

September/October 2017

Newsletter of the Senior Women's Softball League

AROUND THE BASES

Albuquerque, New Mexico



I ♥ Softball!

Silver Gloves

Organizational Meeting

Thursday, Nov 2nd

6:30 PM

Netherwood Church of Christ

5101 Indian School Rd

NE



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Stand True for our Red, White and Blue:

October 30th has been declared. People across our nation are asked to decorate homes, offices, places of worship, schools, etc. with flags and red, white and blue decorations as a symbol of gratitude and support to first responders..



New Mexico Senior Olympics Softball September 9-10, 2017

High Desert Diamonds ~ Gold Medal Winners 2017



Back: Rose, Carla, Michelle, Lora, Josanne, Debbie Bryan, Celeste, Debbie Reynolds, Chucki, Doris, Bea, Karen
Front: Nancy, Andrea, Eilyn, Joyce

Senior Moments ~ Silver Medal Winners



Top: Phyllis, Patti, Cathy, Janet, Sharon, Eve, Corinne, Martha, Josie, Ana, Josie, Carmen
Kneeling: Jo, Lulu, JoAnne

Jazz ~ Bronze Medal Winners



Back row: Arvita, Jamie, Edna, Michele, Lois, Connie, Bonnie, Heather, Carol, Sharon
Kneeling: Gayle, Adele, Marsha, Sandra, Sharon

SENIOR OYMPICS IN LAS CRUCES - 2017



Send your photos
and
accomplishments
and news to the
newsletter
[gaylemaloy@gmail.](mailto:gaylemaloy@gmail.com)



Senior Moments 65's team with friends. Going around the table from the left: Martha Campbell, **Cathy Roland**, Vicki Edwards, **Jody Mostyn**, Eva Navarro, Corinne Payan, Eve Rey, Carmen Sandoval, JoAnn Gonzalez, Ana Gutierrez, Josie Molina, Josie Menchaca, Janet Gilliland, **Sharon Meyer**, Bill & Jo Hale, **Patti Stanalonis**, **Phyllis Bustos**, Bernadette? Not shown, Lulu Garza.

FALL BALL FINAL RESULTS - 2017

2017 Fall SWSL Schedule						
		W	L	Runs	Oppon	Difference
Win/Loss						
Sting		4	2	59	45	14
Classic Hits		3	3	49	49	0
Yahoos		3	3	60	47	13
Silver Gloves		2	4	42	69	-27
Head to Head	Yahoos	Silver Gloves	Sting	Classic Hits		
Yahoos		WL	LL	WW		
Silver Gloves	LW		LW	LL		
Sting	WW	WL		LW		
Classic Hits	LW	WW	WL			
	Games:					
	Week 1	9/11	Week 2	9/18		
6:30 Vis	Yahoos	17	Sting	11		
6:30 Hom	Silver Gloves	4	Yahoos	8		
7:30 Vis	Yahoos	10	Sting	11		
7:30 Hom	Classic Hits	1	Silver Gloves	3		
8:30 Vis	Sting	4	Classic Hits	13		
8:30 Hom	Classic Hits	7	Silver Gloves	6		
	Week 3	9/25	Week 4	10/2		
6:30 Vis	Classic Hits	10	Silver Gloves	8		
6:30 Hom	Sting	11	Classic Hits	9		
7:30 Vis	Classic Hits	9	Silver Gloves	11		
7:30 Hom	Yahoos	10	Sting	10		
8:30 Vis	Silver Gloves	10	Yahoos	6		

Contacts



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The Bulletin Board

Auto Repair Call CJ Lind

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clind@southwestcopy.com



Glove lost at

Los Altos Field
Contact
Sharon Meyer
meyer5@q.com




We have a box of scorebooks that needs a ride to the **Phoenix World Games**. Anyone having space, **please call Pat at 298-7903**.

Gallup NM Wooden Bat Tournament 2017

Mind Bogglers 2017 Champions




Jazz's Shirley Johnson & Slugger Mary Rael

Jazz takes the field
Jamie, Edna,





in
**Loving
memory**

Elly Mendias

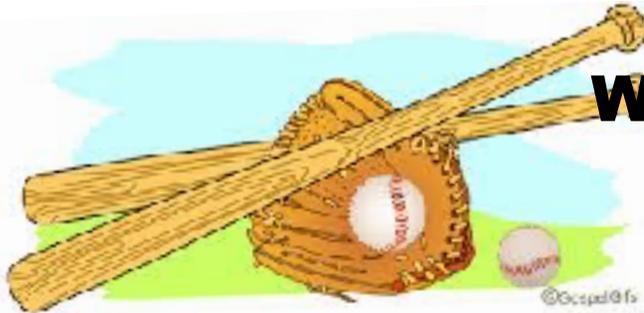
Elly Mendias, 4-Fun Bunch, passed Friday, October 20 2017. Elly was diagnosed with pancreatic cancer in July. She moved to her daughters home in Culver City, California hoping

for treatment. Unfortunately, it was too late Her husband and son were present at the time of her death on Friday, October 20.

Services will be November 8 at Holy Cross Cemetery, 5838 West Slauson Ave., Culver City, CA 97230.

Cards or flowers should be sent c/o Mary "Elly" Mendias.

May she rest in peace.



WINTER PRACTICE

Contact Shirley
sjohnson@gorealize.com
to get on the contact list

***Beginning next week, I will send an email ONLY TO THOSE WHO WANT ONE!
SO....if you want to be on the distro list, you better tell me.***

For those who are new to our happy group, here's how Winter Practice works.

Every week on Wednesday, Bonnie and I review the weather forecast for the upcoming weekend. If the weather on Saturday and / or Sunday is going to be "nice" (temps around 60; no rain/snow; not too windy) we send out an email for an outdoor practice to be held on the "better" day. Normally these practices are in the afternoon since temps will be best then.

We try to alternate Saturdays and Sundays to make it possible for folks who work or pray on those days to make at least some of the practices.

Attendance is TOTALLY optional. Come out and play if you want to...or not. It's your call.

IF the weather is totally uncooperative, we will still gather at the indoor batting cage. Cost is shared by the participants (normally \$5 or less).

First Winter Practice
Sunday Oct 29th 2:00 PM
Viet Nam Veterans Field

Tournaments

2018

Mesquite Nevada Senior Games



**April 7 & 8,
2018**

Contact Connie
Stewart,
Tournament
Director at

grannysoftball@aol.com



2017 Winter World Championship Games

**Phoenix AZ
Nov 14 - 19, 2017**

Qualifier for 2018

seniorsoftball.com



Senior Softball International Tours

**Viking Adventure: Play Ball
and Explore Scandinavia**
3 Scandinavian Capitals:
Copenhagen-Stockholm-Oslo

June 21st - July 3rd, 2018

seniorsoftball.com



**TEAMMATES
CAN TAKE YOU
Anywhere**

The NEW MEXICO SENIOR OLYMPICS will be in Albuquerque, **Sept 8, 2018**. This will be a qualifier to play in the **National Senior Olympics in Albuquerque in 2019!** Let's see if we can organize teams in 50's, 55's, 60's, 65s, and 70s.

HAMSTRING INJURY



You're running the bases and all of a sudden, you feel a pop and an intense pain in the back of your leg.

You stumble over your feet as you try to slow down while standing on that leg as little as possible. It takes you a while, but you're able to hobble off the field. A few hours later the back of your thigh is still painful, but now it's swollen and perhaps even bruised....

Hamstring Anatomy & Mechanics

Although we tend to think of them as one unit, there are 3 heads that make up the hamstrings. Any one of them could be involved in a hamstring strain.

The muscles in this group are biarticular, meaning they cross two joints – the hip, and the knee.

These muscles start at your ischial tuberosity, the bony bump at the bottom of your pelvis sometimes called the “sit bone.”

From here, the muscles travel down the back of your thigh and cross your knee joint, where they attach to the bones of the lower leg.

The hamstring muscles have two principle functions – extending your leg back behind you, straightening at the hip joint, and bending your kneeSTOP

Before you can do anything meaningful for treating your hammies, you've got to do one thing first: stop doing anything that provokes pain.

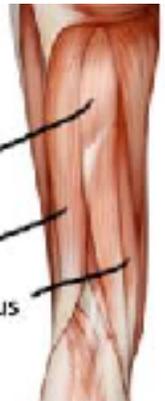
Take it easy and allow yourself to heal.

Hamstring Muscles

Biceps Femoris

Semitendinosus

Semimembranosus



TREAT

Next you need to tackle inflammation. For that three things are recommended – **turmeric, fish oil and cool temps.**

Curcumin, an active ingredient in turmeric, has been found to ease inflammation in the body, including inflammation tied to arthritis. Fish oil has also been found to reduce inflammation and as such, could speed healing and recovery.

CIRCULATION

As soon as possible, begin to perform simple movements involving the injured leg.

Just remember to avoid anything that causes pain!

Flexing and extending the knee gently will promote circulation. An increase of blood flow can help speed healing, so this is an important step.

RESTORE

Again, if anything causes pain, stop immediately. Pain means the technique is too aggressive for your current state so try it again in a few days to a week.

In addition to these exercises, you can start slow and gradually start to ramp up your running speed week to week.

Exercises for Pulled Hamstring Rehab: Mobility

This will help you restore function *and* help prevent future injury.

3 Hamstring Stretches

1. Supine Active Knee Extension

- Lay flat on your back to start
- Leave your left leg outstretched as you flex your right hip to bring your right leg toward your chest while keeping a neutral lumbar spine
- Your right thigh should extend straight up from your hip – but allow your knee to bend and heel to relax down toward your glutes
- Slowly and with control, start to straighten the right leg – maintaining that natural curve in the lumbar spine
- Continue to straighten your leg and reach the toes toward the sky (your range of motion will likely increase as you do more reps)
- Start to bend at the knee, bringing the right heel back down towards your butt
- Resist the urge to grab the back of your thigh – instead let your hip muscles build strength as they maintain the position of your femur
- Repeat 10 times with control and then switch legs



2. Standing Active Knee Extension PNF

- Switch legs and repeat for 2 sets of 3 cycles on each leg
- Keep alternating – lift, relax, drive down, relax – for 3 full cycles
- Relax again and feel the stretch for 5 seconds
- Release the stretch and contract your hamstrings to drive your heel down into the surface for 5 seconds
- Relax your foot back on the surface so that you feel a mild stretch, holding for 5 seconds
- Stand up straight and contract to lift the heel off the surface for 5 seconds
- Start with one foot outstretched on the surface
- For this stretch, you'll need to find something that you can rest your leg on that's both stable and the proper height. Experiment until you find the right spot!
- This “proprioceptive neuromuscular facilitation” or PNF exercise will allow you to strengthen the hamstrings and antagonizing muscles in an extended range of motion



3. Hip Hinge with Adduction and TKE

- Start standing with straight legs
- Hinge at your hips and reach down to grab your leg just below the patella
- Internally rotate your legs while contracting your quadriceps to straighten the legs – this will lead to “terminal knee extension” or TKE
- Keep squeezing your legs for 5 seconds – making sure to stay internally rotated so that your adductor muscles along the inside of your thigh are activated
- Release and come back up to standing with control
- Repeat for 5 to 10 reps



From Precision Movement by Eric Wong