

12U Kanata Cubs Introduction Letter

Dear Families:

My name is Lindsay Medynski, and I am excited for the opportunity to coach the 12U Kanata Cubs Rep team for the 2026 season. It promises to be a memorable year!

A little about me - Over the past four seasons, I was fortunate to serve as an Assistant Coach for both Rep (13U, 14U) and Select teams (13U DS, 11U DS) in the Kanata Baseball Association (KBA) where I gained valuable knowledge and coaching strategies to complement my own former experience. Prior to joining KBA, I coached for almost five years in the community minor softball league. And, for almost a decade, I helped on ice in various roles (assistant coach, skating coach, etc.) with both competitive and recreational teams, up to U11, in a community minor hockey association. Before coaching, I played competitive fastball for more than thirty years. Despite not playing baseball specifically, there are many similarities in positional play, individual skills and game strategies between the two sports. Given my own player and coaching experience, I am eager to apply what I've learned as I step into the role of Head Coach.

My coaching philosophy is based on three things: player development, teamwork and fun! The U12 Cubs will be expected to play hard and compete, all while showing respect to teammates, coaches, opponents and umpires. My goal is to create an environment where every player feels valued and encouraged to grow to become the best athlete and person they can be. As such, this basic philosophy extends to my expectations of players:

- **Regular attendance:** With baseball skills, the number of repetitions makes a difference. There is no substitute for not showing up. Although, I understand that there will be some exceptions for absenteeism especially in the wintertime with multi-sport athletes, and in the summertime with previously planned family vacations.
- **Equal playing time (as close as possible) for all team members.** The one exception to this rule will be related to practice attendance (during summertime) where players who are absent for extended periods will be asked to fill the extra bench spots when situations present - There needs to be some accountability for absences as well as some reward for a commitment to learn.
- **All players with opportunity to develop in multiple positions.** While players at the 12U level will eventually find specific roles on the baseball field, each season sees a new collection of players and the natural maturation process can alter the projection of individual players. As such, players need the opportunity to participate in different roles and positions on the field, particularly early in the season. We will begin the year developing all players at multiple positions and players will be part of discussions about areas of growth and individual opportunities. By mid-season, there will be a natural settling with respect to field positions where players will be most successful. Ultimately, not all players are suited to nor desire to play every position and there is value in earning specific roles on the field. Once two or three positions have been identified for each player, we will spend the remainder of the year focusing on the skills required to succeed in those spots. The goal of the coaching staff will be to nurture a healthy growth-mindset before transitioning to some of the finer details of each position.
- **Baseball is fun. Competing is fun. Personal improvement is fun. Team success is fun.** The expectation is that players will come to the field with a positive mindset of being part of a team and having fun. We will ride the highs and lows of our season together.

Players can expect the following throughout the season:

- **Indoor training:** January to April, once per week, at the Sooner Dome in Stittsville
- **Outdoor season:** May to August, two to three field sessions per week including practices and games. Our home fields are Frank MacDonald (Kanata) and Carp.
- **Tournaments:** We are looking to participate in four tournaments - two local (including our host tournament in Kanata) and two away (with preference on East side of Toronto).
- **Team fees:** Approximately \$400 per player; note that this is in addition to the KBA league fees. Most years see a refund going back to the players at the conclusion of the season. Each team is responsible for hosting a Kanata tournament at their respective level where we will have the opportunity to raise team funds to offset team expenses.

With respect to player selection, it will likely take 2-3 days after the second tryout on September 21st to complete player selection and league approvals before I send out offer letters. Offers will require a response within 24 hours once received. For players that do not receive an offer for the Rep team, I encourage you to attend the Select tryout on September 28th.

Looking forward to some great baseball in 2026! Thanks to everyone who registered for tryouts, and I look forward to seeing you on the field.

Coach Lindsay