

**Cassie Trueblood, Co-President**

## President's Message

**WELCOME BACK SFC!** Every November, when I take my first steps into the freezing cold gym, I get that excited feeling in my stomach and can already smell the dirt and taste the hot dogs. The Board is so excited for the upcoming season, which is shaping up to be the best one yet. Please take the time to read this entire newsletter, and hopefully you'll share in the SFC fever!

This year, we are proud to have seven teams representing Seattle Fastpitch Club in Washington State and beyond. For the first time, SFC will have a U18 team, the SFC Stealth coached by Brian Moore. The Stealth returns a full squad from last year and plans on doing a full schedule of high-level competition, including a number of out of state tournaments. Joining Stealth on the national scene will be the 16U Intensity, coached by Kevin Lohman and Jerry Millsap. Jerry and Kevin bring years of coaching experience and we enthusiastically welcome them and their team to SFC. Our 14U level boasts three amazing teams: Adrenalin, Grizzlies and Attack. I coach the Adrenalin, along with Jodi Steen and we can't wait for our second year at the 14U level. We are looking forward to making our first trip to an out of state, regional tournament. Moving up from a very successful year at 12U, the SFC Grizzlies are coached by Joe Furia and Randy Nicholson. The Grizzlies return almost a full roster from last year, and welcome one new face. In their first SFC year is the SFC Attack, coached by Mike

Sheehan and Bill Ackerly. Mike and Bill bring a strong group of families from Bainbridge Island to add to a number of Seattle faces. Our 12U level will feature two teams: SFC Tsunami and SFC Havoc. Darren Kawabata, who has built two 10U teams from scratch, moves up to the 12U level to coach the Tsunami, who return a number of players for their second 12U season. Moving up from 10U are the Havoc coached by David Danielson.

As always, we feel extremely fortunate to be able to hold practices indoors at the Queen Anne gym. An incredibly huge thank you and WOW! goes out to Randy Nicholson, SFC facilities director, for organizing two super successful clean-up sessions. Thanks also to all the volunteers who participated in the clean-ups. The grounds and gym look even better than the day we moved in, and I know that Randy has some big plans for the upcoming winter.

## SFC NEEDS YOU!

The Board has several open positions and we'd love to see some new faces! Here's where we need help:

- **Registrar**
- **Public Relations**  
(manages SFC Website and newsletter)
- **Fundraising chair**

If you would like to be part of SFC's Board, please contact to your team's coach or any board member in the "who to call" section of the SFC Website:

[www.seattlefastpitch.com](http://www.seattlefastpitch.com)

## Welcome to 2011 SFC—it's going to be a great year!!



Managers Darren Kawabata, Cara Starr & Nolan Radke

## SFC 12U Tsunami

Hello to the SFC family. The Tsunami 12U coaches are proud of the extremely competitive group of young athletes assembled that all have super attitudes. We offer a big welcome into the SFC family 3 new girls: Julie Graf, Sammamish; Paige Grover, Woodinville; and Caroline Bowman, Bainbridge Island who are all great girls and add tremendous talents to the core of returning players for 2011 tournament season.

The Tsunami are grateful to have participated in the SFC Friday Night Lights and it really proved to be a great bonding experience for families, players and coaches before we enter our winter conditioning and practices. The experience gained in the Friday games helped our team build confidence and was proven by winning the one day Flame Invitational on October 17. Great job girls for your great play but most importantly your super attitude! A big thanks to pick-up player Taylor Danielson (12U Havoc) for helping us get the wins.

At our first two practices in September, we discussed team goals and the girls have challenged themselves with some high expectations, thus we will need to work hard during the winter to be the best we can. One of the goals that interested me most was "make sure we all have fun."

Many factors make SFC a great organization and I really want to recognize and thank just some who have volunteered their time to make SFC possible. Thanks Cassie and Missy for all the hard work you provide, mostly which is unseen to the families and players. Dianne Carlson, who I believe is on every SFC committee, with her amazing help (and daughter Samantha, Adrenalin) at the tryouts and also with helping with the Fall Ball food. Trudy and Bob Swain (daughter Sophia, Tsunami) for the tireless work preparing and organizing the Fall Ball barbecue. Randy Nicholson (Grizzlies) for the amazing facilities work both inside and out, for this we are very thankful. Sue Leet (daughter Donna, Stealth) and Chris Turner for making my job easy by handling all the SFC uniform ordering and making the SFC logo gear available and much much more. And a big thanks to Bob Calnan,



*\*not pictured, Caitlin Buckley*

original SFC co-founder for re-entering the SFC world and providing leadership and a vision that makes SFC a great organization. I know I have missed many other important volunteers, but please know; you all make the SFC experience great and it makes the commute from far away lands well worth it for many of us.

It was hard to leave the core group of Havoc girls this past year, but I am really thankful for David Danielson, Joe Geivett and Donna Tucker to pickup where I left off. Tatum and I will miss the Havoc girls/parents a ton and will watch you every chance we get!

I would like to thank the great parent group of the Tsunami and after being around everyone the past two months, I know that the upcoming spring and summer will be competitive, rewarding and enjoyable.



Manager David Danielson

## SFC 12U Havoc

The 12U Havoc team welcomed 5 new players to the roster for Fall Ball and looks forward to an exciting new season. The new players compliment the returning girls well and we really started to gel by the final few games. This year's Havoc are: Taylor Danielson, Greta Geivett, Isabella Sarkies, Regan Nagle, Ciara Ortiz, Mackenzie Treece, Megan Murray, Alyxa Blackburn, Megan Valdez and Briar Swayne!

Our primary goal for Fall Ball was to have fun and that was definitely achieved. Secondarily, we wanted to find out a little about the strengths of our team and where we need work. Let's just say the batting cages will be busy as we start our practices in November ☺.

Finally, it was a pleasure meeting all of the new parents. Committed parents are at least 50% of forming a successful team and I look forward to watching this team develop with all of you.

Managers: Cassie Trueblood & Jodi Steen

## SFC 14U Adrenalin

Meet the 2011 ADRENALIN!

The SFC Adrenalin are very please to announce our 2011 roster. We return a great group of girls from last year's amazing season: Ali S., Emma T., Sam C., Kate K., Catie M., Nikki S., Cheyanne S., Mariah J., Milly K. and Lindsay W. We also welcome back two former Adrenalin players that we've been missing: Deahna K. and Casey P. And, finally, we have a totally new face: Samone J. These girls are amazing athletes and even more amazing teammates. Adrenalin is fueled not by one or two superstars, but by 13 young women who are supportive, encouraging and dedicated to one another.

This year, the Adrenalin will play in 14A tournaments and hope to make our first ever appearance out of Washington State by attending a regional or national level tournament. The core of our team has been together for three years (2011 will make 4!) and we know that this is our year to SHINE!

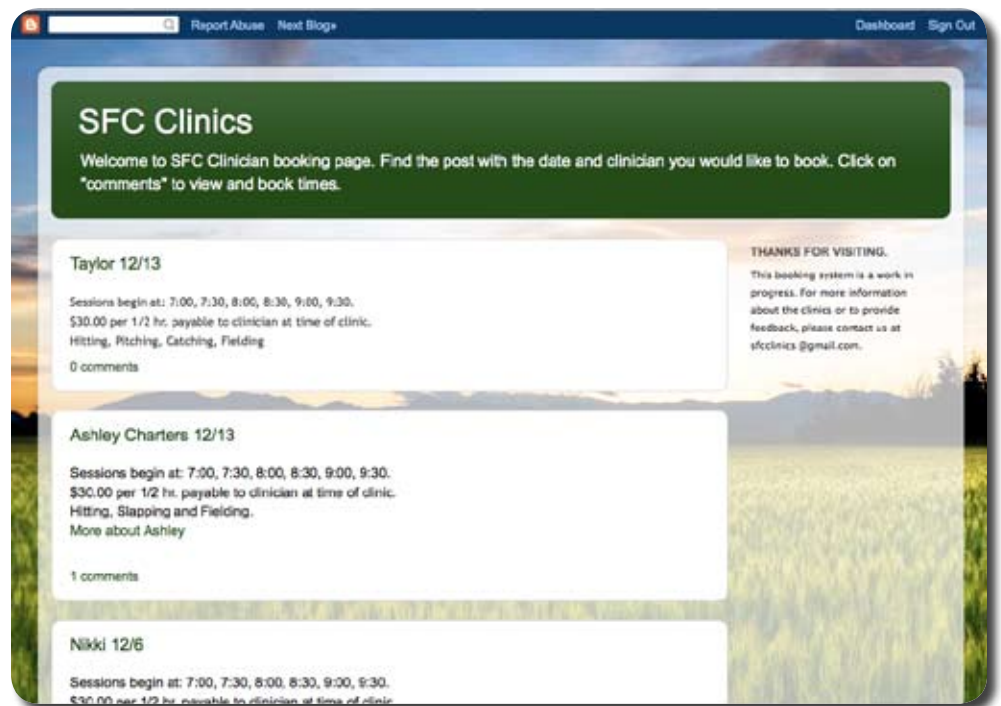
Go Adrenalin!

Bob Calnan

## Sign Up for SFC Clinics Online

Be sure to check out the new private clinician booking page that can be found at [sfclinics.blogspot.com](http://sfclinics.blogspot.com). This is a fantastic tool that the clinician's can manage themselves and where families can view clinician's schedules and book times.

This year some of the best training available in the world is right here at SFC including current and former players and coaches from our favorite local NCAA D1 College World Series Champions and a Team USA member! We are lucky to live in an area with world class athletes and coaches right in our own backyard! Right in our gym!! Don't miss this chance to give your game that extra edge. Go to [SFCClinics.blogspot.com](http://SFCClinics.blogspot.com) to check the clinician's latest postings and take advantage of this world class training.



If you haven't already received an invitation to the site and wish to participate and take advantage of these clinics, please send an email to [sfclinics@gmail.com](mailto:sfclinics@gmail.com). You'll need to sign-in with a Google Account to confirm the invitation. The process is surprisingly quick and easy! If you don't have

a Google Account, the site will show you how to get one, or you can view the blog as a guest for up to 30 days. For more information about the clinics or to provide feedback (this is a work in progress after all), please contact us at [sfclinics@gmail.com](mailto:sfclinics@gmail.com).



**Managers: Ron Allen, Joe Furia, Randy Nicholson & Jeff Sams**

## SFC 14U Grizzlies

The 14U Grizzlies are coming off a successful season that saw the team notch 22 wins, capture one tournament title and finish second in another. The Grizzlies were one of only five teams to compete in the "A" bracket at the 2010 NSA State 12U Tournament (more than 30 teams entered "B").

The team is excited about the new challenges that lie ahead in 2011 as the Grizzlies move from 12U to 14U. The tentative plan is to open the season in February or March at an out-of-state tournament and then play one tune-up event before the Ice Breaker in early April.

Our newest Grizzly, Riley Gregoire, joins a strong core of players from a year ago: Natalie Allen, Karina Diekema, Rowan Foote, Savannah Furia, Emma Lindsay, Sage Nicholson, Jeralyn Pasoquen, Chloe Sams, Hannah Shapiro and Katherine Taylor. The Grizzlies also added Ron Allen to

their coaching staff for the 2011 season.

Finally – a shout out to Anne-Marie Pasoquen, whose photo of the 2010 Grizzlies (shown above) was selected by the website "Team Snap" as a national finalist for sports photo of the year. Anne-Marie's photo eventually finished 3rd.



Managers: Kevin Lohman & Jerry Millsap

## SFC 16U Intensity

As a newly formed 16U team within SFC we have a very diverse group of players from 8 different high schools, 5 different club teams and are spread out by 50.2 miles in between. But with common vision and goals: to play with Intensity, be competitive in all games we play, and to have fun!

The team was formed by Jerry Millsap and Kevin Lohman. For those that don't know Jerry, he has coached at Holy Names Academy at the AAA level for 15 years compiling a .757 winning percentage with several Metro and District championships finishing as high as #2 in the State Championship tournament in 2009. Kevin's an old baseball hack and coached for cross town "rival" Bellevue Blast for 5 years. The team was built on two key principles. #1 is player attitude, followed by the other #1 of speed.

We began building by bonding. We already know we have a great group of student athletes, all of which have played on competitive fastpitch teams, and also participate in year 'round high school sports of soccer, x-country, volleyball, basketball... So to build as a TEAM one of our first "practices" was a day at Sky High trampoline center followed by a team dinner with parents hosted by the coaches. Here the players defined our new identity and our team nickname – SFC Intensity. We later joined as a team for a full day road trip to the Ropes course in Skagit County. If you've never been to a challenge course, this was a thrill and highlight for the ladies. Wearing harness and helmet the ladies over came fears while tight wire walking, suspended cable bridges, zip lines and more, all 20 to 50 feet above ground. But they learned to persevere and overcome challenges as a team.

And it has begun to show with some early results. Though we've been rained and cancelled out of 3 tournaments this fall, we managed to get in 5 games and go 4-1. While we have a very long list of things to improve, we are optimistic about our future, and the wins and losses will be what they are. Our aspirations are to play well in the most challenging brackets locally and in the greater northwest, including the country's largest and most competitive venue in Colorado for the Fireworks/Sparkler Tournament in July. Mix in some college exposure brackets in Oregon and a potential trip to California and we'll be very busy this summer.

We have a great group of players backed by very supportive parents. We are all very fortunate. Oh, did I forget to mention the barbecue night and clean up efforts?!?! Thanks Intensity parent volunteers for helping within the greater SFC community.

More updates to come!



## Who to contact for any issues you might have:

**Family Advocate, Brita Kimmerly.** Brita is the “go to” gal for any you have with coaches, other players or families. The Board strongly encourages you to approach your coach with issues head-on, but if you can’t do so, contact Brita and she will help where she can. [ [kimmerly.b@ghc.org](mailto:kimmerly.b@ghc.org) ]

**Co-president, Missy Boone.** Contact Missy for any issues regarding payments, as she does the Club’s collections. [ [missyprint@comcast.net](mailto:missyprint@comcast.net) ]

**Director of Fastpitch operations, Bob Calnan.** If you have ideas or resources regarding clinics, training or coaching, please pass that information onto Bob. [ [bobcalnan@comcast.net](mailto:bobcalnan@comcast.net) ]

**Facilities director, Randy Nicholson.** Love to clean? Can’t wait to mow the lawn? Have an idea to make our gym more user-friendly? Talk to Randy! [ [randcand@comcast.net](mailto:randcand@comcast.net) ]

### Newsletter Submissions

Do you have information or photos about your team you’d like to share? Fitness tips or even equipment you’d like to trade? Please send your submissions to [trudytaylor@comcast.net](mailto:trudytaylor@comcast.net).

### Manager Brian Moore

## 18U Stealth

The Stealth are stepping up to 18U this year and in doing so become the Club’s first entry in the senior circuit. That this would be a first, is appropriate. Among the team’s roster are three players who were members of SFC’s inaugural team of 2003-2004. Three others are entering their sixth consecutive season wearing the green and black. Significantly, that first team, as well as the next three iterations of the Beasts were led by Club founder and current Director of Softball Operations, Bob Calnan.

Back by popular demand for a second year as the leader of the Stealth is Manager Brian Moore. Brian has coached numerous fastpitch teams on both sides of Puget Sound over the years. Last year’s season was a huge success on and off the field. That nearly every player returned from last year’s team is testament enough to his leadership.



*\*not pictured, Bethany Bacon*

At this writing the team and its families are again making preparations for a Bat Buster college-exposure tournament in Southern California in early January. The team is focused on improving their top-quartile finish achieved in last year’s 16A bracket at the Colorado Sparkler. Any and all positive thoughts you may provide for sunshine in LA on the 8th and 9th of January would be greatly appreciated. [The Stealth’s last visit to Southern California coincided with an LA version of a Pineapple Express—the unfortunate outcome being a rain-out of the entire tourney!]

Before wrapping up, two additional personnel notes ought to be mentioned. First, the Stealth are thrilled to welcome Bethany Bacon and her family to the Club and team. Bethany is a talented right-handed power-hitter and versatile infielder (both corners and rubber) who attends Lake Washington high school in Kirkland. Despite the tight bonds of the pre-existing Stealth it took Bethany all of about ten minutes to fit right in. The other shout-out goes to Cali Moore. Now fortified with various high-tech alloys, Cali’s knuckle is currently mending from a complicated fracture sustained during our first tournament this fall. Though not currently able to join her sisters on the diamond, Cali continues to support and inspire all of us connected to the team. Cali we are counting the days until you are back between the bases.