



OWLL News

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.



Getting closer to ball!

As dig out from more snow, we continue to prepare for the coming baseball season. Registration is ongoing and we are happy to see an excellent mix of new and returning families. Thanks to all our families who helped to spread the word about the baseball programs offered with OWLL. One of the many great aspects of little league baseball is that children of all ages can join and thrive, regardless of skill level or experience!

Winterball sessions continue to be a great success! We offer these indoor skills and development sessions for players in both our coed and girls programs. They give players who are looking for some extra training the opportunity to work on their fundamental baseball skills over the winter months. We are continuing offer our specialized drop in sessions for players in the minor – junior divisions and coaches. There are more details on this sessions in this issue.

We are also recruiting and planning training for both umpires and coaches. We rely on coaches and umpires to keep the games running smoothly, so are always looking for additional volunteers. There is more information on both of these roles within this issue.

IMPORTANT DATES:

- MARCH 1: UMPIRE REGISTRATION OPENS
- MARCH 2: HITTING TRAINING, 12:00-2:00PM @ SRB HS (DROP-IN)
- MARCH 8: PITCHING CLINIC 5:00-6:00PM @ SENSPLEX (DROP-IN)
- MARCH 9: HITTING TRAINING, 2:00-4:00PM @ SRB HS (DROP-IN)
- MARCH 16: PITCHING CLINIC, 1:00-3:00PM @ MONARCH (DROP-IN)
- MARCH 22: CATCHER TRAINING 7:30-9:00PM @ SENSPLEX (DROP-IN)
- APRIL (VARIOUS DATES): INDOOR SORT OUTS FOR ROOKIE AND HIGHER DIVISIONS FOR SPRING BALL
- APRIL 12: UMPIRE TRAINING



LOOKING TO SPONSOR OWLL?



OWLL is looking for local businesses who want to support our league through sponsorship of the divisions, our girls program, the Pete Loyen tournament, and our newsletter. In exchange, we will proudly promote your business to a wide audience on our website, social media channels, the events for the sponsored tournament, and jerseys for divisional sponsors.

Please send an email to SponsorshipOWLL@gmail.com for details. Sponsorship of OWLL is a wonderful way to show support for your community and the development of our young players.

THINKING ABOUT GEAR?

Regardless of whether you are new to Little League or an experienced parent, now is the perfect time to start thinking about your child's equipment for the season! There is a [detailed breakdown by playing level on our website](#).

If you haven't already joined, check out our Buy/Sell/Trade/Re-Home group - <https://www.facebook.com/groups/276607730465973>.



Coaching with OWLL

Volunteer coaches are a critical component of any successful league. Coaching Little League is about more than developing players and baseball talent, it's about fostering a love of the game and providing a fun and meaningful baseball experience. We are always looking for people who want to help coach and are grateful to those who invest their time to help children learn to play baseball!

Coaching is also a great way to stay involved while your child plays the game. If you are interested in being a coach, assistant coach or t-ball helper for the upcoming season, this information is for you! Experience is not necessary to coach, but these are some of the skills that are beneficial to coaches: knowledge of baseball through experience, leadership, teaching abilities, understanding of children, organizational skills, and time. If you want to know more about how you can be involved with coaching your child's team, please reach out to [Chris Wilson, VP, Coach and Player Development](#). If you are ready to sign up, 2025 Coach registration is ongoing. Please complete the [online registration form](#) as well as apply for a [police records check](#).

We provide the training and mentoring that you need to succeed as a coach. As part of our ongoing commitment to improving our coach development programs and tools, we are pleased to offer drop-in sessions to our returning and prospective coaches.

Development clinics

OWLL is hosting the following clinics/training sessions for the month of March. These sessions are drop in sessions, and are open to all coaches, and any player in the minor – junior divisions. The sessions are combined, so that coaches and players attend the same session. Participants do not have to be coaching winterball, or be a registered participant in winterball.

If you are looking for more information on these sessions or have questions about attending, please send an email to [Chris Wilson, VP Coach and Player Development](#).

DROP-IN COACH AND PLAYER DEVELOPMENT CLINICS

**HITTING TRAINING, SUNDAY
MARCH 2ND, 12:00-2:00PM @
SIR ROBERT BORDEN HS.**

**PITCHING CLINIC, SATURDAY,
MARCH 8TH, 5:00-6:00PM @
BELL SENSPLEX**

**HITTING TRAINING, SUNDAY,
MARCH 9TH, 2:00-4:00PM @
SIR ROBERT BORDEN HS**

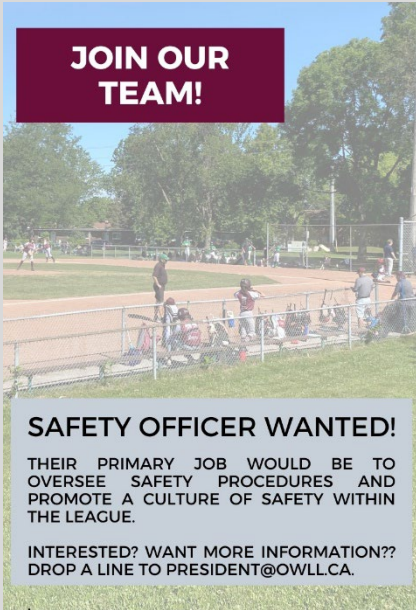
**PITCHING CLINIC, SUNDAY,
MARCH 16TH, 1:00-3:00PM @
MONARCH**

**CATCHER TRAINING,
SATURDAY, MARCH 22ND,
7:30-9:00PM @ SENSPLEX**

ALL SESSIONS ARE OPEN TO ALL COACHES AND ANY PLAYER IN THE MINOR TO JUNIOR DIVISIONS. FOR MORE INFORMATION, CONTACT CHRIS WILSON, VP COACH AND PLAYER DEVELOPMENT, OTTAWAWESTDEV@GMAIL.COM

VOLUNTEER OPPORTUNITIES

**JOIN OUR
TEAM!**



SAFETY OFFICER WANTED!

THEIR PRIMARY JOB WOULD BE TO OVERSEE SAFETY PROCEDURES AND PROMOTE A CULTURE OF SAFETY WITHIN THE LEAGUE.

INTERESTED? WANT MORE INFORMATION??
DROP A LINE TO PRESIDENT@OWLL.CA.

OWLL is looking for volunteers to fill two important roles within the operation of our league – a Safety Officer, and Field Prep Supervisors. The Safety Officer is primarily an administrative role, with the candidate being responsible for safety procedures and promoting a culture of safety within the league. The Field Prep Supervisor will work our maintenance volunteers to ensure that OWLL's fields are ready for our games, tournaments, and events, and that the bunkers have the tools necessary for game prep.

WANTED

FIELD PREP SUPERVISOR



OWLL IS LOOKING FOR AN INDIVIDUAL WHO WOULD BE RESPONSIBLE FOR IDENTIFYING THE MAINTENANCE NEEDS OF OWLL'S FIELDS TO ENSURE THAT THEY ARE IN GAME SHAPE FOR GAMES, TOURNAMENTS, AND EVENTS.

INTERESTED? DROP A LINE TO
PRESIDENT@OWLL.CA

Call for Umpires!

OWLL is recruiting new and experienced umpires for the 2025 season. Children (aged 12 by Aug 31, 2025) and adults are welcome, no experience needed - we provide the training. This is a great way for parents to stay involved in OWLL while their child plays. For more information on what it is involved with umpiring, please see the ['Umpires' section of our website](#).

ALL umpires need to register to work in 2025. Please complete the [2025 Umpire Registration Form](#). ([Sportsheadz account](#) required for registration)

TRAINING FOR 2025: The in-person training for umpires takes place on Saturday, April 12 from 9:00am – 3:00pm at Sir Robert Borden High School, 131 Greenbank road in the Cafeteria. Attendance is *mandatory* for all first- and second-year umpires, however, we would like **ALL** OWLL umpires to attend the clinic as an opportunity to brush up on rules and mechanics. Please bring a pen and paper along with your running shoes as we will be doing some mechanics work.



Pizza lunch will be provided half-way through the clinic. 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 typically Mon/Wed, possibly any night Sunday - Thursday, plus practice scheduled by coach.

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

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

Show us your signs!

This year OWLL is using new ways to get the word out about spring registration - and we'd like your help doing so. To encourage your participation, we're having a little contest :)

You may have noticed signs advertising that registration is now open for spring ball in local parks.



We'd love for our OWLL families to take photos with the signs they find and share them on their own social media. The contest is open across Facebook, Instagram, and X from March 1st to 15th. We have three categories for prizes: 1 - most reposts or shares; 2 - most creative (as judged by our social media team.); and 3 - greatest number of current and past OWLL/CFR/FR players in the photo. Winners will be awarded some awesome OWLL swag.

Photos must be shared publicly on social media, OWLL's account on that platform must be tagged & you can find us at:

Instagram - [@OWLLTwins](#)

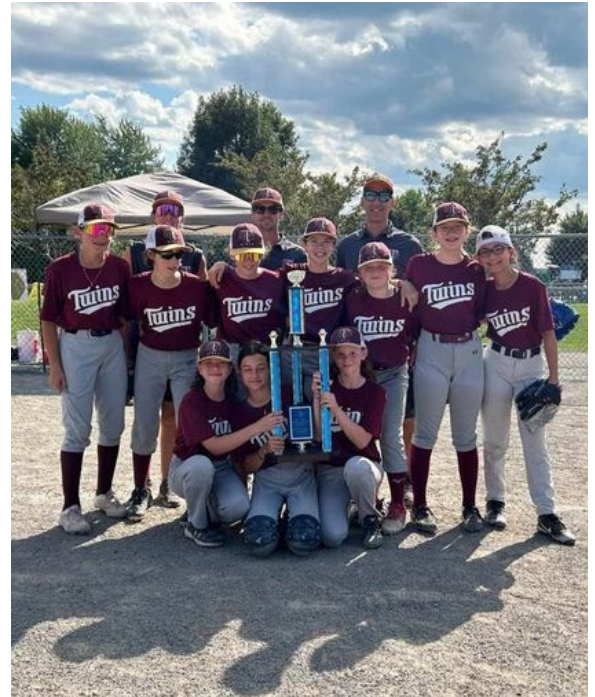
Facebook - [@OWLL.CA](#)

X - [@OWLLD2](#)



GIRLS BASEBALL

Part of OWLL's commitment to increasing participation and the enjoyment of baseball in our community has been the growth of our [Girls Baseball program](#). We are proud to offer programming specific to girls and players that identify as a girl to encourage fun, participation, and skill development in an inclusive environment. 2024 was another fantastic year for our girls program. We saw growth in the number of participants, and in the levels and number of teams offered. The longer spring/summer season ran into late July, the teams attended (and WON)



tournaments, participated in another showcase event at the major Canadian championships, and the fall and winter development programs offered a great foundation for the coming season. We also saw significant changes to the playing rules, bringing them more in line with the coed rules.

We offer programs at the following levels (age based on Little League age):

T-Ball - For 4-6 years olds. Girls T-Ball is once a week on Sundays. We will introduce baseball fundamentals, including hitting, catching, throwing, running and fielding. The emphasis is on fun!

Rookie - For 7-8 year olds. Players are introduced to hitting against live pitching (coach pitched).

Minor - For girls aged 9-10 years olds, players are introduced to player pitching and complete Little League rules.

Major - For 11-12 year olds. Players continue to develop their passion and skill for the game, experiencing more hitting and fielding.

Junior/Senior - For girls aged 13-16 years old. As we look to grow our program to include senior teams, this year's teams will feature junior and senior aged players. Players will continue to build on the skills they have developed, on a larger diamond.

Girls teams will play games on Sunday (any time) and will interlock with other Ottawa Girls teams, and the season will end with playoffs. For rookie and up, practices twice a week are an important part of this program.