



WHO WE ARE:

Ottawa West Little League (OWLL), is a community-based, volunteer-driven, non-profit organization dedicated to providing both House and Competitive level baseball for boys and girls (aged 4 to 19), as well as coaching, umpiring, and other volunteer opportunities for community members of all ages. We focus on developing in our players the qualities of citizenship, discipline, teamwork and physical well-being through the game of baseball.

OWLL is part of the Little League program governed by Little League International. Little League Canada is one of its regions. OWLL plays in Ontario District 2, with teams from Kanata and East Nepean.

IMPORTANT DATES:

- MARCH: UMPIRE REGISTRATION OPENS
- SPRING SORT OUTS:
 - ROOKIE APRIL 23, 1-4:50PM
 - MINOR APRIL 15, 6-9:30PM
 - MAJOR APRIL 1, 6-9:30PM
 - JUNIOR-SENIOR APRIL 8, 6-9PM
 - GIRLS FROM ROOKIE TO JUNIOR - APRIL 22, 6-7PM
- APRIL 22: UMPIRE TRAINING SESSION 10AM - 3PM, SRB, 131 GREENBANK RD
- MAY 1 (APPROXIMATELY) SPRING BALL STARTS AS SOON AS THE FIELDS ARE DRY ENOUGH!!
- JUNE 17: TBALL FUN DAY / LAST DAY OF TBALL

**WE THE
WEST**
BASEBALL

OWLL News



It's almost baseball season!

While there are still piles of snow on the ground, we are busy preparing for the coming baseball season! We are now getting ready for sort outs, recruiting and training umpires, and looking forward to putting together teams and coaches for spring, but also looking ahead to planning for summer ball and district and provincial tournaments. It's going to be a terrific year for baseball!

Winterball sessions have wrapped up and were a great success! We were able to offer these indoor sessions for players from rookie to senior in our co-ed program, and rookie to junior in All Girls. The training offered an opportunity for many of our players to work on their throwing, fielding, hitting, and other skills over a ten-week program. Thank you to all of our coaches and volunteers for making the sessions a fantastic experience for all involved.

Registration is winding down, and we are happy to see an excellent mix of new and returning families. Thank you to all our families who helped to spread the word about the baseball programs offered with Ottawa West Little League. One of the many great aspects of little league baseball is that children of all ages and can join and thrive, regardless of skill level or experience!

We look forward to seeing all our players on the diamond soon!

DISTRICT COACH ANNOUNCEMENTS

In case you missed it, we announced the coaches for all our districts teams in mid-March. We are very excited to have confirmed the following:

Randy Baker, Minor Districts

Fern Levebvre, Major Districts

Rhett Titus, Intermediate Districts

Greg Milks, Junior Districts

Ken Tom, Senior Districts

Congratulations to all of these great coaches, and thank you so much for coaching!

RESOURCE FOR COACHES

Coaches, did you know that Little League Canada publishes a newsletter for coaches?! It's full of great content directed at coaches, including rule updates, coach features, drills, and information on upcoming Jays Care Foundation workshops for coaches. Please send email to OWLLSocialMedia@gmail.com if you would like a copy!

COACHES CORNER
Coach - Inspire - Play

Issue 2 February 2023

Little League Canada is proud to present Top of the First - a FREE workshop series for coaches, officials, league administrators and adult volunteers. This initiative is designed and delivered by the Toronto Blue Jays and Jays Care Foundation.

Top of the First offers a combination of trainings, tools, and professional development credits. This program equips participants with clear action plans, tools, and enhanced skills for creating more equitable, inclusive, and accessible programming. NCCP-registered coaches receive three PD Points upon receiving official certification.

How it works:
Sign up using the link below and gain access to a series of FREE practical virtual workshops. Join participants from across the country to learn and connect around ways to make your programming more accessible and inclusive to communities historically underrepresented in baseball.

Virtual workshops are divided into 1.5-hour sessions conducted live by Jays Care Foundation and Blue Jays Baseball Academy staff. You have the option of interacting and participating live with audio and video. Where this is not required, active participation is highly encouraged.

Upon completion of the workshops, participants will be provided access to an online toolkit and certification portal. The toolkit includes resources and templates that can be adapted for use by you and your association or league. A certificate from the Toronto Blue Jays is provided upon completion of a short on-line learning assessment. Upon receiving official certification, NCCP-registered coaches receive three PD Points.

Top of the First is offered through two different streams:

- Stream 1:** is designed for coaches, officials and adult volunteers. Participants receive full certification upon completion of the two workshops and their corresponding short on-line learning assessments. NCCP-registered coaches receive three PD Points upon receiving official certification.
- Stream 2:** is specifically designed for league administrators and organizers including but not limited to: executive staff, league staff, volunteers, registrars and board members are encouraged to register for the three 1.5 hour sessions. The Toronto Blue Jays and Jays Care Foundation are pleased to provide this introductory course free of charge.

There are multiple workshop dates and times (February 7 to May 17) offered but hurry as spaces are filling up quickly. Dates and registration information can be found at bit.ly/topofthefirst.

How do sort outs work?

The goal of spring ball is to provide a safe, fun, developmental environment for players and coaches. In order to do that, we want to make sure that kids are playing with and against players of a comparable skill level. Due to the unpredictability of the weather at this time of year, (and the fact that there is still snow on the ground!) all sort outs are held at an indoor facility (either the Kanata Sensplex Fieldhouse or Sir Robert Borden High School gym).

The goal of the sort outs is to create teams that are balanced with similarly skilled players so that the season is fun for everyone. To accomplish that, all players are asked to attend the sort out for their division, where they will be required to run through a series of drills to evaluate throwing, fielding, batting, and movement.

The sort outs take place over several weeks, and players are divided by division and last name. The full sort out schedule is as follows:

DATE	START TIME	END TIME	LEVEL	LAST NAMES	VENUE / LOCATION
April 1	6:00 PM	7:00 PM	MAJOR	A-G	KANATA SENSPLEX
April 1	7:15 PM	8:15 PM	MAJOR	H-P	KANATA SENSPLEX
April 1	8:30 PM	9:30 PM	MAJOR	Q-Z	KANATA SENSPLEX
April 8	6:00 PM	7:00 PM	JUNIOR	A-L	KANATA SENSPLEX
April 8	7:15 PM	8:15 PM	JUNIOR	M-Z	KANATA SENSPLEX
April 8	8:30 PM	9:30 PM	SENIOR	ALL	KANATA SENSPLEX
April 15	6:00 PM	7:00 PM	MINOR	A-D	KANATA SENSPLEX
April 15	7:15 PM	8:15 PM	MINOR	E-M	KANATA SENSPLEX
April 15	8:30 PM	9:30 PM	MINOR	N-Z	KANATA SENSPLEX
April 22	6:00 PM	6:45 PM	MINOR GIRLS	ALL	KANATA SENSPLEX
April 22	7:00 PM	7:45 PM	MAJOR GIRLS	ALL	KANATA SENSPLEX
April 23	1:00 PM	1:50 PM	ROOKIE	A-D	SRB GYM
April 23	2:00 PM	2:50 PM	ROOKIE	E-J	SRB GYM
April 23	3:00 PM	3:50 PM	ROOKIE	K-O	SRB GYM
April 23	4:00 PM	4:50 PM	ROOKIE	P-Z	SRB GYM

NOTE - There are NO SORT OUTS for players registered in ALL GIRLS ROOKIE and ALL GIRLS JUNIOR as each division has one team.

Players are asked to wear comfortable clothes (t-shirt and baseball pants/sweat pants), a jock/jill, running shoes or indoor cleats (no outdoor cleats permitted), and bring a helmet, glove, water, and a bat if they have one.

Players should plan on arriving no more than 15 minutes before their time slot. They must sign in, collect their number or numbered pinnie and prepare for warm up and the evaluation activities.

After completing the drills, the evaluation data will be used to place each player in one of the two streams of play - A/Canadian or B/National, and then divide them onto teams. There may be several revisions to ensure balance.

Coaches are then given their rosters and asked to contact their players. The league tries to complete the team drafts as quickly as possible to give the coaches as much lead time as they can before the season starts but often players will only find out their teams in the week before the start of the season.

MASCOT CONTEST!!

OWLL is looking to adopt a mascot and is asking for your help in choosing them. Please submit a original drawing or photo of what you think our mascot should look like! PRIZES of OWLL SWAG for top entries!! Entries can be submitted via email to OWLLSocialMedia@gmail.com.

Entries must be submitted by April 20, 2023. The winning entry will be introduced in our April newsletter.



Why did the police officer go to the baseball game?

Someone stole second base.

Which animal is best at baseball?

The bat!

Call for Umpires!

OWLL is recruiting new and experienced umpires for the 2023 season. Children (12+) and adults are welcome, no experience needed (we provide the training). Parents - this is a great way to stay involved in OWLL while your child plays.

ALL umpires need to register to work in 2023. Please fill in your information on the 2023 Umpire Registration Form on our website (OWLL.ca).

TRAINING FOR 2023: The in-person training for umpires takes place on Saturday, April 22 from 10:00am - 3:00pm at Sir Robert Borden High School, 131 Greenbank road - Room 264 (Cafeteria). This is a *mandatory* session for all new/novice umpires with less than 3 years experience. Umpires with more than three years experience are welcome to attend if they wish.

You must register on OWLL.ca prior to attending the training. Umpire training counts towards high school volunteer hours.



Game/Practice nights

One of the most common questions that we get in the lead-up to spring ball is "when will my player's games and practices be?"

The short answer is that we can't say definitively until we confirm teams, coaches, and field availability. What we plan to do is keep the games for different divisions on the same nights each week, but practices are at the coach's discretion. Those nights are summarized here:

GAME/PRACTICE NIGHTS

T-BALL: Once a week at day/time/park specified at sign-up.

ROOKIE: Mon/Wed and possibly Sunday, may have an additional practice scheduled by coach.

MINOR: Games Tues/Thurs and possibly Sunday, plus practice scheduled by coach.

MAJOR: Games Mon/Wed and possibly Sunday, plus practice scheduled by coach.

JUNIOR/SENIOR/GOBL: Generally two games, plus practice, can be any night Sun-Thurs.

ALL GIRLS: Games are generally Sun, practice any night Mon-Thu (all levels).

VOLUNTEER OPPORTUNITIES:

FIELDS MAINTENANCE COORDINATOR

UNIFORM MANAGER

SAFETY OFFICER

OWLL IS LOOKING TO FILL THESE THREE ROLES - PLEASE CONTACT OUR PRESIDENT FOR MORE INFORMATION - PRESIDENT@OWLL.CA