BETHLEHEM STEAL NEWS

June 2026

Dear Softball Families,

As we near the midpoint of our season, we want to take a moment to thank each of you for your continued support and dedication to our organization. It has been exciting to watch our athletes grow, improve their skills, and build strong relationships with their teammates throughout the season.

The progress seen on and off the field is a direct reflection of the hard work of our players, the commitment of our coaches, and the support provided by our families and volunteers. Whether it's a player getting recruited to play at the next level, achieving a personal milestone, or a team overcoming challenges together, every contribution strengthens our softball community.

The second half of the season brings new opportunities for growth, competition, and memorable experiences. We encourage our athletes to continue working hard, supporting one another, and embracing the lessons that come from both successes and challenges. The character, teamwork, and confidence they are developing now will stay with them long after the season ends.

As always, thank you to everyone who helps make our program successful. Your time, energy, and enthusiasm are what allow us to provide a positive and rewarding experience for all of our players. We look forward to finishing the season strong and celebrating the accomplishments of our athletes and teams in the weeks ahead.

Thank you for being an important part of our softball family.

Sincerely,

THE BETHLEHEM STEAL BOARD

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TOURNAMENT PREP

1. **Pre-Tournament Preparation** (3–5 Days Prior)
   - Hydration Loading: Start increasing your water intake at least 3–5 days before the first pitch. Aim for about 3 liters daily, depending on your body size, to ensure your baseline hydration is high.
   - Sleep Routine: Prioritize 8–9 hours of sleep each night leading up to the weekend.

2. **Nutrition and Hydration Strategy**

A solid fueling plan prevents the "energy crash" often seen during afternoon bracket games.

   - Breakfast: Never skip this meal. Choose balanced options like oatmeal with fruit, a breakfast burrito with eggs and beans, or whole-grain toast with avocado.
   - Between Games: Pack a cooler with "hard-working" foods.
     - Snacks: Bananas, grapes, watermelon, applesauce, and pretzels for quick energy.
     - Protein: Beef jerky, trail mix, string cheese, or Greek yogurt for muscle recovery.
     - Meals: Pre-made turkey wraps or "Uncrustables" are tournament staples that hold up well in a cooler. Work with other families to make meals/snacks for the girls.
   - In-Game Hydration: Sip 4–8 oz of water every 15 minutes during play. Use electrolyte drinks (like Gatorade or Liquid IV) especially during long double-headers or in extreme heat.

3. **Off-Field & Sideline Comfort**
   - Shade & Seating: A 10x10 pop-up canopy tent and lightweight folding chairs are essential for downtime between games.
   - Cooling Tools: Battery-powered fans, misting fans, and cooling neck towels can help regulate body temperature in the dugout.
   - Logistics: Always check to make sure the tournament site has a snack bar. If not, share information with other families to find local options.

4. **Uniforms**

Depending on the team, either the coaches or the girls will choose which uniforms to wear for the tournament weekend. Please go through all your equipment at least a week in advance. We may not be able to get socks and belts to you in time for your tournament.

Key Hydration Rules

Pre-hydrate: Don't wait until game day. Drink plenty of water and electrolytes for 24–48 hours leading up to the tournament to top off your reserves.
The 15-Minute Rule: Drink 4–8 oz of fluid every 15 minutes while active. Do not rely on thirst alone, as it is a lagging indicator of dehydration.
Rebound Hydration: Post-game, aim to drink 16 oz of water or a sports drink for every 1 pound of body weight lost during play.

Water vs. Electrolytes

Water: Should be your primary source of hydration for general intake and during milder weather.
Electrolytes: When playing multiple games in intense heat, you lose vital minerals like sodium and potassium through sweat. Supplement every 3–4 bottles of water with a low-sugar electrolyte drink mix, such as Liquid I.V. or DripDrop, to help prevent cramping and water intoxication.

Dugout Tips and Snacks

Avoid Diuretics: Steer clear of soda, high-sugar energy drinks, and excessive caffeine before and during games.
Eat Hydrating Foods: Pack water-rich snacks like watermelon, oranges, and grapes to refuel your body and top off your fluid levels naturally.
Cooling: Take breaks in the shade and utilize cool towels on your neck to lower your core temperature between innings

Arm Care Recovery Techniques

After throwing sessions, implement recovery strategies to help your arm heal and reduce inflammation:
Ice Therapy: Apply ice to the shoulder and elbow after intense throwing to decrease inflammation
Gentle Stretching: Engage in gentle stretching to maintain flexibility and relieve tension in the muscles
Foam Rolling: Use a foam roller or massage gun to alleviate muscle tightness and promote recovery
Consistency is Key
To maximize the benefits of your arm care routine, consistency is essential. Make arm care a regular part of your training to ensure long-term health and performance improvements. Remember, a healthy arm is a powerful arm, so prioritize your arm care routine as part of your overall training strategy

TRYOUTS 2026-27

BETHLEHEM STEAL

Join the Bethlehem Steal Family!

10U/12U

- **MON JULY 6, 6-8PM**
  200 SPYGLASS HILL RD BATH, PA
- **WED JULY 8, 6-8PM**
  301 ALLEN ST BATH, PA

10U-18U

- **MON JULY 20, 6-8PM**
  200 SPYGLASS HILL RD BATH, PA
- **WED JULY 22, 6-8PM**
  301 ALLEN ST BATH, PA
- **SAT AUG 1, 10AM-12PM**
  200 SPYGLASS HILL RD BATH, PA
- **MON AUG 3, 6-8PM**
  200 SPYGLASS HILL RD BATH, PA
- **WED AUG 5, 6-8PM**
  301 ALLEN ST BATH, PA



RECENT NCAA COMMITS INCLUDE:

- CEDAR CREST COLLEGE
- CENTENARY UNIV
- MARYWOOD UNIV
- MORAVIAN UNIV
- NORTHAMPTON CC

10U COACH/TEAM WANTED!

REGISTER @ BETHLEHEMSTEAL.COM

STAY TUNED FOR MORE INFO!

COMING SOON!

NEW LOGO!



NEW UNIFORM DESIGN FOR THE SPRING SEASON!

BETHLEHEM STEAL NEWS
June 2026

Class of 2026

Joe Betts



Easton Area High School

Attending Moravian University in the fall, majoring in Pre-Med

Shantalina Blake



Phillipsburg Area High School

Attending Moravian University in the fall, majoring in Sports Management

Alexis Forder



Phillipsburg Area High School

Attending Northampton Community College in the fall, majoring in Early Childhood Education

Abby Hacker



Northampton Area High School

Attending West Chester University in the fall, majoring in Business Marketing

Kiera Hartzell-Ham



Wilson Area High School

Attending Marywood University in the fall, majoring in Architecture

Charlotte Sampson



Freedom High School

Attending Centenary University in the fall, majoring in Film Production

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Congratulations!

Shantalina Blake

Phillipsburg High School Girls Basketball MVP,
Phillipsburg High School Softball MVP,
Phillipsburg High School single-season,
home run record holder (13),
Eugene Quinn Memorial Award,
Senior Athletic Award





Kiera Hartzell-Ham

Wilson Area High School Track & Field Girls Varsity MVP
WAHS Track & Field Girls Varsity Points Champion
WBES PTA 2026 Scholarship recipient
United States Marine Corp Distinguished Athlete Award

Charlotte Sampson

Freedom High School EPC Scholar Athlete of the Year (Girls Wrestling)
FHS Girls Wrestling Leadership Award
FHS Girls Wrestling Most Improved Award





Zoe Betts

Easton Area High School Scholar Athlete of the Year (softball),
Award for Academic Excellence in Mathematics

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Congratulations!

Alexis Forder

Phillipsburg High School 1st Team All Conference (Softball)



Kennedy Wiedl

East Hills Middle School "Lamp of Learning" Award (straight A's all 3 years of EHMS)

Ava Kucharski

Easton Area Middle School National Junior Honor Society Inductee
High Honors

Avery Davis

Palisades Middle School Distinguished Honors (4.0 GPA)



Claire Mamana

Pen Argyl Area High School Award, Top 10 in 10th Grade

Maya Morris

Awarded Knights of Columbus Scholarship to Bethlehem Catholic High School

Bria Prosperi

Nitschmann Middle School Triple Threat Award (Band, Chorus, & Drama)
Recognized as a leader in Drama & Chorus
Nitschmann Middle School Honor Roll



Happy Father's Day!

Happy Father's Day to all of the incredible dads, stepdads, and father-figures in the Bethlehem Steal Softball family.

Today, we celebrate the men who show up day after day—not just at the ballfield, but in every moment that helps shape the young athletes and people our daughters are becoming.

Thank you for the early mornings, the long drives, the weekends spent at tournaments, and the countless hours spent throwing pitches, hitting ground balls, and offering encouragement after both wins and losses. Thank you for the sacrifices that often go unnoticed and for the unwavering support that makes so much possible.

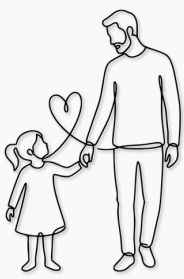
The lessons you teach extend far beyond softball. Through your example, our players learn about hard work, resilience, character, teamwork, and what it means to care deeply about something bigger than themselves.

Whether you're coaching from the dugout, cheering from the stands, helping carry equipment, or simply being a steady presence every step of the way, your love and dedication leave a lasting impact.

On behalf of everyone at Bethlehem Steal Softball, thank you for all that you do for your families, your athletes, and our community. We are grateful for the role you play in helping our players grow into confident, strong, and remarkable young women.

We hope today brings you the appreciation, pride, and love that you so richly deserve.

Happy Father's Day!









June

6/14 - Addison Pritchard, 16u

6/19 - Anna Bruno, 18u

HONOR ROLL & OTHER NOTEWORTHY ACHIEVEMENTS

Bethlehem Steal believes the best athletes are the most well-rounded. We know how hard our girls work on the field. It's time we recognize all their hard work off the field, too!

Please share when your daughter makes the Honor Roll and any other academic achievements for inclusion in future newsletters! Be sure to include your daughter's name, grade, school, and the specific accolades.

Please email to adrianne.apgar@gmail.com

BETHLEHEM STEAL NEWS

April/May 2026

THANK YOU TO OUR SPONSORS!

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