

January 23, 2013

Volume 3, Issue 3

BEARS Softball

INTERVIEW WITH NEW ASSISTANT COACH FOR THE 12U TEAM, KATIE BURK, by Bella Mercurio

1. What is your full name and how old are you and when is your birthday?

Katie Ann Burk, I live in Walnut Creek, I am 25 years old and I was born June 8th.

2. How long have you been playing softball and what positions do you play?

I've been playing since I was about 5 years old. I play outfield and first base.

3. What college did you go to and do you play any other sports?

I went to the University of San Diego and I grew up skiing, playing soccer, and basketball

4. What is your favorite song, movie, color, book, and food?

"Moondance" by Van Morrison, Shawshank Redemption, Green, The Great Gatsby, and sushi.

5. If you could live anywhere in the world, where would it be?

Japan. My grandma grew up in Japan. I'm a quarter Japanese.

4. Do you have another job (if so, what is it)

Yes, I work for Dr Pepper Snapple Group.

5. What do you do in your free time?

I enjoy spending time with my friends and family. I am pursuing my MBA part-time.

6. If you had one wish, what would you wish for?

Time travel

7. Do you have any siblings (if so, how many)?

I have a twin brother that lives in Boston and an older sister that lives in Chicago.

8. Did you ever have braces (if so, when)?

I had braces for a few years from ages 12-14. I broke a few of the brackets chewing gum :)

9. What would you do on a perfect Saturday?

A perfect Saturday would be spent with my yellow lab Daisy relaxing.

10. What are 3 words you would use to describe yourself?

Curious, driven, family-oriented



UPCOMING EVENTS:

RECRUITING ROUNDTABLE:

**Sun. January 27, 9 am
Clayton Valley High
School in the gym**

Please come with questions for
the coaches about their
experiences in college!

Fundraisers:

Crab Feed

Sat. February 23

**More info to come at the
recruiting roundtable**

For more info about the crab
feed please email the Bears

Fundraising Coordinator:

Leyda Pickard at

leydapickard@gmail.com

Dedication – the roots of success are formed through hard work but grow strong through dedication

By: Niki Kaleialii and Shannon Regan

To say the least, the 18 Gold practice can be summed up by the simple words of hard work and dedication. Sunday morning gave us the perfect opportunity to enjoy the warmth of the sun and to expand on our abilities and techniques. Practice started off with a good note, although the conditioning drills pushed us to the point of giving up, each teammate was capable of surpassing their individual limit. We learned as a team the importance of perseverance and focus, with determination and a strong will we are able to accomplish grand feats of both physical and mental obstacles. Ultimately, a sense of pride was established while hearing the countdown of the clock. Without fully realizing it, and with the talent of hidden manipulation by the coaches, the team succeeded in running between first and second (60 feet) touching the lines five times (300 feet) with three reps (a total of 900 feet (300 yards)), and then between the left field line to the center field fence (50 yards) six times (300 yards) with two reps (a total of 600 yards), along with other drills that tested our stamina. So really, we were able to run the span of a football field NINE times!

After a congratulatory spurt of water, we were back on the dirt working defensively and then broadening our mental strength while traveling around the bases. Practice was concluded with a strategic game of a minimally limited defense against a team of runners highly determined to score on the opposing defense. Each opponent had two opportunities of scoring and defending; the team who scores the most in this case is the ultimate winner. Although only the losers of the game will have to provide some delicious baked goods for the upcoming practice, we all left today as better individuals, players, and people. We will be looking forward to the recruiting roundtable meeting with all the coaches, players, and parents next weekend. The coaches will be willing to answer any questions there are about past experiences and preparation for college ball.

Cal Bears Basketball Game

By Camille Lohse # 25

Hi I am Camille Lohse on the Bears softball organization number 25. On January 8, 2013, some of the 10u-12u Bears team went to an amazing basketball game. There we got to high-five every Cal player. We all got Cal Bears posters and Cal vs. Stanford posters. This was my first basketball game ever, and it was so much fun!

There were cheerleaders and a dancing Christmas tree! The game was very good and very competitive. After the first half of the game, there were The Flying Doves, who were 4 men who would run super fast then jump off a trampoline and would do flips and twirls and then shoot a basket. The game was super exciting. Cal Bears were in the lead, then Stanford, and on and on. Soon time was up, and the Cal Bears lost 52-61. I hope we do this again another time.

DEAL OF THE WEEK!!!

Sweat Pants!



ONLY \$15

In Grey or Blue.

If you would like sweat pants please email bearssoftballassociation@gmail.com with your size and color!

Terminology Corner

Perseverance

Steady persistence in a course of action, especially in spite of difficulties, obstacles, or discouragement.

Dedication

To devote wholly and earnestly, as to some purpose.

14U Player of the Week Morgan Azevedo



Featured last week

14U Bears Talk About Their Experience on the Bears

By: Taylor Bloch and Morgan Azevedo

What are your some of your best experiences playing for the Bears?

Taylor: As some of you know, I'm a Bears veteran. I've had countless experiences with the Bears, and I'm happy to say that 99% of them have been awesome. From team bonding to the coaches to the support of the organization, Bears is a phenomenal organization. Softball is my escape from the world, and playing for a team as great as this one just makes everything so much better. My best experience would probably have to be the coaches, though. They're intelligent, caring, really push you, and are overall just awesome! Everything the Bears has done for me has prepared me for my first high school season, and I'm more excited than ever to play because of them!

What are your experiences with the Bears so far, and what do you hope and expect out of this season?

Morgan: I'm so lucky to play for the Bears. This is my first season playing with the Bears organization, and we've only had one tournament and a couple practices so far, but I already know I'm going to love it here. Switching to a new team can be hard sometimes, but from the very first practice, all of the players and coaches were really nice. I've already learned a lot, and I can tell I'm improving with every practice. My goal this year is to keep getting better with every practice or game and to learn from every play. I know this season is going to be fun, and I hope I can help my team succeed.

Players of the Week

10U Player of the Week Jordan Woolery



During live hitting at practice this week, Jordan hit a long line drive legging it out for a homerun. Just a few feet from going over the fence...hit the weight room :)

12U Player of the Week Taylor Brandt



Taylor did an excellent job pitching live at practice this week. She showed control of her pitches by hitting her spots.

14U Player of the Week Hannah Brajkovich



Coming up from the 12U program, Hannah had a great weekend at our last tournament and has been working hard practices while being extremely coachable!

18G Player of the Week Olivia Haney



Olivia worked hard during the entire practice and jumped into a position that she does not play and did extremely well.

Bears newsletter nutrition article - Exercise and Sleep

By: Kim Lohse

Our bodies have several systems requiring our attention. They are all dependent on each other for one to remain healthy and for those systems to work efficiently, and they are all reliant upon proper nutrition.

When we exercise, three metabolic systems are at work:

For that short burst of energy to sprint to first or steal home, our ATP-CP system provides the energy needed from fuel stored in your muscles. This system lasts only about 10 seconds and requires around 5 minutes of recovery time to restore its needed fuel.

Hits requiring you to make it to second or third require the work of the Glycolytic System, which burns carbohydrates as fuel and is responsible for the burning sensation you feel when your muscles are operating at the cap of the Glycolytic System's capabilities.

Beyond these short-to-medium sprints, the oxidative system kicks in, using fat as fuel. This system, while providing slow-burning fat (your body's storage system regardless of what kinds of foods you eat) to keep you going, is also responsible for replenishing ATP-CP stores for your next quick sprint.

These systems have a direct impact on our lymphatic system, which is responsible for flushing toxins from our bodies. This system doesn't work completely on its own, but relies on muscle contractions (exercise) to work efficiently. While lack of exercise can slow our lymphatic system, a diet high in sugar (highly acidic) contributes to its slowing and can leave a person feeling bloated and sluggish due to the build-up of toxins.

Sleep is required to repair these systems from a day's hard work. Study after study shows that when sleep is interrupted or lacking in general, reparative systems are negatively impacted. Our immune system is at the top of that list. Most of these systems operate in "deep sleep," or the third and fourth of five sleep stages. Some very current studies out of the University of Virginia found that deep-sleep deprivation was as harmful to brain function as lead exposure. Studies around the world have shown that students who are sleep deprived function at grade levels lower than their own. Many studies also find that the earlier in the day one exercises, the more successful one is in getting to and staying in the deep stages of sleep.

College Recruiting Notes: Part 2 – By: Dennis Murray

What are the different College Governing Bodies and the differences?

The National Collegiate Athletic Association (NCAA), and the National Association of Intercollegiate Athletics (NAIA), are two separate governing bodies of college athletics. The NCAA is the governing body for around 1200 schools. It consists of three divisions (Division I, II, and III) and oversees 23 sports. Divisions I and II both offer athletic scholarships, with over 126,000 student-athletes receiving partial or full athletic scholarships. However, Division III student-athletes can only receive academic or non-athletic scholarships – no athletic scholarships are allowed. The NCAA's ultimate goal is for student-athletes to graduate. Having a college degree gives student-athletes more options later in life.

NCAA (National Collegiate Athletic Association)

1. Division I: Larger schools and generally DI is the most demanding level of play from the standpoint of time commitment and skill level. In softball a fully funded program will have 12 athletic scholarships that are divided among the players.
2. Division II: Mid size schools and generally a notch below DI from a skills standpoint but not always. Academically not usually as strong and thus a little easier to gain admissions for some student athletes. There are 7.2 athletic scholarships available.
3. Division III: These schools tend to be smaller and many are very strong academic institutions where softball may help a good student differentiate themselves for admissions. They do not offer athletic scholarships but do offer academic scholarships.

***More about the NAIA next week!!