



2024
3rd Edition

AROUND THE BASES

Something's New!

SCP SOFTBALL MEMBERS PORTAL

Did you know that there are now TWO softball club websites? The first is our original website that was designed and brought online in 2021 at <https://scpssoftball.org>. That site has evolved over the past few years to provide not only general information about the club, but also links to a lot of member-specific information that was not pertinent for non-club members, such as league standings, game scores, club documents, etc.

In 2022, the Board approved the development of a second website, specifically for club members, that would host a wide variety of topics and information specifically for players and club membership. The original website would return to its original purpose—information for the SCP community, general interest topics, information for potential members, special events promotions, photos, etc.

The rollout of the new website at <https://members.scpssoftball.org> began at the beginning of March 2024 to coincide with the start of the Spring Season. Because the site contains primarily information designated for club members, it requires each member to set up an account and create login credentials for accessing the site. An informational email was sent to all current members during the first few weeks of March that contained an information document with directions on setting up your account. It is straightforward; however, you can go to the new website using the above URL and just click the button at the bottom of the login page that shows "Request an account." At this point are now able to go through the process of setting up an account. You will need to register with the email address provided to the club during Spring registration in January.

The new site contains a variety of content for the membership. An added feature is your ability to customize the initial dashboard page to match what you want to see. If you're a player, your dashboard can display your own team's record, game results, standings for your league, etc. There is a club calendar that you can add your own items, a game schedule, a list of game results, popular document links, etc. Plus, as an added benefit, it is designed to work not only on your home desktop computer, but also on your mobile device at the ballfield.

We will begin providing short articles targeting the various features of the new portal in upcoming newsletters. Stay tuned because there's more to come!



Hugh Reid

CALENDAR REMINDER

- * **Hilton Head Tournament**
May 20-22 (Mon-Wed, AWAY)
Veterans Memorial Field
832 Red Dam Rd
Sun City Hilton Head, SC
- * **Memorial Day**
May 27 (Monday)
(Games and Events)
- * **All-Star Games**
June 1 (Saturday)
- * **General Meeting and Banquet**
June 3 (Monday)

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HILTON HEAD HERE WE COME!

We all appreciate a little friendly competition, right? And most enjoy cheering on their “home team”. We display our commitment and loyalty when our team is winning and even when they’re defeated. Although we are saddened by the loss, we vow our continued support and exude confidence that the next game will result in an assured win. That’s the attitude of the players and fans from the Sun City Peachtree (SCPSC) softball community as we prepare to travel to Bluffton, SC for our bi-annual softball games against the ladies of Sun City Hilton Head (SCHH) Softball Club. You’re more than welcome to join us as we prepare to bring home the “WIN.” Games are scheduled to begin on May 20-22 at the SCHH Veterans Memorial Field. If you’re unable to join the SCP softball players as they travel to Bluffton but want to watch a live stream of the games, visit <https://youtube.com/@suncityhhssoftball>.



What started as a “keep in touch conversation” between Patsy Cash and a friend of hers who lives in Hilton Head (who did not even play softball) has turned into a bi-yearly event of competition and comradery. Soon after the initial conversation in mid-summer 2018, Vickie McBride, Ladies League Coordinator, began coordinating the logistics of this new venture. The games were scheduled to be played on Veteran’s Field at SCP on October 17-18, during the 2018 Fall season. The team would consist of SCP Ladies League All-Star players who were selected by the entire SCP Softball League membership via voting. Players were evaluated based on the following skill sets: hitting, fielding, throwing, catching, and baserunning. Thirteen ladies were selected and identified as All-Stars to represent SCP in the SCHH versus SCP games. A total of five games were played. Although everyone had a great time watching these amazing games, and the SCP All Stars gave it their best, SCHH ladies came out on top.

Thereafter, the SCP Softball Club reevaluated their training and practice schedule to include performance enhancement training designed to focus on softball players as they grow through the game, generally moving from the skills and environment of the game (external) to the psychology of the game (internal). SCP players are encouraged to 1) learn the responsibilities of each players’ position, 2) identify and appreciate each players skill set, 3) incorporate a personal routine exercise program, 4) practice situational defense and offense drills, and 5) identify ways to reduce nerves and stress as a hitter; just to name a few.

As the now “SCP Ladies Select Team” and the “SCP Men’s Team” players advance through performance enhancement training, they are reminded of the notable differences in SCP versus SCHH player dynamics. Some of the external differences are on the field of play; the SCHH softball field is 10’ longer (275’ to fencing), longer base path (65’ bases), and their players are long ball hitters. Therefore, SCP must practice for endurance. The Sun City Sports Park infield is much softer and somewhat sandier than SCPs field; therefore, players must adjust their fielding accordingly. And lastly, SCP players must make the mental adjustment that a 1/1 count is applied at each at-bat.

Although winning the games is a goal that every player desires, the best part of these games is the comradery amongst like-minded players. Friendships are established and fond memories with players and fans are formed. For those players and fans traveling to SCHH this May, we wish you safe travels. And, as a bonus, this year, players from the Spruce Creek neighborhood will be joining in the games so have fun and bring back lots of pictures. We look forward to you bringing home a WIN!

For those lucky travelers, whether they be players or fans, a fun time is in store this May as SCP makes its way to Hilton Head.



FUN FACT

Gordon Finn has been playing softball for six seasons. But did you know he is also an artisan of sorts? At least, when it comes to bagels he is. Thirty-five years ago, he learned how to make bagels after meeting a Jewish man in Cleveland, Ohio, who'd been making them. With his new-found skill and a desire to share his delicious bagels, Gordon shares, "I operated my bagel/deli for 17 years in Erie, Pennsylvania, at which time I was rolling in the dough (get it?). I started my day at 2 a.m. and worked seven days a week." When Gordon opened his store in 1987, a baker's dozen (13) sold for \$3.30; and that's a fact.

According to Finn, water is the most important ingredient in making a really good bagel. "Water comprises 50% of the ingredients, and, if you are making them the traditional way, you are also boiling them in 40 gallons of water." He further explains "Currently, a lot of bagel shops are not boiling their bagels; instead, they're putting them in the oven on racks that spin and steam them. This new way saves a lot of labor but results in a softer bagel without the traditional crust."

If you're wondering which kind of bagel Gordon prefers, "My favorite bagel is an onion bagel two minutes out of the oven, sliced with a piece of hot pepper cheese in between the top and bottom." Yummy, sounds delicious! You may want to try that on "National Bagel Day," celebrated every January 15th.



"Attitude determines how well you do it". ~ Lou Holtz

UMPIRES (Thick Skin Required)



The job of being an umpire is one that requires sound judgment, and according to most umpires, thick skin. There are currently 29 volunteer residents in the SCP Softball umpire pool: nine of them women. Those in that pool will collectively umpire over 100 games per season.

A-league games require at least three umpires; usually, because of the fast action in that league, the most seasoned umpires are assigned to A-league games. The B-league and Ladies league games have four umpires. CORT games may also have up to four umpires. Many umpires are still active players, while some, like Tom Restaino, Brad Carr, Mike Smith and others, all former players, umpire to stay close to the game.

Training for SCP umpires takes place before each season and usually a winter training session is also offered. First time umpires receive special training and use pre-season games as a time to work on their knowledge and application of local league rules and Senior Softball-USA Rules. To be an effective umpire, one cannot watch the game because plays happen so fast. An umpire must focus on his/her area of responsibility. They must try to get in the "right" position for each play. They do this to have the best possible vantage point to make the right call. Most umpires are more interested in getting it right than being right; therefore, they turn to other umpires when a call is questioned. While sometimes being an umpire may seem like a thankless job, it is an indispensable and vital part of Sun City Peachtree (SCP) softball.

When asked why she became an umpire, Teresa Pierce states, "I wanted to see what it is like on the other side of the fence and to increase my knowledge of the game. I would also like to see more players becoming umpires." If you're interested in becoming a member of the SCP Softball Club; if you are unable to be a player, consider becoming an umpire. You'll be glad you did.

FROM HUMBLE BEGINNINGS SCP SOFTBALL



Nancy Spencer recalls...

Nancy moved to Sun City in 2009 expecting only to be able to play golf throughout her retirement, she noted, "... as that is the only sport I felt my body would allow me to play. Prior to moving to SCP, I hadn't played softball for about 10 years; however, throughout my 20s, 30s, and 40s I had either played in co-ed or ladies recreational leagues."

Nancy shares, "Sports were always my passion; heck, I grew up a 'tomboy' playing baseball with the neighborhood boys. My first recollection of watching a professional game was when my dad took me to see the Milwaukee Braves and Hank Aaron play against the New York Yankees in the 1957 World Series"; she was 6 years old at the time. She had a childhood crush on third baseman Eddie Mathews, so every time she and her dad went to a game, Nancy insisted on sitting on the third baseline. With a pen and paper in hand, she always kept a scorebook on the games (that's where she received her knowledge of the game). Back then, organized ball was not available to girls; however, she recalls, "In my last year of college, I was given the opportunity to play intramural women's fast pitch softball, where I pitched."

To Nancy's surprise, in 2011, SCP announced that a softball field would be completed later that year, and they were encouraging "interested residents" to come out and give softball a try. Nancy reconsiders her options and thinks, "why not?" When the "interested residents" invitation was extended, Nancy decided to see if her body was up for the challenge and cooperate."

The first SCP softball practice/meeting was held on the open field by the tennis courts where attendees practiced throwing. Nancy was one of two or two women at that time. After surveying the other "interested" attendees, she confidently says to herself, "I'm just as good as half the men here," so she continued practicing with them. Eureka, the SCP Softball Interest Group was formed! Fortunately, there were just about enough players to form two teams, so they held practice by conducting scrimmage games.

The SCP Softball Interest Group was on the move. In the fall of 2011, once the field was completed, the founders of the group invited the Del Webb Deaton Creek softball team to SCP to play an actual game. "It was perfectly beautiful day for a softball game. Players and spectators gathered for our Opening Ceremony and the game was on," she said. Unfortunately, "we got trounced," (her words not mine) but they had a great time. Fortunately, the loss didn't dampen the players' love of the sport.

As the SCP Softball Interest Group continued to expand in the number of players and participants, in the Spring of 2012, the SCP Softball Interest Group developed into the SCP Softball Club. The "Open League" was established, and the first sponsor was Speedway Ford; players received navy T-shirts and ball caps. Three teams were formed and then referred to as the "Open League" (men and women players). At that time, the league comprised three women: one per team was selected (Nancy Spencer, Peggy Rankin, and Sharon Esposito). From 2011 to 2016, Nancy played mainly at second base until she was selected to the Cool Screens team (Cliff Grabowski, manager). Since Cliff hadn't drafted a pitcher, Nancy became the teams' pitcher.

Nancy continued to play in the "Open" league until the 2019 Fall season when that team, Perdue (Jim Conway, manager) won the league championship. Nancy was the last remaining woman to play in the "Open League." Although the Ladies League had been established in Fall 2014, Nancy didn't play with the Ladies League (LL) until 2017, their third season due to demanding schedules of LL and Open league commitments overlapping for a few years.

In closing, Nancy shares, "I love SCP softball and am proud to report that I have been on four Ladies League winning teams since 2018." She plans to continue playing softball until "I am no longer an asset to a team, or my body dies; whichever comes first. SCP Softball is my family; a place where I can still be "one of the boys"."



SCP All-Star (2011)

“Together, FANS create a symphony of passion.”

~ Unknown



Having recently celebrated their 50th wedding anniversary, **Ferol and Sara Jimmerson** share their love for Sun City Peachtree (SCP) and SCP Softball. Their SCP story began on November 1, 2007, while attending the Sun City Peachtree Grand Opening Ceremony. Both retired, Sara an educator for 30 years and Ferol an aircraft mechanic, were interested in returning to Ferol’s hometown of Griffin. Attracted to the variety of activities SCP had to offer, these Georgia natives selected their forever home that very day. With much anticipation and expectation, they moved into their home in February 2008.

Sara, a former basketball player and seasoned coach, remembers when the idea of a SCP softball interest group was first introduced to Sun City residents. Although she had played recreational and church softball, and Ferol had played little league baseball, they decided to become dedicated and supportive fans of the SCP Softball program.

Ferol and Sara have enjoyed witnessing the evolution of SCP softball since its inception 13 years ago. They bear witness to and have been enthralled by the level of play and the number of developed and improved players season-after-season. They share, “Softball is a fun recreational activity for any age. It’s a great way to be physically challenged.” They love living in SCP, and enjoy going to SCP softball games while watching and chatting with other fans, traveling, and visiting other countries.

DO IT RIGHT: TECHNIQUES

Throwing

While holding the ball in your dominant hand, your body will turn so that your glove hand and shoulder will be facing the intended target, and your feet should be shoulder width apart. The arm that is holding the ball will be lifted with the elbow at a 90-degree angle and the hand with the ball comes past your ear and above head level.

Bring the arm with the ball forward toward the target as you make a wide step with your non-dominant foot toward the target also. Release the ball toward the target after it passes your head with fingers extended. When you release the ball your body weight transfers to the front foot, while your throwing arm continues across your body.

Base Running

After the batter hits the ball, they will drop the bat and immediately run as quickly as possible to first base. Some important tips to remember are:

- 1) Never look where the ball was hit
- 2) Run as fast as possible and focus on the base without slowing down until after your foot touches the orange base. Your momentum will carry you off the base so immediately bear off to the right as you are slowing down so you will be in foul territory. If the coach says, “make your turn” then you can turn toward second base and wait for further directions.



“Softball is not just a game, it’s a passion that fuels the soul.”

~ Jennie Finch



At the end of August 2022, **Reina Friedman** hit a triple during a woman’s softball league game and as she touched the edge of third base, she lets out a sharp yell. After medical review, she learned that her ACL was completely torn, a complete tear of the ligament. Unable to bend nor flex her knee, in October 2022, doctors replaced Reina’s ACL with a cadaver ACL, trimmed the torn meniscus and performed a chondroplasty to shave her femur bone above the knee, which had some arthritis. After a successful surgery, doctors reported that her recovery would take a minimum of one year.

Anybody who knows Reina knows she is a tough competitor and certainly didn’t like hearing she can’t participate in any sports or physical activities for an entire year. The recovery process began with 42 days in a knee immobilizer for 24/7, plenty of PT, and eight months on the treadmill and using weights, in the SCP gym. After approximately 10 months of intensive rehabilitation, Reina finally progressed to jogging at the softball field while incorporating other exercises to strengthen her lateral movements. After missing three seasons of woman’s softball, in March 2024, Reina was medically released and finally back ready to play SCP softball.

Reina contributes her perseverance and determination to her competitive spirit. An avid 10K runner since her early 30’s in Venezuela, Reina has won many competitions. She has run in the Pan-Am games in Italy, winning for her country. Her last race was about three years ago where she ran in the Atlanta Peachtree 10K race. She finished in the top 7% for her age group, running it in about 56 minutes; not bad for 6.2 miles. She indicated that she had previously torn the ACL on her other knee running high hurdles.

She cautions everyone to “Always do some stretching exercises before every game or sports activity. Remember, we’re not 20 anymore! Be safe out there, stay healthy and know your limits!”



In 2015, **Mike Sinyard** and wife Karen moved to SCP from Douglasville, GA where, prior to retiring, Mike was Minister of Education at a Baptist Church. He is a graduate of Columbus College in Columbus, GA, and Southwestern Seminary in Fort Worth TX. Shortly after moving to SCP, Mike joined the softball league.

On April 1, 2017, while playing in his favorite position as pitcher, Mike was hit in the mouth by a line-drive before he could react. He had no time to act by moving behind the pitching screen nor shield his face with his glove. Mike says, “I never saw the ball coming” and later concludes, “There’s nothing soft about a softball.”

Mike recalls of that day, “There were three nurses in the stands, one being a trauma nurse.” Mike believes “The Lord put those nurses there to provide me with professional care.” He admits the Lord was with him that day because his injury could have

been a whole lot worse. Mike’s injuries included teeth being knocked back and out of location. Although he sustained serious injuries, no surgery was required. Mike’s teeth were wired back in; unfortunately, eventually they had to be pulled and replaced with a bridge. What was his rehab you ask? Very little. Mike’s rehab consisted of a soft diet for quite a while until healing was completed.

Although physical rehab was not required, Mike states, “I had no mental blocks. As soon as I got well, I immediately wanted to return to softball.” Although Mike missed three seasons due to his injury, when he was able to return to softball, he resumed his role as a Player/Manager. According to Mike, managing, competition, camaraderie and having fun is the name of the game. To stay connected with softball, Mike umpires, and keeps score. His goal is to return to softball, as a player, in the Fall of 2024.

Shortly after Mike’s incident, the SCP softball club implemented a rule that could wear a face mask; although implemented, it was not made mandatory. Mike would like to leave a bit of advice to players who have sustained an injury; “If you can ... then you should.” Mike returned to SCP softball because he did not want the memory of his injury to be the last thing that he remembered about softball. In closing and in appreciation, Mike leaves this message. “After my injury, I was down and out of commission. I received many calls, cards, visits, and a Special monetary gift to help with my expenses. The community rallied around me and supported me through this ordeal. SCP is a wonderful community to be a part of, and softball is a great way to be connected.”

SPONSOR HIGHLIGHT— **BLASINGAME PEST MANAGEMENT**



Owners and SCP Softball Club Sponsors **Billy and Shayne Blasingame** started their business, Blasingame Pest Management in 1981, in Decatur, Georgia. In 1986, Billy and Shayne, along with Billy's parents, moved and relocated their business to McDonough. After 18 successful years of business expansion, in 2019, they moved to Griffin; adding additional service coverage.

Family owned and operated, Blasingame Pest Management provides full service residential and commercial pest control to include termite control, rodent and fire ant abatement, with frequency ranging from monthly, to bi-monthly, and quarterly. Additionally, some customers are serviced on an as-needed basis. Their residential service areas cover all of metro Atlanta while their commercial services cover all North and South Georgia, Valdosta, St. Mary's, just to name a few. With pride, Billy reports that he is amazed and impressed with the efficiency of the five employees that cover all areas. His wife and son are two of the five employees. Billy states, "We are local folks who are around all the time."

Although Billy acknowledges he didn't inherit the business, he says, with expressed pride, "I inherited a lot of knowledge and training. My knowledge came from plenty of conversations with my dad." Billy's dad was in the Pest Control industry since 1950, on the regulatory side of the industry as a state Entomologist. He further shares, that approximately nine years ago, his dad was recognized as one of the 80 most influential people in the Pest Control Industry and was in the Pest Control Hall of Fame at Purdue University. Although Billy considers Blasingame Pest Control a "small family service-oriented company" they have experience and expertise therefore considered a competitor within the industry.

Blasingame Pest Management believes in supporting the communities they serve. Billy emphasizes, "We built our business by word-of-mouth. We don't spend a lot on advertising but when we do, we work towards getting our return, like being a sponsor at Sun City Peachtree. We aim to please our customers and when people like doing business with you, they will tell others."

For the past four years, Blasingame Pest Management has sponsored the following Sun City Peachtree clubs: the SCP Softball Club, both the men's and women's Golf Associations, the Pickleball Association, the Annual Vendor Fair, and other occasional endeavors. The Sun City Peachtree community is appreciative of their continuous support. For more information about the services offered by Blasingame Pest Management, please see their advertisement in the monthly Community Buzz, or visit their website (<https://blasingamepest.com>). They offer various discounts depending on your service needs.