

# Lowell **X**treme Newsletter

**Girls Softball Club**

**Winter 2009-10**

## **Dates to Remember:**

Winter Conditioning 10u

Every other Tuesday, 6 to 8pm  
Unity High School Gym  
1/12/10 thru 3/23/10

Winter Conditioning 12u

Every Thursday, 6:30 to 8:30pm  
Alto Elementary Gym  
1/14/10 thru 3/24/10

Winter Conditioning 14u and 16u

Coaches have  
contacted players  
regarding schedule

Maggie Hilbrands Memorial Tournament

7/31/10 thru 8/2/10



## **Message From the President**

### **Hello LXS Family,**

The 2010 softball season is rapidly approaching and winter conditioning will be starting in January. I hope all the girls have their wish list for Santa ready which includes a few composite or triple wall bats and maybe a 12" Nokona AMG400W glove. On that point, there is nothing more frustrating to a parent after buying such a fine piece of equipment and find out it is the wrong size, weight or whatever. Please check with your coach for a suggested size. The 2010 season is looking to be one of the most competitive years there has been with LXS, with four age brackets from 10u to 16u competing around the State of Michigan. The LXS board and I can not thank you enough for choosing LXS as your place for softball. Our local tournament has been set for the last weekend in July so please remember to volunteer. The LXS board meetings are open to the public and are usually held on the 2<sup>nd</sup> Monday of every month. If you wish to attend, please give me a call or email and I will let you know where the meeting is being held. A big thank you goes out to all the volunteers to the LXS program, without those great volunteers, our program would not be here today. If you have any questions, please call us and I will see you on the field.

James Hinton,  
**LXS President**

Lowell **X**treme Girls Softball Club  
PO Box 75, Lowell, MI 49331  
[www.lowell-softball.org](http://www.lowell-softball.org)

## **Coaches Corner**

The Value of Winter conditioning: Starting in January, winter conditioning will start. During the three months of winter conditioning the girls will have an opportunity to get work on their softball skills as well as condition them for spring softball. They will work on refining fundamentals, fielding and batting reps, and for the older girls winter conditioning prepares them for high school try-outs. Individual teams will have the opportunity to work on team connection- individual team goals- and team bonding. 10u and 12u will be working on fundamentals as well as forming summer teams.

The girls will get the true value of winter conditioning based on what they individually put into it. If they are committed to attending as well as committed to work hard and challenge themselves and their team mates, they will be able to get the full value prior to season that will give them a heads start towards a successful season.

The LXS coaching staff encourages winter conditioning and looks forward to working with all the girls this winter.



## **Opportunities**

As is the case with most volunteer organizations we are always looking for... well...volunteers. Our biggest need always comes during our tournament which will be July 31 to August 2 this season. The greatest need is for field maintenance before, during and after the tournament. There will be plenty of other jobs for those that don't want to "get their hands dirty"

This winter we will again be maintaining the ice rink at Richard's Park as a fund raiser for the organization. If you could volunteer some time to help shovel off the ice and water it down it would be very much appreciated. We could put you in the rotating schedule or sign you up just for certain dates.

We also need a person to act as a Players Representative and also someone to coordinate the food for the tournaments for each team.

If you are interested or have any questions feel free to contact your coach or any board member. (Board positions are open also)



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### **Board Members**

James Hinton-President  
Leann Paiz-Vice President and Interim  
Treasurer  
Dee McKendrick-Interim Secretary  
Mike Mckendrick-Interim Secretary  
Cass Kilyanek-Tournament Director  
Bill Paiz-Equipment  
Aaron Duvernay-Website  
Eric Wold-Media  
  
Dan Petroejlie

### **Coaching Staff**

16u Team  
Leann Paiz  
Jan Petroejlie  
  
14u Team  
Tyler Shomin  
Bill Paiz  
Dan Petroejlie

### **Equipment Swap**

During the first couple weeks of winter conditioning we will have an equipment swap. Bring any softball equipment along such as old bats and gloves, cleats, underarmour, sliding shorts that are too small, unwanted or not used anymore to swap or make deals with others.

### **Website**

Visit our website to find forms, photos, contact information and more.

[www.lowell-softball.org](http://www.lowell-softball.org)

If you have photos or other materials you would like to have considered for inclusion on our website you can send them to the Media Relations link in contacts on the website.

