



Banshee's [♣] *Fastpitch Softball*

Quarterly Newsletter

December 2011 Edition

Board of Directors












President—Bob Casagrand , Vice President—Dave Myers, Treasurer—Cheri James,
Secretary—Maureen Royds , 10U Director—Bruce Bloome, 12U Director—Jim McNesby,
14U Director—Tom Wallace, 16U Director—Chris Edwards, Showcase Director—Joe
DiFillippo





Banshee's Fastpitch Softball Organization's 4th Quarter, 2011 Newsletter

Inside this edition you will find details regarding:

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-  The coaches....with Santa
-  Banshee's Softball Organization presents the Distinguished Service Award to Mr. Bob Sadowl
-  10U news
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-  2011 Jennie Finch clinic
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Banshee's website update:

The Banshee's Fastpitch softball website address is: www.bansheesfastpitch.com. Please send us your team pictures and success stories (after advance approval of the head coach) as we will continue to update our website with the exciting things going on in our organization. Articles and pictures should be sent to Robert.Casagrand@dcma.mil.





Board Of Directors Update (page 1):

The Board Of Directors held its 4th quarter meeting on Sunday, November 6th 2011. The board confirmed & approved proposed 2012 tourneys, the 2011 holiday party, final indoor gym allocation, the barn/clubhouse schedule, revised coaches roster and the standard uniform / apparel offerings. The board is excited about the Spring 2012 season!

Special thanks to 10U manager Bruce Bloome for playing Santa at the holiday party!

Special thanks to our treasurer Cheri James for all of your help!

Special thanks to Franco D'Andrea for allowing us access to the clubhouse!

Special thanks to the Hatboro-Horsham School District for allowing us access to their facilities!

Special thanks to our secretary Maureen Royds for your work coordinating organizational pictures!

Uniform and Clothing update:

We will continue to have two major order periods (fall & spring) each year. All items from the fall order have arrived. If you are missing anything please contact your team's uniform/apparel coordinator. We are planning on having another order period in March 2012. We are excited about the uniform selections & new apparel offering and hope you are too!





Board Of Directors Update (page 2):

Organizational Picture Day update:

Maureen Royds is coordinating a photographer for an organizational picture day to be held on Saturday, February 4th, 2012. We will take the early practice teams at around 7:00 pm and the late practice teams at 7:30 pm in the Upper gym. More details to follow when available.

Prior to picture day your team manager will be circulating the following forms...

-  Banshee's Web Page authorization form
-  Banshee's Web Page Player Profile

Please have these forms completed & returned to your manager prior to picture day so that all player pictures can be posted to our website.



Happy Holidays & Best Wishes in 2012 from the Banshee's coaches





Banshee's Softball Organization presents the Distinguished Service Award to Mr. Bob Sadowl

The Banshee's were pleased to have Mr. Bob Sadowl in attendance out our end of 2011 holiday organizational party. Bob was recognized with the Distinguished Service Award for his years of outstanding and dedicated service to the Banshee's organization & to the many young ladies that played for him. Bob contributed his leadership and wealth of softball knowledge from 1995 and through 2009 as our President & coach of teams from 10U up to our Showcase 18U team. Bob was presented with a plaque that reads:

"The Banshee's Fastpitch Softball organization presents the Distinguished Service Award to Bob Sadowl in grateful appreciation for his many years of outstanding leadership and service in developing many young ladies of our community into exceptional student athletes. Thanks Coach Bob for spending your free time with us, teaching us, inspiring us, encouraging us and challenging us."

Joining Bob for the celebration was his lovely wife Theresa and his daughters Vanessa, Amy & Amanda. His other daughter Valerie was unable to attend due to a work commitment. Of special recognition regarding the Sadowl family is that all four daughters achieved Division 1 scholarships in softball due to the outstanding support and training of their Dad. Vanessa pitched for Hofstra, Amy pitched for the University of Maryland at Baltimore County, Amanda is currently a pitcher for Mount Saint Mary & Valerie is a senior at Hatboro-Horsham High School and recently signed a Letter of Intent to play softball at the UConn starting in the fall of 2012.

Amy, Amanda and Valerie all played travel softball within the Banshee's organization under Coach Bob Sadowl. Bob is credited with developing many of the softball players from the surrounding Monto/Bucks/Delco area that went on to achieve both collegiate and high school success in the game of softball.



Coach Sadowl & Coach Casagrand



Coach Sadowl & his daughters





10U team news:

The 10u team is ready to begin our winter practice schedule. Our team finished the fall schedule with a 12-9-2 record, as they improved with each week that went by. They showed that they were ready to work towards a successful spring/summer tournament schedule.

Several of our players attended and participated in the two-day Jenny Finch workshop at Diamond Nation program in December. Kaitlyn O'Connor won a private lesson with Jenny, and she enjoyed it thoroughly.

We will use our winter practices to sharpen skills in areas that were identified during our fall schedule. We will also be looking for a player to fill our roster, due to the departure of one of our girls. Interested players should contact Bruce Bloome (215-385-2228 for information.

We will play a ten-tournament schedule with plans to play in the Pony Nationals in Wilmington, DE, July 11-15. We will be hosting the Banshee Bash, a 10u Pony Qualifier, on May 19-20 at Lukens Park.

We are excited about getting started, and we look forward to the challenges and fun to come!



10U Team posing with Santa Claus at holiday party





12U Red team news:

The U12 girls have kicked their training into high gear starting in early January. Our pitchers are going to group lessons at a local facility in addition to pitching at Keith Valley on Thursdays. We are happy the foundation is laid for these young pitchers to grow over the next few months. On the offensive side, our girls have been working with Kelly Sisk since the end of the fall season and Kelly will continue to work with our girls at the barn on Wednesday nights. The team will also be using Keith Valley for our team practices once a week. On the social side of things, the coaches are planning a team bowling night before we head back outside.

In December, our U12 Red girls also had a very large contingent at the Jennie Finch clinic in Flemington in December. The girls had a great time. Congrats to Casey Taylor for winning the infield drills competition run by Jennie Finch herself.

In addition to the heavy schedule we already have in the winter, we are still looking for some individualized training such as catchers training, etc.

All of this hard work will hopefully show when we go back outdoors in April. We plan on playing in approximately 8 tournaments in the Spring (mostly USSSA and PONY). We are set to host the 12U Banshee's Bash PONY National qualifier tourney on June 9th & 10th at Luken's Park in Horsham along with the Black team. The coaches are truly excited about our future!



12U Red Team posing with Santa Claus at holiday party





12U Black team news:

We started our winter work-outs in the beginning of December. The pitchers and catchers are working together twice a week, the team has organized BP once per week & the team has full practice once per week.

Professional hitting Coach Larry Robtison is now working with our hitters & they have responded very well to him. We will be going to FitLife on Tuesdays for agility training in an effort to increase team speed.

We are scheduled to play in the USSSA Winter Warm Up tourney at the Wyoming Valley Sports Dome on March 10th. Our girls are really looking forward to playing in the dome!

As for the Spring schedule, the team plans to attend 10 spring summer tourneys beginning on 3/10 ending with PONY Nationals in late July. We are set to host the 12U Banshee's Bash PONY National qualifier tourney on June 9th & 10th at Luken's Park in Horsham.

The coaches are truly excited about our team as we have a great group of players & families!



12U Black Team posing with Santa Claus at holiday party





14U Team News:

The Banshees 14U team started its winter work-outs in the beginning of December. The pitchers and catchers are working 3 times a week to perfect pitch movement and location while also working to increase speed velocity. Our pitchers know that it takes hard off-season work to prepare for high school softball and for our spring and summer season.

Our team also understands the need for consistent muscle-memory in developing proper hitting mechanics. Coach Larry Robtison instructs our players during team hitting on Sunday afternoons through many drills on the tee. Players received hitting instruction on the need to stay long on the ball and to drive from the legs and hips. Players know that in order to have success at the plate, they must work at home at least 3 days during the week on learned skills to perfect their swing.

Team practices focus on building the legs through strength, conditioning and agility training. Leg and core body building will make us quicker, stronger and able to explode to the ball on the field and through the ball in the batter's box.

The team will be going to Wyoming Valley Sports Dome over President's weekend to test our improved skills on the softball field in preparation for our summer competitive travel season. We know our 14U hard working players will greatly improve their game over the 2012 winter as we look forward to our summer travel schedule.



14U Team Mom's enjoying holiday party together



14U Team posing with Santa Claus at holiday party





Banshee's 2011 Holiday Party highlights.....a lot of fun was had by all!!!





Banshee's Fall 2011 Season highlights.....





Banshee's 2012 Uniforms.....



The girls will be looking good this season...go *Banshee's!*





Banshee's players with Jennie Finch & Crystl Bustos at the 2011 Extravaganza

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SIGN UP TODAY!
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Crystl Bustos

JENNIE FINCH

AT THE HEALTHQUEST SPORTS DOME
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2012 PONY Nationals schedules...



2012 PONY GIRLS SOFTBALL EAST ZONE TRAVEL/SELECT SOFTBALL NATIONALS SITES & DATES



Mustang 10U Girls Softball Nationals

Wilmington, DE
July 11 – 15, 2012

Tournament Director : Michele Berryman • (H) 302-528-6559 • (E) m.berryman@pony.org

Bronco 12U Girls Softball Nationals

Cary, NC
July 27 – August 1, 2012

Tournament Director : Jim Arends • (H) 919-894-5684 • (E) j.arends@pony.org



Pony 14U Girls Softball Nationals

Cary, NC
July 27 – August 1, 2012

Tournament Director : Jim Arends • (H) 919-894-5684 • (E) j.arends@pony.org










Coming soon....Banshee's 1Q2012 Newsletter

The newsletters will be sent on a quarterly basis as the goal is to keep our families informed as to what is happening across the teams in the Banshee's organization. We encourage you to send pictures, success stories & news about your team, families & activities to Dave Myers (david_myers@merck.com) for use in future newsletters.

As for the next newsletter....a sneak peek into what's coming includes:

-  An update from the board with any highlights from the 1Q meeting
-  A spring uniform/apparel update
-  Spring 2012 field allocation update
-  1Q2012 Team updates
-  Spring fundraising updates

We look forward to continued success & to getting your success stories....go **Banshee's!**

