

PORTA SOFTBALL EXPRESS

SEPTEMBER 14, 2006

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SPECIAL POINTS OF INTEREST:

- Junior High Season Comes to a Close
- www.porta202.org
- Off-season News
- SportsCare
- Multi-sport athletes

JUNIOR HIGH ENDS SEASON 9-9

The PORTA Junior High softball team recently completed their season with a record of nine wins and nine losses.

The wins were highlighted by a 14-3, five inning victory over Virginia and a hard fought 14-11 win over Rochester. Both of these difficult wins were on the road.

It seemed that the team could play well for a few innings before mistakes started to catch up to them. The regional tournament game was no exception. PORTA traveled to play Lincoln and held a 3-0 after the first three innings of play. Mistakes in the fourth inning led to six Lincoln runs and the Bluejays were unable to recover and lost by a score of 14-4.

Thank you to our two volunteer coaches, Wayne Books and Frank DeRosa, for all of their time and hard work as the season progressed.

I would also like to take this opportunity to thank all of the girls for their hard work throughout the season.

#1 Taylor LaSanska

#2 Lauren Blauvelt

#5 Abby Sutton

#6 Samantha Nowicki

#7 Nicole Parton

#8 Megan Sampson

#9 Stacey Sinclair

#10 Katie Rebbe

#11 Chelsea Todd

#12 Laikyn Baum

#13 Tifani Stewart

#14 Whitney Greger

#15 Chelsea Minor

#16 Kelsey Tucker

#17 Ellen Kuhn

#18 Katie Sidwell

#19 Savanna Shafer

#21 Holly Davis

#22 Christina Wilbern



NEW PORTA WEBSITE

PORTA Community Unit District 202 has a new website up and running. This new site has a great deal of information about all facets of school activities including softball.

The softball portion of the website includes schedules for both junior high and high school, as well as this year's junior high

roster.

Also on the site are the PORTA High School single season high school records. Hopefully the career records will soon be included as well. Please check the names on these lists for a look into the past of PORTA Softball.

This spring, a roster with pro-

files of all of the high school players (complete with pictures) will be posted on the web.

In addition to all of that, this very PORTA Softball Express newsletter, along with all back issues are also online.

For all of these topics and much more, log on to www.porta202.org and click on Athletics.

COACHES CORNER

Confidence is critical to success. It is that important mental skill which allows players to fully use their physical talents. Many players have the physical skills, but not everyone has the confidence to constantly get the job done, especially in “pressure” situations.

Just as physical skills can be developed, so too can confidence. Simply put, confidence is the belief that your

ability is greater than what is demanded by the situation. Confident athletes believe they have what it takes in a given situation. Stress, on the other hand, results when athletes doubt their ability.

Next time you feel a little tense, remember the following suggestions.

- Visualize success.

Close your eyes and see yourself making positive plays.

- Be your own biggest fan.

Use positive rather than negative self talk. “I can do it!”

- View situations as “challenges” not “threats”

The next pitch is your chance to make a great play.

- Recall your preparation.

You’ve done it a thousand times in practice. The game is no different.



SOFTBALL FIELD IMPROVEMENTS

The softball field at PORTA High School will soon be undergoing some hopefully significant improvements.

Four semi truck load of infield surface dirt are on order and should be arriving soon. The clay and sand mix known as “Red Dog” will be on the field before the end of the fall.

There are several other improvements being considered and hopefully completed within the next

year or two.

One of the projects in the works is the construction of an outdoor batting cage that would run down the left field side, between the fence and the blacktop area.

Another project being planned is the installation of a warning track in the outfield. The six feet wide track would run the entire length of the outfield fence and would be comprised of a hard com-

pact surface.

The other project being discussed is the possible purchase of an infield tarp. In purchasing a tarp, along with the added infield surface mix, we could almost assure that home games would not be postponed due to rain unless rain were to falling at the time of the game.

All of these improvements are for the betterment of PORTA Softball.

“Do you want to be safe and good, or do you want to take a chance and be great?”

-Jimmy Johnson

OFF SEASON NEWS

Off season work for softball is very light during these first few weeks of school.

The only organized work we are doing now is batting practice. Batting practice will continue on Sunday evenings for the next few weeks. Due to the earlier sunsets in the fall the time of batting practice will be moved up. The

remainder of our sessions will be from **5:30-7:00** on Sunday evenings.

Our off season weight training program will begin on October 30. Sessions will be on Mondays, Tuesdays and Thursdays immediately after school.

Beginning in January, the Sportsmetrics training program

will be incorporated with weight training. Sportsmetrics is a stretching an flexibility program from Sportscare that will increase flexibility and help prevent injury.

Open gyms will begin on December 3. These open gym sessions will be held at PORTA Central every Sunday evening from 6:00-8:00.



SPORTSCARE AND PORTA TOGETHER

PORTA High School is proud to be associated with SportsCare of Illinois.

SportsCare, an affiliate of Memorial Hospital, is a multidisciplinary sports medicine clinic located at Koke Mill Medical Center in Springfield.

As a part of SportsCare's community outreach program, PORTA is fortunate to have an athletic trainer on site for most practices and

high school home games.

Steve Proctor, ATC/L is the athletic trainer assigned to PORTA. Steve is an honors graduate from the University of Missouri. He has worked with the Bolletieri Tennis Academy, Ledbetter Golf Academy and Adidas Soccer Academy.

The role of the Athletic Trainer is to assess injured athletes, follow-up with stu-

dents already in a rehabilitation program and assist coaches with injury prevention and recognition.

Mr. Proctor, along with others from SportsCare, also implemented the "Sportsmetrics" training program at PORTA last year.

(Information for this article taken from the SportsCare of Illinois website.)



PLAYING MULTIPLE SPORTS

Many PORTA softball players are involved in other athletic activities as well.

We, as coaches, are proud to see these athletes that we work so hard with accomplishing great things in other athletic arenas.

Whether it be volleyball, golf, cross country, swimming, basketball or cheerleading, the dedication needed to succeed is the same.

Playing multiple sports can do nothing but help an athlete. Learning different skills, following different training regimens, and playing for other coaches is very beneficial to today's student-athletes.

Not only does playing other sports help an athlete physically, it also helps mentally.

A student-athlete playing more than one sport knows

the time constraints that interscholastic athletics can cause. Time management is a crucial part of being a successful athlete. Being able to use the time away from your sports constructively (school work, family, friends) will help to make you a more well rounded person.

Good luck to all of the softball players who are currently working hard at other sports!

"The only place 'success' comes before 'work' is in the dictionary"

A LOOK BACK...2004

(This is the third in a series.)

The 2004 PORTA Softball team compiled an overall record of 23-14.

Highlights of the 2004 season included winning two games in the first Spring Slam and winning all three games at the QND Showcase.

This team won their final six games before falling to New Berlin in the Regional Championship game.

Following is a 2004 Roster:

- #1 Kelly Buerkett Sr.
- #2 Amanda Conn Sr.
- #3 Megan McLaughlin Jr.
- #5 Megan Stufflebeam Sr.
- #7 Rachel Ozella So.
- #9 Allison Epping So.
- #14 Emily Francis So.
- #16 Nicole Minor Jr.
- #21 Abby Sorrells Jr.

- #22 Megan McCurdy Fr.
- #23 Rebecca Mead Jr.
- #24 Meghan Sarff So.
- #32 Stephanie Davis Jr.
- #34 Jamie Minor So.



PORTA SOFTBALL

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Fastpitch Softball



T H E H A R D E R Y O U W O R K ...
T H E L U C K I E R Y O U G E T

SENIOR SPOTLIGHT...ALLIE HOWARTH

Allie Howarth is a four year player for the Bluejays. After playing JV as a freshman and both JV and varsity as a sophomore, Allie was a starter the majority of her junior season. Allie also is a two year starter for the PORTA volleyball team.

In addition to athletics, Allie is also involved in Spanish Club and is President of Key Club and National Honor Society.

Full Name: Allison Marie Howarth

Age: 17

Parents: Butch and Sharon Howarth

Number: 17

Position(s): 3rd Base

Favorite Class: P.E. & Spanish IV

Favorite Teacher : Sra Hill

Favorite Athlete: Ahman Green & Brett Favre

Favorite Movie: John Tucker Must Die

Favorite TV Show: Prison Break

Favorite Song: Far Away by Nickelback

Hobbies: Hanging out with friends, playing volleyball and knitting

Who would play me in a movie about my life:

Bre Tibbs (because she is a really good actress!)

Plans after high school: Attend college majoring in Public Relations or Marketing

I play softball because... I like it. I like the smell of the first practice and playing an exciting game all of my friends.

