



THE ANGEL ADVISOR

FASTBALL ST. ALBERT NEWSLETTER SEPTEMBER 2022

Welcome to the September edition of The Angel Advisor, your place for all the Fastball St. Albert news! In this edition you will find:

- Player Development Opportunities
- Training Facility Information
- Equipment ISO
- Kudos
- Summer Highlights
- Coaches Corner
- Season Feedback
- Winter Travel Teams
- Fall ID Camps



You may swing and miss, but the love of the game shall stay the same.



Player Development Opportunities

FSA is excited to offer a host of development opportunities for players over the fall and winter months! Registration

information will be coming soon for fall opportunities but please keep the below in mind when planning your fall/winter calendar:

Winter Skills – Sunday mornings

Pitching Clinics – Monday nights & Sunday mornings

Catching Clinics – Monday & Tuesday nights

Hitting Clinics – Monday & Friday nights

Defence Clinic – Friday nights

Winter Break Skills Clinic

Performance Program

AngelDome Training Facility

For the last 2 years FSA has leased space for off season training. The location of these spaces has been a bit of a barrier as they were quite far away. We are pleased to announce we have secured a space close to home! The AngelDome is located at 12946 – 148 St NW in Edmonton – just down the street from Tim Hortons on St. Albert Trail. All fall/winter training will take place in this location as well as evaluations, early season practices, coach clinics, and sessions. We are in the process of

setting up the Dome and will be announcing an Open House date shortly!



In Search Of...

As we work towards getting the AngelDome set up, we are in need of some equipment and supplies. If you have any of the below items taking up space in your house, we would love to take them off your hands! If you have any items to donate, please contact our Facilities Director by September 25th.

Cam Knechtel - facilities@fastballstalbert.ca

- Bosu balls
- Yoga balls
- Resistance bands
- Dumbbells (5, 8, 12, 15, 25, 30, 35, 40, 45, 50 lbs)
- Dumbbell rack
- Kettle bells
- Yoga mats
- Steppers/Plyo boxes
- Incline Bench
- Barbells
- Barbell pads
- Plates (2.5, 5, 10, 25, 35, 45, lbs)
- Weight Tree for plates
- Squat Rack
- Cable Machine & attachments
- Folding chairs



Kudos

A HUGE thank you to all our volunteers who made the 2022 season a success. Whether you were the team manager, treasurer, nutrition parent, raked diamonds, hauled equipment, kept score, streamed games on GameChanger, coordinated out of town travel, or carpooled players, your efforts did not go unnoticed and we appreciate you!



June Highlights

23rd Annual Fastball St Albert Invitational Tournament June 10 - 12, 2022

We were finally able to host our 23rd Annual Fastball St. Albert Invitational Tournament this year! From U11 to U19 we had teams coming from across the province and even a couple out of province to play. Thank you to everyone who volunteered to make this tournament a success. Many of our teams placed in the medal rounds. Special congratulations to the following:

<u>Division</u>	<u>Team</u>	<u>Medal</u>
U11A	FSA U11A	Gold
U11 House	FSA U11-5	Gold
	FSA U11-2	Silver
U13C	FSA U13C-1	Silver
U15B	FSA U13A Blue	Bronze

U7 Jamboree

This year's U7 Jamboree was held at Fountain Park 2. These up and coming ball players ran fast, hit hard and threw for accuracy. There was so much excitement and smiles galore followed up with Kona Ice!

We are so can't wait to see all of you on the field next year!



GEMSA Finals

June wrapped up with GEMSA finals where we saw our U9's take part in the year end tournament, U11-3 brought home Gold, and U13B won Bronze



U11A Gold



U11-5 Gold U11-2 Silver



U13C-1 Silver



U13A Blue Bronze



July Highlights

We had many teams go to provincials this year. July long weekend our U11A and U19A in Lloydminster, AB. U11A came home with bronze. Our U13A Blue and White and U15A 2007 and 2008 headed to Calgary for provincials as well. U13A White and U15A 2007 teams both won gold and U15A 2007 moved on to represent Alberta in the Canadian Championships! The following weekend saw our U17A Angels head to Calgary for provincials, and July 22-24 our U13B Angels competed in provincials in Strathmore.

U17A Calgary, AB



U13A Blue Calgary, AB U13B Strathmore, AB



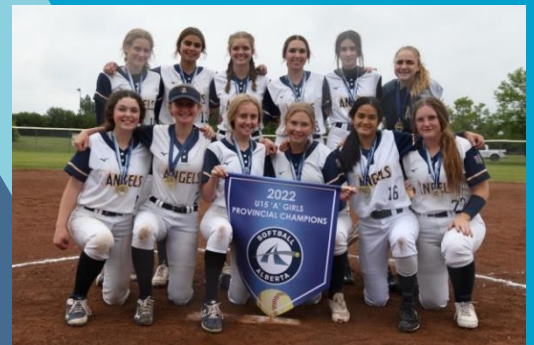
U13A White headed to Victoria for Softball Little League Canadian Championships and went undefeated winning gold!



U11A and U19A Lloydminster, AB



U15A 2007 Calgary, AB



U13A White Calgary, AB



U15A 2008 Calgary, AB



August Highlights

August was an exciting month for our Angels. U15A 2007 went to Saskatoon, SK representing Alberta at the Canadian Championships from Aug 3 – 7. While they did not place in the medal rounds, these girls played hard and made incredible memories as they battled it out on the field.



U13A White headed to Greenville, North Carolina as team Canada for the Little League Softball World Series Aug 9 - 15. It had been 22 years since Alberta has represented Canada. They played an incredible game against a team from the Philippines but lost 1-0. They moved on to play New England where they lost 4-0.



These teams had incredible seasons and we are so proud of all they have accomplished!

Coaches Corner

We are in the process of planning our Coach Development for the upcoming year and we need some feedback from our coaches! If you haven't already, please fill out our Coach Feedback form found [here](#).



Coach applications are live! If you are interested in coaching with FSA for the upcoming season at any age category or division, please complete your application found [here](#).

As part of National Coaches Week, Softball Canada is offering free eLearning opportunities for coaches! All FSA Coaches, Assistant Coaches, and those interested in becoming coaches are encouraged to take advantage of this free training. These courses are prerequisites to Community Softball Coach and Competition – Introduction Coach courses. Information on how to register for this can also be found on our website.



**FREE eLearning
during NCW!**

**September 17-25, 2022
#ThanksCoach**



Foundations of Coaching Softball - Part 1

Use the code **F1-38231-CW**

Foundations of Coaching Softball - Part 2

Use the code **F2-46622-CW**

Visit <https://thelocker.coach.ca/onlinelearning> to access the free training.

Season Feedback

A HUGE thank you to all of our members who took the time to complete the season feedback survey, we received an overwhelming response. We are reviewing all submissions and working through plans and processes to address issues and identify opportunities for growth.

Winter Travel Teams

Evaluations for winter travel teams at 12U, 14U, 16U, and 18U were held in early September and we had a great turnout for these! Our teams are being finalized but we are pleased to be sending approximately 50 athletes to Texas and California in October.



Fall ID Camps

Fall ID Camps are underway for our A teams at the U13, U15, U17, and U19 age categories. These teams are aimed to be solidified by early October. We were pleased to offer Pre-Evaluation sessions this year with good uptake. We hope to continue to offer these in the future including for our January player evaluations, watch for more information to come in December.