

2010 Season Recap

A strong returning nucleus including starting catcher and '09 MVP **Julianne Proniuk**, starters **Lindsey Martin** (2B), **Meg Hewins** (1B), **Leslie Hanson** (DP/C), '09 MIP **Shea Black** (P), **Melinda Stevenson** (P), and 2nd year **Mustangs Leah Margolis** (OF), **Jenn Roesel** (OF), **Tricia MacKay** (OF/P), and **Rachel Meyer** (IF) were eager to bring the Championship back to Western. Together with the addition of 4 experienced transfers, SS **Steph Reid** from Winthrop University, South Carolina, 3B **Danielle Beckett** from Spring Arbor University, Michigan, P **Molly Yetman** from Wayne State-University, Michigan, OF **Vanessa Homiak** from the University of Ottawa, and quality newcomers



'10 League & Ontario Champions (24Wins, 0 losses)

AJ Anstett, Kara Stirling, and Victoria Ely the '10 Mustangs dominated from game 1 right through the Championship game. In the end, they won both the League and Provincial Championships, completed the first ever undefeated season in Provincial history (24 wins & 0 losses,) had 14 run rule victories, 12 shutouts, scored 202 runs while allowing only 25, and continued a 47 game regular season win streak dating back to the 2008 season. It was a truly magical year!

1st Annual Alumni Game

Five Alums and one past coach joined the current Mustangs for the 1st Annual Alumni game at Stronach Park, September 10. Unfortunately, several others including **Hayley Fleming**, **Jamie Weir** (Reaburn), **Jane Weber**, **Ally Ramsey** and **Christine Smit** (Wyatt) who had planned to attend could not at the last minute. **Christine** who had arrived in London needed to return prior to game time when her husband (who was looking after 13 month old daughter **Alena**) became ill. The Alums showed they can still play and a good time was had by all! Youngest fans in attendance included **Tammy's** daughter, **Ruth** and **Daphne's** son, **John Jr.** The '11 game will be Friday, Sept 23. Plan now to join the fun!



Alums, **Tammy Knowlton** (deKwaadsteniet), **Courtney Schnurr**, **Daphne Haramule** (Townsend), **Coach Kevin Gordon**, **Siobhan O'Connell**, & **Julie Byers** (Seiler) (top Lt to Rt) as well as **Daphne, Julie, Courtney, & Siobhan** in action (bottom).

Mustangs Florida Bound (Feb 18-26, 2011)

Next month, **Mustang** Softball will jet to the St Pete/Clearwater, Florida area to compete against US schools as part of offseason training. Opening with the St Pete College Spring Invitational Tournament on Feb 19 and 20 (5 games), the 'Stangs will also take on NAIA, Sun Conference power Warner University Royals (.867 conference winning percentage in '10) in a doubleheader (Feb 22, 2 & 4pm), and then be the first to play at the newly renovated St Leo University softball complex on Feb 24 (5 & 7pm). The experienced Lions (3 freshman, 2 sophomores, 8 juniors and 5 seniors) who play in the NCAA, Sunshine Conference return 8 starters from '10. The Warner games will be broadcast in Live Stats format (<http://www.sidearmstats.com/warner/softball/index.htm>). In addition to these games, the 'Stangs plan to practice and enjoy the area attractions (theme parks, MLB training camps, and, of course, the beach).

'10 Season Final Standings

Team	W	L	RF	RA	Points	PCT
Western	20	0	172	19	40	1.000
Guelph	12	6	114	70	24	0.667
Laurier	14	8	128	90	28	0.636
Toronto	13	9	97	75	26	0.591
York	11	9	106	68	22	0.550
Waterloo	12	10	133	118	24	0.545
Windsor	12	10	156	99	24	0.545
Ottawa	12	10	168	109	24	0.545
Brock	9	12	92	77	18	0.429
Queen's	7	12	86	103	14	0.368
McMaster	3	17	62	163	6	0.150
Carleton	0	22	24	347	0	0.000

W=wins, L=losses, RF=runs for, RA=runs against, PCT= % wins



Fastball Newsletter

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'10 Nationals

The Mustangs joined the other Ontario University qualifiers in declining invitations to the Nationals held in Saskatoon over the Thanksgiving weekend because the time of year disrupts the Ontario season significantly, the format allows players from the previous season to participate (causing current roster disruption and insurance issues for those who have graduated), and the expense is too great given that, due to weather, some (or perhaps all) games could become unplayable. We have indicated that should future Nationals be played in the same season (indoors at the Rogers Centre in Nov, in the southern USA in Nov, or in Canada in May) Western would participate.

Recent/Upcoming Program Activities: Community Softball League Day: The Mustangs hosted Guelph, Sept 19 on 'Stang-Community Softball League Day. Area youth softball players participated in pre-game introductions and between game activities (running the bases, box races, longest hit contest, etc).



Running the bases, meeting the Mustangs, box races, longest hit contest, and cheering on the Mustangs vs Guelph on Mustang — CSL Day (Sept 19, 2010).

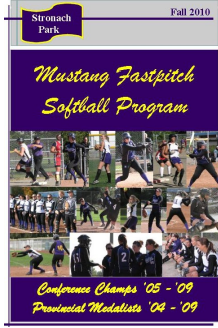
'10 Senior Day: Following 4 years at Ottawa, Education Major **Vanessa Homiak** finished up an All-Star university career with the Mustangs.



'10 Mustang Seniors: Julianne Proniuk & Vanessa Homiak (Li to Ri) with Coaches Pete & Shaun on Senior Day, Oct 9, 2010.

Mustang Softball Game Day Program

Quality university programs are expensive. Most of the Mustang softball operating budget is generated through team initiatives. One example is our Game Day program which provides information about Mustang softball for fans/supporters. As well, it is an opportunity to generate revenue via advertising. We are soliciting new advertisers and prices are very reasonable (business card ad size [\$100]; half page ad [\$150]; full page ad [\$200]). If you know a business that might be interested contact plemon@uwo.ca. Perhaps your own employer can benefit from greater exposure to the Western community.



Three time Captain, **Julianne Proniuk** received many honours in her Mustang career (Mustang MVP, Provincial and National All-star). Both young ladies will graduate in May. **Vanessa** plans a career in teaching while **Julianne** will attend dental school.

6th Community Symposium: Plans are underway for our annual Health/Wellness Symposium for the community to be held on campus Saturday, March 26 (stay tuned for details). **6th Annual Purple & White Elementary Co-ed 4 Pitch Softball Tournament** is planned for early May. Last year the spots filled early so reserve your school's spot as soon as possible. **Annual Parent — Daughter Mustang Softball Program Award Reception** will be April 3, 2011 at Windermere Manor.

Under Armour Newest Sponsor: As a result of the University's recent agreement, Mustang Softball will wear Under Armour uniforms and accessories next fall.

****Adopt A Mustang Program Now Online**** If you can, please consider helping a quality student-athlete experience inter-university sport through our Adopt a Mustang Program. In so doing, you can not only give back to UWO but also contribute to the development of area citizens and leaders of tomorrow. A financial contribution is always welcome, regardless of size, but there are a variety of creative ways you can assist. For example, you could hire a competent, hard working young Mustang Softball player for the summer (full or part-time). Tax savings are even possible. Contact plemon@uwo.ca for details. Donations can be made via cheque or online (with a credit card and a few simple clicks - simply cut & paste the following into your browser [www.westernmustangs.ca/index.aspx?path=soft&tab=competitivesportclubs]; click the **Adopt A Mustang** button on the right; click the large **Adopt Now Online** button, & follow instructions. Note: under **Gift Designation** be sure to click **Team Specific** and scroll down/click on **Softball — Women's** to ensure your donation finds its way to us).

Youth Ball Skills Clinics: continue this winter for area players at Centrefield Sports. Contact plemon@uwo.ca for details. **Summer Ball Camps:** For boys & girls (7-19yr) in July & August (www.westernmustangs.ca/index.aspx?path=camps&tab=summertimecamp) or contact **Coach Pete**.

Adopt a Mustang 2010 Sponsors: Debbie & Gary Aitcheson, Joanne & Scott Aitcheson, Nadine & Alan Anstett, Bob Barney, Debbie & Jerry Beckett, Jo Bell, Bennett Truck Rentals (Don Hammell), John Berardi, Dossie Black, Susan Blouin, Keith Bowman, Aaron Brady, Julie (Seiler) Byers, Centrefield Sports (Adam Stern), Joan Cardiff, Susan Carlyle, CIBC/Wood Gundy, Delta Armouries (Jarett Schutt), Dominos (Ken Sewchand), Nancy Ecclestone, Donalda & Terry Ely, Jerry Gawlik, David Grant, Ted Grant, Phil Griffin, Don Hammell, Alex Hanham, Leslie Hanson, Herma Motors (Nick Arzoumanidis), Mary Ellen & Pete Lemon, Libro Financial Group (Andrew Brown), Jo & Gord MacKay, Susan & Murray Margolis, Chip Martin, Cheryl Meyer, Steve Meyer, Maria Mountain, Nutrition Academy (Dylan Olver & Graeme Thomas), David Peel, Julianne Proniuk, Laura Regnier, Steph Reid, Teresa Roesel, Source For Sports, Debbie & Bruce Stevenson, Karen & Wayne Stirling, UA Local 787 (Tony Finelli), UWO Health Sciences, UWO Kinesiology, Teresa & Martin Van Raay, Michelle Wagler, Kathryn Wigle, Windermere Manor (Neil Kellock), Dawne Withers, and Ursula & Brian Yetman. Your continuing support makes it all possible!

2010 Mustang Roster

#	Player	Hometown	Yr
2	Shea Black	Toronto	3
3	AJ Anstett	Cargill	1
4	Victoria Ely	Niagara-on-the Lake	1
5	Leah Margolis	Vancouver	2
6	Jenn Roesel	Brampton	3
7	Steph Reid	Scarborough	5
11	Meg Hewins	Burlington	3
12	Vanessa Homiak	Orangeville	5
13	Danielle Beckett*	Embro	5
14	Rachel Myer	Toronto	2
16	Julianne Proniuk*	Brampton	4
17	Lindsey Martin*	London	3
18	Tricia MacKay	Embro	2
19	Kara Stirling	London	1
22	Molly Yetmen	Cambridge	5
39	Leslie Hanson	Oakville	3
71	Mel Stevenson	Brampton	2

* Captain



Coaches Dylan, Graeme, Shaun, & Pete