

The logo for ProSport, featuring the word "ProSport" in a stylized font with a blue swoosh underneath, set against a background of brown dirt.

# Revolution Softball

Our main goal is to take a team of dedicated 7th, 8th and 9th grade athletes and prepare them for high school athletics and academics. We will provide a team that will build softball skills, fitness levels, self esteem and community awareness in a positive encouraging environment.

We want to prepare these athletes for high school softball. We will do this by working on all facets of the game. We will start by working diligently on softball fundamentals - throwing, catching, fielding, hitting and base running. When we say work we mean our trained coaching staff will teach the athletes to perform these movements correctly. This may seem novice, but the attention to details will help keep our athletes free from long term injuries. We will build on that foundation with physical training like core training, strength training, flexibility, agility and speed training.

The demands on each player will be rigorous, but with work comes reward. The success of each player is contingent upon their individual desire and effort they put into this team.



Trbo Donohue  
Head Coach



Julie Presnall  
Assistant Coach



Kristen Pocock  
Assistant Coach

## ProSport Revolution Softball

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