



December 16, 2003

Merry Christmas and Happy New Year to You

Here are your newly elected officers and directors for 2004. Congratulations to all of you. Our thanks to those leaving who have served well.

In SC: Continuing as President, Doug Wright; VP, Mike Graham replaces Red Klingensmith; continuing as Treasurer, Tait Douglas; continuing as secretary, Carl Johnson. Directors are: Ray Keller continuing; Ken Dorian and Bill Nyblade replacing Jack Borst and Gene O'Boyle.

In SCW: President, Jim Pavolko replacing Wayne Mitchell; Vice President, Mel Schiebel replacing Greg Johnston; continuing as Treasurer, Lyle Bakken; Secretary, Dutch Walton, replacing Mel Schiebel. Directors are: Bill Allen, Glen Carroll and Fred Suess replacing Wayne Mitchell, Greg Johnston and Ray Murphy.

The new joint league board officers will be elected by the new SC/SCW boards during their first meeting on January 12. Continuing members will be Ray Keller exPresident and Dutch Walton exSecretary. The league president alternates each year between SC and SCW. Jack Borst, Red Klingensmith, Greg Johnston and Wayne Mitchell will leave.

Loran Swanson, League Administrative Director, will transfer his American league roster, schedule and draft duties to Mike Graham as of January 1. Loran will continue his membership record duties and continue to coordinate placement of new members in the appropriate league.

Greg Johnston will transfer his National league roster and schedule duties to Fred Suess.

Joint league board names Carl Johnson chair of new National league committee that will conduct business and oversee the league. The committee is now being formed/organized. See bulletin boards.

List of SCW Club accomplishments in 2003. Mel Schiebel provided the following for your reference: 1) Updated the league rules; 2) Fixed the cause of standing water in the outfield of Kuentz Field; 3) Put C.P.R. face mask in one dugout; 4) Our Club is represented each month in the Rec Center News; 5) An organization chart has been posted so players know whom to contact on specific issues; 6) Developed a guide for managers including duties, responsibilities and authority to discipline; 7) The new clubhouse is taking shape; 8) A direct line phone will be in the clubhouse so it won't be busy if there is an emergency; 9) Two defibrillators will be installed in the clubhouse. One is now located near the third base dugout; 10) The club was on budget; 11) The first annual golf and dinner/dance has been planned. Nice work team!

Committee on split league. Following the league general membership meeting on 12-08, Mike Graham updated the committee's excellent 4page summary of the options, attached. Please review it so you can vote intelligently in January when team managers will distribute Ballots. Mike and the committee would like to thank all the members that showed up and participated in the meeting. Their interest and perspective is highly valued.

"Liberty Buick Clubhouse" is underway in SCW. The facility should be complete sometime in late February or earlier. Go to our web site to see progressive construction pictures, compliments of Ken Skinner.

Briarwood CC golf tournament and dinner dance. Your response to Scott McLearnie has been very good. Within the next month, the team managers will give a flyer to all league members. It will explain all details of the Monday, April 26 event. In the meantime, if needed, contact Scott at mclearies@aol.com or 214-6238.

Order blue or red softball jacket. See attachment.

Umpire school Jan 10. There will be classroom discussion and field exercises with umpire Ken Skinner at Kuentz Rec Center and Liberty Field in SCW at 9:00AM, Room 3. Figure on 3 hours. Ken is a great presenter and an ASA certified ump. Enjoy the game more--understand the rules. You do not have to be an umpire to attend. Don't miss it!

League will increase Hall of Fame members that can be named each year from 2 to 5 in 2004.

Tri-City League starts this January 10th and continues on Saturdays through April 10 or 17. For the first time, Arizona Traditions teams have been added to SC, SCW and SCG. All skill levels. Signup sheets are on the bulletin boards and in the dugouts. Signup deadline is December 19. Contact Bill Allen in SCW 546-6931, or Paul Haney 875-9245 in SC.

Smile...heads up everyone for team pictures, baseball cards and other pictorial options during our 2004 photo session February 17th and 19th. Our sponsors really appreciate receiving copies of their respective team pictures each year. You will have the option of purchasing any items Sun Photography offers at the time the photos are taken (be there 30 minutes early). Field locations for the photo sessions and other details will be in future newsletters. Contact Bobby Stouthamer at 214-1515.

What's the right way to do pre-game warm-ups? The attached two pages of exercises, developed for softball players, have been given to us by a physical therapist that is also a certified athletic trainer. Everything is covered except your brain: calf, hamstring, quadriceps, low back, side, upper back, rear shoulder, inferior shoulder, neck, triceps, wrist, jogging and throwing.

For example, most of us do not warm up our throwing arms properly. You should begin at a short distance (which we all do), but that's not all. You should progress from lob throws to increased distance and velocity until you have reached the distance/velocity of your playing position. This avoids straining your arm or shoulder by throwing too far and/or fast without first stretching the muscles. This happened to me and I am now paying the price with physical therapy and recommended exercises at home with the hope of avoiding surgery. It may be too late. In the meantime, no sports like tennis or racquetball either. Yike!

What to do about that sore hamstring, arm, etc.? It is well known that many of us have sore bodies -- legs, arms, backs, etc. If this has gone on for a while or multiple times with you, don't wait any longer for the soreness to take care of itself. It probably won't. And just as important in the fix is not only doing the right exercises, but also avoiding the wrong ones. Get to a doc who works with athletes preferably. If you don't go to the doc, at least go to a physical therapist (PT) who works with athletes. The PT who

provided the attached warm-up exercises is offering a very low, first visit consulting rate to all our members. He will determine whether he can help you and what exercises will do the job. If you have been hurting and have done little or nothing about it, don't fight it on your own or quit sports. Act now.

Angels in the Outfield have important update. See the attached comments from Gail Stouthamer.

Dates...Dates...Mark Your Calendars

1-5-04...SCW Board Meeting, 1st Monday of the month, 8:00AM, Lecture Room, RHJ Rec Center

1-7-04...SC Board Meeting, 1st Wed of month at 8:00AM, Lakeview Rec Center bowling lanes mtg rm.

1-12-04...Joint League Board meeting, 1000AM, SC at the Bell Rec Center bowling lanes team room.

12-19-03 through 1-5-04...Holiday break.

1-10-04...Umpire School, details inside

1-20-04...begin second playing session

2-17 and 2-19-04...Baseball card pictures

Members may attend any board meetings. Pick a date to see what's going on behind the scenes.

Patronize our bill-board and team sponsors. When you buy or browse, let them know you are from the Sun Cities Senior Softball League.

A note from Jim Pier, Team Sponsor Director: "Please consider subscribing to the Wester newspaper that has been a team sponsor for 15 years. The Wester is having a hard time financially due to the loss of ads to the SCW Rec Center News. The Wester is our SCW paper, the one that presents truly informative and detailed articles about the events that have been occurring with the General Managers, the actions taken by the Rec Board, and a historical description of the personnel involved. I am a better informed person about important events in SCW and am participating more actively because of the articles in the Wester. We are responsible for maintaining our community. The only way to do this properly is to be better informed, and it has been my experience that the Wester presents facts that are not available in other local newspapers. Annual subscription is only \$15. Phone 623-584-2992."

Our league now has 400 happy members.

Comments? Inputs? What do you want to see in this newsletter? Contact Editor John Doherty at 623-544-8469.