

Rachel Benden #15 – P, 3B, OF – Damascus, MD



Bats/Throws: Right/Right
Positions Played: P, 3B, OF
Birth Year: 2001
Grad Yr: 2019
Age: 15
Height: 5'5"
Parents: Dennis & Tracey Benden
Email: dtbenden@msn.com
Skills Video: <https://youtu.be/eIXxNOSpt2w>



For more information on this player please contact:
 Coach Heather Costigan (Head Coach) heather.costigan@gmail.com 410-465-8821

Rachel Benden	
<p style="text-align: center;">Coaches Information</p> <p>High School: Damascus High School Damascus, MD Coach: Lindsay Durkin Contact Info: Lindsay_R_Durkin@mcpsmd.org</p> <p>Select Team: Maryland Patriots 16U A Coach: Heather Costigan Contact Info: 410-465-8821 Pitching Coach: Joe Cunningham Contact Info: joeirish41@gmail.com Hitting Coach: Joe Liguori 301-706-9659 Strength and Conditioning Coach: Chris Hannigan – Hannigan Performance 240-315-7042</p> <p style="text-align: center;">Academic Information</p> <p>Major of Interest: GPA: 3.2 SAT: N/A ACT: N/A NCAA Clearinghouse #: N/A</p> <p>Awards/Honors:</p> <p>2016/17 Courses: English – Honors Government - Honors Geometry Physical Science Child Development American Sign Language Digital Literacy</p>	<p style="text-align: center;">High School Softball</p> <ul style="list-style-type: none"> • Starting Varsity pitcher fr. & so. Year • .564 batting avg for 2017 season • Voted MVP for 2017 season <p style="text-align: center;">Travel Softball</p> <p>6 Years Select Softball Experience</p> <p>Highlights</p> <ul style="list-style-type: none"> • 2016 Monster’s Bash Runner-Up • 2016 Fall Extravaganza Champions • 2016 Midway Summer Slam Champions • 2016 May Madness Champions • 2016 Abigail Parrott Tourn. Runner-Up • 2015 Lake Shore Freedom Fest Champions • 2015 USA Elite Tryout • 2014 Field of Screams 14U-2nd place • 2014 Crabtown Crackdown 12U Champions • 2012 Fun in the Sun 10U Champions <p style="text-align: center;">Softball Camps</p> <ul style="list-style-type: none"> • Shippensburg Univ. Showcase – Jan 2017 • MD Black Ice College Showcase – June 2016 • Jerrad Hardin Elite camp - June 2016 • UVA Skills Camp – Dec 2015 • 5-Star Athletics Skills Camps • Univ of MD Skills Camps • OBGC Skills Camps <p style="text-align: center;">Softball Showcases*</p> <ul style="list-style-type: none"> • Mid Atlantic Invitational-Oct 2016 • Baseliners East Coast College Showcase-Oct 2015 <p>Other Profile Links: www.hcypatriots.net</p>