

JANUARY 2021

In this issue...

- UPDATES
- WINTER WORKOUTS
- PRESIDENT'S CAMP
- COACHES CORNER
- MUCH MORE...

Updates

- WINTER WORKOUTS: 1/9, 1/23, 1/30, 2/6, 2/13, 2/27, 3/6
- BLAST - HITTING SENSOR \$125 + \$60 SUBSCRIPTION
- SPECIAL PRESIDENT'S WEEK CAMP
- NEW UNIFORM SIZING AND ORDERS

Winter Workouts

OUR WINTER PROGRAM AT "THE BUBBLE" HAS NOW EXPANDED INTO TWO SESSIONS. WE HAVE GROWN BECAUSE PEOPLE BELIEVE IN WHAT WE DO FOR THE PLAYERS. OUR WORKOUT FEATURES PITCHING, CATCHING, HITTING WITH BLAST TECHNOLOGY, FIELDING, AND BASE RUNNING.



Blast Hitting

THIS WINTER LDP IS INTRODUCING THE USE OF THE BLAST MOTION SENSOR. THE SENSOR IS ATTACHED TO THE KNOB OF THE BAT AND IS SYNCED TO THE BLAST APP. BLAST PROVIDES DRILLS AND TIPS TO IMPROVE NUMBERS IN THESE AREAS: PLANE, ROTATION, AND CONNECTION. IF YOU HAVE NOT PURCHASED YOUR SENSOR, LDP HAS A LIMITED INSIDER PRICE OF \$125.00 EACH.



President's Week Camp

Tues, Feb 15th to Thurs, Feb 17th

Located at Action Baseball/
Softball Academy

Tuesday
Pitching, Catching, & Defense

Wednesday
Hitting w/ BLAST technology

Thursday
Speed & Agility Bootcamp



**2021 PRESIDENT'S
WEEK CAMP**

CLICK HERE TO SIGN-UP

Coaches Corner

"Hi, my name is Maria Palmeri and I am a 26-year-old doctoral student and practicing cognitive-behavioral therapist studying to earn my Ph.D. in Clinical Psychology and Neuropsychology with a Health Emphasis.

My playing career began at the age of 2 when my dad took me to my first tee-ball practice at a little league in Reiff Park where I picked up a glove and never looked back! I played varsity softball for Archbishop Molloy High School where I primarily pitched and played shortstop. During my time at Molloy, we were State Champions in 2011 (the first-ever in school history!), City Champions, and 4-time Brooklyn-Queens Champions.

After graduating from Molloy in 2012, I continued my playing career in the NCAA as an LIU Post Pioneer (formerly C.W. Post, Long Island University). I started at second base my freshman year then soon made the switch to third, where I carried out the remaining 3 years of my career.

I was fortunate enough to have the amazing experience of playing in the Women's College World Series. I was also lucky to contribute to LIU Post softball's most winningest season of all-time, become an East Coast Conference Champion, and compete in various other regional and sub-regional championships.

I began coaching with LDP after my career at LIU in 2016 to aid in the development of players in varying aspects of their game, specifically specializing in pitching, and worked to develop a hitting clinic during my first year as a coach. I am extremely excited to rejoin LDP this year to help continue to develop and hone growing athletes' skillsets as they strive to improve their game!"



Coach Maria

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't do."

Our Social Media

WEBSITE:

WWW.LADYDIAMONDPROS.COM

FACEBOOK & TWITTER:

@LADYDIAMONDPROSNY

INSTAGRAM:

@LADY_DIAMOND_PROS

YOUTUBE:

@LDP_FASTPITCHSOFTBALL

Celebrating January Birthdays

Cadence Ciorciari

Grace Bekios

Ariana Williams

Angelica Capparelli

Sophia Raymond

Makayla Stevenson

Amber Mangold

Happy Birthday