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Canadian Federation of Amateur Baseball Fédération Canadienne de Baseball Amateur

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Welcome to all the girls in baseball!

They say sport doesn't create character, it reveals it. Although this may be partially true, it is through baseball that I have learned some of the most valuable lessons that are directly transferrable to life itself. I began playing baseball with boys when I was just 4 years old and continued to compete at AAA level with them until I was 15. Throughout these years of competition I learned the meaning of perseverance, as being the only girl wasn't always easy. I also learned the importance of hard work and dedication as success and ability have no gender.



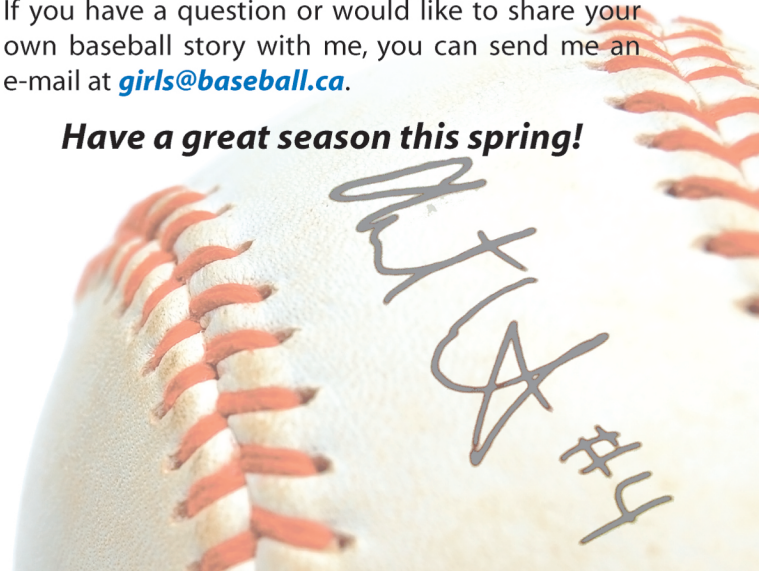
I began playing baseball with girls when I was 16 and made Team Canada in 2005 as the youngest player on the team. My participation with Team Canada has provided me with endless 'once in a lifetime' experiences as well as given me the opportunity to appreciate a vast amount of other cultures through travelling to Cuba, Taiwan, Japan and Venezuela, to name a few. These experiences have opened my eyes to just how fortunate we are to be Canadian and make me very proud to be able to wear that maple leaf on my jersey and represent my country.

Regardless of whether your dream is to one day make the national team or you simply play baseball for the love of the game, the sport itself brings together a diverse group of individuals from which we can create lifelong friendships. These friendships make celebrating success that much sweeter, but also help us cope with failure. Although no one likes to lose, champions are made champions through setbacks. I hope that you too, are able to see how the skills we attain through the wonderful sport of baseball are directly relatable to life, so set goals, follow your dreams and believe that YOU have what it takes!

If you have a question or would like to share your own baseball story with me, you can send me an e-mail at girls@baseball.ca.

Have a great season this spring!

Autumn Mills
Women's National Team - Baseball Canada



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