Deep Run September 2025

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This Month's Highlights

Fall Ball Has Begun!

We are excited to welcome you to the 2025 Fall Softball Season! Whether you are returning from the spring or joining us for the first time, we're thrilled to have your family as part of our Deep Run community.

This season promises to be full of growth, teamwork, and fun both on and off the field. Our dedicated coaches and volunteers are eager to help players sharpen their skills, build confidence, and create lasting friendships. We'll also be sharing updates throughout the season on games, clinics, and special events—so keep an eye on your inbox and our social pages for the latest news.

Thank you for your commitment and support. We can't wait to see our players in action and to cheer on all of our teams this fall!

Let's make it a great season!

Message from the President

Changes, just as seasons continuously change, so does life. Deep Run is entering a new venture into the BuxMont League. This is out of our comfort zone, having years of in-house play, but it is a warranted and optimistic change. Through all the confusion, the unknowns, the unfamiliar field names we made it to now, opening day. Thank you to all our softball families, coaches, and volunteers for having courage to take on this change with the competitive spirit that is Deep Run. Everyone have a fun and enjoyable fall season. Paying special attention to all those little moments which make us smile, happy and satisfied. For just as the seasons change so does life. See you all on the fields!

Nick, Softball President







Deep Run Softball has Scored BIG!

We are thrilled to announce that Deep Run Softball has obtained funds for a brand-new scoreboard, thanks to the generous support of PA State Representative Shelby Labs and Walmart!

This addition will enhance the game-day experience for our players, coaches, and fans, bringing even more energy and excitement to our field. We are so grateful for the continued support of our community partners who believe in our program and help our athletes shine.

Stay tuned for updates as we get closer to unveiling the scoreboard — we can't wait to celebrate this milestone together!

Thank you, PA State Representative Shelby Labs and Walmart, for making a lasting impact on Deep Run Softball!

New Training Opportunities





Deep Run Softball is excited to announce new training opportunities with Delaware Valley University to bring our athletes exclusive training opportunities with their collegiate coaching staff and players.

This collaboration will provide our players with advanced skill development, access to top-level instruction, and a first-hand look at what it takes to succeed at the next level. We are thrilled to open the door for our athletes to learn in a collegiate environment while continuing to grow their love for the game.

More details on dates, clinics, and sign-ups will be shared soon — stay tuned!

Deep Run Softball will also be offering Indoor Winter Training Sessions for our Intramural Softball players! These sessions are a great way for athletes to stay active, sharpen their skills, and get ready for the upcoming spring season — all while having fun with their teammates in a supportive environment.

Stay tuned for registration details and sign-up information. Let's keep the momentum going this winter and head into spring ready to play ball!

Together, we are building the future of Deep Run Softball.

Tips for Balancing Homework and



Practice



Being a student-athlete means learning to manage your time on and off the field. Here are some tips to help you succeed in both the classroom and on the diamond:

- **Prioritize Tasks** Tackle the most important or challenging homework first, so it's done before practice.
- **Use Short Breaks Wisely** Even 15–20 minutes before practice can be enough to review notes or finish small assignments.
- <u>Limit Distractions</u> When it's homework time, put away your phone and focus fully so you can finish faster.
- **Communicate with Teachers & Coaches** If you have a big test or project, let your coach know. They'll understand and support your success in school.
- Sleep & Self-Care Matter Don't sacrifice rest. A good night's sleep improves both school performance and athletic performance.
- **Stay Consistent** Build a routine that balances academics, athletics, and downtime so nothing piles up.

Remember: Being a great student-athlete means working hard in the classroom and on the field. Good time management will help you shine in both!



DEEP RUN LIGHTNING FASTPITCH

We are excited to announce the Deep Run Lightning Fastpitch Travel Teams for the upcoming 2025/2026 season! Deep Run Lightning is built on a tradition of excellence, teamwork, and player development. Our travel program offers athletes the opportunity to compete at a higher level, sharpen their skills, and experience the excitement of tournament play while representing Deep Run with pride.



10U TRAVEL TEAM

Coaches: Kyle Carpenter, Adam Domurad, **Brandon Garges**

Players:

Tessa Brun Harper Catagnus Victoria Domurad **Ashleigh Garges** Maria Gontkosky **Briar Irons**

Kylie Keenan Cara Kelly Charleigh Kuller **Phoebe Mattis** McKenzie Rankin

11U TRAVEL TEAM

Coaches: Carmen Conicelli, April Gottshalk, Jared Lawhorn, Raymond Schwartz

Players:

Isabella Conicelli Hope Derstine Elizabeth Gontkosky Ainsley Gottshalk Amara Lawhorn

Savannah Morrison Dakota Nyce Cecilia Schwartz Danika Smith



12U TRAVEL TEAM

Coaches: Mike Fabey, April Gottshalk, **Amy Williams**

Players:

Kaylin Gottshalk **Addison Stanbury** Carleigh Hamm Olivia Strapple Elsie Herrmann **Rowan Terry** Julia Jefferson Ava Weber Raelin Kuller Hannah Wheeler Nora Lauver



16U TRAVEL TEAM

Coaches: Natalie Bartosiewicz, Shane Ledyard, Mark Trotter

Players:

Lucy Bartosiewicz Anna Paillard Gazelle Diehl **Grace Ouade Annabel Randall Grace Goddess Gabby Schulz Riley Hopkins** Kaydy Ledyard Olivia Trotter Hailey Meindl Alexa Yiengst Molly Nisbet





ANNUAL HALLOWEEN HIT FEST





Come out and support our 12U Lightning Fastpitch Team for their 2nd annual Halloween Hit Fest! Costume Contest Saturday!

November 1 & 2, Deep Run Sports

