

HIGH SCHOOL — SOFTBALL

CHARLOTTE CHRISTIAN SCHOOL **MARY CAROLINE EATON**

Catcher

Senior

MC is the most dedicated athlete on the softball team, and one of the hardest working athletes at the school. She never misses lifts or an open gym opportunity. Her leadership is demonstrated in the weight room, classroom and on the field. She led the conference in RBIs and home runs while being one of the best hitters in the state. All of the hard work has paid off as she will compete at the D1 level next year. ~Cameron Lewis

DACULA **MAIA MUMPFIELD**

Pitcher

Senior

Maia was the senior leader for our Region Champion softball team. Maia was the number one pitcher who led the team to the second round of the state tournament, but also was one of the top hitters on the team, hitting in the 3rd spot each game. Maia has also been outstanding in our strength & conditioning program and really stood out as a leader in the weight room as well. Maia is a tremendous asset to our school, athletic program, and community. Maia has done extremely well academically as well, maintaining a 3.4 GPA. Maia will attend Georgia State in the fall on a softball scholarship. ~Brad Palmer

EPISCOPAL HIGH SCHOOL **CAMILLE WALKER**

Senior

Camille has emerged as a leader in the weight room and made huge strides in her improvement due to her commitment to consistently showing up and working hard. She is often found educating and encouraging her teammates to follow her lead during workouts. She has taken a true interest in her training and is always seeking further insight into the program and ways she can get ahead. Camille understands the important role resistance training can play in sports performance and long term well being, and has grown to become passionate about spreading her knowledge to others. ~Luke Martin

GREENWOOD COMMUNITY HIGH SCHOOL **ANNA PRITCHETT**

Center Fielder

Senior

I always tell our athletes when they are training that the Navy Seals never think they will lose a fight because they always revert back to the level of their training and they know that they train harder and smarter than all of their enemies. This sums up Anna Pritchett down to the letter. She brings an intensity to the weight room that I don't think I've seen before. You will sometimes see others watching her when she performs Olympic lifts because they are perfect and EXPLOSIVE. She makes all the girls in her training group better. She is an outstanding student athlete who will play softball next year at Marian University in Indianapolis. Without a doubt one of the toughest and most intense strength athletes that I've had the pleasure of coaching. A great athlete and an even better person which is what we want here at Greenwood High School. ~Jerrod Watson

HIGH SCHOOL — SOFTBALL

GREER HIGH SCHOOL

TATE DAVIS

3B, C, UTIL

Sophomore

Tate is one of the hardest working athletes that I've ever worked with. Her grit and determination drive an uncanny work ethic. She is constantly wanting to improve herself and her game. She has started on varsity since her 8th grade year. Last season as a freshman, she hit .528 BA (25-48), 1.104 SLG with 30 RBI, 4 doubles, and 8 HR. She was voted All-Region and All-State. Her biggest challenge has been overcoming tearing her UCL this past summer. I have been able to witness her attack every day and every training session with 100% intensity. Her willingness to push her body and push her rehab has been fun to watch (although frustrating at times to get her to understand the importance of not pushing too far). She has a bright future ahead of her and any coach would be proud to have Tate in their program! ~Matthew Landreth

LAKE CENTRAL HIGH SCHOOL

BREE MITCHELL

outfield

Senior

Bree is an outstanding representative of our girl's athletic teams and the athletic programs in general at Lake Central. She continually tries to improve herself and her teammates in the weight room and on the field. I appreciate Bree's willingness to help "coach up" the younger players in the weight room. Bree also participates in Dollars for scholars and the National Honors Society. I look forward to her taking the next step as a collegiate student-athlete. ~Thomas Halterman

MARY'S FITNESS

TAYLOR GEBHART

Pitcher

Senior

I started working with Taylor seven years ago. Her love of swimming and softball grew along with her desire to improve her performance in both sports. She has learned proper lifting and progression, embracing what strength & conditioning has done to elevate her level of play. She has also worked with pitching and batting coaches to help her on the field. During the pandemic she became an exceptional student, realizing the effort she put into her studies had a direct reflection on her performance in the classroom. She has earned a collegiate scholarship to play softball this next academic year, and is also pursuing academic scholarships. Taylor has the attributes of an All-American. ~Mary Bushkuhl

POLAR CRUSH SOFTBALL

CAITLYN DUQUETTE

1B, OF

Junior

Caitlyn committed seriously to lifting throughout our fall and winter training months, attending multiple days per week and adding substantial weight and technical proficiency to many of her lifts (265x2 box squat, 105x2 barbell row, 165x5 RDL, 225x4 trap bar deadlift, 75x2 power snatch, 90x2 bench press). This dedication to strength and power development has translated directly to many of her on-field and sport-specific metrics as well, including a 73 MPH bat exit velocity (+10 MPH in three months), a 17.91" vertical jump, a 6'9" broad jump, a 58 MPH overhand throw, and a 4.92 pro-agility shuttle. ~Jennifer Boyden



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — SOFTBALL

RAYTOWN SOUTH HIGH SCHOOL

CARLEYSIA LEVERETTE

Infielder

Sophomore

Carleysia has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

TOPSPEED STRENGTH & CONDITIONING

KATIE CHESTER

3B/1B

Senior

As a senior Katie was;
KMBC athlete of the week
first team all conference
first team all district
first team all region
first team all state
academic all state
re-broke school homerun record
district champions
offensive player of the year
Finished with the 2nd most home runs ever hit by a high school player in the state of Missouri, and did it all while carrying a 3.95 GPA. Signed with the University of Missouri. ~Joseph Potts

TYLER LEGACY HIGH SCHOOL

MADDIE FLANERY

Senior

It's been a pleasure watching Maddie grow and work the last couple years. She's often the first one in the weight room, with a smile on her face, and always ready to work. This shows in her impressive speed, jump ability, and softball game. She is very prepared for the next level. ~Andrew Pichardo