

WASHINGTON

LadyHawks

16U

Coach: Alison Mitchell
Contact: alison.mitchell@ladyhawksfastpitch.org
206.276.9436

Recruiting Coach: Alison Mitchell
Contact: 206.276.9436

14 - Ashlyn Lyons



alyons@ladyhawksfastpitch.org

Grad Year:	2014	Height:	5' 7"
DOB:	3/12/1996	Home to First:	3.0
GPA:	3.5	Home to Home:	12.5
SAT:	NA	Bat/Throw:	Left/Left
Math:	NA	Primary Position:	Pitcher
Writing:	NA	Other Position:	1B
Reading:	NA	Overhand throw:	53 mph
ACT:	NA		

ACADEMIC INFORMATION

Committed? No

Anticipated Major: Undecided

High School: DeSales Catholic High School

High School Coach: Russell Vera

Academic Achievements:

- 2009-11 National Junior Honor Society
- 2009-10 Student of the Year Journalism
- 2009-10 Principal's List
- 2009-10 Perfect Attendance
- 2010-11 DeSales Math Team
- 2010-11 WIAA Outstanding Scholastic Award
- 2009-10 Editor of the School Paper & Yearbook Editor
- 2009-12 ASB Student Leadership

Community Service:

- 2010 Community Thanksgiving Server
- 2009 Parks & Rec Youth Soccer Referee
- 2010 St. Patrick's Dinner Server
- 2010 Walla Walla Sausage Festival Volunteer
- 2011 Girl's League Volunteer

ATHLETIC ACHIEVEMENTS

- 2011 Sun Classic Combine Camp
- 2011 Fastpitch NW Player to Watch list
- 2011 DeSales High School Varsity Softball (Team Captain)
- 2011 Seattle Times Athlete of the Week
- 2011 DeSales High School Softball MVP
- 2011 All-League 1st Team
- 2011 All-Area/Class Honorable Mention
- 2011 DeSales Softball 2nd Place Districts
- 2011 DeSales Softball State – 4th Place
- 2011 NW Fastpitch Personal Evaluation Camp
- 2011 NW Fastpitch Championship Tournament
- 2011 WA Ladyhawks 16U, PGF National Qualifier
- 2010 DeSales High School Varsity Softball
- 2010 DeSales High School Softball MVP (as 8th grader)
- 2010 All-League First Team (as 8th grader)
- 2010 All-State Honorable Mention (as 8th grader)
- 2010 Seattle Times Athlete of the Week
- 2010 DeSales High School Softball – League Champions
- 2010 DeSales High School Softball – 3rd Place Districts
- 2010 DeSales High School Softball – 3rd Place State
- 2010 Walla Walla High School Varsity Soccer
- 2010-12 DeSales High School Varsity Basketball