

Hi there,

First day done and dusted here in Vancouver. It is very hot 29C and we are feeling it - no complaints though.

The flight was long but everyone coped well and got some sleep. We had a very long wait to get through security at Vancouver airport, but once through, stepping onto the bus was a breeze. The hotel is perfect for our needs and the restaurant is accommodating to our menu requests, although the chef wants to cook us his special fried chicken and BBQ ribs - but we have a nutrition plan and those items are off the menu! We got to bed early and everyone slept well.

Today we had a two hour training which was a good opportunity to stretch our legs and get some combinations going.

Our first exhibition (or warm up) game was a loss 8 to 0 in 5 innings. We were out hit 8 to 2 and had a couple of errors. Of note is that all the runs came in two innings and overall we had some very good defensive including a caught stealing and a double play. The team we played was the National Junior College Athletic Association (NJCAA) All Stars. All players were 20 years old and have been at a college playing softball in the USA for 2 years.

Tomorrow we have two exhibition games against Under 18 Gold teams. Coach Gettins gave the message tonight that this is the opportunity to improve.

Our hosts are amazing and everyone is so friendly. We almost have a celebrity status and lots of people remember previous White Sox and Junior White Sox teams. People are chatting to the players, asking about the team, and everywhere people are

saying "welcome to Canada".

I have access to my email, face book and have my NZ cell phone 0211012520. You are welcome to send me messages

Last word, you know you are in Canada when chuck wagon horse racing is on prime time TV!

Regards,

Aroha