

Cara Martin Class of 2021

P / 1B / OF Number 9



Parents: Jeff/Laura Martin
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Phone: (703) 690-8256 Cell: (703) 919-4316
Email: (cmart969@gmail.com)
Birth Date: Date: September 2002 Age: 16
Height: 5'8" Weight: 165
BATS / THROWS: L / L
NCAA Eligibility # - 1808277474
HS: South County High School
8501 Silverbrook Road, Lorton, Virginia 22079
GPA: 4.265 PSAT: 1410

Summer 2019 Schedule:

Jun 8-9 – Queen of Diamonds, Laurel MD
Jun 15-16 – Summer Jam NIT, Sterling VA
Jul 24-29 – USA Elite World Championships. Viera FL

Academic Achievements:

2018-19: All As Honor Roll – All Honors courses
2018: All-District HS chorus
2018: Secretary, Adv Women's chorus
2017: Honors Junior Choir – performed at Carnegie Hall
2017: All-State, All-District middle school chorus

Athletic Achievements:

2019: Virginia HS Class 6 State Champions (South County)
2019: Virginia HS Class 6 Player of the Year
2019: 1st Team All-Metro, Washington Post
2019: 1st Team All-State, Pitcher
2018-2019: Scholar Athlete Award (highest GPA)
2018-2019: 1st Team All-Region, Pitcher
2018-2019: Patriot District All-Tournament Team
2018-2019: 1st Team All-District, Pitcher
2018: 2nd Team All-State, Pitcher

Community Service/Volunteer Work:

2017-2019 – Math Honor Society – math tutor volunteer
2014-2019 - Youth Choir, Burke Presbyterian Church
2017 – Volunteer, Zukowski Charity Golf Tournament
2016 – Counselor-in-Training – Camp What-a-Kid
2015 – Volunteer, Susco 8K charity fun run

Travel Coach

Tom Meyer / 571 643 6882
tmeyer@horstfrisch.com
www.firebirdsfp.com

Pitching Coach

Denny Tincher
tincherpitching@aol.com

High School Coach

Head Coach
Gary Dillow
Email
CGDillow@fcps.edu

Tournaments:

2019: USAES World Championship – Viera, FL
2018, 2019: Virginia HS Class 6 State Tournament
2018: Scenic City Showcase – Chattanooga
2018: TNT Showcase Invitational, DE
2018: MVP International Athletics - Italy
2018: Glory Strikeout Cancer Invitational
2017: Va. Scrappers Showcase
2017: ASA HOF 16U Qualifier

Camps:

2019: Christopher Newport Pitching Clinic
2019: Virginia Tech Pitching Clinic
2019: Univ. of Maryland Winter Pitching Clinic
2018: Tincher College Experience – Springfield, VA