

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



Bats/Throws: Right/Right
Positions Played: P, 3B, OF
Birth Year: 2001
Grad Yr: 2019
Speed: Home → 1B: Home → Home:
Age: 14
Height: 5'4"
Parents: Dennis & Tracey Benden
Email: dtbenden@msn.com
Skills Video: TBS



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

Rachel Benden

Coaches Information

High School: Damascus High School
Damascus, MD

Coach: Amanda Quay

Contact Info:

Amanda_L_Quay@mcpsmd.org

Select Team: HCYP Patriots 14U Red

Coach: Heather Costigan

Contact Info: 410-465-8821

Pitching Coach: Joe Cunningham

Contact Info:

Hitting Coach: Joe Liguori
301-706-9659

Strength and Conditioning Coach:

Chris Hannigan – Hannigan Performance
240-315-7042

Academic Information

Major of Interest:

GPA:

SAT: N/A

ACT: N/A

NCAA Clearinghouse #: N/A

Awards/Honors:

2015/16 Courses:

High School Softball

Travel Softball

6 Years Select Softball Experience

Highlights

- 2015 Lake Shore Freedom Fest 14U Champions
- USA Elite Tryout 2015
- 2014 Field of Screams 14U-2nd place
- 2014 Crabtown Crackdown 12U Champions
- 2012 Fun in the Sun 10U Champions

Softball Camps

- 5-Star Athletics Skills Camps
- Univ of MD Skills Camps
- OBGC Skills Camps

Softball Showcases*

- Baseliners East Coast College Showcase-Oct 2015

Other Profile Links:



Player Photos