

HIGH SCHOOL — SOFTBALL

CEDARBURG HIGH SCHOOL

Cassidy Gall

Freshman

Cassidy is, without question, one of the hardest working athletes I have had the opportunity to work with. She has one speed, full tilt. She is a leader on the field/court/track and in the weight room. Cassidy brings a positive attitude to the weight room every day and motivates her teammates by her dedication to success. She is constantly striving to be better than she was the day before. ~Jon Verdegan

EVOLVE FITNESS STRENGTH AND CONDITIONING

Olivia Malinowski

Catcher

Senior

Olivia is one of the most dedicated student-athletes that I have ever coached. Athletes such as Olivia make coaching a lot of fun because of her desire to be the best that she can become. She displays a strong work ethic in the weight room, in the classroom, and on the softball field. Her attention to detail in the weight room is also some of the best that I have ever seen, with a constant pursuit of trying to perfect her technique. It is due to factors such as these that have allowed Olivia to pursue playing softball in college at the NCAA Division I level. ~David LaPlaca

JAMERSON FAMILY YMCA (SPORT PERFORMANCE PROGRAM)

Emma Lemley

Pitcher

Senior

Emma gives great effort and attitude in the classroom, in the game and while training in the weight room! ~Sarah Kline

KEYS HIGH SCHOOL

Kylie Stilwell

Catcher

Junior

Kylie worked hard this off season leading up to softball season and really improved her strength and speed on the field. She started to see the improvements that she was having and started to fall in love with training because she wanted to become the best player that she can be. Kylie is strong academically as well. She currently has a cumulative 3.5 G.P.A. ~Adam Hass

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Taylor Borkowski

Outfielder

Senior

"Taylor is an outstanding leader in all she does including our strength and conditioning program. Her work ethic is tremendous and the underclassmen can always look to her example for technique, intensity and excellence." (Head Softball Coach, Brad Koch)

PLEX SOFTBALL CLUB

Hannah McGonigle

P, 3B

Sophomore

Hannah has been diligently adhering to a performance program since 8th grade and has seen substantial growth in overall strength, explosiveness, and resilience over this past year especially. In one calendar year, Hannah has added 90# to her deadlift (225# to 315#), 70# to her back squat (155# to 225#), 20# to her bench press (75# to 95#), and 50# to her power clean (65# to 115#). These improvements have translated directly to her on-field and sport-specific metrics as well, including an 80.0# grip strength (up from 62.6#) and a 6'1" broad jump (up from 5'4"). Hannah is bought into the process and continues to prioritize her athleticism and general well-being over simply participating in softball alone, and she has served as a role model to others both on her team and especially on younger teams in the organization. ~Jennifer Boyden

HIGH SCHOOL — SOFTBALL

SACRED HEART ACADEMY

Keira Corrigan

Outfield

Junior

Keira has been the epitome of consistency throughout these trying times. When the world shutdown, she took advantage and got all necessary equipment to train and be ready for softball and whenever it started up. Eventually, when the world and sports fully start up again, it is not a matter of catching up for her, rather everyone else having to catch up TO her. Keira has been devoted to the weight room for over three years, enhancing her strength, power output, speed, and has missed minimal time on the field because of it. The speedy outfielder has personal bests of a 155-pound squat, 125-pound hang clean, and a home to first time of 2.8. What is more impressive is her ability to comprehend movements, become proficient in them, and progress at such a high rate in the weight room. As a coach, you want this type of athlete to be a part of your program, not just because of how fit she is, but her ability to lead by example. Keira crosses off everything a coach needs in a student-athlete ~Phil Giackette

SOUTHSIDE CHARTER HIGH SCHOOL

Lundyn Foree

Outfield

Junior

Lundyn has grown tremendously through her time in our program. She trains consistently and always brings a positive attitude to training each morning. She has gone above and beyond in preparing for her softball season and is the ultimate competitor. She is a true asset to our program and an athlete any coach would be proud of. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

Breanna Rea

Infield

Junior

It has been awesome to watch Bre's growth not only athletically and in the weight room but also mentally. Seeing her grow from the idea of training is just something she has to do to something she truly embraces and enjoys has been fantastic to see as her coach. She is a leader for both our volleyball and softball programs and serves as a role model for the younger girls who look up to her. ~Deerick Smith

THE RIVERS SCHOOL

Sophie Bailey

Pitcher/Center Fielder

Sophomore

Sophie, as a Sophomore is entering her third year on Varsity Softball. She is a tireless worker and has been diligent in her preparation this off-season. Sophie consistently stays after workouts for extra running and specific work for her throwing shoulder. Sophie leads by example every workout which in turn has motivated others and made those around her better. Her commitment to academics has carried over to a commitment to the strength and conditioning program. Sophie's positive attitude and work habits has created a great foundation for her exceling as a student athlete. ~Paul Sanclemente

TYLER LEGACY HIGH SCHOOL

Samira Matlock

Center Field

Junior

Samira is dedicated to the strength and conditioning, both as a softball player and powerlifter. She always works hard and gets excited for PRs! She is a pleasure to work with and embraces any challenge I put in front of her. ~Andrew Pichardo