

THE DIRT

Insights from PFP



PLANET FASTPITCH STAFF SET FOR 2021

I am so happy and proud to announce that two former alums and Division 1 coaches have returned to PFP! Welcome home Olivia Gamache and Mary Holt-Kelsch!

We have a DREAM TEAM at PFP with one common mission. Our goal is to create the best possible experience for each softball athlete and family. With care, compassion, conviction and competency, we blend our passions with principles to create a system of educational deliverables that take our athletes to the next level. We set high standards for our facility, our culture and for the continuing growth in the science of our sport. And we truly love our players and what we have been blessed to do with our life's work.

Introducing the 2021 PFP Dream Team!



PFP DREAM TEAM

MASTER & VETERAN INSTRUCTORS

Denise Davis

Owner, Planet Fastpitch

Rutgers University, B.S. (Athlete)

University of Rhode Island, M.B.A. (Assistant Coach)

Boston University (Pitching Coach)

Mary Holt-Kelsch

PFP Varsity School Alum

Kent State University, B.A. (Athlete)

Lafayette College (Assistant Coach)

University of Rhode Island (Associate Head Coach)

Brandice Balschmiter

PFP Varsity School Alum

University of Massachusetts - Amherst, B.A. (Athlete)

University of Massachusetts - Amherst (Assistant Coach)

Megan Colleran

PFP Varsity School Alum

University of Massachusetts - Amherst, B.A. (Athlete)

Ellen McDonnell

PFP Varsity School Alum

Lafayette College, B.A. (Athlete)

Olivia Gamache

PFP Varsity School Alum

Tennessee State University, B.A. (Athlete)

Roger Williams University (Assistant Coach)

University of Rhode Island (Assistant Coach)

Emma Mendoker

PFP Varsity School Alum

University of Massachusetts - Amherst, B.A. (Athlete)

Williams College (Assistant Coach)

Shannon Smith

PFP Varsity School Alum

University of Kentucky, B.A. (Athlete)

University of Kentucky, B.S. (Bullpen Manager/Student Coach)

Kerri Jacklets

Providence College, B.A. (Athlete)

Brown University (Assistant Coach)

Providence College (Assistant Coach)

Providence College (Head Coach)

STAFF BIOS

PFP DREAM TEAM

ADMINISTRATIVE STAFF

Debra Dempsey
Team & Personnel Coordinator

Jesse Brytowski
Information Technology Manager

Joyce Arcand
Marketing Coordinator

Kate Condon
PFP Intern & Senior Instructor
PFP Varsity School Alum
University of Massachusetts – Dartmouth (Current Athlete)

Kayla Finacchiaro
Video Operations Coordinator
PFP Varsity School Alum
Framingham State University, B.A. (Athlete)

Mikayla Rubin
PFP Intern
Fairfield University (Current Athlete)

Tricia Gallo
Financial Manager

Wil Arcand
Facility Operations Manager



MEDICAL STAFF

Luke S. Oh, MD, FAAOS, FAOA
Orthopaedic Surgeon, Sports Medicine Specialist, Clinical Scientist, Healthcare Consultant, Physician Entrepreneur, MedTech Advisor

Donna Moxley Scarborough, PhD, MS, PT
Biomechanist at Boston Red Sox & Senior Sports Medicine Research Scientist at Massachusetts General Hospital

Izzy Antonelli
PFP Varsity School Alum
Boston University (Athlete/Pre-Med)

Tory Hueston, MSPT, ATC
Owner, Matrix Sports Medicine & Physical Therapy

CANINE SUPPORT STAFF

Cooper Davis
The Announcer

Daisy Davis
The Relaxation Specialist

Garth Davis
The Hype Guy



**DR SULLIVAN
ON....**

EMOTIONAL MANAGEMENT
PART II

NFL
MILITARY
NASA
MLB
NCAA



KJ'S CORNER

AGGRESSIVE STYLE OF PLAY
TELL YOURSELF WHAT TO DO
VS WHAT NOT TO
DO...CREATE ACTION VS
CREATING SELF DOUBT &
HESITATION

ROOKIE SCHOOL

R&R FOR A SOFTBALL PLAYER

As the summer tournament season comes to an end, it's a great time to think about getting some R&R to help us feel refreshed and renewed while optimizing our mental and physical performance as we begin the new year. There are three important types of SOFTBALL R&R.

The first is REST & RECREATE. Yes! This means going somewhere without your softball gear. You will risk being made fun of when your softball tan lines are exposed, but the rewards will be worth it. Take some time for you. REST. Establish good sleeping patterns. Eat well. Seek balance. RECREATE (as in recreation). Play backyard games. Swim. Walk on the beach. Enjoy your family and friends. Cookouts, cornhole, the Cape...

The next R&R is RESTORE & REPAIR. The emphasis here is to care of your body and your basic movement patterns. RESTORE. Enhance your physical stability and grow your levels of mobility where needed. Improve your strength. Return to your arm care protocols and pre-game/pre-practice activations. Foam roll. Get screened to identify any physical weaknesses. Seek alternative treatments from physical therapy/athletic training/massage therapy/chiropractic. REPAIR. It's time to do a deep dive of your mechanics and your metrics. Often, after playing a high volume of competitive events without proper mechanical resets, we see movement patterns that are challenged and metrics that are not reaching potential. It's now time to gather baseline performance data and do an assessment of your mechanics. With that information, goals can be established and physical adjustments can be made to minimize injury potential and create a stable platform from which the player can then launch into the next step.

REINVENT & RECALIBRATE is the final R&R step. We now have healthy minds and bodies and a solid set of clean movement patterns. Now it's time for the final two steps. REINVENT. This part is the most exciting! You have a strong body and a solid set of patterns but how can you get better? What is the next step in improving your output...better, faster, stronger? How do you define aggression? What holds you back? Let's get your body to move efficiently and EXPLOSIVELY. Increase your linear speeds, your rotational velocities and your ground reaction forces. Define who you are and how you want your competitors to view you. Throw caution to the wind and be the player who defines calm, confidence, grit and love of playing the game. Get nasty while being poised. Then, RECALIBRATE. Once moving at these more aggressive levels, bring in the touch-up brush to make small adjustments in space and time to get the polished results on speed, control and deception. Small refinements happen here and on every day you play. Great athletes will constantly adjust and trust that we can work at high levels while fine-tuning timing, grips, angles, etc. Our go-to defense does not need to be slow, guarded, cautious or aimed when things begin to feel off. We can trust high performance mode if we know that each day involves some recalibration.

Softball players, be sure to get some quality R&R so you can ROCK your next season!

- Rest and Recreate
- Restore and Repair
- Reinvent and Recalibrate

Keep being great,
Denise Davis
Owner, Planet Fastpitch

WHERE ARE THEY NOW?

KIKI SAVERIANO



How did you find PFP?

When I was 15, I traveled with a very competitive softball team. At the end of the season, my two coaches told me that I would never be a collegiate athlete and I should reconsider my commitment to softball. So, naturally, with all the maturity of an embarrassed teenager, I quit. But my mother, having a more acute understanding of the holistic positive effect softball was having on my life, decided to sign me up for lessons with Denise, two times a week.

How did PFP impact you as a player?

PFP had an instrumental part of my development as an athlete. From the first day Denise saw me, I could sense that she saw me for what I could be, instead of what I was... which was an uncoordinated pubescent teen with the body awareness of overcooked spaghetti. That faith in my ability to grow I would later recognize as a sign of a great educator. I had the privilege of working not only with her, but all of the other great instructors in the facility. All of the coaches had not just the knowledge and skill set of the game, but an ability to recognize my learning style and effectively communicate to me how to achieve their high expectations. I went from being a player who couldn't hit the broad side of a barn (let alone throw a strike) to being one of the most sought after recruits in New England.

Do you keep in touch with teammates?

Yes! The friendships that I formed on the field are more valuable to me than any milestone I reached as a player. I have had the privilege of giving speeches at their weddings, watching their babies being born, and giving those new moms the advice that those babies should be pitchers, 'cause that's who gets all the scholarship money ;)

What travel organization did you play for?

For my junior and senior year of high school, I played with Rhode Island Thunder. This was the team that I tried out for as a last ditch effort to continue playing softball after quitting my old team. I arrived at the tryout, participated in a running drill where I wiped out tripping over third base, then proceeded to pitch more than one ball over the backstop as a result of pure nerves. At the end of the practice, Dave Lotti, the head coach, threw me a uniform and welcomed me to the team. He later told me that he responded to my mom's email because he thought if nothing else, at least I would be free batting practice for his players. But, again, despite his preconceptions of me, Dave saw me for my potential and gave me a chance, a testament to great coaching. Dave and that staff are directly responsible for my scholarship to UConn. This story always reminds me that you never know what's gonna happen unless you put yourself out there, even if that means simply just showing up.

What is one of the things you learned about yourself while training at PFP?

I learned passion, how to be a teammate, and how to be a role model. I don't know that I have come across a group of people that love anything as much as the PFP coaches love softball. For them, it is not just the knowledge of the sport they are exuding passion for, it's the big picture takeaways, like camaraderie, growth mindset, accountability, and integrity. These lessons, whether expressed during a huddle or modeled by how the coaches treated each other and their players, taught me how to be competitive with my friends in order to grow as a player while still being their loudest cheerleader. You can compete and grow and learn all while empowering others to do the same. Because I believe so strongly in the impact these female coaches had on me when I was coming up, I wanted to be a role model for young girls and continue the tradition of passing along that passion. I currently live in Washington DC and volunteer as a Little League softball coach in order to do just that.

You were a huge pitcher at UConn, what is one of your fondest memories?

If by "huge" you mean physically large, then yes, I was a huge pitcher at UConn :) My fondest memory of being a "huge" pitcher at UConn, measuring in at a whopping 6ft 2in, was a coach helping me to understand that my size wasn't something to be embarrassed about, but rather something to harness as a tool of power and intimidation. From then on out, instead of hunching to try and hide my height, I walked around campus and pitched games standing tall and proud. But, getting back to what you actually mean, I worked hard to compete as the starting pitcher all four years in school, pitching the vast majority of the games. My fondest memory as a starting pitcher is anytime that I got to pitch against nationally ranked teams, like Georgia, Oregon, or Florida, because by playing with the best you are reminded how much room there is left to grow, and that's how you get better.

Any lessons from your softball journey show up for you after your graduation from UConn?

The two lessons that come up the most are what it means to be resilient and the true meaning of commitment. I am a big believer that if I commit to something, it's up to me to fulfill that commitment to the best of my ability. I also have a tendency to bite off more than I can chew in regards to the commitments I make (another side effect of D.1 athletics, a compulsive need to feel busy), and that is where resiliency fits into the equation. As difficult as something may seem to accomplish, I know that I am capable of adapting and doing whatever it takes to get the job done.

WHERE ARE THEY NOW?

KIKI SAVERIANO



Some of my post-college travels around the world, on a camel in the Gobi Desert in Mongolia, me STRUGGLING to hike up the Great Wall lol, and exploring a glacier in Iceland.

Has your softball experience helped you in difficult choices?

Softball empowered me to understand that difficult choices usually yield the results that turn out to be the most rewarding. Approaching any difficult choice with the confidence that softball instilled in me made them all the easier, because I knew that whatever obstacles might lie ahead I was capable of facing them head on. My senior year of college I was approached by a Bundesliga Softball club in Germany. They wanted me to move to Karlsruhe, Germany two weeks after I graduated and spend six months playing and coaching softball. Up to that point, at 22 years old, I had never left the US, I didn't even have a passport. Leaving my family and friends to go somewhere I had never been, to live with people I didn't know, to a country where I didn't speak the language was terrifying, and to this day is one of the most difficult choices I have ever made. The one thing I was confident in was my ability to play softball and share my passion like I had learned all those years at PFP, and that was all I needed to succeed. It turned out to be the best six months of my life, and the confidence in my ability to travel alone opened up the whole world to me. I have had the privilege of traveling to countries like Mongolia, Russia, Cambodia, Norway, Iceland, and so many more!

Tell us about how you came to join the Peace Corps?

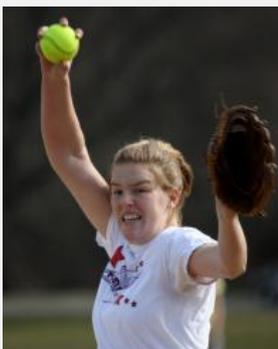
I have always been a believer in public service. I had heard about this program growing up and spoken to a few Returned Peace Corps Volunteers about their experiences overseas. It seemed like the perfect combination of everything I needed after graduating college; an opportunity to serve selflessly, see the world, learn about and live in a culture that was entirely different from my own, and to duplicate that feeling of being part of a team that shared my goals and values. I had the privilege of serving in the Philippines for 2.5 years in a provincial fishing village on the island of Samar. I was a social worker for their social welfare beneficiary program and met families and friends whose relationships I will cherish for the rest of my life.

How have you used your lessons from the field as a teacher in the DC Community?

The strategies that I use in the classroom are directly modeled from the coaches that had the most impact on me throughout my career. The most impactful lesson I learned from my coaches is how to motivate students. No two students are alike in a classroom, just like no two players are alike on the field. What motivates one student to work hard is not necessarily what it takes for another student. Forming relationships with students by being genuinely inquisitive about their lives outside of the classroom is what I attribute to my success as a teacher. Demonstrating to students that I care for them in the way that they need by holding them to high expectations is a technique I stole directly from all of my favorite coaches.

Any advice to PFP Nation? for players, coaches or parents?

Don't forget the bigger picture. Success is not only measured by MPH, percentage of strikes, or amount of pitches thrown. When you have a quiet moment, take the time to appreciate all the opportunities softball affords you, your players, or your children on and off the field.



This pic is of me at 15, the first year I started at PFP. It was featured in a Boston Globe article about the mound moving back to 43ft in high school ball, and if you look closely, I am proudly sporting a PFP tshirt!

HOW IT STARTED | HOW IT'S GOING...



TEAMMATES! NOW EDUCATORS IN D.C.!



Me and the kiddos in the Philippines, exploring a local island (wearing the Adidas shorts Denise sent me in a care package, which was so generous that I cried when I opened it haha).

WAYS TO TRAIN

[CONNECT WITH US](#)



WE SPECIFICALLY DESIGN DIFFERENT WAYS TO TRAIN AT PFP TO DELIVER TO OUR PLAYERS AND TEAMS WHAT THEY NEED. THERE IS SOMETHING FOR EVERYONE FROM ROOKIE SCHOOL TO COLLEGE LEVEL TRAINING. LET'S HIGHLIGHT A FEW PROGRAMS AND THE WHY BEHIND THE DESIGN. BECAUSE WE ARE ALL DIFFERENT, IT'S IMPORTANT TO FIND YOUR BEST WAY TO LEARN!

VARSITY SCHOOL

LONG TERM PITCHING, HITTING OR CATCHING SKILL DEVELOPMENT. VARSITY IS THE MOST COMPREHENSIVE PROGRAM WE OFFER. GREAT FOR SERIOUS ATHLETES WILLING TO WORK!

VARSITY FIELDING

CLASSES DEDICATED TO THE FUNDAMENTALS OF THE GAME COVERING OVERHAND THROW TO GROUND BALL/ FLY BALL. GAME CONCEPTS BUILD AS WE A PROGRESS.

PRIVATE LESSONS

PRIVATE LESSONS ARE AN EXCELLENT WAY TO GAIN A HIGH LEVEL OF INDIVIDUAL ATTENTION FOR BUILDING OR CORRECTING AREAS OF NEED.

SATELLITE CLINICS

NEED HELP? WE CAN TAKE OUR SHOW ON THE ROAD AND COME TO YOU. WE CAN RUN WEEKLY CLINICS OR LINE US UP TO RUN YOUR SUMMER CAMPS.

FUTURES

A 10- WEEK PROGRAM ENCOMPASSING PITCHING, HITTING OR CATCHING SKILL DEVELOPMENT. THIS IS A GREAT OPTION TO GET STARTED ON YOUR PATH TO BECOMING A BETTER PLAYER!

PRO GROUPS

SET UP CUSTOMIZED SMALL GROUP WORK! VERY EFFECTIVE AND IDEAL FOR TEAMMATES & ORGANIZATIONS THAT WANT SOMETHING SPECIFIC IN THEIR DEVELOPMENT.

LEAGUES

GREAT WAY FOR PLAYERS AND TEAMS TO PREPARE FOR UPCOMING SEASONS., CREATE AND TEST DEFENSIVE & OFFENSIVE SYSTEMS, WORK ON TEAM DYNAMICS AND GAIN EXPERIENCE.

CLASSES

THERE ARE SO MANY DIFFERENT WAYS TO LEARN SO IN OUR PROGRAMMING WE BUILD OPTIONS FROM CONTINUOUS TO SKILL SPECIFIC COURSES.

MATRIX SPORT PERFORMANCE

ATHLETIC PERFORMANCE COACHING DESIGNED FOR THE TOTAL PLAYER.

WHAT'S THE DIFFERENCE?

SPINNERS VS BULLPEN DOMINATION: SPINNERS AND PITCH-SPECIFIC COURSES DESIGN THE TOOL (PITCHING MECHANICS OR A SPECIFIC PITCH) AND BULLPEN DOMINATION TEACHES YOU HOW TO USE IT IN GAME CONCEPTS, STRATEGY AND MINDSET.
SKILL SPECIFIC CLASSES VS REPS CLASSES VS GAMEDAY PREP CLASSES : SKILL SPECIFIC DESIGNS THE TOOL, REPS CLASSES ALLOW FOR PRACTICE AND GAMEDAY PREP CLASSES TAKE THE TOOLS WE BUILD AND PUTS THEM TO TASK.

ON DECK...

ROUND ROBINS

MONSTER MASH
FEAST MODE
JOLLY JAMBOREE

[SIGN UP](#)

3 WEEK CLASSES

CATCHER THROWDOWNS
TURN 2 UNIVERSITY
OWN THE DROP BALL

[JOIN](#)

INDOOR LEAGUES

OCTOBER ISL: 10 & 12 U
NOVEMBER ISL: 14, 16/18U

[SIGN UP](#)

CONTACT US

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