



# FEMALE BASEBALL DEVELOPMENT

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# INTRODUCTION

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## Why Girls Should Play Baseball

BASEBALL BC believes sport is very important for the personal growth & empowerment of girls. There's a multitude of research demonstrating the power of sport in girls' lives and creating equitable opportunities has shown benefits beyond the playing field.

Girls in sport have higher self-confidence, do better academically, develop greater teamwork, leadership, coping & goal setting skills and overall are healthier with better careers. By committing to equality and fairness, baseball can offer girls these life-changing benefits & help more female players reach their full potential, both on the field & off.

Girls are participating in sport at rates much lower than those of their male counterparts. It is important that everyone running girls-centered programming feels confident about the WHY of girls in sport – specifically creating girls-centered teams. Without understanding the WHY – it can be hard to find the motivation to explore different techniques and ways to better engage girls.

We need to show that **GIRLS PLAY BASEBALL** and have her believe **SHE CAN TOO**.



### DID YOU KNOW?

- ▲ *Only 2.5% of girls between the ages of 12- 17 are getting enough physical exercise to benefit their health, based on the Canadian physical activity guide (60 minutes of moderate to vigorous activity per day).*
- ▲ *If a girl hasn't participated in sport by the age of 10, there is only a 10% chance that she will be physically active as an adult (CAAWS, 2016).*
- ▲ *By the age of 14, girls are 2x more likely to drop out of sport than boys (Women's Sport Foundation).*

*On average only 1 out of 10 high school girls enrol in optional physical education classes across Canada (CAAWS, 2015).*

***BUT, when girls do play sport...***



**DID YOU KNOW?**

Girls who play sport are **11 percent more likely** to say they're "happy the way they are" (*Girls' Index Impact Report, Ruling Our Experiences, 2017*).

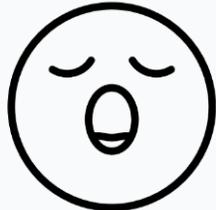


**DID YOU KNOW?**

Girls who participate in sport are **less likely to be depressed**, more likely to **reach higher academic goals** and more likely to **demonstrate improved self-confidence** (*Merkel, 2013*).

***Why are girls dropping out?***

When asked in a research study, girls listed the following as the top four reasons for dropping out of sport:

 <p><b>TOO MUCH MONEY</b></p>	 <p><b>TOO MUCH TIME</b></p>	 <p><b>INJURIES</b></p>	 <p><b>IT IS NOT FUN</b></p>
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## WHY GIRL-CENTRED PROGRAM DESIGN SO IMPORTANT?

**Girls-centered program spaces have great outcomes:** Girls, who are engaged in positive, female only programs, are more likely to complete school, attend college, serve their communities, and reach their potential for future success than their peers who engage in risky behaviour.

**Girls have unique body image concerns that are hard to address in the presence of boys:** The Canadian Women's Foundation has published reports on the need for girls only programs: over 50% of all girls say they wish they were someone else: 9 out of 10 girls say they feel pressure from the media to be thin: 50% of girls in grade 6 are on a diet: 36% of girls in grade 6 say they are self-confident and 14% of girls in grade 10 say they are self-confident. These facts show us how important it is to provide girls centered programs.

**Girl's self-esteem decreases with age:** A study entitled "Shortchanging Girls, Shortchanging America" demonstrated, among many other things that girls' self-esteem decreases with age, while boys' self-esteem stays the same. The same study also notes that many studies have been done of the education system, where it is clear that girls get less attention from teachers and participate less in class.

**Girls benefit from girl-centered curriculum:** An article, "Gender-Responsive Programming as a Pathway to Quality," indicates that girls' programming gives young girls a more productive outlet as the curriculum is designed with girls' experiences and interests in mind.

Many girls with migrant backgrounds who participate in sport do so because they are offered girls-only activities (Andersson 1999; Amara and Henry 2010).

**The Canadian Women's Foundation reports many reasons for providing girl-centered programming:**

- Boys and girls have different needs and interests
- Girls are more likely to be themselves in front of girls
- Girls are especially reluctant to discuss certain topics in front of boys ( e.g. sexuality, eating disorders, self-esteem , body image)
- Girls worry less about their appearance in front of other girls
- Girls worry less about being teased/bullied in front of other girls
- Female role models show girls they can be smart and powerful
- Girls find girls only groups to be more positive and fun

## KEY THINGS TO REMEMBER WHEN RUNNING GIRLS-CENTERED PROGRAMS

### 1. Boys and girls engage with sport in different ways:

Boys tend to engage with sport first through EFFORT.

Effort = Performance = Acceptance

Girls seek a sense of BELONGING and ACCEPTANCE first.

Acceptance = Effort = Performance

*(Engaging Girls in Sport, Canadian Tire Jumpstart)*

- 2. Appearing disinterested is a great cover:** Be mindful that girls with limited experience in sports might appear to be disinterested. But they may just be unsure, so take the time to talk to girls individually to get a better sense of where they are coming from.
- 3. Remember Fun:** There are many reasons girls play sports, but research has shown the number one reason is because it's fun. Not having fun is the number one reason girls drop out of sports. Keep girls engaged and having fun by making sure everyone gets plenty of playing time.
- 4. Girls define fun differently:** Based on a study that looked at 81 factors affecting fun in sport. The top 3 that were identified by girls were the following: positive team dynamics, trying hard – instilling confidence and competence, and positive coaching.

## Jays Care Girls at Bat

Jays Care Girls At Bat is an inclusive program that emphasises effort, attitude, & growth. Rather than focussing just on baseball specific skills, Girls At Bat uses baseball as a tool to enhance social and emotional skills to address the issues of low retention rates, high dropout rates and lack of access to opportunities to play in athletes' only environments. Jays Care offers a Girls at Bat clinic for coaches that will provide knowledge and support to those who are dedicated to seeing girls play baseball.

## **KEY THINGS TO KEEP IN MIND WHEN LEADING PRACTICES IS TO PROMOTE FUN:**

### **Positive Team Dynamics**

1. Incorporate ice-breaker and get-to-know-you games at the beginning of each session
2. Play activities that have different groups interacting as much as possible
3. Establish traditions and routine celebrations for large and small successes

### **Trying hard – instilling confidence and competence:**

1. Use progression in all drills/games
2. Praise the effort, not the outcome
3. Create different opportunities for choice and leadership – in big and small ways

### **Positive Coaching**

1. Constantly Fill E-Tanks and empower others to do the same
2. Create ways to receive feedback and incorporate that into each session
3. Play alongside your athletes!

The best organizations are diverse & inclusive. Expanding opportunities for girls & women, as participants and leaders throughout the BC Amateur Baseball system, is essential to building stronger associations & a stronger sport as a whole. Our stats suggest that of the total number of registered players in BC, only about 8% are female and of those, 96% are 14 yrs or younger. Therefore, the opportunity for growth is vast and there's no better time for balance than now...

**“It’s time to ENGAGE Girls into the sport of BASEBALL”**

## How Your Association Can Champion Girl's Baseball

Starting & maintaining a girl's baseball program takes hard work & dedication. Baseball BC and the Jays Care have put together various materials that will help your association get a female program up & running in no time. Your job will be to find volunteers with passion & commitment who will support the girls in your communities playing baseball. Once you have the commitment, we will provide you weekly practice plans for your coaches.

Parent Participation & involvement is **recommended**. This helps relieve pressure for the Coach when running practices. Each age group brings different levels of support from parents. In 5U – 7U, we suggest parents be partnered with their own child during the drills and on the fields for scrimmages. 8U – 10U, it's great to have parents pair up with the child the first practice or two. It is important to have parents help with drills. When there are two to three drill stations setup with parents running the stations, this allows for the coaches to help with technique correction/support for ALL the players. Also, parents can help their child make a sign they want to hold a game, perhaps. These things can keep young athletes more engaged & excited to come to practices & games.

Here is how we've structured the program:

Junior – Ages 5U-7U

Intermediate – Ages 8U-10U

Senior – Ages 12U

### Junior - 6 Week Program Structure

Week 1 – Intro to Catching & Hitting

Week 2 – Intro to Throwing; Review of Catching & Hitting

Week 3 – Intro to Fielding, Positions, Base Running; Review of Hitting

Week 4 – Scrimmage

Week 5 – Bring a Friend Night

Week 6 – Fun Windup Night

### Intermediate - 8 Week Program Structure

Week 1 – Intro to Catching & Hitting

Week 2 – Intro to Throwing; Review of Catching & Hitting

Week 3 – Intro to Fielding, Positions, Base Running; Review of Hitting

Week 4 – Throwing, Catching & Hitting

Week 5 – Fielding, Base running & Hitting

Week 6 – Scrimmage

Week 7 – Bring a Friend Night

Week 8 – Fun Windup Night

**By focussing on Female Recruitment, Development & Retention in 4 strategic areas, this document offers to serve as a best practice for all associations across the province of British Columbia**



## SUPPORTERS

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*Coaches, Umpires and Board & Committee Members, Coordinators, Executive & Staff*

## ***SUPPORTERS - Coaches, Umpires, and Board & Committee Members, Coordinators, Executives & Staff***

Having women throughout your association is important because young girls benefit from positive & empowering female role models. It helps girls realize they can overcome barriers & be successful in sport, and they are often more comfortable talking to another female about sensitive issues that are important to them. Females in such prominent positions are best to help girls grow, develop & reach their potential, and most influential, Coaches have the power to change lives. A great coach not only develops skills needed to play baseball but also teaches perseverance, selflessness, loyalty, cooperation, & tolerance. They assist the girls with the development of taking risks, standing up for herself, improving self-confidence and support throughout her journey. Key strengths for a female coach would be knowledge, passion, commitment & a caring personality. A quality girls' baseball program is only as strong as its coaches, leaders & role models.

Below are some tips for recruiting, developing & retaining the ideal female coach (umpire, board & committee member, coordinator, executive & staff).

## **RECRUITING**

### **Tips & Advice:**

- Coach (or mentor) should (could) have playing (baseball &/or softball) experience
- They should (could) have some coaching (or umpire, board, executive, etc.) experience
- Confident in teaching & demonstrating the skills & strategies
- Passionate & dedicated about working with girls
- Great with people (ability to connect with parents, families, other coaches (umpires, etc.))

### **Styles / Techniques:**

- Passive Recruitment (social media, web, posting flyers, advertisements, etc.)
  - Can reach a wide audience
  - May not find the candidate you are seeking
  - Relies on that ideal role model to see the flyer or add & respond to you
- Active Recruiting (Getting out in the community more face to face)
  - Tends to have a high rate of finding the best people
  - Pay specific attention to recruiting females (pivotal in a girls development)
    - Local women's sports leagues
    - Connect with local women college teams
    - Invite mothers to participate
    - Encourage former players
  - Can be more time & labour intensive
- Combination of both Passive & Active Recruiting is likely to be most effective.

## DEVELOPMENT AND RETENTION

### Tips & Advice:

- Training & Support
  - Baseball BC offers a 6 & 8-week set of weekly practice plans along with progression skills and drills.
  - Jays Care offers Girls at Bat coaches clinics. They come to your association and run your coaches through a one-day course.
  - There are the NCCP (National Coach Certification Program) courses that all coaches should consider taking.
  - Engaging parents can be a key to the success of female programming. By having parents assisting on the field, takes some of the pressure of coaches.
  - Find a mentor for the coach.
  - Build a network of females to support one another. It can be lonely as the only female coach so form a female coach or umpire group.
  - A male coach can also be that coach who plays a key role in a girl's development.
  - Have a mom be the Team manager. She is can be a great support to the girls should you have a male coach





## ATHLETES

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## ATHLETES

Getting girls playing baseball is not easy, but we know nothing great comes easy. Get them involved early; they are more likely to stick with baseball when they are older. With a well-thought out & quality program, girls are showing they can start playing & fall in love with baseball at any age.

It's best to use a wide variety of strategies. Social media these days can certainly be effective; administered proficiently & consistently, Facebook, Instagram, Twitter, Etc. can create awareness & compliment additional recruiting methods, but it will not work alone. Active recruitment may take more time & effort, but in the long run it proves to be much more successful in attracting girls to baseball.

Once girls are playing baseball, our focus for them must shift to retention so they will keep playing into their teenage years & beyond. Developing & retaining girls in baseball comes down to her feelings towards the game including the delivery of the program. Girls are more likely to stay involved and excel in baseball when they feel confident & empowered. That means we can't ignore the fears girls can have of baseball. Let's create an environment that allows for a sense of accomplishment, a feeling of belonging, a comfortable body image, and connections to positive role models, friendships and FUN.

## RECRUITING

### Tips & Advice:

- Set up information booths at Community Multi-Sport Promotional Events & go to other sporting events that girls will be at, like an older brothers' game.
- Connect with schools & community centres
  - Tell them about the program, what it will be like, what they will learn & who is playing
  - Throw the ball around with girls & tell them how much fun it will be
  - Older girls or players can share experiences & hand out flyers with program & registration information
- Have the right female coaches & leaders at appropriate male events to show your confidence in women. Parents with daughters & sisters will take note promoting more inquires to play.
- Use "Girl" Networks as a Means of Spreading the Word
  - One of the most effective ways of getting more girls involved is by players telling friends. Have them share their experiences, etc. because girls will be more comfortable trying something new if they're supported by friends
  - Have players hand out flyers to their friends
- Run a baseball demo or "Come try Baseball" session
  - Keep it fun & festive
  - Have as many props & appropriate practice aids as possible
    - Hoops & targets to throw balls & beanbags at
    - Big plastic bats & balls
    - For more suggested items, see List of Equipment under Resource
  - Have as many female **role models** present as possible
    - Coaches, moms, players, executives, etc.



- Get to Know the Parents
  - Parents probably have the biggest influence & are more likely to allow or encourage their daughter's involvement when they are aware of the benefits, understand & see the environment as fun, know & like the coaches, role models, etc.
  - Have flyers available to hand out containing this information
- Be Persistent
  - Creating a successful girl's program usually takes patience & perseverance, so lower numbers in the beginning does not mean failure; it just means you need to keep actively recruiting...
  - Follow up with phone calls to all the contacts you have made from your booths, demo sessions, players friends, etc.

### WHAT 8 YEAR OLD GIRLS HAVE TO SAY ABOUT BASEBALL

In 2017, Kamloops Minor Baseball Association formed its first All-Girls team. It was a big deal for these girls when the local media showed up to interview the team. The Coach of the Pink Panthers All-Girl team quoted, ***"These are mostly eight-year-old girls and, at this point in their life, they want to be with a group of girls. They're very much aware that boys are on this side and girls are on that side. They show up, they have this group of friends who all like baseball and I think that is the extra draw to come and play."***

- "Nice throw!" bellowed Sara.
- "Good catch!" Layla yelled.
- "That's three in a row!" Olivia howled.
- "Girls like the same things sometimes and, most of the time, boys like the same things. It makes me feel unique and I like meeting new girls. It makes me feel more comfortable having friends around my side."
- "Hi, I'm Sophia, I'm from Kamloops and I'm on the first-ever girls team," said one very excited Pink Panther. "It's the best because it's all girls."

Read the full story at Kamloops This Week [Pink Panthers](#)

## DEVELOPMENT & RETENTION

### Tips & Advice:

- Make it & Keep it FUN
  - When the atmosphere is right, girls will want to stay playing & strive to do their best. Effort & winning can be fun but the focus shouldn't be completely on outcomes.
    - Play music during practice, which can create a fun atmosphere.
    - Turn drills into games instead of the standard single line format
    - They will love it if role models (parents included) play along & have fun with them.
    - Rewards for meeting goals; like not cleaning up field, extra batting practice, scrimmage
  - Create a safe, positive & inclusive environment. Be mindful of actions, language, images, policy, etc. Listen to what participants & parents have to say...
  - Invest time to teach the basics first which will help girls build a foundation to keep playing for years. Practices should be designed with lots of variety to maintain interest & at a level all players can be successful.
- ENCOURAGE Process & PRAISE their Successes
  - Focus more on the long term which will help short term bumps seem less of a big deal. Encourage steps leading to success, like working hard, never giving up & trying different techniques.
    - Instead of saying "good job", we can praise by saying "You were unstoppable out there today; your hustle was impressive", & don't be afraid to be specific.
  - Celebrate successful outcomes daily & throughout the season. Make sure the process allows for everyone to play & be praised
    - Be mindful to not only recognise the most skilled players. Spread the praise around.
- Help the Girls Become FRIENDS
  - Social aspects are essential for girls' participation. Sometimes relationships come first for girls & are the primary factor in personal & team success. Girl's teams are happier when it's a team effort allowing teamwork to be the focus. Encourage friendships amongst the girls on the team and create opportunities for them to involve friends not on the team; not only is it more likely to keep the current players but also perhaps others will become interested to play.
    - Have an open practice session where players can bring friends...
- OWNERSHIP is Important
  - Girls are more likely to feel like they belong to a program or team when they have a voice. An environment encouraging individual & team empowerment will help build the trust & bonding female teams require for success.
    - Asking them for input on the design & evolution of the program or letting players make decisions about the team will encourage that sense of belonging.
      - Have them decide the team name, colors & logo; they can also name drills & plays
    - Players will remain more engaged when they are asked what they think should happen relative to the situation instead of always being told what to do.
      - Ask players, with guidance, to come up with team expectations, rules & practice drills
    - Look for creative ways to involve all your player's talents on field & off.
      - If one of the players is very creative & a good drawer, have her design a team logo (with input from other players)

- Positive ROLE MODELS & Quality FACILITIES
  - It is important for girls to see positive figures in both the media & their everyday lives to inspire them to stay involved in baseball.
  - Show girls it's a fact that women before them are breaking barriers they have & are being faced with, and so, "you (she) can too".
    - Canada has a Women's National Team
      - Won medals in its last 2 World Cups (Silver & Bronze)
      - Ranked #2 in the World
      - BC has many players on Team Canada (6 in 2019)
      - Players as young as 16 yrs old
    - Women such as Claire Eccles playing premier collegiate baseball in the West Coast League...
    - There are 5 National Team players on the **Female Advisory Council** who are willing to come to your practice and speak about their experience with baseball – please email Scott Mackenzie for availability & contact information.
  - Fight for quality facilities (and equipment). For many reasons, girls often get leftovers after the boys are scheduled & equipped. If we want girls to be inspired and stick with baseball, we can't expect them to be with second-hand equipment on a piece of green space off somewhere amongst your fields...
    - Girls should have the same access to fields & practice aids as boys do.
    - Assign games in the stadium & practices in the hitting cages, etc.
    - Find a sponsor to assist purchasing equipment, field rentals, etc.
- All-Female Teams are safe & easy way to create a healthy atmosphere.
  - Play friendly female-only games or all-girls teams against boys teams
  - Arrange jamborees with other associations
- Have FUN Events throughout the season. Maybe it makes sense to partner with an interested association or two. Invite registered & non-registered females to these events.
  - Additional Girls only Practice(s) with multiple teams, ages, etc.
  - Girl's Day(s) / Evening(s)
  - Female Festival(s)
  - Inclusive Team building (Bring a Friend)

## Dealing with Fears & Breaking-Down Barriers:

Baseball is not scary and here are some suggestions that we can use to remind girls that baseball is right for them.

- Be professional & responsible always by establishing & maintaining clear boundaries.
- Dress Appropriately
- Be conscious of Gender Inclusive Language (but not to point athletes become uncomfortable)
- Outline expectations in the beginning & encourage the girls to work hard to reach them
- Fill their E-Tank – Emotional Tank
  - Praise, express Appreciation, be sure to call them by their Name, Check- in with each one.
  - Non-verbal actions like high fives, fist bumps, and eye contact will provide positive emotions for the girls.
- Understand & identify any hesitations or concerns she might have
  - Discuss how you would deal with it
  - Share something that happened to you & let her know it really wasn't a big deal
- Teach her the skills to be successful
  - Watch baseball on TV to learn some rules & pick up some of the lingo & baseball language
  - Watch other girls playing baseball to see that girls like her can learn the skills to play
  - Create a plan, make goals & track progress to stay engaged with an activity log or journal; she can also share feelings

## RESOURCES

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### Baseball BC Practice Plans – 5U to 12U (Upon Request)

Baseball BC has combined our Grassroots program and the Girls at Bat program to create a 6-8 week program for your association to use that will provide your coaches a successful first step into running Girls baseball programming. We have a Coaches manual that provides progression skills and weekly practice plans along with a variety of drills. They are divided into 3 age groups called Junior (5 to 7 yrs), Intermediate (8-10 yrs) and Senior (12U).

# Example - 5U to 7U Girls Practice Week #1 Catching & Hitting

## Parent Meeting [5 mins]

- Cover schedule, parent participation, objectives of season, and important dates

## Warm Up [5 mins]

- Active Warm Up
  - Starting on foul line and jog out 30', stop and return.
  - Progressions: High knees, butt kickers, trunk twists, sprint

**Get to Know you Questions:**

What's your name?

What's your favourite colour?

What do you like to do for fun?

## Connection Drills [10 mins]

- Round Circle Time – Get to Know each other, Questions, Etc.

## Athletic Position [3 mins]

- Introduce Strong legs (athletic position)

## Catching Position Demonstration [Demo with Drills - 10 mins]

- Catching - Show the positions (no ball) – parents to correct player form
  - Ready Position (2 hands), watch (eyes on ball), catch (close hands, cradle/cushion ball)
  - Hand positions for catching above, below or at chest level
  - Alligator chomp for grounders (younger players)
  - Shuffling side to side



Strong Legs – Athletic Position



Catch above waist



Catch below waist



Squeeze Ball



Catch Hands Out



Catch after cradle

## Drill 1: Fielding with Parents

- Suggest using bean bags for new players and young players
- Catching underhand toss above/below waist. Focus on cradle/cushion
- Moving towards ball/bag; shuffling side to side

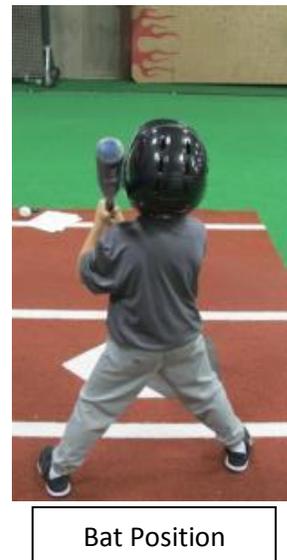
Break [2 mins] - Water break and allows for coaches to setup next station

### Instruction to Hitting Position [20 mins]

- Coach demo with players mimicking. Parents correct form. Break down in steps then put all together (no bats yet)
  - BAT SAFETY: **Only swing the bat when you are at a tee. Carry bat with barrel**
  - “Set your feet” (Strong Legs);
  - “Set your hands”;
  - “Bat position”;
  - Focus on balance and stationary feet (no moving feet “happy feet”)
    - Play Coach Says (See Appendix A)

### Hitting Drill [15 mins]

- Using a Tee. Players hit off tees. 5-10 swings each, rotate through as many times as possible



### Game Suggestions [10 mins]

- Freeze Tag (See Appendix A) – when Frozen player must freeze in a ‘Catching’ Position or ‘Hitting’ Position
- Obstacle Course (See Appendix A)

### Practice End – Circle Time [2 mins]

- Ask what they enjoyed allowing each girl a chance to share
- Share the following week’s practice plan
- Come up with a cheer team name
- Cheer

## Equipment List

- Here are some examples of fun items that will help with practices...

- Rainbow Phenom bats – Big bats, Mid Size
- Whiffle balls – 3", 4", 5"
- Easton Incrediballs – nylon soft practice baseball
- Pro-tuff half cones
- Rainbow toss and chip target nets
- Rainbow comet tail
- Rainbow beanbags
- Bases
  - Biggie numbered
  - Anyplace bases
- Durahoop flat
- Quick Catch (Velcro gloves)
- Stabilities
- Field position spots
- Anywhere ball



# Check List

## Supporters

- Coordinator – Passionate, Knowledgeable, Experienced, Communicative, Dedicated to Female Baseball
- Recruiting Strategy - Effectively Combining Active & Passive
- Best People - More Females in Appropriate Roles where they can Develop & Excel
- Training & Support – Professional Development, Expectations, Parent Help, etc. essential for Growth & Wellness
- Role Models – Supporters need Mentors too

## Athletes

- Programming is Easily Accessible - Safe Inclusive Environment, All-Female Team(s), Girl's Days/Events, Etc.
- Recruiting Strategy - Effectively Combining Active & Passive
- Role Models – Positive Females On & Off the Field
- Quality Facilities & Equipment – Same as Boy's
- Dealing with Fears & Breaking-Down Barriers – Understanding, Identifying, Encouraging & Teaching Her



# Acknowledgments

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**Scott Mackenzie - Baseball BC - Provincial Director of Female Operations & Development**

**Stacey Matkowski - Provincial Program Chair & Kamloops Baseball**

**Becky Hartley - Advisory Council – BC Girl’s Baseball, Former Player – Team BC & Team Canada**

**Amanda Asay - Advisory Council – BC Girl’s Baseball, Former Player – Team BC & Player - Team Canada**

**Shawn Schaefer - Baseball BC - Grassroots Coordinator**

**Kamloops Minor Baseball Association**

**Toronto Blue Jays & Jays Care**

A further thanks to each of the local associations that are already offering all-girls baseball and to the ones that are promoting female participation, in partnership with Baseball BC, by offering any of the many events the program recommends. Also, to the many volunteers, leaders, coaches, managers, parents, promoters & the many before us, female baseball would not be where it is or where it’s going without you.

A project of this magnitude cannot be completed without a vision from passionate people who have completed research & have a fair bit of knowledge of Female baseball.

***TO EVERYONE INVOLVED AND TO THOSE HELPING GROW THE GIRLS GAME,  
THANK YOU...!***



## Baseball BC – Contacts & Info

#310 – 15225 104th Ave.  
Surrey, B.C. V3R-6Y8  
604-586-3310  
[info1@baseball.bc.ca](mailto:info1@baseball.bc.ca)  
[www.baseball.bc.ca](http://www.baseball.bc.ca)

Scott Mackenzie  
Provincial Director of Operations – Female Baseball  
Former Coach - Women’s National Team  
[scottm@baseball.bc.ca](mailto:scottm@baseball.bc.ca)  
604-586-3315

### Women’s National Team Ambassadors (B.C.)

*Former & Current Players: Rebecca Hartley, Jennifer Gilroy, Niki Boyd, Amanda Asay, Niki Boyd, Claire Eccles, Elizabeth Gilder, Allison Schroder, Marika Lyszczyk, Emma March, Stacy Fournier*

Female Advisory Council – <https://www.baseball.bc.ca/femaleadvisorycouncil>

Girl’s Programming & General Info – <https://www.baseball.bc.ca/girls>

Female Selects Provincial Programming – <https://www.baseball.bc.ca/female-selects-general-info>

### Team BC Team Pages

**14U** - <https://www.baseball.bc.ca/14u-female>

**16U** - <https://www.baseball.bc.ca/16u-female>

**21U** - <https://www.baseball.bc.ca/21u-female>

**Women’s Open** - <https://www.baseball.bc.ca/womans-open>

### BC Girl’s Baseball Instructional League -

<https://www.baseball.bc.ca/girlsinstructionalleague>

