



# Softball News

Latest Updates from Lady Lightning Softball

## This Month's Highlights

### Deep Run Opening Day

#### What a Celebration!

The weather didn't hold us back! Opening Day 2025 was a huge success. We celebrated with our softball and baseball families along with IronPigs mascot Ferrous! Ferrous welcomed all the players onto the field as the ceremonies began. Pennridge High School softball and baseball teams also joined in the celebration. During the ceremony, we recognized our Volunteer of the Year Award which was given to Travel Commissioner and Coach Brent Alles. We also recognized Cecilia Schwartz for Sportsmanship of the Year Award. Our Opening Day wouldn't have been such a success without our amazing families and volunteers. Thank you all who braved the weather with us!



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## Coach & Player Spotlight



**Coach David DeCicco**

Coaching the 12U Oklahoma Sooners

Coach Dave has been coaching softball for about 6 years. His favorite part about coaching is watching the players grow during the season.

**Advice to Other Coaches:** Have fun while coaching! Even if the task you are working on may not be the most exciting. Having fun will rub off on your team. Do your homework and always be ready with a plan for practice.

**Advice to Players:** Besides listen to your coaches and having fun, it is really important to ask questions if you aren't sure what your coach is saying/explaining. We may think it makes sense when we say it but that isn't always the case.

**Player Isabella Conicelli**

Playing for the 12U Florida Gators and 10U Sunday Select



Isabella is in her fifth season of playing softball. She started playing t-ball when she was 3 years old at Pennridge Little League. Isabella started softball in the 8u division and has played on the 10U Little League District Team.

**Favorite Position:** Second base and right field.

**Favorite Sports Memory:** Hearing the news that she made the District Team.

**Approach for Preparing for the Game:** Isabella says positive things to herself and makes sure to stretch before the game. She loves to hype up her team!

**Goals for this Season and Beyond:** Isabella wants to continue to work on hitting and building her strength. She is striving to play softball at Pennridge Central Middle School and eventually for Pennridge High School.

**Want your player to be in the spotlight? Reach out to [drvshaladylightningcommish@drvsa.org](mailto:drvshaladylightningcommish@drvsa.org) to submit your star!**

## Fundraising

Deep Run Softball is in full swing of fundraising for a new scoreboard. We have an amazing group of volunteers who are working on future fundraising events and ideas. The Opening Day raffles were a success and we were able to make over \$800 selling raffle tickets. Thank you to all our amazing families and businesses who donated.



**RAFFLE**

**Have fundraising ideas? We want to hear from you! Reach out [HERE!](#)**

## Softball in the News

Tennessee's Karlyn Pickens sets the record for the fastest pitch in college softball history! In a 3-2 win over Arkansas, Pickens delivered a 78.2 mph pitch.



The 2025 Women's College World Series will begin May 29 in Oklahoma. The finals will take place June 4-6.

For more information or ways to watch, click [HERE!](#)





# Practice, Practice, Practice!



Softball practice is super important for a bunch of reasons—whether you're trying to win championships, make the team, or just play your best and have fun. Here's why it matters:

## Skill Development

- You get better at the fundamentals: hitting, fielding, throwing, pitching, catching—all of it.
- Practice helps you build muscle memory, so when it's game time, your body knows what to do without you overthinking.

## Team Chemistry

- Softball is a team sport, so knowing how your teammates play (and how to communicate with them) is huge.
- Practice builds trust and rhythm with the team, especially for things like double plays, relays, and cut-offs.

## Game Situations

- Practice is where you go over game scenarios—like what to do with runners on base or how to handle a bunt.
- You also get a chance to make mistakes in a lower-pressure setting and learn from them.

## Conditioning & Stamina

- It's not just about playing smarter—practice helps you build the physical endurance to play hard all game long.

## Confidence

- The more reps you get in practice, the more confident you feel on the field. Confidence is everything in softball.

## Coach Feedback

- Practice gives coaches the chance to help you improve with tips and adjustments you can't always make mid-game.

## Practice Hitting Drill Video

## Infield Conditioning Video

### Message from the Softball Board



The 2025 Spring Season has officially begun and we are thrilled to be working with our coaches and softball families to make it the best it can be. We are committed to open communication and transparency. We welcome any feedback or suggestions you may have to help make our program grow.

The board meets every third Thursday of the month. If you have something you would like to discuss, please reach out!

[EMAIL US HERE](#)



**“Softball teaches you to never give up, no matter how tough the game gets. Keep swinging until you hit it out of the park.”**

**– Stacey Nuveman**

