

Kia ora everyone,

Day two is over and the team is still cooling down after a very hot (32C) day out in the sun. The morning started for the players with a 7am walk to stretch and get the kinks out with trainer Deanna. The sun was shining and the team walked into breakfast smiling and looking and feeling good.

Two warm up exhibition games today, the first against a team from Saskatoon called the Radiator Selects. We went into the game hitting strongly and despite 5 pitching changes we had a comfortable win 11 to 2. Defensively we impressed with solid pitching and strong play.

The second game was a loss by 7 to 0 in 7 innings. The team were a local Vancouver side called the Delta Heat 96. The "96" refers to the year all the players were born, which makes them all 18 years old. They had played together for a long time and it showed in their strong defence, however their strength was in hitting. It seemed that the entire line up could hit to the fence and our outfield got a good work out. However, as strong as the hitting was, scoring was limited to 1 run per inning due to our tight defence. We struggled offensively with single hits per innings stranding runners on base all through the game. The Delta Heat made 4 pitching changes in the game, which led to Coach Gettins saying that they must have a "factory churning out pitchers in this part of the world". In all we faced 9 pitchers today. Overall Coach Gettins felt that the day held variety and that the team improved.

The Tournament Technical meeting was held tonight and Coach Gettins and I went along. It is the equivalent to our managers meetings pre tournament at home. There are 24 teams in our Futures Gold tournament so the room was full. I couldn't help feeling that it was full of clichés, with the American's loud and

the Canadians trying to contain the Americans, and the room had a issues coming to terms with the fact that ISF rules will be in play at this tournament. We are used to keeping one foot in the box, and hustling out of the dug out, but apparently this is not the case for our opposition. Hopefully this turns into an advantage, however small. It was entertaining.

The competition proper starts tomorrow with our first hit out against the San Diego Renegades at 1pm, then our last warm up game at 8.30pm tomorrow night under lights against the WA Menace Fastpitch from Washington State.

Something I learned today was that Canadian \$1 dollar coins are called "looneys", don't ask me why, the person I asked could not tell me why.

Thanks for the messages, I am reading them out to the team. Please pass this email on to all those interested.

Stay warm everyone in NZ,

Aroha Metcalf

Team Manager

NZ Junior White Sox at the Future Gold, Canada Fastpitch Championship (the Canada Cup).