

**STEP #1:** To complete the course login to: [Calgary Minor RIS Course Page](#)

**STEP #2:** Once completed, please [submit certification to WHS](#)

**See more info at:**

<https://www.westhillsoftball.ca/parents/respect-in-sport/>

*New in 2023 – If you want to help as a coach (and we are short coaches at U7!), we will provide you a Prepaid course for the Leaders course*



**Due by March 24, 2023**



# Parent Responsibilities



## PARENT & SPECTATOR CODE OF CONDUCT:

<https://www.westhillsoftball.ca/parents/code-of-conduct/>

- **Support / encouragement / positivity**
  - **Model good sportsmanship**
  - **Respectful communication with your athlete, team and other parents**
  - **Get your player to games on time** (e.g. 15 min before start for Timbits)
  - **Communicate Openly with your Coach/Manager**
    - Let them know when you cannot make it to a game, or you will be late
    - Come to your coach if you have any concerns or issues but follow the 24 hour rule
  - **During games, let the coaches coach; only positive encouragement**
  - **Fill out Injury and Concussion Protocol and Injury Forms** (CMSA website)
  - **Volunteer & participate**
    - Sign-up for a team role, stay for games & practices, and be ready to lend a hand!
  - **Ensure any invited spectators also follow the Code of Conduct**
  - **Ensure your athlete follows the Player Code of Conduct**
  - Parents can have as much fun as the kids... ENJOY!
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# Volunteering



For each team, the following suggested roles will require volunteers. Please coordinate with your team to split the duties up for a successful season! (Some roles can be combined if necessary).

Position	Description
<b>Coaches (&amp; Assistants)</b>	Lead and direct the team, review and implement lesson plans and work to develop the skills needed to play softball.
<b>Assistants</b>	Each session requires 2-3 additional parents to help run activities and provide feedback to ensure a recommended 1:2 adult to child ratio. It is not necessary to be knowledgeable about softball. All you need is enthusiasm and a smile. The coach will direct the parents along with the kids for each lesson plan.
<b>Equipment Manager</b>	Take equipment bag and become responsible for keeping their inventory intact throughout the season. Arrive early for game nights.
<b>Field Prep Person</b>	Responsible for set-up and take down bases and hitting tee for practices and home games. Assist in keeping inventory intact throughout the season.
<b>Team Manager</b>	Work closely with the coach to ensure all parents are informed of any and all necessary information (plans, rainouts, schedule changes, etc.). Maintain team roster with all parent contact information (e.g. TeamSnap). Organize any snack schedule if necessary. Be the main contact for the team with other Managers, Coaches, and with the Timbits Coordinator

# PROGRAM INFORMATION

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## **What is Timbits all about?**

- This is a fun introduction to the game
- The emphasis is on FUN, ACTION, and a POSITIVE ATMOSPHERE
- Gradual introduction to non-stressful competition.
- There are no wins or losses
- Developing the basic skills while playing fun games

## **Measures of Success?**

- Kids learn the proper fundamentals
- Kids have so much fun, that they want to come back for more next season!

## **How does it differ than our U9-U19 groups?**

- Timbits is run entirely within West Hill
  - All the games are played at our own diamonds
  - 100% non-competitive
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# Key Dates



- **Team Selection and Sharing:** April 11
  - **CHANGED TODAY = Photo Night:** Friday, April 21 @ SCA Community Association
    - Specified time between 5:30-7:30pm will be provided
    - 277 Strathcona Dr SW
    - Free team & individual photo
  - **Opening Day Event:** Saturday, April 22 (2pm-4pm) @ Prominence Park in Patterson (*weather pending; indoor back-up possibility*)  
*Note: Equipment, shirts, hats, etc. should all be given out this day*
  - **First Practice/Game:** Tuesday, April 25
  - **Last Game:** Tuesday, June 27
  - **End of Season Wrap-Up:** TBD by each team
    - Parents decide the best date/time/location
    - Hand out medals (or trophies) and picture packages (will be distributed toward the end of the season)
-

# Practice/Game Night Details



- **6:00-6:15pm:**
    - Coach and equipment coordinator to arrive early and setup
    - Home team is responsible for putting out the bases and cones
    - Players arrive
  - **6:15-6:45pm:**
    - Warm-up & individual team practice/lessons
    - Teams sharing field can coordinate time in infield vs. outfield
    - Suggested activities are provided in the coach's handbook
  - **6:45-7:30pm(-ish):**
    - Play a “loosely” structured game between the two teams
    - No new inning to start after 7:20pm (use good judgement)
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# Game Details



- There are no wins and losses
- Each player will bat ONCE each inning (i.e. there are no 3 outs)
- Attempt to play 2-3 full innings
- Start with running one base at a time; except for the final batter in inning
- *Note: Progress/adjust to have them keep running to the next base, until fielders get the ball to a base*
- Every player should run the bases, regardless if safe or out
- Each batter will get 3-4 coach pitches (please do not keep pitching “one more” to 6 or 7 ... the other team will get bored)
- If the batter does not hit coach pitches, set the ball on a tee in front of the plate and have them hit (‘blast’) it into play (i.e. NO strikeouts)

PLAY BALL !!!

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# Timbits Schedule



*Note: Subject to change*

Week	Date	Strathcona 8	Christie	Coach Hill		Date	Strathcona 8	Christie	Coach Hill
<b>OPENING DAY</b>		<b>Saturday, April 22 (2:00 – 4:00pm)</b>							
1	Tue, Apr 25	Teams 1 & 2	Teams 3 & 4	Team 5		Thu, Apr 27	Teams 2 & 3	Teams 4 & 5	Team 1
2	Tue, May 2	Teams 1 & 3	Teams 2 & 5	Team 4		Thu, May 4	Teams 3 & 5	Teams 1 & 4	Team 2
3	Tue, May 9	Teams 2 & 4	Teams 1 & 5	Team 3		Thu, May 11	Teams 1 & 2	Teams 3 & 4	Team 5
4	Tue, May 16	Teams 2 & 3	Teams 4 & 5	Team 1		Thu, May 18	Teams 1 & 3	Teams 2 & 5	Team 4
5	Tue, May 23	Teams 3 & 5	Teams 1 & 4	Team 2		Thu, May 25	Teams 2 & 4	Teams 1 & 5	Team 3
6	Tue, May 30	Teams 2 & 4	Teams 1 & 5	Team 3		Thu, Jun 1	Teams 1 & 2	Teams 3 & 4	Team 5
7	Tue, Jun 6	Teams 2 & 3	Teams 4 & 5	Team 1		Thu, Jun 8	Teams 1 & 3	Teams 2 & 5	Team 4
8	Tue, Jun 13	Teams 3 & 5	Teams 1 & 4	Team 2		Thu, Jun 15	Teams 2 & 4	Teams 1 & 5	Team 3
9	Tue, Jun 20	Teams 1 & 2	Teams 3 & 4	Team 5		Thu, Jun 22	Teams 2 & 3	Teams 4 & 5	Team 1
10	Tue, Jun 27	Teams 1 & 3	Teams 2 & 5	Team 4					

20 scheduled sessions; no make-up dates.  
Use final date as a wrap-up (or Thu, Jun 29)

## Weeknight times:

- 6:15 – 7:30pm (approx.)
- Please arrive 15 minutes ahead to setup

# Our diamonds



Christie: [Map](#) (B1CHR01) - Christie Briar - 7123 Christie Briar MR SW

Strathcona 08: [Map](#) (B1STR08) - Strathcona Drive - 575 Strathcona DR SW

Coach Hill: [Map](#) (B1COA02) - A/M - Coach Hill RD - 6840 Coach Hill RD SW

Costello: [Map](#) (B1STR03) - John Costello EL - 344 Strathcona DR SW

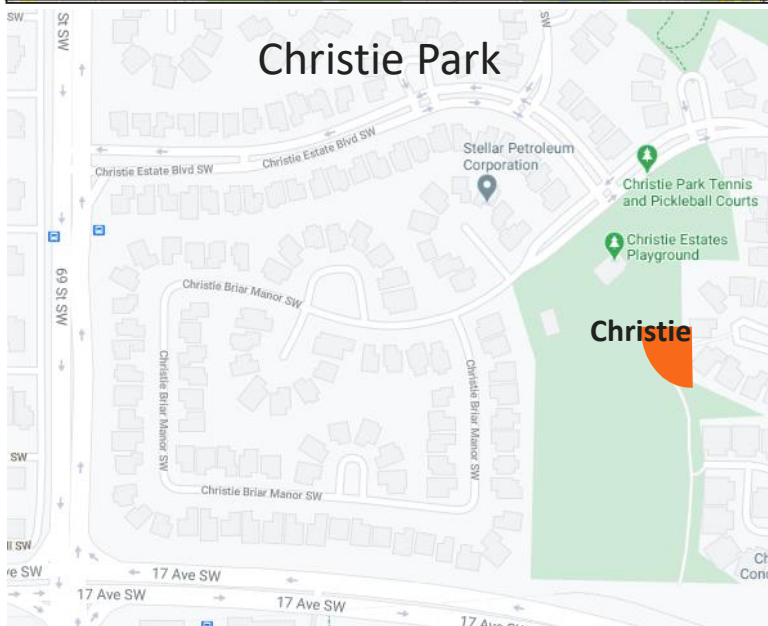
## Notes:

- All diamonds are booked and paid for by WHS via Calgary Parks and Rec.
- They are booked on Tuesdays and Thursdays until the end of June.
- A copy of the permit will be available on our website in the event of a booking conflict with another team or organization.
- Any safety or maintenance problems with the diamonds please call 311, quote the diamond location and let them know your concerns. Please cc: [fields@westhillsoftball.ca](mailto:fields@westhillsoftball.ca) on all such correspondence.

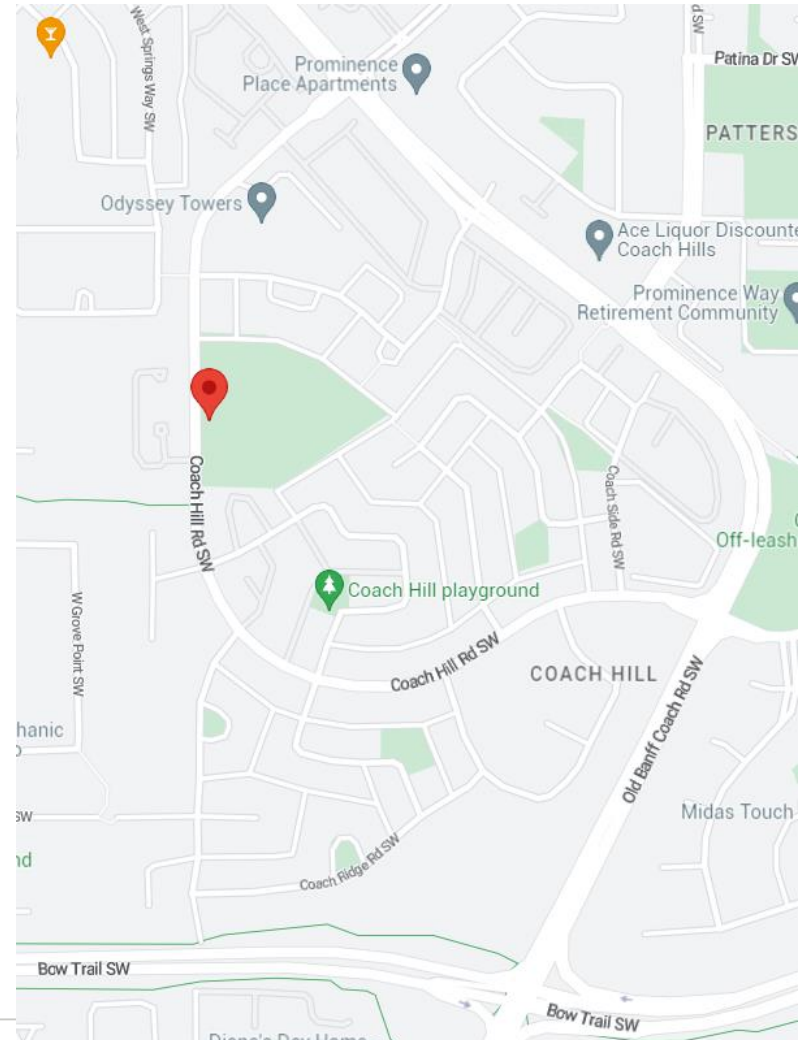
<https://www.westhillsoftball.ca/about-us/locations/>

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# Our diamonds



## Coach Hill



# Weather Policies



- There is no such thing as “normal weather” in Calgary
- In past few years we have had nights postponed due to:  
***Rain, Snow, Smoke, Cold, Heat, Floods***
- Expect all of the above, and expect the spring cold!
- Calgary Minor Softball will determine league-wide postponements
- Temperature threshold is 4 degrees (“Feels like” number on Weather Network)
- Individual game postponements can be determined by team officials before or at the field (work with opponent)
- Coaches: always try to play the game until the last possible moment
- Postponed games have to be rescheduled by the team themselves.
- Remember:
  - Calgary weather can be drastically different in two parts of town
  - Calgary weather can drastically change in one hour
  - *E.g. In the past, it has snowed at 3pm, only to play in sunny 12 degrees by 6pm.*

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**Assume “Game on!” until you hear otherwise**

# TEAM ROSTERS

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# Team Formation



Team #	Full Name	Coach/Manager	Coach Parent
1	Adeline Smid		
1	Mercedes Kunz		
1	piper Inglis	Assistant Coach	Cale Inglis
1	Arlo Brown		
1	James Wiehler		
1	Sadie Crowley	Assistant Coach	Ryan Mercer
1	Tru Bender	Team Manager	Korli Drever
1	Vacant!		

2	Adelaide Bland		
2	Audrey Golko		
2	Blakely Glen	Assistant Coach	Leslie Glen
2	Claire Brache		
2	Grace Llewellyn		
2	Isabelle Payne		
2	Cameron Adair	Co-Coach	Ayla Ranahan
2	Vacant!		

3	Ella May	Assistant Coach	Jordan May
3	Ivy Briggs		
3	Kayla Paquette		
3	Sophia Wanchulak		
3	Everett Barr		
3	Leo Alhashwa		
3	Brynn Casorso		
3	Vacant!		

Team #	Full Name	Coach/Manager	Coach Parent
4	Aanya Chopra		
4	Iyla Evans	Coach & Manager	Felipe Evans
4	Mabel Dowd		
4	Levi Trawick	Assistant Coach	Myles Trawick
4	Oliver Magee		
4	Lilly Semmens		
4	Vacant!		
4			

5	Esmee Baldwin		
5	Katelyn Hunt		
5	Leonie Marshall		
5	Sophie Ellison		
5	Zoey Sutherland	Assistant Coach	?
5	Jaxon Richardson		
5	Annie van Kampen	Head Coach	Katie Van Kampen
5	Vacant!		

Coach Volunteers are limited, all parents requested to participate  
 6 open spots – help us recruit!  
 All friend requests were honoured except one group (team 2 was too large)

# EXPECTATIONS & REQUIREMENTS FOR COACHES

*COACH SKILLS SESSION:*  
*APRIL 16 @ 2pm*

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# Coach Requirements



## A) Immediate Requirements To Become A Coach



### Complete WHS Coach Application Form (Each Year)

All prospective coaches must please fill out the following application form for consideration in the upcoming Season. Once evaluations are complete and teams are formed, coaches will be contacted. Coaching applications will be considered based on number of applications per team and coaching experience. [WHS Coach Application](#)



### Complete Your Calgary Police Security Clearance (Every 3 Years)

You can download your [2023 VSP here](#)

Follow instructions here on [Calgary Minor Softball Site for Security Clearance](#)

Has your Police Check expired in 2023? If you are on this [EXPIRED POLICE CHECK LIST](#) you must re-apply



### Complete The Respect In Sport - Activity Leaders Course (One Time)

Details and link to the course on our [RIS Page](#)

This course MUST be the **Activity Leaders** edition.

Once completed, or if you already have a RIS #, submit your Certificate # to WHS on our [Google Form](#)



### Complete Fundamentals Of Coaching Softball (One Time)

One time online course through [Softball.ca](#). Foundations of Coaching Softball (FOCS) is Softball Canada's first online National Coaching Certification Program (NCCP) modules developed to introduce new and experienced coaches to the foundational skills of coaching and softball-specific coaching concepts.

NCCP needs to our Coach Application or our [Google NCCP# Tracker](#)



### Attend WHS Coaching The Fundamental Skills

**Sunday, April 16, 2023. 2:00-3:30pm (In Person @ TBD)**

Mandatory for **new** coaches/assistants, but beneficial for all!

This is a fun, informative clinic with a goal to introduce and demo the right fundamental skills for coaching. Great for coaches at all levels. Come meet your fellow coaches!

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<https://www.westhillsoftball.ca/coaching/coach-requirements/>

# Teaching the fundamentals



- **Teach and reinforce sound fundamentals**
    - ✓ Teach proper hitting, pitching, throwing mechanics
    - ✓ Hard to break bad habits at older ages
    - ✓ So critical to get the basic fundamentals correct when they are young  
(E.g. Catch with fingers up; proper throwing progressions, arm extensions, etc.)
  - **Resources available to you**
    - ✓ Coaching Clinics, Skills Sessions (WHS)
    - ✓ Coach resources from our website
    - ✓ Softball skills checklist
    - ✓ Softball Canada Resources
    - ✓ YouTube
    - 1) [\*\*SOFTBALL.CA\*\*](https://www.softball.ca)
    - 2) **Sign-in:**  
Email = [\*\*info@westhillsoftball.ca\*\*](mailto:info@westhillsoftball.ca)  
Password = **whs23timbits!**
    - 3) **Once logged in, click this link:**  
[\*\*SOFTBALL.CA LESSON PLANS\*\*](#)
  - **Learn from our experienced coaches, ask questions**
  - **Ask for help if you are not sure**
  - **Teach the “why” behind what you are coaching**
-

# Team Equipment



## **Lock Box at field (1 key provided to each team)**

- 1 Safety First base (with 2 pegs)
- 1 Second base (with one peg)
- 1 Third base (with one peg)
- 1 Home Plate
- 1 Batting "T" / Batting Aid (includes plate, post and nut)

## **EQUIPMENT BAG**

- 1 Complete set of Catcher 's Equipment (Includes chest protector, helmet with mask and chin guard, and 2 shin guards)
- 12 soft core 9" Balls;
- ~6 whiffle balls
- ~4 bats
- 4 batting helmets
- 1 hockey-stick hitting tool
- 6 field markers
- "Survival Guide For Coaching Youth Softball" book
- 1 Equipment Bag to hold all of the above

It is the responsibility of the Equipment Manager and Field Prep volunteers to inventory, track and maintain the complete set of equipment. It's their responsibility to ensure all equipment is brought to each game or practice and set up and taken down. It's also their responsibility to check, inventory and return the equipment bag and lock box key after the last game of the season at the Strathcona Community Centre to the LTP Coordinator.

End of Season Drop off date: TBD for 2023.

Thank you for attending and  
best of luck for a fun &  
successful season!



# Important contact information



- **Calgary Minor Softball:** [fastpitch@calgaryminorsoftball.com](mailto:fastpitch@calgaryminorsoftball.com)
  - **General Info (Brian & team):** [info@westhillsoftball.ca](mailto:info@westhillsoftball.ca)
  - **President (Brian):** [director@westhillsoftball.ca](mailto:director@westhillsoftball.ca)
  - **Vice-President (Jennifer):** [vp@westhillsoftball.ca](mailto:vp@westhillsoftball.ca)
  - **Registration Questions (Rachel):** [registration@westhillsoftball.ca](mailto:registration@westhillsoftball.ca)
  - **Timbits Coordinator (TBD):** [timbits@westhillsoftball.ca](mailto:timbits@westhillsoftball.ca)
  - **Field/Gym Inquiries (Nicole):** [fields@westhillsoftball.ca](mailto:fields@westhillsoftball.ca)
  - **Equipment Request/Return (Craig M):** [equipment@westhillsoftball.ca](mailto:equipment@westhillsoftball.ca)
  - **Appeals Coordinator (Shireen):** [appeals@westhillsoftball.ca](mailto:appeals@westhillsoftball.ca)
  - **Jerseys (Cathy):** [jerseys@westhillsoftball.ca](mailto:jerseys@westhillsoftball.ca)
  - **Tournament (TBD):** [tournament@westhillsoftball.ca](mailto:tournament@westhillsoftball.ca)
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