

## 2020 — HIGH SCHOOL — SOFTBALL

### ATHLETIC PERFORMANCE TRAINING CENTER

**Paige Heffke**

**Pitcher**

**Junior**

Paige is dedicated to improving herself as a student-athlete, and will be an asset as a college student-athlete.

~Brian Lebo

### JONATHAN DAYTON HIGH SCHOOL

**Kaya Mahy**

**Shortstop**

**Junior**

Entering her Junior season, Kaya is a three-year varsity player on the softball team and was nominated for the New Jersey top sophomore softball player last season. Aside from leading her team in the weight room and on the field, Kaya also excels in the classroom as an exceptional student. In the weight room, Kaya leads our female athletes in attendance of off-season workouts, and is a true motivator to the whole group. Kaya is an athlete who knows the importance of working on all aspects of her game all year round and has not only fully committed to our strength & conditioning program, but has made everyone around her better with her positive attitude. Kaya represents our program in both strength and behavior, making her a great role model for any girl coming up in our program. ~Mark Cugliari

### WEST JORDAN HIGH SCHOOL

**Siena Young**

**Center Field**

**Senior**

Siena Young is very dedicated to strength and conditioning and has a never quit attitude. Siena is always pushing her self to work harder and is a leader. Siena has only been working with me for 1.5 years and has more than tripled her PR's, has taken 1/2 a second off her home to first time, became a varsity starter, had 11 stolen bases last season, and is now committed to play college softball. Siena will continue to work hard, push herself, and push her teammates to be great. Siena Young is well deserving of this award. ~Jocelyn Kaufman

### WINDSOR HIGH SCHOOL

**Alyssa Copeland**

**Infielder**

**Senior**

Consistent, diligent, and determined, Alyssa turned herself into one of the strongest and quickest female athletes at Windsor. Through her high level of work, Alyssa earned a permanent starting role on the Softball team. Even better, a strong senior year put Alyssa in a position to continue to play softball in college. With her maturity and perpetual positive attitude, she is more than prepared to compete at the next level. It is also for these reasons that Alyssa will be truly missed in the Windsor High Weight Room. It was apparent Alyssa took her training seriously and was compelled to make the most of her abilities. And for doing so, Alyssa has earned the title of NSCA All-American. ~Ty Van Valkenburg