



CST GOLF Tournament

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The Second Annual Colorado Springs Thunder Golf Tournament will be held on MONDAY, May 11th at King's Deer Golf Club. This will be a "Best Ball" format with a 9:00AM shotgun start. Cost for this event will be the same as last year which was \$100 per player or \$400 a foursome. We are looking for sponsorships for tees, drink cart, and cart sponsors. For additional information on advertising opportunities please contact the tournament directors Mary Schroeder or Patty Foster. For more information on the golf tournament go online at www.csthunder.org. Go to the "CST GOLF" tab to download registration and sponsorship forms. We have already started receiving entries, so make sure you get your group signed up so your CST team gets the donation

Ask not what your teammates can do for you. Ask what you can do for your teammates.
-Magic Johnson

Thunder—Event Schedule

Colorado Springs Thunder Fastpitch Softball Organization

Would like to let you know about our 2009 Events

We will be hosting 4 tournaments again this year!!

Find more information at our web site www.csthunder.org

- Friendly – Thunder at the Rock on March 14, 2009 in Castle Rock (1 day tournament)
- USSSA – Jelly Bean on April 11, 2009 in Castle Rock/Denver (1 day tournament)
- USSSA – Memorial Day Bash on May 23 thru May 25 in Castle Rock
- USSSA—Thunder Down Under on June 6 and June 7 in Colorado Springs

Also our 2nd Annual CST Golf Tournament will be held on Monday, May 11th at Kings Deer all information is on the web page under CST GOLF Tab.

Rules—Ask the Ump

Sec 8. BLOOD RULE

Player/Substitute, Manager, Coach, Trainer, Batboy or other Team member or Umpire who is bleeding or who has an open wound shall be prohibited from participating further in the game until the bleeding is stopped and the wound covered.

- A. If treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The amount of time is determined by the Umpire's judgment.
- B. If excessive time is involved, the re-entry rule would apply to players.
- C. If there is an excessive amount of blood on the uniform or if a bandage becomes blood soaked, in the judgment of the Umpire, the uniform/bandage must be changed before the individual may participate.

Sec 9. INJURED PLAYER

- A. During a live ball situation, when a player becomes injured such that, in the Umpire's judgment, requires immediate attention, the Umpire shall call "DEAD BALL" and allow or seek first aid.
EFFECT: Award any bases that would have been reached.
- B. A player who has been rendered unconscious during a game is prohibited to resume playing that day without written authorization from a physician.

Player Tips— Batter Tips

Batter Tips - Part II

In this second edition of our Coach's Tip, I'd like to continue our discussion on hitting:

Be Disciplined

- Have sound practice habits and practice with a purpose. Learn to use the whole field.
- During the game, go to the plate with a plan. Know the pitcher and the game situation.

Once in the batter's box, trust your swing and focus on tracking the ball.

Bat Selection

Keep it simple. The bat should be a size and weight that feels comfortable to you and one that you can handle with ease.

Grip

- The bat should be held in the base of the fingers; not back in the hands.
- Hold the bat loosely, free of tension. Tension is the number one enemy of hitters.

For most hitters in normal situations, middle knuckles should be close to being in line.

Set Up

- BE COMFORTABLE. The set up should be whatever is comfortable as long as there is proper balance and plate coverage.

That's it for now...more next time....

Keep your head in the game !!

Thought of the Month

BE THE BEST

**It is one thing to dream high and lofty dreams
but quite another to make those dreams come true.**

**“A journey of a thousand miles begins with a single step”
says the wise old oriental proverb.**

**Our dreams for high achievement become reality only when we
are willing to take the first step toward fulfilling them.**

**Remember this: you can always get to where you want to go,
providing you willing to start from where you are.**

**Start doing what you can do, and then reach out for the things you can-
not do now.**

**If you want to become an excellent ball player and you're not there today,
play the best you know how while you are learning and
practicing to be outstanding.**

If you can't be perfect, be the best you can be.

It's amazing how close to perfection you can get... if you try.

Remember practice makes perfect!

SOFTBALL JOKES

1. What did the umpires yell when the chicken ran onto the field? "
2. Why does it seem to take longer to run from 2B to 3B than it does 1B to 2B?
3. Why are girls fast pitch softball players so cool?

If you have any softball jokes or riddles please email
newsletter@csthunder.org and maybe we'll post them in the next edition.

CST WEB PAGE NEWS

PLEASE VISIT WWW.CSTHUNDER.ORG we have some new information and a
new contest for the players to participate in.

Player of the Month—Alex LaMere

16B— ROSE

List some special interests **I enjoy spending time with my friends and family.**

How long have you lived in the area?

I have Lived in Colorado my whole life. Whether it was in fountain or Widefield.

How long have you been playing softball?

I have been playing softball for 5 years..3 of these have been competitively and the rest have been with school or park and rec.

What's your favorite softball memory?

My favorite softball memory is winning state my first year playing competitive ball. I have one more memory not my favorite was this year. The first official practice for the Thunder I broke my arm throw-



ing the ball..Now I cant practice for a couple of months.

What other sports do you play?

I play a little basketball and volleyball but it's mainly softball..

If you could attend any college, and play softball there where would you pick?

If I could choose any college to play softball, I would attend Arizona State because that's where Jennie Finch went and I look up to her..

Which college player, , do you admire the most and why?

I admire Jennie Finch the most because she has alot of team spirit, she's amazing pitcher and she is really good at softball.

Tell us something unique about yourself. **I love kids. When I grow up I want to do something that involves them in my every-**

day activities. I babysit and spend as much time with my little sister as much as I can.

Player of the Month - Kelsey Boyle

16A—APPLEHANS

List some special interests **hanging out with friends, playing guitar hero, and doing anything outside**

How long have you lived in the area? **I have lived in Littleton my whole life**

How long have you been playing softball? **Since 2nd grade**

What's your favorite softball memory? **Winning Triple Crown Sate in 2008 and having a crazy silly string party after**

What other sports do you play? **Basketball when I have time off from softball**



If you could attend any college, and play softball there where would you pick? **University of Arizona. I have dreamed of being a Wildcat my entire life.**

Which college player, (current or past), do you admire the most and why? **Jessica Mendoza because she goes out every game and gives it her all.**

Tell us something unique about yourself. **. When I was born I lived on an old dairy farm where instead of riding horses I rode cows. Plus it was across the the street was an ostrich farm.**

Player of the Month - Jenna Ujlaky

12C Hernez

My name is Genevieve, but my friends and family call me G!!! List some special interests (I love to cook with my Grandma. My family loves the Broncos and we like to all get together and watch the games. Sometimes we even get to go to the games at Invesco. I also love to swim. My mom calls me a fish because I can hold my breath for a long time and I like the cold water. I enjoy being with my animals. I have 3 cats and 2 dogs.



What's your favorite softball memory? **When our team the Rebels won the tournament for ALL softball.**

What other sports do you play? **Volleyball and I also dance.**

If you could attend any college, and play softball there where would you pick? **ASU**

Which college player do you admire the most and why? **I admire Jenny Finch and Cat Osterman because they are great pitchers.**

Tell us something unique about yourself. **I love to sew with my Grandma. We have made pillows, clothes for my stuff animals, and blankets. She is also teaching me how to quilt.**

How long have you lived in the area? **I was born in Colorado Springs and I have lived in Black Forest for 9 years.**

How long have you been playing softball? **I've been playing softball for 3 years, but I started with T-ball when I was 4 yrs. old.**

Player of the Month - Allie Helton

10U LEE

Hi, my name is Allie Helton and I am the 10U player of the month. My favorite things to do are mostly play sports. I especially like to run, ride bikes and draw. I also love to listen to music.

I have lived my whole 10 year life in Colorado Springs. Right now I attend High Plains Elementary school and am in 4th grade.

I just started plying softball in August of 2008. The funniest thing happened to me, I was recruited by my softball coach while shopping at Sam's club with my mom. My favorite softball memory was during my first tournament in October when I got my first hit.



While I am not playing softball I like to play basketball, soccer, and even though my mom does not want me to play, I play Hockey. If I could attend any college to play softball it would be the Bruins of UCLA.

My favorite softball player is Jennie Finch. I admire her the most because she really works hard and is a fierce competitor.

Something that you may or not know about me is that I am the only girl in the family (besides my mom). I have 3 older brothers and I am very competitive. This year I placed 4th in the Science Fair at High Plains.

**COLORADO SPRINGS THUNDER
FASTPITCH SOFTBALL**

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JOKE ANSWERS

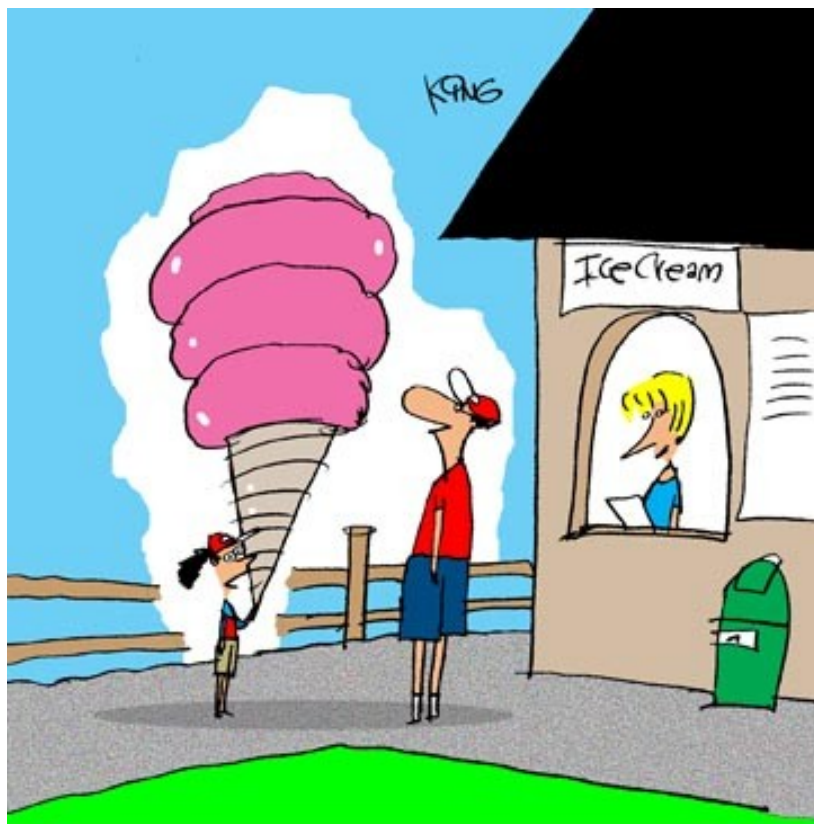
1. Answer "FOWL"
2. There's a shortstop between 2B and 3B
3. Because they always have their fans.

Happy Birthday!

- 2/7 Karli Leatherman
16B Taylor
- 2/8 Madeline McWhorter
12B Kearns
- 2/17 Jessika Moorehead
16B Taylor
- 2/23 Kelsey Boyle
16A Applehans
- 2/26 Jamie Goins
14C Goodhue
- 2/27 Madison Hernez
14B Schroeder
- 2/27 Alyson McAdoo
12C Hernez

If your birth date has not been listed, please contact your coach. He or she has failed to provide us the information.

Remember you can advertise your business on the CS Thunder Web Page or Newsletter—Help support the businesses the support girls sports! Email the newsletter or web page for more information about advertising. VISIT the sponsors page at www.csthunder.org



"I had an especially good game today, so I thought I deserved an especially big ice cream cone."



Looking for volunteers to help on some CST committees like Newsletter, scholarship and others committees—email newsletter@csthunder.org if you would like to help.

