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## Ava Conti - P/iB

Grad Year: 2023  
Throws Right/Bats Right  
DOB: 05/23/05  
Home Town: Redwood City, CA  
Player Email: [avaConti975@gmail.com](mailto:avaConti975@gmail.com)  
Player Phone #: (650) 556-6376  
Parents Names: Beth and Joe Conti  
Parents Phone #: (650) 504-1061; (650) 867-6983  
Parents Email: [bcahnor@aol.com](mailto:bcahnor@aol.com); [joeconti60@gmail.com](mailto:joeconti60@gmail.com)

## Academics

School: Carlmont High School  
Address: 1400 Alameda de las Pulgas, Belmont CA  
Current Grade: 10  
Current GPA: 3.67  
College Major interest: Undetermined

## Sorcerer Faulstich

Head Coach: Mike Faulstich

Phone: 707-628-2020

Email: [mfaulstich@yahoo.com](mailto:mfaulstich@yahoo.com)

Assistant Coach: Brian Sullivan

Assistant Coach: Dave Garcia

Team/Organizations Website: <http://sorcerersoftball.org/>

## Hitting/Pitching Coach:

Hitting: Thomas Neil (480) 376-6765

Pitching: Jason Luli-Kinsey (619) 453-8116

## Athletic Accomplishment/Recognition

- 2021: Extra Innings Softball #48 nationally ranked player.
- 2020: Fastpitch Network #43 nationally ranked player & #19 ranked pitcher. Extra Innings Softball #41 ranked player.
- 2019: Extra Innings Softball #43 nationally ranked player & #20 ranked pitcher. 5<sup>th</sup> place in 14U Power Pool at Colorado Sparkler Nationals (pitched 2 hit victory over Arizona Storm Appel to advance to final day); top 15 at PGF National Championship 14U Premier.
- 2018: 5<sup>th</sup> place at 12U Kansas City USSA Elite Nationals (pitched 5 games in 1 day, defeating PGF CHAMPIONS Tennessee MOJO 2023 on 4<sup>th</sup> game); 13<sup>th</sup> place at PGF National Championship 12U Premier.
- 2017: 7<sup>th</sup> place finish at PGF National Championship 12U Premier (2<sup>nd</sup> highest ranked pitching stats for wins among all pitchers); named "Player to Watch" by Extra Innings Softball.

**Personal Statement:** I'm a 5'8" 158lb pitcher/first baseman from Redwood City, California. I'm recognized for my composure and control in the circle and can hit for power to all fields. My pitching arsenal includes rise, change, screw, curve, drop, and am known for having great spin. I graduate from Carlmont High School in 2023, and I've been a starting Varsity softball player since freshman year.

I consider myself a hard worker and I pitch and hit daily, working not only on my physical body but also my mental game. When not practicing softball, I enjoy working out, going on hikes with my friends, and cooking. I have always valued team unity. When your team is well bonded and on the same page, you can beat even the toughest competition. That's why I try to be the best teammate I can be, supporting others and making sure everyone is engaged. Focus and mental clarity also play a huge role in my performance. While pitching, I never want to show my emotion to the batter, whether I'm throwing a shut out or just given up a homerun. If you show too much emotion, the opposing team may feel they've gotten in your head which can disrupt your mental game.

I started softball at 4 years old and always aspired to play at the highest level. I constantly told my parents I wanted to play in the Olympics. That is why I want to play D1 college softball. It's how I can further my love and competitiveness for the game while also getting my college education. I am more than willing to travel for school as I will do anything to play at the highest level.