

JUST DO IT!



Your education, your dreams, your life...
Softball can take you there!

An unofficial guide
By
Joan and Rick Pauly

This brochure is “un-official” general information. It is based on our personal experiences in the recruiting process with our daughter, when she was a member of the “Lil’ Saints” Softball 16U and 18 Gold fastpitch teams. It is information that will assist you and your daughter in the search for obtaining an athletic scholarship. It is not a guarantee. You must not **assume** that college coaches will **come looking** for your daughter. You must participate in the search for the right school/coach that fits her educational/softball needs. This packet is not meant to be the first, foremost, and only source of information for you and your daughter. However, it is a start. Parents...your daughter is going to graduate soon, but, you can’t stop yet.

“There’s a place for every player to play. If you have a minimal level of skill, and a high degree of interest, there’s a place for everybody to play. The whole process you work through just gets them to where they belong”, (Mr. Bob Smith, Phoenix, AZ,)

These are suggested resources, processes, and guidelines that will help you with the recruiting process towards your scholarship potential as an athlete in the sport of softball. Your research, follow-up, and time commitment in this process is mandatory to a signing....
”Just do it”

THOSE ARE THE RULES!

The NCAA (National Collegiate Athletic Association) is the association, or governing body that oversees the eligibility of all college athletes.

You are responsible for following their guidelines and requirements related to your eligibility to participate in an NCAA affiliated sport.

NCAA Clearinghouse process...*their job*

Testing, classes, grades, data....*your job*

Academic Things to Do:

- Registration with the NCAA Clearinghouse – April of your Junior year
- Fulfilling **core** curriculum classes while in high school
- Achieving an acceptable cumulative grade point average (gpa) in **core** classes
- PSAT/SAT/ACT testing and retesting if necessary to achieve your best possible score
- Forwarding SAT/ACT testing results
- Forwarding final high school transcript

NCAA website: www.NCAA.org

Official rules and regulations on website related to eligibility requirements and clearinghouse. The clearinghouse takes data submitted to them (test scores from SAT/ACT, high school transcript information – grades and classes, registration form). With that information the NCAA “ranks” you as eligible for Division I, Division II, Division III. When “ranked” you may enter a college at that level. Forms are usually available at your high school in the Guidance Department, or on the NCAA website.

NCAA Initial-Eligibility Clearinghouse (from website):

The NCAA Initial-Eligibility Clearinghouse, located in Iowa City, Iowa, is the organization that handles ALL inquiries regarding an individual’s initial eligibility status. The Clearinghouse operates a separate Web Site at www.ncaaclearinghouse.net which maintains and processes all of the initial-eligibility certifications.

The Clearinghouse governs both academics and amateurism status for the NCAA. Become aware of amateur requirements to avoid eligibility issues.

To register with the Clearinghouse:

Fill out the online form at the [Initial-Eligibility Clearinghouse Web Site](#) or call the NCAA publications hotline at 800/638-3731 and ask for a free copy of the “Guide for College-Bound Student-Athlete” which contains the registration forms and a Clearinghouse brochure. This guide can also be viewed online in the Student-Athlete Eligibility and Recruiting Section. This guide is good, and worth getting the free copy and reading, or printing yourself a copy.

For a list of approved core courses offered by your high-school visit the website.

Core GPA, SAT, & ACT Reference:

For a quick Reference Sheet on Eligibility Standards and a Sliding Scale on GPA Core Grade Point Average, SAT Scores, & ACT Scores go to:

https://web1.ncaa.org/eligibilitycenter/hs/d1_standards.pdf

I DON'T HAVE A LIFE.... I PLAY SOFTBALL

Softball is fun, but as you know, it's also a lot of work. The disadvantage of playing softball during your college career is that it is time consuming.

Practice
Weight Lifting
Training
Trainer Sessions
Batting Practice
Pitching Practice
Throwing Practice
Drills
Running, running and more running

You name it, you do it...it's a HUGE time commitment....easily 20-30 hours per week.
Remember, you have to go to classes, do homework, and study too!
However, there are some advantages to being an athlete on scholarship...
(Depending on the college)...

15-20 "instant" teammates/friends
Coach support and guidance
Dormitory placement assistance
Class scheduling assistance
Trainers for injuries and rehab
Study hall time mandated
Study hall areas
Tutors
Tutor travel assistance
Teachers you know
Teachers know you
Special computer rooms
Travel
Discipline – life preparation
Organization – time management
Athletic circle of friends
Camaraderie with other sport athletes
Tuition assistance
Book and fee assistance
Networking for future opportunities
Lifelong friendships
Some pretty fun experiences

WHERE DO I SIGN UP?

If you are serious about making the commitment and playing softball at the college level, the prospect for scholarship money exists for students with athletic ability. If you are willing to travel to colleges in other states, the opportunities increase.

GRADES -- GRADES - GRADES

First and MOST important are your grades and your classes. You MUST make sure you are taking the required CORE CURRICULUM COURSES at your high school. This begins your freshman year; even before for some AP courses that provide advanced credit. You MUST be doing your very best to secure good grades in those classes. Your grades, in conjunction with your SAT/ACT test score, determine your eligibility. Additionally, grades and testing scores will be a huge factor in the availability of supplementary academic scholarships

Verify college entrance mandatory courses for your state, and through the college you select...NOT high school graduation requirements from your high school....they MAY NOT BE THE SAME. See "core courses for your high school" on the NCAA website.

If a coach has two athletes of equal ability, then grades become paramount. Academic scholarships are also available in combination with athletic scholarships. If you want to go to a prominent school with strict entrance guidelines, being an athlete can open the doors.

This begins as early as middle school. If you are taking AP or honors courses stay on track with the core requirement guidelines. Don't waste valuable semesters taking unnecessary classes that may hold you back.

HOW DO I BEGIN?

Two (2) books you need to purchase as tools are listed below. These two resources are invaluable in your pursuit of a scholarship, and well worth the cost.

1. **Preparing to Play Softball at the Collegiate Level**, by Catharine Aradi (**READ IT**)

Available at: www.nfca-services.org/store

This book sells for \$34.95 plus shipping. Or call National Fastpitch Coaches Association at 662 / 320-2155.

Collegiate Softball Connection – Cathy Aradi website/ Softball Recruiting Web source
<http://www.fastpitchrecruiting.com/>

2. **Barron's Profiles of American Colleges**

This book includes EVERYTHING you will want to know about any college in the United States; cost, location, size, competitiveness, majors, class size, majors, student breakdown, town information, activities, etc. Available at Barnes and Noble.

THE LAST PAGE OF BOOKLET HAVE THESE, MORE WEBSITES & RESOURCES

THE JOB OF BEING A COACH

It's not "PERSONAL"...it's "**PERSONNEL**"

Every college coach is interested in having the best team possible at their school. Their job depends on the team's success. They are looking for athletes to achieve the highest level of athletic ability on their team.

NCAA coaching recruitment actions are governed by a strict set of compliance rules. These rules are often very restrictive related to communication guidelines. Understand this, and that a coach's apparent disinterest or lack of interaction with you may reflect these regulations.

Usually, the school has a predetermined number of "scholarships" or monies available. This depends on public, private, funding, fundraisers, donations, boosters, etc. For example, one school may have 12 full scholarships for the coaches to use, whereas, another may have five.

A coach distributes or "spends" these scholarships in percentages to various players. They "budget" these awards, maybe giving one athlete a scholarship at 100%, or three athletes each scholarships at 30%. Also, a combination of athletic and academic monies can be utilized to fulfill a scholarship offer (this is where grades can help).

A coach will recruit as many athletes as feasible through the distribution of their budget. The distribution also depends on the need of the team in relation to the existing and upcoming player and position enrollment status. If a team has five pitchers, it may need outfielders, or infielders.

Coaches look at potential players in relation to the openings or "slots" they need to fill presently or in the upcoming years. It is basically a supply and demand situation for recruitment. If you are not recruited by a school you like, it may simply be what vacancies need to be filled that year. Coaches pre-plan their team for years in advance.

NCAA athletic programs are now measured by the academic success of the athletes. Schools may be penalized for low academic performance – including the loss of scholarships. Therefore, coaches are placing a great deal of weight on the academic standards of new recruits. Do not take it "personally" if you are not recruited by a team, they work towards their "personnel" needs.

YOUR JOB IS BEING A STUDENT ATHLETE

So, what can you do to make sure you become a "personnel" requirement, or a sought after athlete?

- Have great grades
- Study hard
- Work hard
- Become the best athlete you can be
- Develop your skill level
- Practice, practice, practice
- Attitude

Did I say attitude? I meant...

A T T I T U D E

Give me an A! GOOD and STRONG and POSITIVE ATTITUDE

I heard of a girl being watched by a college coach during a 16U national tournament. The girl struck out. In frustration, when entering the dugout, she took off her helmet and threw it down. The coach watching then put a big "X" on her page and walked away.

PRACTICE LIKE YOU PLAY

Put your energy into practices, learn all you can, listen to your coaches....see if what they are teaching you works – they usually have your best interest at hand – *remember* – they want the team to win too.... they want you to do your best...they want you to succeed.

Be positive
Be energetic
Support your teammates
Try your hardest
Give 110%
Always be your best

Your effort DOES get noticed. College coaches often watch a team warm-up, when they aren't "expected" to be there. This gives them a candid look at how an athlete works when oblivious to being "scouted". Someone without hustle, effort, and enthusiasm can be observed in the distance.

BODY LANGUAGE

Your body language is a non-verbal clue to your attitude.

If you strike out –

Do you hit the bat on the ground?
Do you throw your helmet?
Do you throw your bat?
Do you stomp back to the dugout?

If the umpire makes a call you don't agree with –

Do you show him a sour face?
Do you shake your head "No way"?
Do you look up to the sky?

If you throw a pitch called a ball –

Do you roll your eyes?
Does your jaw drop open in astonishment?
Do your arms open in question "What's wrong with that one"?

If you strike someone out easily –

Do you smile and laugh?

Do you “Celebrate” with a high five?

If you miss a fly ball –

Do you hit your glove to your leg?

Do you kick the ground?

Do you hold your head and look down?

Someone is always watching you.

CHOOSING A SCHOOL

Your research should include finding colleges that will be a good “fit” for you including: your personality, your educational needs, your personal needs, and your desires for a major. When you start to look, choose a school for the school....not for the coach(s). Coaches leave schools. Be sure you want to stay at the school of your choice if the coach does leave. If you feel positive about both the college and the coach then that’s great.

SOME THINGS TO consider in A COLLEGE

Location – travel potential; if you get a scholarship cross country can you afford airfare to travel home on holidays and summer

Transportation; how far is the campus from the airport and what ground transportation is available

Teacher – student ratio; small class size or stadium size
Cost

Campus size; small campus or large campus

Campus location; from home, from airport, in a city

City or rural; population and transportation

Dorm situation; close to campus

Location of softball field

Location of cafeteria/meals

Location of workout room/gym/trainers

Roommate situation; share a room or your own room

Number of students on campus;

Level of softball play

Academic competitiveness; how does your sat/act compare

Majors and minors available

What major are you interested in

Is that major available

Are there alternate majors that interest you

Are there alternate majors

COMMUNITY OR JUNIOR COLLEGE

Don’t rule out Community College or Junior College. They have advantages too:

Smaller school

Smaller classroom numbers

Classes taught by professors vs. graduate assistants

Generally not 'stadium classes'

Opportunity to improve GPA

Opportunity to improve skills

Opportunity to play and go to Nationals at that level

Basic 40 core curriculum the same (ensure the JC/CC is accredited and that the credits transfer to a four year university)

Coaches will pick up JC transfers filling a need for "upper classman" maturity or vacancy

Why a JUCO?

- If you are not an NCAA qualifier academically
- If your GPA/SAT-ACT scores do not meet the college minimum requirement – may be more stringent than the NCAA requirements
- If you didn't get the offer you were hoping for
- If you need to improve your skills

Reference www.NJCAA.org for additional information. There are specific JUCO to NCAA transfer requirements. Make certain you know these requirements and stay on track.

You may receive a two year scholarship here, and then transfer to a Division I or II college for an additional two years. Furthermore, your skills may open the door for you to be a "walk-on" player at a college/university potentially providing monies.

PROMOTING YOURSELF

Promoting yourself is like applying for a job. Preparation, presentation, follow-through and follow-up are all necessary steps to succeed.

- Get organized
- Read Cathy A's book – utilize her samples
- Go to the SAT website: www.collegeboard.org
- Go to the ACT website: www.act.org
- Find schools that interest you – Profiles of American Colleges
- Find schools that have softball teams – Cathy's book, college websites
- Prepare a sport resume/profile; see www.lilsaintssoftball.com
- Prepare a letter of inquiry
- Get a box and file folders
- Keep records of your correspondence
- Send letters to 50 schools in the spring of your sophomore year with a sport resume included
- When you receive a questionnaire back from a school; fill it out, make a copy, return it ASAP – with another letter and another sport resume
- Establish e-mail contact
- Notify coaches of upcoming tournaments you'll be at; and send them a schedule of your game times.
- Make a skills video

There is potential to receive many responses. It's important to respond to questionnaires you receive, immediately. Eventually you will have to narrow your list of schools. Some colleges may "loose" interest in your position, or you may "loose" interest in that college. You can always decline a potential offer, but, you have to get the coaches *to look at you first*. Keep your contacts up, keep your opportunities open. Until you sign a National Letter of Intent, you are not guaranteed anything.

Even after signing a National Letter of Intent, your contract goes from year to year. Each year you must "earn" your renewal offer by performance on the field, observing school rules and regulations and maintaining your coursework according to the NCAA requirements (credit progression and minimum GPA). So you must continue to strive, develop, and grow. Think of it as the "pay" for your job as a student-athlete with that college.

PARENTS....., oh Parents.... .
A LITTLE HELP GOES A LONG WAY

Remember....They are 14-18

They are in school, in clubs, in church, etc.

They play softball

They play in tournaments

They practice

They do homework

They study

They are very busy

Our advice is to oversee, assist, and help with the recruiting paperwork. We've seen girls that should have received scholarships, but parents have felt, "She's old enough, she can send out letters if she wants". Trust us – it's a lot of work. Her scholarship benefits you too! Your ultimate goal is her success.

SOME RULES TO KNOW

NCAA regulations **prohibit** coaches from talking to your daughter or you until the last loss of any tournament after July 1st between junior and senior year. Prior to the "official" deadline, you may send the coach letters, e-mails, or call them. They cannot initiate contact, although they may respond to your contact. They know the rules; but, you must abide by them too. Let coaches know where you'll be for tournaments, and game time schedules. If they have time, they'll be there. They are also limited to scouting hours; therefore, it's in their best interest to attend the tournaments with the most teams present.

"PUT ME IN COACH"

The reason for playing all these games, all fall and summer long, in the heat and humidity is for **YOU!** You each have the **potential** to go to college. You each have the **opportunity** to receive a scholarship and have that education subsidized.

One important thing to remember; **WE ARE A TEAM**. The commitment you and your family made circles back to include everyone that made the same decision on this team. We want **everyone** to get a scholarship. We want to assist each other.

Freshmen, sophomores and juniors: You are responsible for your best play. By helping the team succeed, any "uncommitted" players get their chance for a scholarship. If you do well, they do well.

Seniors: You are responsible to stay with the team after getting your scholarship. Your strength helps pull up the younger players who still seek the opportunity you have been given. It is also essential to keep your skill level high to validate the decision a college coach has already made in you.

It is **not** required you win every tournament. It **is** required you show up for practices and games, do your best, learn as you go, and improve your game skill level through competition.

All weekends lead up to Nationals.

All weekends lead up to Nationals.

Our goal is to get to NATIONALS.

The biggest recruiting opportunity in the USA for the whole year is the NATIONALS.

Let your coach know if you are aware of a recruitment scouting potential (prior to, or during a tournament). That way you can be put in the game to be seen by specific coaches. Early signing is the beginning of November during senior year. November is the optimum time to be signed. (Writing letters early generates action). The potential for a scholarship remains through spring and summer. Take your potential and make your opportunity.

Scholarship hunting

Financing your college education can be done through multiple parts. First, seek information from the college/university you plan on attending. All universities have personnel that assist in this area. Fill out the applicable college, state and federal paperwork. Additionally, loan applications are available. Parents: fill out and submit a FAFSA form (Free Application for Federal Student Aid). The Federal Government has numerous grants and loans available for financially needy students/families.

South Carolina has the Hope and Life scholarship. Determine if you qualify for these. Many states have designated Lottery money to assist student's attending college in that state.

State and Federal work study jobs may be available to apply for at college.

If you are not eligible for full coverage, there are opportunities to apply for scholarships to supplement your expenses. Scholarship money is out there, just waiting to be applied for. It's available to anyone who hunts it down, meets the qualifications and follows the guidelines.

We found a \$500 scholarship for an essay winner on being TALL. Write an essay on how being tall contributed to you as an athlete. \$500 = BOOKS. \$1,000 = laptop. Other awards we found were: Milk mustache by the Dairy Association, Deodorant by Avon, Credit Union, Ford, Wal-mart, Talbot's, Army-Corp. You name it – they're out there.

Use search engines - You know them:
yahoo.com, google.com, altavista.com, dogpile.com, about.com.

Type in general information first: “Women Scholarship” – this search alone will pull up thousands of items. Go through the ones that appear to be a match to your circumstances.

As you look you may be lead down feeder sites that get more specific. If not, choose wordage that applies to your circumstances, college major, family, religion, heritage, generation, etc. Try different combinations.

Examples:

“Tall women scholarship”, “FFA scholarship”, “Veteran women scholarship”, “ethnic women scholarship”, “softball women”, “first generation scholarship”, “teacher women scholarship”, “Navajo women scholarship”, “Baptist women scholarship”, “Italian women scholarship”, “art scholarship”, “nurse athletic scholarship”, “grant softball”, “sorority scholarships”, “math teacher” ...to try a few.

Go to your high school Guidance Office and check out available scholarships. Each year they get a book full of pending scholarships available to apply for. Check this each year as some guidelines require you to be a junior and some guidelines require you to be a senior. While there check financial assistance options.

Go to the public library (You are there studying anyway, right?). Scholarship books there are five inches thick and provide many choices.

Caution: There will be websites that want you to fill out their forms, providing them with information and/or payment to provide this service. These are businesses that want to sell you advice, but they are trying to sell you their product and are not necessary. If it's a legitimate scholarship, it will be listed under the corporation's or organization's company information. **You do NOT need to pay for this information.**

I'll take a # 1 COMBO, super size. . . . N O T ! !

Remember, as an athlete you should be keeping yourself in the best possible physical condition. Use team practices to get in shape, and improve your conditioning level. If you belong to a gym, or club; see a trainer for sport specific training exercises and stretches. One easy way to stay in shape is with your diet. By the word diet, I do **NOT** mean calorie reduction. I mean - *food that goes into your body*. Just remember...”Junk in, junk out”! Your body functions from the foodstuff it is fed; feed it well and your energy level remains higher. You can actually eat more if you eat right. Muscle weighs more than fat. So as you tone, your weight may not change. Feed yourself well, some food suggestions:

NO sodas, fried foods, hot dogs, white bread, chips, sweets – skip all the EMPTY calories. Don't skip breakfast.

Complex carbs; whole grain wheat in breads, pasta, pita/tortilla products, brown rice
Nutritious cereals – like TOTAL or oatmeal not Lucky Charms

Fruit over fruit juices; whole oranges, bananas, berries, apples, melons, kiwi

Nuts – raw almonds, pecans, walnuts, peanut butter, almond butter

Dairy – milk, cottage cheese, cheeses (not cheese food), and yogurt – plain is best

Vegetables – sweet potatoes, peppers, green beans, salads, greens, broccoli, asparagus, and cauliflower- watch simple carbs in potatoes. Corn and peas are also hard to digest

Protein – fish, tuna, salmon, chicken (not fried), eggs, pork, beef, veggie burgers, beans, lentils,

Shake: (Snack or breakfast with protein powder included)

Milk or Rice Dream

Whey protein powder or yogurt

Frozen strawberries (buy frozen in bag)

Blend and drink

Can add banana, blueberries, peaches or any fruit – freeze fruit for use in shakes

Frozen fruit makes it frosty while adding nutrition

Protein Pancakes:

Protein powder

Egg

Milk or Rice Dream

Mix to consistency of batter. Using spray olive oil and non stick pan cook as pancakes.

Using chocolate powder; save a pancake and when cool spread with peanut butter and roll up for a “peanut butter cup” protein snack.

Snack Ideas:

Apple slices with peanut butter

Orange and almonds

Cottage cheese with fruit

Cheese stick and banana

Colby/cheddar cheese and wheat crackers

Yogurt and fruit – stir protein powder into yogurt

Hard boiled egg and berries

Wheat bagel and peanut or almond butter

Bran muffin and hard boiled egg

Pepper, carrot, celery slices

WATER! WATER! WATER! – Carry it with you where ever you go and you’ll drink more every day. Make sure you bring **WATER** to all practices and games.

Sample Introductory Letter

August 1, 2005

Mr. Jon Doe
University of WannaBee
100 U. Hope Road
Anyplace, OK 00001

RE: Softball Program

Dear Coach Doe:

I am writing to introduce myself, and to inquire about the University of WannaBee and your softball program. Presently, I am a junior at Central High School, in Hometown, SC. I graduate in May, 2006.

I compete for both the Central High School varsity and the Carolina Crush 18U ASA softball teams. I am a pitcher, and additionally play first base.

Enclosed, please find a copy of my profile describing my athletic and my academic accomplishments. Also, a schedule of upcoming tournaments I am attending. My degree interest is business.

I look forward to hearing from you, and would appreciate any information you have related to the University of WannaBee and the softball program.

If you have any further questions, I may be reached at (864) 406-2222, or myweb@comcast.net. Further information may also be obtained at www.carolinacrush.com.

Thank you for your time and attention to this request.

Sincerely,

Jenny Benny
725 N. Main St.
Hometown, SC 00001
(864) 406-2222
myweb@comcast.net

Enclosures

Sample follow-up when no response from introductory letter

September 1, 2005

Mr. Jon Doe
University of WannaBee
100 U. Hope Road
Anyplace, OK 00001

RE: Softball Program

Dear Coach Doe:

I would like to follow up to my letter of August 1, 2005.

Presently, I am a junior at Central High School, in Hometown, SC. I graduate in May, 2006.

I compete for both the Central High School varsity and the Carolina Crush 18U ASA softball teams. I am a pitcher, and additionally play first base.

Enclosed, please find a copy of my profile describing my athletic and my academic accomplishments. Also, a schedule of upcoming tournaments I am attending. I would like to mention that we play at the Foothills tournament the weekend of September 16 – 19, in Sunrise, SC.

I look forward to hearing from you, and would appreciate any information you have related to the University of WannaBee and the softball program.

If you have any further questions, I may be reached at (864) 406-2222, or myweb@comcast.net. Further information may also be obtained at www.carolinacrush.com.

Thank you for your time and attention to this request.

Sincerely,

Jenny Benny
725 N. Main St.
Hometown, SC 00001
(864) 406-2222
myweb@comcast.net

Enclosures

Sample reply follow-up to questionnaire or receipt of spontaneous mailing

August 17, 2005

Mr. Jon Doe
University of WannaBee
100 U. Hope Road
Anyplace, OK 00001

RE: Softball Program

Dear Coach Doe:

Thank you for the information you sent to me regarding the University of WannaBee and your softball program.

Enclosed, please find your completed questionnaire. Also, a profile and a schedule of upcoming tournaments I am attending. We play in Dallas, SC, on September 23 – 25 at the Fall Festival tournament.

I look forward to hearing from you related to the University of WannaBee and your softball program.

If you have any further questions, I may be reached at (864) 406-2222, or myweb@comcast.net. Further information may also be obtained at www.carolinacrush.com.

Thank you for your time and attention.

Sincerely,

Jenny Benny
725 N. Main St.
Hometown, SC 00001
(864) 406-2222
myweb@comcast.net

enclosures



Lil' Saints Softball profile on:
Sarah Jo Pauly

Address: 15036 S. 25th Street
City/State/Zip: Phoenix, AZ 85048
Phone Number: (480) 759-7897
Parents: Rick and Joan Pauly
Date of Birth: January 24, 1983
Position: Pitcher/First Base
Graduates: May 2001
Educational Interest: Marine Biology/Science
GPA: 2.5
CURRENTLY ATTENDING:
High School: Desert Vista High School
Address: 16440 S. 32nd Street
City/State/Zip: Phoenix, AZ 85044
Contact: Coach Steve Glass
Phone Number: (480) 706-7900, X-7720
ACT/SAT: Due 2000

PHYSICAL INFORMATION:

Height: 6'1"
Weight: 150 lb.
Throws: Right
Bats: Right

STATISTICS-PITCHING:

.56	ERA
.947	Win Percentage
.062	Base on Balls Percentage
.248	Strike Out Percentage

RECOGNITION AND ACCOMPLISHMENTS:

2000 All-Arizona Softball - First Team Pitcher
2000 All-East Valley Softball - Player of the Year
2000 & 1999 All-East Valley Softball - First Team Pitcher
2000 All-Area Softball - First Team Pitcher
2000 All-Area Softball - Pitcher of the Year
2000 All-Region Softball - First Team Pitcher
2000 Tempe All City Team - Pitcher
2000 & 1999 Tribune Athlete of the Week
2000 Arizona 5A State Tournament, Quarterfinals
1999 All-Arizona Softball - Second Team Pitcher
1999 ASA National Tournament with 18 Gold Lil' Saints; TN
1999 Arizona Republic's "Softball Super-Dozen"
1999 Arizona 5A State Tournament, 3rd Place
1999 Sea World Careers Camp, San Antonio, TX
1999 MVP, Desert Vista High School
1998 USA Olympic Team Trials, Fresno, CA
1998 Lil' Saints Most Improved Player Award, 16U
1998 ASA 16U National Tournament, Novi, MI - 9th Place
1997 USSSA 14U National Tournament, Steamboat Sp., CO

Lil Saints Softball Profile on:



Sara #5

Personal

Address: 3143 W. Stella Ln.
 City: Phoenix
 State: Arizona
 Zip: 85017
 Phone: (602) 841-8673
 E mail: soft9ball@aol.com
 Parent's Names: Ted & Helen
 Date of Birth: December 4, 1981

High School

High School: Washington High School
 Address: 2217 W. Glendale Ave.
 Phoenix, AZ 85017
 Phone: (602) 915-8402
 SAT: 1020
 Clearing House: Yes

Athletic Accomplishments

- 1999 2nd Team All State
- 1999 1st Team All Region-OUtfield - Desert Sky Region
- 1998 2nd Team All Region Shortstop - Desert Sky Region
- 1998 1st Team All Region Outfield - Desert Sky Region
- 1998 ASA 16U National Tournament-9th
- 1996-98 Lil Saints Golden Glove Outfield Award
- 1994-99 Lil Saints Softball Organization
- 1996 ASA 14U National Tournament-7th
- 1994-1996 Bating Award-Lil Saints
- 3 Years Varsity Softball-Washington High School

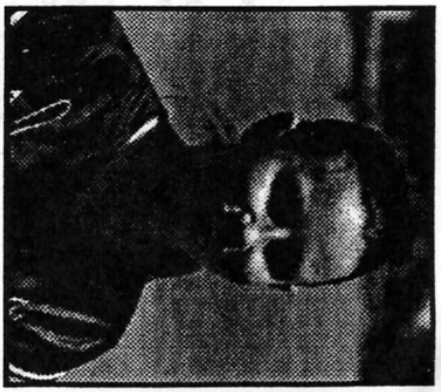
Position:	OF/SS
Graduates:	2000
GPA:	3.54
SAT Score:	1020

Physical Information

Height: 5' 5"
 Weight: 135
 Throws: Right
 Bats: Right

Statistics

Bating Avg: .449
 OBA: .585
 Stolen Bases: 2/2



Academic Accomplishments:

- 1998 Inducted National Honor Society
- 1997-98 Scholar Athlete Award