

ROOSEVELT, UT SOFTBALL CA

COACHED BY PRO & D1 COACHES & PLAYERS PAST & PRESENT

10-2, 2:30-3:30

DEC. 9, 2023



INDSEY PALMER DE LEON

9yr NCAA D1 & JC Coach



PAULSON

Current Italy Professional Player, BYU Coach, BYU



LAUREN BELL

Recent D1 College



SHARRAR

University of Utah



PAULSON

Brigham Young University





Mental Training & Leadership



Fielding & Hitting



Speed & Agility & **Injury Prevention**



Base Running