



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:

- JANUARY - APRIL (DATES VARY BY PROGRAM): WINTER BALL
- FEBRUARY 1: SPRING BALL REGISTRATION OPENS
- FEBRUARY 2: PLAYER AND COACHING CLINICS AT SRB, 12:30 - 2:00PM
- FEBRUARY 16: PLAYER CLINIC AT MONARCH, 1:00 - 3:00PM
- COACH TRAINING AT SRB, 9:00AM - 12:00PM
- MARCH 1: UMPIRE REGISTRATION OPENS
- APRIL (VARIOUS DATES): INDOOR SORT OUTS FOR ROOKIE AND HIGHER DIVISIONS FOR SPRING BALL
- APRIL (TBD): UMPIRE TRAINING



OWLL News



Welcome to spring ball (almost!!)

Hello and welcome to our new and returning OWLL families! We hope that you have been enjoying this offseason. Our league is getting ready to open the 2025 Spring Season, so we have included lots of information on registration for spring ball in this issue of OWLL News. We hope that you find this information useful and that it assists in your preparation for the season. We have also added a new skills at home drill and information on our player and coach clinics.

Last year was a fantastic year for ball in Ottawa West, and we aim to build on those successes this year. There will be lots of opportunity for great baseball this spring, including; our house league and interlock play for both our coed and girls programs, the annual Pete Loyen Minor/Major tournament hosted by OWLL, fun practices, exciting games, and so much more! This year we hope to continue to see growth in our league – many new players, from the youngest participants at T-ball, all the way through to our oldest divisions. It is great to see kids of all ages wanting to join baseball, and thriving once they start!

At OWLL we delight in seeing all players learning new skills and improving! We are looking forward to the coming year, where we hope to continue to foster a love of the game in our players, and enjoyment for our OWLL families.

Registration will open on February 1st, 2025 on our website OWLLBA.CA.

SPRING REGISTRATION TIPS!

With registration opening on February 1st, we thought we would include a few tips for new and returning families! OWLL is using a brand new registration system this year, so this is a new experience for all of us!

- Sign up for a Sportsheadz account. We have a step by step guide on our website at: [https://owllba.ca/Pages/1153/Registration and payment help/#login](https://owllba.ca/Pages/1153/Registration%20and%20payment%20help/#login)
- Login to your Sportsheadz account guide here: [https://owllba.ca/Pages/1153/Registration and payment help/#access](https://owllba.ca/Pages/1153/Registration%20and%20payment%20help/#access)
- Make sure that your players are added to your account (guide here: [https://owllba.ca/Pages/1153/Registration and payment help/#adding](https://owllba.ca/Pages/1153/Registration%20and%20payment%20help/#adding))
- Once on the registration page <https://register.sportsheadz.com/association/191>, you may have to click “see more” at the bottom to see all divisions.
- There are co-ed & girls divisions for all ages, save for GOBL. Make sure that you are clicking on the correct one before you start to fill out the form.
- T-ball is listed by day of the week and park location. You will select the one that best suits your location and schedule. NOTE that some t-ball sections are popular and fill VERY fast.
- Most programs run in from May 1 (approx) until the last week or so of June. Two are longer. All girls divisions run May 1 – late July *save for t-ball*, and GOBL runs May 1 – mid-August.
- Need help? There is a guide [https://owllba.ca/Pages/1153/Registration and payment help/#steps](https://owllba.ca/Pages/1153/Registration%20and%20payment%20help/#steps)

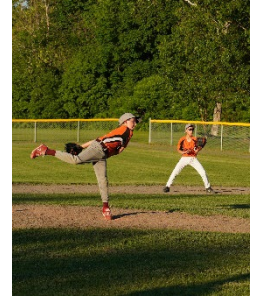
How does Spring Ball work??

We often get questions about how spring ball works – from registration to the games to the end of the season. We hope that this section will help to explain how it all works for the spring season, for new and returning families!

Register – The first step is to register your child. Registration opens on February 1st this year, and the link to the registration form is shared on our [website](#) and social media. Players are placed into programs based on their Little League age (see page three), and you will only be able to register your player in their age-based division. Registration is typically open until March 31st, but some sections fill up quickly, especially in t-ball. Payment is due with registration. If a family needs to [discuss payment options](#) or sponsorship, we can help! A [Sportsheadz login](#) is needed for registration.

Sort outs – The next step is sort outs. These are held in early April, at an indoor facility. The goal of spring ball is to provide a safe, fun, developmental environment for players, coaches, umpires, and parents. In order to do that, we want to make sure that kids are playing with and against players of a similar skill level. It’s an important step in ensuring that the players have a successful season.

Team placement / contact by coaches – Once the sort outs are completed, the convenors draft the teams based on the evaluations. We strive to have teams that are as balanced as possible, and it generally works out pretty well because of the evaluation process. There are tiers in the coed division so players are placed on teams at the National (B) or Canadian (A) level within their age group. Coaches will contact all players once the teams are set.



Practices and games – We can use the fields as soon as they are dry enough after May 1, but this field opening is determined by the City of Ottawa. Rest assured we will be on the diamonds as soon as they are dry we can! Coaches set practices based on their availability and teams should count on a minimum of one game and one practice per week (some levels will have more). The spring season is a “house league”, so co-ed rookie through major teams will play other OWLL teams, junior may be house or interlock (depending on participation from other leagues), and senior, GOBL, and girls will play interlock against other teams in the city.



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 for all playing levels on our website](#).

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

How do I know what age/level my child is?

The division of play is dictated by your child's *Little League age* as determined by the Little League Age Chart. To use the chart below, find the month and year of your child's birth and match it with their Little League age (in blue, on the right). You can also use [Little League's age calculator](#).

These rules, set by OWLL, in accordance with Little League rules, ensure that players learn the game safely with their peers.

Little League Age	Level
4-6	T-ball
6-8	Rookie
9-10	Minor
11-12	Major
13-14	Junior
15-16	Senior
17-19	GOBL

2025 Little League® Age Chart



Match month (top line) and box with year of birth. League age indicated at right.

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	AGE
2021	2021	2021	2021	2021	2021	2021	2021	2020	2020	2020	2020	4
2020	2020	2020	2020	2020	2020	2020	2020	2019	2019	2019	2019	5
2019	2019	2019	2019	2019	2019	2019	2019	2018	2018	2018	2018	6
2018	2018	2018	2018	2018	2018	2018	2018	2017	2017	2017	2017	7
2017	2017	2017	2017	2017	2017	2017	2017	2016	2016	2016	2016	8
2016	2016	2016	2016	2016	2016	2016	2016	2015	2015	2015	2015	9
2015	2015	2015	2015	2015	2015	2015	2015	2014	2014	2014	2014	10
2014	2014	2014	2014	2014	2014	2014	2014	2013	2013	2013	2013	11
2013	2013	2013	2013	2013	2013	2013	2013	2012	2012	2012	2012	12
2012	2012	2012	2012	2012	2012	2012	2012	2011	2011	2011	2011	13
2011	2011	2011	2011	2011	2011	2011	2011	2010	2010	2010	2010	14
2010	2010	2010	2010	2010	2010	2010	2010	2009	2009	2009	2009	15
2009	2009	2009	2009	2009	2009	2009	2009	2008	2008	2008	2008	16

NOTE: This age chart is for BASEBALL DIVISIONS ONLY, and only for 2025.

2025 District coaches!

Ottawa West Little League is excited to announce...



**2025
MINOR
DISTRICT
COACH
RANDY
BAKER**

Randy Baker, back to coach our minor district team! This is Randy's third straight year and 6th time overall coaching our minor all-stars! Randy started coaching 40 years ago in Brockville, coaching both the minor all-stars and major all-stars, making his first trip to Major Provincials in 1991. From there, he coached in Guelph and Kingston before moving to Ottawa. Randy joined CFR/OWLL in 2008 and has been a part of the program ever since as both a coach and executive member, bringing 4 of his 5 CFR/OWLL minor teams to provincials during this period.

Fern Lefebvre, back to coach our major district team. This is Fern's 21st year coaching baseball. In that time he has won six district championships with OWLL and advanced to the Canadian championships three times. He has also served as president of Pinecrest Little League and was Ottawa West's umpire-in-chief.

Craig Alain and **Greg Milks**, jointly coaching our intermediate district team! This is their first year coaching districts together, and first year coaching the intermediate team.

Greg has been around baseball his whole life, first as player himself, and more recently, coaching his children with OWLL for the last seven seasons. In that time he has coached one t-ball session and seven spring teams, as well as helping out with our skills development programs in the fall and winter seasons. This will be his fifth time as an all-star coach.

Greg is an active volunteer within OWLL, coaching and helping out with all of our programs, tournaments, and events. He has served on our executive for several years, and is currently our VP administration. His favourite memories as a coach include helping young players to get better and getting to enjoy the game during the spring seasons.

Craig began volunteering over 20 years ago in Little League baseball as an assistant coach with CFRL, followed by PLL, and ultimately OWLL. He has held numerous executive positions along the way from Registrar to President to VP Operations. He views coaching youth baseball in Little League as an honour, and is very proud of what OWLL has become as an organization - from almost extinction to one of the best run youth baseball leagues in the city, and we routinely shows well in tournament play. Craig is an NCCP Baseball certified coach and has attended many LL hosted clinics over the years.

Aside from fond memories of coaching his two sons, his favorite moment was attending and coaching our Twins team in the Minor Provincials in 2023. He feels that Timmins hosts and the city, are what Little League is all about - friends and families from the community coming together to create special lifelong memories for the players.

Jamie Kennedy, coach of our junior district team! This is Jamie's second season as coach of an OWLL district team. He first coached baseball in 2006 at the major level with his childhood Little League and began coaching with OWLL at the T-ball level, starting in 2012. All three of his children have played with Ottawa West, and he has spent the last 3 spring and summer seasons as head coach of minor and major teams.

Outside of Little League, Jamie is a high school teacher for the OCDSB with a specialist in Health and Physical Education. He has spent close to 20 years teaching and coaching all manner of sports. Within the Ottawa community, Jamie also coaches Flag Football, and was the head coach of the Ottawa Gaels Men's Gaelic Football Team from 2020 - 2022. He has played with the Gaels since 2016, and in 2019 he was selected to play for Team Canada at the World Games in Ireland.

Thank you all for coaching, we can't wait to see where you take this year's district teams

**2025
MAJOR DISTRICT COACH**

FERN LEFEBVRE



**2025
INTERMEDIATE DISTRICT
COACHES**

CRAIG ALAIN & GREG MILKS



**2025
JUNIOR
DISTRICT
COACH**

JAMIE KENNEDY



Upcoming Clinics

We are pleased to announce the following clinics/training sessions for the month of February.

Player development:

- Fielding training for **players**, Sunday Feb. 2nd, 12:30-2:00pm @ Sir Robert Borden
- Pitching training for **players**, Sunday Feb 16th, 1:00-3:00pm @ Monarch.

These are *drop-in sessions* for players in the minor-junior divisions in 2025 (ages 9-14).

Coach development:

- Fielding training for **coaches**, Sunday Feb. 2nd, 12:30-2:00pm @ Sir Robert Borden
- Pitching training for **coaches**, Sunday Feb 23rd, 9:00am-12:00pm @ Sir Robert Borden

If you are interested in attending the coach clinics, please email ottawawestdev@gmail.com.

Join our team!

OWLL is looking for a volunteer to fill an important role within the operation of our league – a Safety Officer. 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. Please reach out to Sarah Futterer, president@owll.ca if you are interested in learning more about this role.

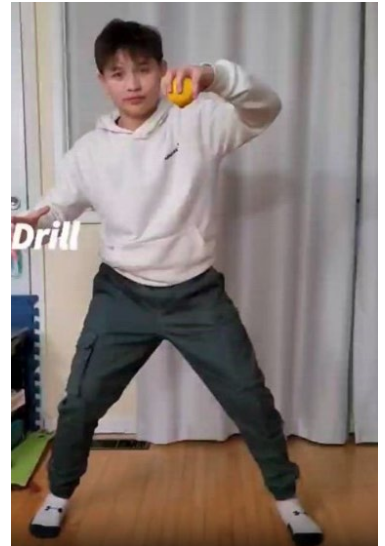
February's train-at-home drill

Hey OWLL players! Are you interested in improving your baseball skills and winning prizes? Each OWLL Newsletter will now feature a video from an OWLL player demonstrating a drill that you can do on your own time at home. Watch the video and follow the instructions to practice the skill at home and improve your game. February's drill can be found here – https://owllba.ca/Pages/1304/skills_videos/.

Parents can help their child to make sure they are performing the skill as described in the video, logging their practices and emailing ottawawestdev@gmail.com by February 25, 2025 with the number of days their child has practiced the skill that month. The OWLL player who has practiced the skill the most number of days will win some OWLL swag and be featured in the next newsletter.

We are tabulating the entries from January and will announce a winner soon!

For anyone interested in demonstrating the drill for the next newsletter, please email to ottawawestdev@gmail.com early in the month of February.



Coaches wanted for 2025

Volunteer coaches are a critical component of any successful league. Coaching Little League is about more than developing players and baseball talent. Little League International states:

“Through proper guidance and exemplary leadership, the Little League program assists youth in developing the qualities of citizenship, discipline, teamwork and physical well-being. By espousing the virtues of character, courage and loyalty, the Little League Baseball program is designed to develop superior citizens rather than superior athletes.”

OWLL is looking for people with these skills to provide great coaching:

- Knowledge of baseball through experience
- Knowledge of coaching through experience
- Leadership
- Ability to work as part of a team
- Teaching abilities
- Understanding of children
- Organizational skills
- Time

Interested coaches can apply using the [coach registration form](#).

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](mailto:president@owll.ca).