

# BEARS

## UPCOMING EVENTS:

## UPCOMING TOURNAMENTS:

**10U Bears**  
Oct. 26-27

**12U Bears**  
Oct. 19-20

**14U Bears**  
Oct. 19-20

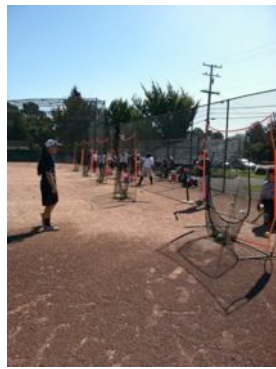
**16U Bears**  
Oct. 19-20

**18G Bears**  
Oct. 19-20

16U Player of the Week  
Liberty Herr



Liberty has been a leader at the plate and has a great attitude.



16U Bears get a hitting lesson from Division II Champions Sarah Woofter (UC San Diego)



16U Bears helped run a clinic in Alameda



Clinic in Alameda

## 16U Bears Get Hitting Lesson and Work A Clinic

By: Athena Franklin and Gabby Vega

Last Sunday the 16u Bears had the experience to go to a hitting clinic. We all got lessons on hitting by a former San Diego State player. We did 6 stations of hitting that worked on balance, breathing techniques, weight transfer, and power. We are all very fortunate to have had this experience.

After our hitting practice, we ran a 6u clinic. The girls were very cute but had a short attention span. They were just learning the fundamentals of hitting so they were very interested. After that, we ran an 8u clinic. They comprehended our instructions a lot easier than the younger girls but we had an equally amount of fun with them. They were very interested in what we were saying because we have more experience than they do. Overall, this was one of the most fun we've had as a team.

## Two 12U Players Experience

By: Sabrina Huey and Marina Delaluna

I've been having a great time with my team! I thought we had a lot of fun during practices and tournaments. It was REALLY GREAT to practice with the 14U team these past 2 weeks because we got to know each other better and were able to run drills with them. Working with the 14U team showed me that there is a lot of improvement and hard work involved to get to the next level of softball. Some things that I thought we could work on would be trusting in ourselves and to cheer others on. I really LOVE the way our team never gets down on anyone and everyone is always working their BUTTS off. I think we have a GREAT bunch of girls!!!!

This week, the 12u Bears had some great practices. We first had some work on defense because we really needed it. Then, Coach Ice made an additional practice for us on Wednesday. We ran for the 14u Bears because they were also working on defense. On Sunday, we had conditioning and fielding with the 14u's. And Tuesday, we worked on hitting with a lot of stations. I think Coach Ice and Coach Kayde have prepared the 12u Bears for the next tournament. And we can win if we work as a team.

## Working On The Little Things

By: Christine Warren

The 14's have been working on our fundamentals that can make a big impact on the way we play. We have been working on making sure we cover our backups, changing the way we take infield so that it's faster and efficient. Another skill that we have been working on that's very important is communication on the field, our team is really trying to get in the habit of calling for the ball if we want the ball and if we're playing outfield we need to call off our teammates so we can catch the ball cleanly without collision. Our team has gotten much better at calling the plays before it happens and pre-planning. This season for the 14's has been a great season for working on the little things that will make the way we play much better. By working on these little things it's going to make a big impact on the way we play together and will really change the way we play as individuals.

12U Player of the Week  
Ashlyn Slagle



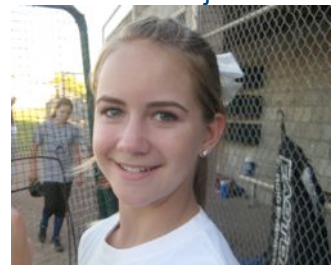
Ashlyn worked hard at practice and was being very vocal.

10U Player of the Week  
Victoria Duenas



At the tournament this past weekend, Victoria had a great offensive performance

14U Player of the Week  
Hannah Brajkovich



Hannah for her hard work during the catchers segment of practice.

**18G Player of the Week  
Rayna Damacion**



Rayna pitched two great games this past weekend.

**10U Player of the Week  
Hana Elawady**

Picture to follow next week.

Hana had a great pitching performance. She pitched a no hitter.

**18G Bears Have Fun Team Bonding in So. Cal**

By: Alexis Viramontes and Kennedy Hanson

This weekend the 18 Gold played in the Surf City Fall Showcase, down at the Huntington Beach Sports Complex. On Saturday we were all across the board with one win, one loss, and tie. On Sunday we lost both our games. As a team we hit really well this weekend and did a good job fighting back unfortunately we didn't fight back soon enough. Defensively we could have played better and we could have been more present in each game but we are going to learn from those mistakes and play better this weekend. We also had two of our 16 players come play with us for the weekend, both pitchers played and pitched very well for their first time playing 18 Gold. One of our players left early on Sunday to go visit the University of Chicago. For team bonding we went to dinner together at Islands and we sat in two groups of four and one group of six to bond with each other. On our walk back from the restaurant we sang Christmas carols. This upcoming weekend we are going back to Huntington Beach to redeem ourselves.

**A 10U Players Experience With The Bears**

By: Jackie Alday

My name is Jackie Alday and I'm nine years old. I've been playing softball for five years. This is also my second year on the Bears. I like being on the Bears with Coach Sam. I've learned a lot from being on the Bears like how to bat correctly and throw a drop ball. In the summer, our 10U team went to Nationals in Oregon. Although, we didn't win we still had fun in Oregon. We played a lot of good teams. Now in the fall, I have a lot of new teammates. The only player left from the summer besides me is Mariah.

In practice, we have been doing throw downs, ground balls, fly balls and throwing to first. We have also been doing some conditioning. I play pitcher, catcher, shortstop, third and left field. I like all these positions because they're nice to play. Last fall, I was a pitcher on the Bears. But in the spring, I wanted to try catching like my brother. I like both of them but I like pitching better. So this fall, I am trying both of them. I hope to get better at each one.

We played in Vacaville this past weekend. We won more games than we lost. I walked a few times, struck out once, popped up and hit a double. Our team did good. We all hit the ball and made some awesome plays and catches. Our team is playing together and we all like being together. We will play again this weekend in Martinez. I hope we do well again. Go Bears!