Hi there everyone, a long day at the office today. Not so hot today, which was a relief.

We had two games today. The first was a competition game vs. San Diego Renegades and the second an exhibition game vs. Washington Menace. Both these teams were ideal competition as they were in our age bracket and were Gold Elite teams from the USA, which means they were tough competition.

There was some huge positives today. We hit well in both games. In the first game we out hit the Renegades by a whopping 10 to 5 and in the first inning were leading by 3 - 0, however in the 3rd inning we could not get an out for love nor money as it seemed everyone on the diamond kicked the ball around and by the final 3rd out we were down a disappointing 3 - 10. The next innings were spent clawing back the runs and while we did not give up any more runs, we fell short by one run in the bottom of the 7th - final score 9 - 10 loss.

The second game we came out hitting strongly and by the 3rd innings we were up 10-0 which is the mercy rule at this tournament, so we had an earlier bus ride home than expected. In that game we had 10 hits while the Menace could only muster 1 hit. Our defence was rock solid in and it felt good to get a good win.

Tomorrow we face off against the Vancouver Wildcats at 10.30am. After that we have a media interview and photo session, then its off shopping for the afternoon. We have been here 4 days in total, have played 5 games, and have seen the inside of the hotel and the ball park. Its time to see a little more of Vancouver and satisfy the shoppers amongst us.

I managed to get my camera out today and have posted photos onto my face book page and have added a few in here.

Lastly, we have already grabbed the attention of the media who came down to photograph our team haka. See attached newspaper pdf.

Overall, all is well.

Signing out,

Aroha Metcalf

Team Manager

NZ Junior White Sox at the Future Gold, Canada Fastpitch Championship (the Canada Cup).

