

*Around the diamond with the Chicago Women's Baseball League,
a program of the Chicago Gems Women's Baseball Club*

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It Gets Late Early Out Here

Fall is an exciting time for baseball. Sports fans in Chicago, however, have grown accustomed to marking this special moment with a different sort of enthusiasm. Go Bears!

Nevertheless, the CWBL is determined to carry on into the postseason. As the darkness starts to creep in earlier and it gets harder and harder to see the baseball at evening practice, we look forward to playoffs with a sense of the bittersweet. Still, we

believe the American pastime is a year-round love affair, and we plan to keep up the training and publicity right through the off-season. (That's right, this newsletter is just the beginning!)

On that note, this season brought a few local reporters out to our home field in Bedford Park. Read about us in a [Chicago Tribune](#) article, and be sure to tune in to ABC at 10:35 p.m. on Sunday, September 27 to see us in action.

To our fans, thanks for reading our inaugural newsletter. Let us know what you'd like to see in future issues, and if you know someone in the women's baseball or Chicago sports community who's interested in our league, please [contact us](#) to add them to our mailing list.

Once again, "Go Bears!"

*Christine Devane
CWBL President*

Teams Poised for Playoffs

With fall just around the corner, the Chicago Women's Baseball League is looking forward to the culmination of its season of baseball in playoff games that will be held September 26 and 27.

The Turtle Rocks have looked strong all summer, with a hard-hitting lineup that includes Alicia "Rex" Borsa, Jaclyn "Juggernaut" Jones and Val "Wheaties" Maivia, all of whom have home runs on the year.

Challenging the team in green for supremacy are the Riveters, behind lights-out pitching from Amanda "Not Such a Rookie" Jensen and Jen "Low Sodium" Liu.

The Comets, led by veterans Peggy Sue "Best Dressed" Marlin, Amy "George's Gal" Schneider and Annie "T-Rex" Snider, are eager to get their swings in the postseason, and a late rally by the Skyline, with a battery combination of pitcher

Tracy "Blue Belt" Rizzo and catcher Heather "Gulliver" Novotny can't be ruled out.

The CWBL championship will be played at noon on Sunday, September 27 in Bedford Park. (Rain date: Saturday, October 3.) Come check it out!

Click [here](#) for directions.



Have a better idea for the CWBL logo? Prove it and you could win \$50 cash money.

Getting Involved

New Recruit Scrimmage

New players are invited and encouraged to join CWBL veterans for a scrimmage and some baseball drills on Saturday, October 3, at 9:30 a.m. at [Bedford Park](#). If you or someone you know is interested in playing or coaching, this is the best time to get involved.

Design Our New Logo!

The CWBL logo needs a makeover, and we're looking to our fans for help. Turn your artistic or graphic design skills into cash money and everlasting fame as the creator of our new image.

Send us your ideas via email or hard copy by December 1. The league's

players will vote for a winner in January, and that lucky, talented person will receive \$50 and a t-shirt with their design.

[Click here](#) for more information on design guidelines and submission details.

In Her Own Words: Riveters Pitcher Jen Liu



How did you get started pitching?

I started pitching my first year of little league at the age of 9. I can remember saying, "I'd hate to be the pitcher because they get all the pressure," so it's kind of ironic that I ended up on the mound. But I fell in love with it right away.

What has helped you most in developing as a pitcher?

When I realized I wasn't going to get any better with the mechanics I had, I made a commitment to start from scratch with [Dick Mills' Explosive Pitching](#) program. They say when you're making changes, it'll get worse before it gets better, and that was very true. For months I looked like I had never pitched before. I was tempted to forget it all and go back to my old ways, but eventually it

clicked. Mills' program focuses on full body explosiveness combined with timing and positioning factors. Even if you're small you can maximize your body's elastic energy to generate velocity. It's your body that does the work; your arm just goes along for the ride.

Name one important thing you try to remind yourself out on the mound.

Have fun. If my body is tense, I'm not going to pitch well. A teammate of mine calls me "Frosty" to remind me to stay cool on the mound.

What's your favorite part about the pitcher position?

I love all the intricacies of pitching. You can pitch every day for the rest of your life and still find something to work on. On

the field, I love trying to outsmart batters with pitch selection and location. I don't have enough velocity to overpower batters, so I just try to keep them off-balance with a variety of pitches, mix up the location, and keep them guessing.

What would be your advice to someone who wants to learn how to pitch?

First, condition yourself so that you are fit to pitch, then practice, practice, practice! I can't stress enough the importance of proper mechanics to avoid injury. Videotape yourself and play it back frame-by-frame to check timing and positioning. Pure athleticism isn't going to make you a great pitcher. Pitching is a craft, and the more you put into it, the more you'll get out of it.