

# The Pony Express

News & Notes From Seattle Pony Baseball & Softball



Welcome to this month's edition of The Pony Express, the monthly newsletter from Seattle Pony Baseball & Softball. Each month we'll bring you news and notes from the league, and updates from each division.

## Events Calendar

Week of March 16 - practices begin.

Monday March 23rd - Fastpitch Softball Try-its. *see below for full schedule*

Wednesday March 25th - Fastpitch Softball Try-its. *see below for full schedule*

Friday, March 27th - Fastpitch Softball Try-its. *see below for full schedule*

Monday March 30th - Fastpitch Softball Try-its. *see below for full schedule*

Wednesday April 1st - Fastpitch Softball Try-its. *see below for full schedule*

Friday April 3rd - Fastpitch Softball Try-its. *see below for full schedule*

Tuesday April 7th - 2009 Mustang & Bronco seasons begin.

Saturday April 18th - Pinto season begins.

## Tip of the month

As the new season begins, we see many players proudly using their newly acquired gear. Or perhaps you are lucky enough to go another season with your seasoned favorites. In either case, please take a moment to label all your gear, especially gloves, bats, and caps with your name and phone number. Most gear left behind can be returned if the good samaritan who finds it has someone to call!

## Hot News

Safety training for SPB coaches

On March 17th, all Seattle Pony Baseball coaches attended a safety and first aid clinic presented by Dr. Patrick Gemperline, a family practice physician in Seattle, and Dr. Grant Chyz, a dentist with a downtown practice.

Custom-tailored to cover the injuries most likely to occur in youth baseball, the clinic taught coaches what to do in the case of a facial or mouth injury (including the proper steps to take if a tooth is knocked out), head and neck injuries, bruises, wounds, muscle pulls, and even insect bites.

SPBS would like to offer it's sincere thanks to both Pat and Grant for this informative clinic.

### **Last Chance To Purchase 2009 SPBS Workout Shirts!**

The deadline to purchase your official 2009 SPB workout shirt is Sunday, March 22nd! This year's shirts are red, short-sleeved and made of the same moisture-wicking fabric that was so popular last year. The front of the shirt features our SPB logo and the back sports a list of our fabulous 2009 SPB corporate sponsors. The shirts come in Youth and Adult sizes and are \$20. Last year, we found that the shirts run on the small side, so we advise ordering



one size bigger than you would normally choose. We will not be selling the shirts again this season; so if you or your ballplayer would like a 2009 workout shirt, don't delay! Visit our PayPal store to order yours. [Order Here.](#)

### **From the Board**

The board would like to thank all the coaches and volunteers who helped make this year's skills assessments possible. In spite of some classic Seattle spring weather, the sessions ran smoothly and efficiently. The board would also like to thank Kirk Wohlers for his dedication and tireless efforts in transitioning the Mustang Commissioner role to Nash Perkins, as well his service the past two years both on the board and as Mustang Commissioner.

### **Code of Conduct**

SPBS policy is that all players and parents must read, sign and return the league's Parent & Player Code of Conduct. ([Click here to download](#)) Please take a few moments to read it and discuss it with your child. Our league is a recreational league, and the emphasis is on fun and development. Let's keep it positive for the sake of our youngsters!

Before moving on, a note about umpires: We've all seen the "bad call", at every level from Mustang to the Major leagues, and sometimes that call works against your team, your kid or your friend. But for the sake of our young, developing players, please show respect for the man or woman in blue at all times before, during and after the game. SPBS makes every effort to provide quality umpiring at all official games, and all we ask is that everyone let the umps, and for that matter the coaches, do their job. In the end, it is the kids who benefit, and they are why we are all here.

### **Parking and Pets**

Two brief courtesy reminders around games:

SPBS would like to remind all families that Seattle Parks & Recreation rules state that all pets must be leashed on Parks property. With all the crowds and activity around the games, we encourage you to leave pets at home altogether.

SPBS also asks that you use sanctioned parking lots whenever possible, at all fields, and when parking on area streets please be considerate of our neighbors. Of particular consideration is Miller field where there is ample parking to the west (off 19th, by the tennis courts) and also to the north (adjacent to the community center).

### **Softball Report**

We have an experienced set of coaches lined up for each division - 10U, 12U and 14U, and a great group of returning girls but we need to fill out the rosters. To encourage some new girls to come out and try softball (no prior baseball experience necessary) we've got two upcoming events:

**Husky Women's Softball game** - on Sunday March 22, at noon. We'll be gathering before the game to play catch in the field north of the soccer stadium, then walking over to watch the top ranked team in the nation play New Mexico University. Email [softball@spbpony.org](mailto:softball@spbpony.org) for more info.

**Try Its** - in a twist on the traditional "Try Outs" we want to encourage girls to give softball a try. "Try Its" will be held the first two weeks of practices starting Monday, March 23rd for the 10Us and Wednesday March 25th for the 12 & 14U's.

Calendar for Try Its:

10Us

Monday, March 23rd and March 30th at Coleman from 5:30-7:00

Wednesday, March 25th and April 1st at Rogers 6:30-7:30

12U & 14Us

Wednesday, March 25th and April 1st at Colman 5:15-7:00

Friday, March 27th and April 3rd at Washington Park 6:30-8:00

We will have two current UW softball players at our practices working with the girls at some of our practices throughout the season to develop the girls skills.

We hope to see you at the Husky game or out at "Try Its". We are going to have a lot of fun this year (the girls always do), including a season ending parent / daughter softball game with root beer floats after the game.

If you are not signed up yet go to [www.seattleponybaseball.org](http://www.seattleponybaseball.org) and sign up today, or just come out and Try It.

*Bob Duffy, Softball Commissioner* [softball@spbpony.org](mailto:softball@spbpony.org).

### **Pinto Report**

Pinto registration closed on March 14. Currently, we have 10 teams led by a corps of experienced and enthusiastic coaches. Weekly practices are scheduled to begin the week of March 23 and Opening Day is Saturday, April 18. Please consider volunteering to assist your kids' teams by being an assistant coach, organizing car pools to/from practices, bringing post-game snacks, etc.

Also, please download and print a copy of the liability release from the PONY web site and bring it to your child's first practice. You can find the form by clicking on the "About Us" page and then clicking on "Forms" on the left side of the page. ([Click here to download](#)) Your coaches need copies of the form before your kids can practice!

*Harold Malkin, Pinto Commissioner* [pinto@spbpony.org](mailto:pinto@spbpony.org)

### **Mustang Report**

Welcome to Mustang Baseball. The season has really begun! All players have been drafted to a team, teams have a practice schedule and the game schedule will be out very soon. This year we have 11 teams with almost all teams having 12 players. Games start on Tuesday, April 7th. The following week we will not have regular games on the 14th and 16th, due to several of the schools being off for Spring Break. We will have scrimmage games however; so do stay tuned about the game schedule. Coaches will get game schedule information out to you. Each team will play two games a week- either Tuesday or Thursday evening and always on Saturday.

We always can use parental support and many of you signed up to volunteer. Please check with coaches about best ways to support the teams- maybe helping at practice, perhaps coordinating healthy snacks, agreeing to coordinate season end celebrations etc.

We look forward to a great season. Please contact me should you have any questions or concerns.

*Nash Perkins, Mustang Commissioner* [mustang@spbpony.org](mailto:mustang@spbpony.org)

### **Bronco Report**

The Bronco division held a successful draft to form seven competitive and full teams. Special thanks to all the coaches, volunteers, and board members who assisted with the skill assessments. It couldn't have happened without all of you.

Practices are running as scheduled, despite the cold weather, and all the players and coaches are getting into playing form. The game schedule is coming together and should be published by March 27th. Bronco games will be on Wednesdays, Thursdays and Saturdays at Washington Park, and the first games will be held the week of April 6th. We're planning an interlocking schedule with Bronco teams from other PONY leagues too, so stay tuned for more news.

As always, please don't hesitate to reach out if you have questions or concerns.

Sue Dietrich, Bronco Commissioner [bronco@spbpony.org](mailto:bronco@spbpony.org)

**Contact SPBS**

To opt out of this monthly newsletter please email: [atlarge5@spbpony.org](mailto:atlarge5@spbpony.org)

Web: [www.seattleponybaseball.org](http://www.seattleponybaseball.org)

Email: [information@spbpony.org](mailto:information@spbpony.org)

Phone: (206) 774-0429