



osseo softball news

FALL EDITION, 2009

www.osseofastpitch.com



Jenny Finch, All-World, 3 time Olympian

Jessica Mendoza, 3 time Olympian

Notes from the coach

Greetings to all Osseo Softball players. I know it is only October, but before we know it, it will be March (160 days). I hope everyone had a great relaxing summer and school is off to a great start. Just like most years, once school starts I start thinking about the up-coming season. I can't wait to have everyone back out on the diamond. Over the past 6 seasons, we have resurrected the Osseo Fastpitch program from a perennial 1 win per season program to one of the most highly respected and highly competitive in the state. Which has me thinking about tradition and what it means? I came across this quote that I found interesting.



Andrea Duran, 2008 Olympian

“Tradition simply means that we need to end what began well and continue what is worth continuing”

The question that this quote naturally would present to us is which direction are we going to go, now that we have accomplished the task of resurrecting our program? This is your program, you will get the chance to steer this program. What is your vision, your goal, what things are we going to continue doing and what are we going to do differently to keep pushing us forward?

“What makes greatness is starting something that lives after you.” ~ Ralph Sockman

We are the two-time defending conference and section champs, we celebrate our success, but we have to realize that expectations of this program are now very high. To meet our new standards, we will need to do things a little differently than the teams that came before us. In order to reach the lofty expectations of this program, players are going to be asked to do more to **prepare**. The quote I always think of is:

“Teams are shaped during the season; champions are built in the off season.”

There are many ways to prepare for a season. Some of you chose to play softball during the summer and fall, some of you took the time off but worked on getting faster and stronger, some of you focused on a different sport. As a program, we are only going to be as strong as our most unprepared player. We don't want to be *satisfied* with our recent successes, in fact there is no greater feeling than to end your season at the state tournament (just ask any of the varsity players over the past two years) and it is that goal every player in the program should strive towards. **DO NOT** take anything for granted.

“At the center of success is our commitment to prepare.”

This off-season we need players to commit to becoming quicker, stronger and more athletic. You can do this at home, at the gym, at school, but it will take commitment and lots of self-discipline. It is OK to take some time away from playing, but don't stop improving on yourself and progressing towards your personal goals. We will be handing out off-season workouts in October, you can check for them on our website too. Get involved with another sport. The best players in the world are often multi-sport athletes. It's a great way to keep your competitive spirits alive and a great way to keep in shape.

“When you want what you've never had, you must do what you've never done.”

Winter clinics at area universities and softball facilities will be popping up here in the next few weeks. They do fill up fast however. I would recommend the clinics at St. Thomas and Hamline University. The coaches at both are top notch and they like to recruit area players. The best place to check out clinics is at www.fastsports.com, click on the clinics section. It is also a good place to look for a dome team, if you are looking to play winter dome ball.

“All things are difficult before they are easy. Never, never, quit!”

Be sure to check the Osseo Fastpitch website (www.osseofastpitch.com) frequently during this off-season. We will be posting off-season workouts, fundraising activities, clinics and volunteer opportunities, pictures, events, tryout information, newsletters, etc. throughout the winter. We will occasionally throw in a prize or two for those of you checking frequently.

We are just about completed with our dugout project, finally, one year of working on them. There have been many people that have helped out on this projects (many of them are your own mom and dad), so thank them for their great and needed support for you and your softball program. Definitely keep an eye open for the completion. We will be posting pictures of the project on the website. We will also be painting them if the weather doesn't get too cold once we are done. We will be doing this as a team, so look and listen for announcements for this activity.

Softball open gyms will start Monday, January 5th and will continue on Monday nights until the start of the season. We will also be opening the weight room Tuesday through Thursday mornings from 6:00 to 6:45 AM. Everyone is welcome (Junior High and High School players alike).

For planning purposes, our Applebee's fundraiser will be on Saturday, March 27th, the mandatory parent meeting will be on Monday, March 22nd at 6:30 PM in the Forum Room and the 50 inning game will be on Saturday, April 24th from 8:00 AM to whenever we are done. We had a lot of sponsors and donations last year. This will be our one big fundraiser, so start working on your sponsors already. You will find the sponsor form on the website.

Be sure to read everything that is enclosed. If you have any questions, be sure to contact me at school, by phone (763) 391-8500, or e-mail, ruskae@district279.org. Have a wonderful fall.

Time to get into shape

Time is ticking away to the start of another softball season. What was once 35 weeks is now 22 weeks. This means if you haven't done anything since the end of the season, its time to stop procrastinating and do something. Find something that helps make you a better athlete. We are working out in the mornings, feel free to join us. Afterschool Speed-n-Strength starts the first week of November. Join another sport this winter (basketball, **Nordic skiing**, hockey, and gymnastics).

Osseo Fastpitch Clinics

We are going to hold youth pitching clinics this off-season. If you are an incoming sophomore pitcher or younger, you are welcome to attend. There is a **flyer** posted on our website for more details. If you have friends, siblings or know any pitcher that is not in high school, encourage them to attend. This will help us build our program. Pitchers must bring along someone to catch. The dates and times are as follows:

Session 1 – Beginners to Intermediate (max. 10)

Sun 11/01/2009 5:00p to 6:00p
Sun 11/08/2009 5:00p to 6:00p
Sun 12/06/2009 5:00p to 6:00p
Sun 12/13/2009 5:00p to 6:00p
Sun 12/20/2009 5:00p to 6:00p

Session 2 – Intermediate to Advanced (max. 10)

Sun 11/01/2009 6:00p to 7:00p
Sun 11/08/2009 6:00p to 7:00p
Sun 12/06/2009 6:00p to 7:00p
Sun 12/13/2009 6:00p to 7:00p
Sun 12/20/2009 6:00p to 7:00p

Session 3- Beginners to Intermediate (max. 10)

Sun 01/10/2010 3:00p to 4:00p
Sun 01/17/2010 3:00p to 4:00p
Sun 01/24/2010 3:00p to 4:00p
Sun 01/31/2010 3:00p to 4:00p
Sun 02/07/2010 3:00p to 4:00p
Sun 02/14/2010 3:00p to 4:00p
Sun 02/28/2010 3:00p to 4:00p
Sun 03/07/2010 3:00p to 4:00p

Session 4- Intermediate to Advanced (max. 10)

Sun 01/10/2010 4:00p to 5:00p
Sun 01/17/2010 4:00p to 5:00p
Sun 01/24/2010 4:00p to 5:00p
Sun 01/31/2010 4:00p to 5:00p
Sun 02/07/2010 4:00p to 5:00p
Sun 02/14/2010 4:00p to 5:00p
Sun 02/28/2010 4:00p to 5:00p
Sun 03/07/2010 4:00p to 5:00p

Cost: Sessions 1 and 2 will be \$60. Sessions 3 & 4 will be \$100.

***** Pitchers may sign up for more than one session and may duplicate sessions.**

Apparel Ordering

We are going to do our apparel ordering at the parents meeting in March. Once again, we will be doing a uniform package. The approximate cost is \$70 – 80.

Tryouts

This season's tryout dates are March 15 – 17th. We will have teams selected for our first team practices on the 18th. This year it is imperative that everyone is ready to go for tryouts. We will once again have our scrimmages at the Eden Prairie Dome two of the first three Saturdays. The dates will be posted at a later time.

The skills we are looking at in tryouts will be, but not limited to: Arm strength, Throwing technique, Batting Swing, Bunting and Bunting technique, Fielding to the right & left, Catching a ball, Attitude, Hustle and some position specific items especially catchers & pitchers.

Schedules

The varsity schedule is now available on the Osseo Senior High website, under the activities schedule link. We will have the schedule up on the Osseo Fastpitch Website (www.osseofastpitch.com). The other levels of play will follow shortly or as the season nears. The one exception is our tournaments. All levels will play on May 1st.

The 9th grade schedules are made the first week of our season, so we have to be patient for those schedules. This is to allow schools to figure out how many 9th grade teams they will field for the season. We always aim for 2 complete teams, so let's start getting the word out.

Some quotes to think about

“There is never a crowd on the extra mile.”

“The only place success comes before work is in the dictionary.”

—Vincent “Vince” Lombardi (1913-1970), athletic coach

“Even if you are on the right track, you'll get run over if you just sit there.”

—Will Rogers, author, philosopher