



WELCOME!
West Hill Softball Association
Parents Orientation Meeting

February 27, 2024

Presented By:
Shireen Bond & Jennifer Kirby

Agenda



- WHS: Who we are
 - Equipment Requirements
 - Parents: Expectations and Requirements
 - Volunteering / Bond
 - Evaluations, Division Levels, & Team Selection
 - Season Dates & Events
 - Season Details
 - Coaches
 - Questions
-

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 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

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

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

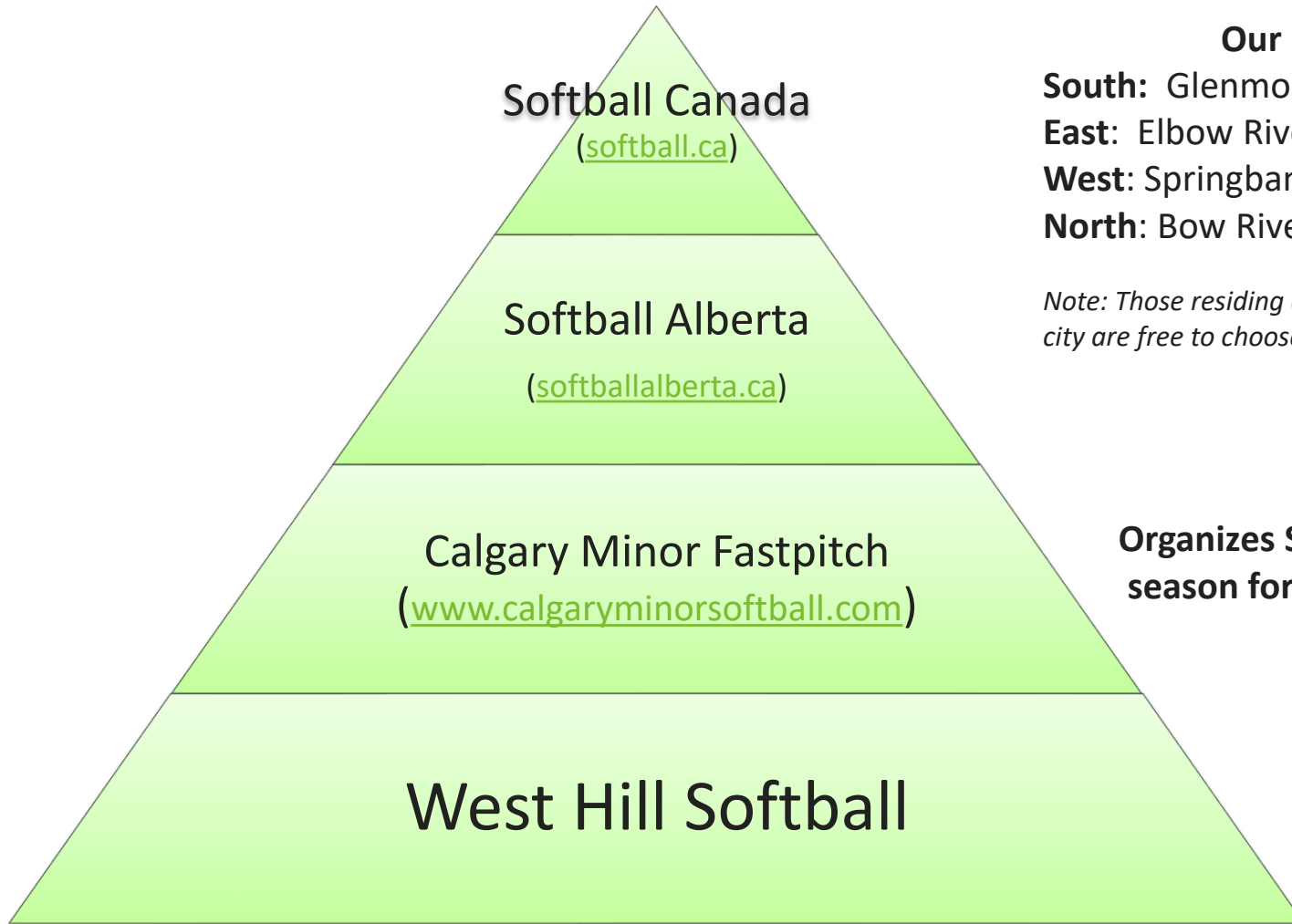
**Source: NCCP Coaches Manual Softball Canada from player survey with young female athletes*

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*

Governing Bodies & Boundaries



Our boundaries:

South: Glenmore Trail

East: Elbow River

West: Springbank

North: Bow River / 16th 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



Shireen Bond

President
U15 Coach

✉ president@westhillsoftball.ca



Jennifer Kirby

Vice President & Secretary
Alumni Team Coach

✉ vp@westhillsoftball.ca



Rory Brownell

Treasurer & Director of
Evaluations
U15 Coach

✉ treasurer@westhillsoftball.ca



Rachel Sawyer

Registrar (Outgoing)

✉ registration@westhillsoftball.ca



Brian Antaya

Past President, Tournament
Director
U17/U19 Coach

✉ brian@westhillsoftball.ca



Craig McDowell

Equipment/Lockbox
Coordinator

✉ equipment@westhillsoftball.ca



Nicole Genereux

Fields & Gym Coordinator
(Outgoing)

✉ fields@westhillsoftball.ca



Kevin Church

Timbits Program Coordinator
U15 Coach

✉ timbits@westhillsoftball.ca

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

New WHS Paid Admin



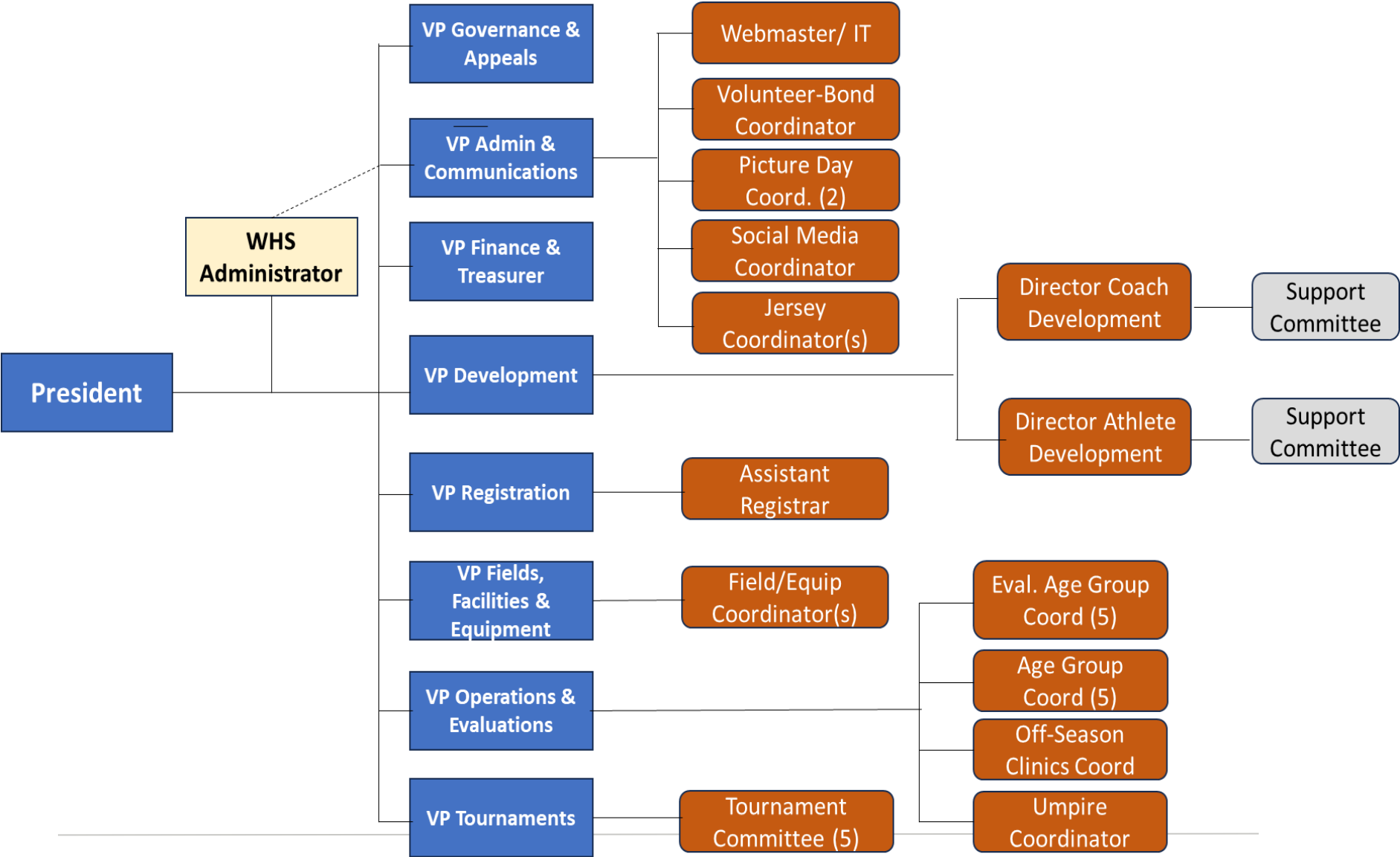
WHS Administrator



Amanda McNulty

✉ info@westhillsoftball.ca

Proposed New Board Structure - DRAFT *W4H*



WHS How Are We Doing?



397 Current Registered Participants

2018: Total Participants = 228

2024: Expect to have 400+

Projected # of WHS Teams for 2024:

High School (u17 & u19)	5
u15	6
u13	8
u11	7
u9	9
u7 "Timbits / Learn to Play"	4

PLAYER EQUIPMENT REQUIREMENTS

Equipment Requirements



PROVIDED BY WHS

- **WHS Jersey:** Sleeveless, numbered - *to be returned*
(New 2023 – \$50 Jersey Bonds will be collected by teams)
- **WHS Hat:** Yours to keep (Visors for HS and U15 teams)
- **Bats:** Various sizes will be provided by team (3-4/team)
- **Balls:**
 - 9” softies (u7)
 - 11” softies (u9)
 - 11” hard softballs (u11 & u13)
 - 12” hard softballs (u15 & u17/u19)
- **Catcher Gear:** Two sets of different size will be provided to each team

Equipment Requirements



PLAYERS MUST PROVIDE (u9+)

- **GLOVE** (\$50-200)
There are specific “softball” gloves that are different than baseball.
Find the right size (10”-12.5”)
([How to Size Fast Pitch Glove](#) or [Rawlings Sizing](#))
- **HELMET** (\$60-70)
All players U9 and above MUST have their own helmet.
These helmets MUST have a face shield and chin strap.
There are NO exceptions with these requirements.
- **INFIELD (or PITCHING) MASK:** (\$50-60)
****WHS has made it mandatory in 2023 for ALL infielders to wear their Infield Masks****
All players MUST have one and it is mandatory for all pitchers.
WHS requests that all players at infield positions wear an Infield Mask.
We have seen too many balls take a bad hop on Calgary diamonds, and hit someone in the face.
- **JILL** [Example](#) (\$20-50)
Often referred to as a female jockstrap and come in different forms (including shorts).
These are required by Softball AB.
You may also look at sliding shorts for protection from sliding
- **BLACK BALL PANTS (& RED BELT)** (\$20-40)
These must be black as part of everyone's uniform.
Softball Belts are typically red for WHS, but can vary
- **SOCKS** (\$10)
These will be typically organized at the team level. Creativity with 'fun' socks is encouraged.
Most players should have a basic RED sock available as well.



Equipment Requirements



OTHER OPTIONAL ITEMS

- **SOFTBALL BAT**

It is optional to provide your own bat as every team will be supplied with a selection of 4-6 to share. It is recommended that you test out different bats & sizes before spending \$100+ on a bat
Google Resources on how to pick a bat size: 1.[WikiHow](#) 2.[Hitting Vault](#) 3. [Dick's Sporting Goods](#)
Bats MUST Be certified - see [Softball Canada Approved bat guide](#)



- **BATTING GLOVES**

Many players like these, especially in the Calgary cold weather to help reduce vibration on the bat.

- **CLEATS**

Highly recommended over running shoes; metal spikes NOT allowed



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](#)

- Bullpen Sports @ Absolute (2221 Crowchild)

- Smash It Sports Canada (NE off 19 St)

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 ▶

Product Name	Price Range	Action
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

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 Coach: Required for all coaches and managers**

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/>

Must be completed by March 24, 2024

due to roster submission deadlines

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. 30-45 min prior to games)**
- **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**
- **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!

VOLUNTEERING

New Volunteer Policy



Volunteer Bond Policy FAQ & Policy

Why?

- WHS is 100% volunteer run and requires significant effort!
- By asking each family to fulfill Volunteer Credits, we are able to spread out the work. The Association cannot continue to function otherwise.

Requirements?

- **2 credits** at the **Association Level**
- **8 credits** at the **Team Level**
- Opt out: \$300 per player for 2024 season

How is it tracked?

- Association credits are tracked by the WHS Volunteer Coordinator team
- Team credits are tracked by Team Manager

Volunteers – Association Level



Association Volunteer Opportunities & Credits

There are a number of ways our members can volunteer at an association-level to support the development and delivery of WHS programs. Vacancies in the following positions will be advertised to membership as they become available

WHS Board Roles (8 credits)	+
WHS Key Coordinators (4 credits)	+
WHS Coordinator Assistants (1 credit)	+
WHS Clinic Volunteers (0.5 credits/session)	+
Evaluation Support (0.5 credits/session)	+
Rustbuster & Intro Session Volunteers (0.5 credits)	+
Special Event Volunteers (1 credit/shift)	+
Equipment & Jersey Distribution Helpers (0.5 credits/shfit)	+
Junior Coach Helper (0.5 credits/session)	+
Umpire (1 credit/game)	+

<https://www.westhillsoftball.ca/parents/volunteer-bonds/>

Team Volunteer Positions



Team Volunteer Opportunities & Credits

A successful team experience relies on the support and engagement of parents and athletes. The following roles must be filled at the beginning of each season to assist in the operation of your team.

Head Coach (8 credits)	+
Assistant Coach (6 credits)	+
Team Manager (4 credits)	+
Team Volunteer Coordinator (2 credits)	+
Team Treasurer (2 credits)	+
Umpire (2 credits/game)	+
Umpire Advocate (0.5 credits/game)	+
Team Tournament Coordinator (2 credits/event)	+
Team-building/Social Coordinator (1 credit/event)	+
Scorekeeper (0.5 credits/game)	+
Field Prep & Take Down (0.5 credits/game or practice)	+
Game/Practice Helper (0.5 credits/game or practice)	+

<https://www.westhillsoftball.ca/parents/volunteer-bonds/>

Umpires



UMPIRE SHORTAGE

- Not enough paid umpires in Calgary for Fastpitch
- 2023 did see an increase in umpire interest
- But only games in HS, and portions of u15 were covered.

PARENT REQUIREMENTS

- Parents are expected to help umpire across most levels
- No previous experience or formal training required
- Suggestion to rotate responsibility
- Set expectations early, before season

WHAT CAN WE DO

- Learn how to umpire
- Treat paid or volunteer umpires with the highest respect
- Promote and encourage to take umpire trainings
(parents, friends, siblings, u15+ players)

**Watch for our
PARENT UMPIRE
CLINIC
(Date April TBA)**

EVALUATIONS & DIVISION LEVELS & TEAM SELECTION

NEW WHS EVALUATION POLICY: **Posted On Website**

- Runs at every Age Category u9+, as mandated by Calgary Minor Softball
- There are no cuts, all players make a team
- U9 determines 2 levels of play (Senior and Junior)
- U11 determines 2 levels of play (“Advanced” and “Developing”) * **New 2024**
- U13+ determines 3 level of play (Div 1, Div 2, Div 3)
- Aligns players of similar skill for safety, and to get the most out of the season

Evaluations



- **What do you evaluate?**

Player skills across throwing, catching, fielding, running, and batting.

- **Who Evaluates?**

Experienced & trusted coaches (past & present)

NEW Age Group Evaluations Coordinators and Evaluators cannot be from their child's current age group

- **Evaluation Considerations** can include:

- Previous Season's Coach evaluation, age category, and division level
- Fall ID Camp performance
- Current Season's Evaluation sessions (Initial & Callbacks)
- Pitching & Catching Evaluations
- Ad-hoc feedback / knowledge

- **Evaluation Opportunities for Athletes**

- U11+ Each athlete will be assigned a minimum of 2 sessions to be evaluated on their skills, if they registered before deadline. Pitchers / Catchers may be required for additional sessions
- Athletes are strongly encouraged to attend ALL assigned evaluation times
- **Athlete's placement in previous year DOES NOT guarantee placement in the same level**

<https://www.westhillsoftball.ca/parents/evaluations>

Team & Coach Selection



Coaches Selection Process

- Endeavour to have Division 1 Coaches selected before/during evaluation process
 - Coaches to be involved in final player selections for teams
 - Div 2 & 3 Coaches are selected only AFTER team formation / player division levels
 - Coaching availability does NOT impact a player's division level selection
 - ****NEW** All prospective coaches for 2024 are expected to participate in the 2024 evaluation sessions**
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- Friend Requests
 - To be considered AFTER Division tiering
 - Team Communication
 - Teams are announced in sequential order (Div 1, then Div 2, then Div 3) to allow for requested changes / player refusals at each level.
 - Potential Coaches will be contacted

Division 1 & u11 “Advanced” Program



What it is

- Enhanced program designed for more committed players who want to compete at the highest levels

Goal

- Enhanced player skill to compete at Provincials
- Provide more opportunity for those players who want more

What you get

- Longer season play (Season to July 4; playoffs to July 21)
- Additional practice opportunities (inside / outside)
- Umpires for more higher age groups games
- Opportunity to be selected to play in the new Calgary Minor All-Star Game

Expectations / Costs

- **Higher level of player commitment**
- **Participate at Provincials**
- **Additional fee to be collected after team selection**

SEASON DATES & EVENTS

Preseason: Key Dates



<https://www.westhillsoftball.ca/programs/key-dates/>

Team Selection & Coach Assignment

- Done systematically, starting with Division 1 (March)
- Some players will know their teams ahead of others (some as late as early April)
- Coaches & Team Managers will be contacted and confirmed; they will reach out to the teams
- Placement will occur via TeamSnap

Preseason Indoor Practices:

- Division 1 “Selects” teams will start indoor practices mid-March
 - Division 2 & 3 teams will have gym opportunities available in April
-

Start of Season: Outdoors



Preseason Outdoor Practices:

- As soon as fields are melted, dry, and safe!
- Outdoor city field bookings start on April 15

Photo Night– Thursday, April 25th (Westgate Community

Centre) +Jersey/Equipment exchange if needed. Free team memory mate and individual photos can be ordered

Opening weekend: April 26-28

- Each team will play up to 4 games on the first weekend (two on each day)
- Not a tournament; an accelerated plan to get everyone going quickly
- First regular weekday games are scheduled for April 29th & 30th

“Timbits / Learn to Play” Opener (All teams): Saturday, April 20

- All players invited to meet their teams, participate in a first group practice
- Fun activities to be determined (volunteers needed!)

PLAY BALL!

Practices & Skill Sessions



Weekly Practices

- **Saturdays** (morning/early aft) OR **Sundays** (morning/late aft/evening)
- **Times** will be based on Coach preference/requests upon team selection
- Please make every effort to attend all practices, they are limited but **Important!**
- Use the time prior to games as additional practice time to get additional reps
- Want more practice time? Just ask fields@westhillsoftball.ca

Skills Clinics-TBD

- We are currently working to start up a new series of clinics for those that want more time on the diamond
 - Clinics could include: Pitching, Hitting, Catching, Defense, Performance Training, etc.
 - Coach the Coaches clinics
 - Opportunities for Experience coaches, Junior Coaches/Players
 - Stay tuned for more information soon!
-

Regular Season Details



- **Schedules on Calgary Minor Softball website:**

<http://calgaryminorsoftball.com/divisions.php>

Each team must input their own schedules into TeamSnap (they are not connected)

Key Dates at:

Age Group / Division	Regular Season End Date	Potential Provincials Weekend
u9 & u11	Sunday June 23 rd	u11 only: June 29 - July 1
U13+ Division 3	Sunday June 23 rd	July 5 – July 7
U13+ Division 2	Sunday July 7 th	July 12 – July 14
U13+ Division 1	Sunday July 21 st	July 19 – July 21

- **2 weeknight games per week**

- Timbits / Learn to Play, U11, U15 = Tuesdays & Thursdays
- U9, U13, U17/U19(HS)= Mondays & Wednesdays

- **Game times (6:45pm starts)**

- Typically arrive 30-60 min prior to games, depending on coach and level of play
- Game Lengths: **U9 & U11** = 1 hr 30 min; **U13+** = 1 hr 45 min



Playoffs / Post Season Details



- **City Championships (Playoffs)**

- All teams will make the playoffs
- Typically grouped in 4 to 6 team brackets, with a double-knockout format
- Play for medals (Gold & Silver)



- See [Key Dates page](#) on Calgary Minor Softball website

- **Provincials:**

- **Expected** for our u13+ Division 1 teams and u11 “Advanced” Team
- Optional for our Division 2 teams
- Provincial weekends occur in July (Softball AB has dates posted, awaiting final list of host cities/towns)

<https://www.softballalberta.ca/championships/provincials/>



- **Tournaments**

Can be decided on as a team ([Softball Alberta Listings](#))

West Hill Tournament = June 14-17 (Divisions & levels TBD)

- **Team Building Events (Critical to Success!)**

Ideas: Lunches, bowling, Dawgs Game, batting cage, yoga, team BBQ

WHS Hits & Spits Tournament



- **Fourth Edition**
- **Friday-Sunday June 14-17**
- **Father's Day Weekend!**
- **Glamorgan 4 Diamonds / Glenbrook Diamonds**
- *Age groups: (To be confirmed shortly)*
- **Divisions: TBD**
- **WHS teams encouraged to participate** (will have subsidized fee)



Planning Volunteers Needed!

Email us at: volunteers@westhillsoftball.ca

IMPORTANT SEASON DETAILS

Season: 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 to be 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.

Assume “Game on!” until you hear otherwise

SEASON DETAILS: RULES



GAME PLAY / RULES:

- Standard Fastpitch softball rules
- Everyone plays – universal substitution rules
(ABC Defensive Rotation is available but not recommended by WHS)
- U15+ Division 1 may choose Universal, ABC, or Straight Substitutions
- Pitchers have limits on number of innings depending on level
- Field dimensions grow with each age level (Bases 45-60 ft)

Pitching Distances

U7	Timbits		
U9	30' pitching distance	6 player team	11 inch ball
U11	35' pitching distance	9 player team	11 inch ball
U13	38' pitching distance		11 inch ball
U15	40' pitching distance		12 inch ball
U17	43' pitching distance		12 inch ball
U19	43' pitching distance		12 inch ball



Season Details: Diamonds



Field locations (Calgary Minor Softball will have all field links, WHS has home fields on our site)

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

GOOGLE MAPS - YOUR FRIEND!

EXPECTATIONS & REQUIREMENTS FOR COACHES

COACH ORIENTATION – MARCH TBA

Mandatory for all coaches



WHS Coach Requirements (U9 And Older)

Note: **For Timbits (U7) Coach Volunteers**, you must complete section A below only, and attend the Timbits Parents Meeting.

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 2024 Coach Application](#)



Complete Your Calgary Police Security Clearance (Every 3 Years)

Police Checks are 100% administered by Calgary Minor Softball
Please follow their process to ensure you have your security clearance
[Calgary Minor Police Check Process](#)
[VSP Letter](#) (if you are outside Calgary)



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 Foundations 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.
Please submit your NCCP through our [Coach Application](#) or our [Google NCCP# Tracker](#)



Keeping Girls In Sport!

New course requirement for Head Coaches to take during the 2024 season. Highly recommended for all Coaches to take this course! Head Coaches: Contact WHS for a FREE access code and we will cover the cost of the course! [Access the course here](#)

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

Mandatory for all coaches



B) Coach Pre-Season Meetings



Attend WHS Coach Orientation Session

Monday, March 18, 2024. 7:00-8:30pm (Online) [2023 Meeting Material](#) & [2023 Meeting Recording](#)

Mandatory for ALL Coaches to review details of requirements for the coming season, new rules, tips & tricks, meet your fellow coaches.



Attend WHS Coaching The Fundamental Skills

Sunday, April 7, 2024. 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!



Attend Calgary Minor Softball Category Meetings

Dates: April 22-24, 2024 (In Person 1803 – 14 Avenue NE)

(Only one coach per team required; Head Coach preferred)

Full schedule posted on [Calgary Minor Softball site here](#)

C) Optional Formal NCCP Training



OPTIONAL: NCCP Certification Courses

Further information on the [Softball Alberta Website](#)

D) Learn From Our Coach Resources

You can access them on our [Coach Resources](#) page.

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, Calgary Minor)
 - ✓ Coach resources from our website
 - ✓ Softball skills checklist
 - ✓ Softball Canada Resources
 - ✓ YouTube
 - **Learn from our experienced coaches, ask questions**
 - **Ask for help if you are not sure**
 - **Teach the “why” behind what you are coaching**
-

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



Important contact information



- **Calgary Minor Softball:** fastpitch@calgaryminorsoftball.com
 - **General Info:** info@westhillsoftball.ca
 - **President (Shireen):** president@westhillsoftball.ca
 - **Vice-President (Jennifer):** vp@westhillsoftball.ca
 - **Registration Questions** registration@westhillsoftball.ca
 - **Timbits Coordinator:** timbits@westhillsoftball.ca
 - **Field/Gym Inquiries:** fields@westhillsoftball.ca
 - **Equipment Request/Return:** equipment@westhillsoftball.ca
 - **Appeals Coordinator:** appeals@westhillsoftball.ca
 - **Jerseys:** jerseys@westhillsoftball.ca
 - **Tournament:** tournament@westhillsoftball.ca
-