



## SOFTBALL FASTPITCH PITCHING FUNDAMENTALS



### Accomplishments **Melinda Cook-Carpenter**

#### **University of Redlands Redlands, CA**

2007-2008 Masters of Arts, Management

#### **University at Albany Albany, NY. (NCAA Division III)**

1994 - 95 Best Strikeout ratio (12.7) per 7 innings

1994 - 95 East Coast Co-Player of the Year

1994 - 95 Athlete of the Year

1994 - 95 Deans List BA

UA - Single Season Pitching Stats

1995 – Career Pitching Stats

Wins	11
Win Percentages	.786
Strikeouts	169
Earned Run Average ERA	.51
Complete Games	14

1995 - Career Batting Average .509

1995 - Straight Scoreless Innings Record - 40

#### **Arizona State University Tempe, AZ. (NCAA Division I)**

1990 All Pac 10 - Utility Player

1990 ASU Outstanding Pitcher

1990 Bud Light National Invitational

MVP/ All Tournament Team

ASU - Single Season Records

1989 - Runs Batted In - 33

1989 - Hits – 55

#### **Rim of the World High School Lake Arrowhead, CA.**

1986 All California Interscholastic Federation (CIF) Southern California Team

1987 All CIF

1985 - 88 San Andreas League (All-League)

1987 - 88 San Andreas League (MVP)

1985 - 88 San Bernardino County Prep Athlete of the Month multiple times

1986 - 87 Who's Who American High School Students