



JAXX Gold #9

Lauren Saal

3B, 1B, OF

2012 Graduate Howell, HS NJ

All State 3rd Team 2011
All County 2nd Team 2011
All Shore 2nd Team 2011

Athletic Achievements:

High School Softball:

Junior Year: Varsity Starter LF, SS
All State 3rd Team 2011
All County 2nd Team 2011
All Shore 2nd Team 2011

Sophomore Year: Varsity 3rd Base

2010 All Freehold Regional District
Honorable Mentioned

Freshman Varsity Softball Starter LF,SS

High School Softball Coach:

Coach Elissa Connell
732-919-2131 Ext. 4154

Past Travel Softball Teams:

2006-2008: 12u/14u-Howell Heat
2009: 14u/16u West Windsor Wildcats-
Attended U16 ASA Nationals in
Sioux Falls, South Dakota
2010: 16u NJ Nightmare- Attended PGF
U16 Nationals in Huntington Beach,
California
2011: 18U NJ Pride

Personal Note:

I am a hard working focused individual both on and off the field. My constant dedication to my work and moral ethics allows me to be a reliable and trustworthy person. I try to encourage others to do the same.

Date of Birth: 01/19/1994

Parents: Frank and Donna Saal

Email: lmsnumbnine@aim.com

Address: 18 Yellowstone Lane
Howell, NJ 07732

Telephone: 732-938-7504 (home)
732-513-4342 (cell)

Playing Information:

Positions: 3B, 1B,OF, UT

Height: 5'8", 170 lbs

Bats/Throws: R/R Overhand Throw 66mph

2011 High School Stats:

Batting Average: .412

Academic Information:

Howell High School
405 Squankum- Yellowbrook Road
Farmingdale, NJ 07727

SAT: 1480

GPA: 3.95 (Honor classes/AP)

National Honor Society, Relay For Life Committee,
Peer Leadership, Rebelettes (50's, 60's, 70's)

NCAA Registered: ID 0907037843

Current Travel Softball:

Jaxx Gold 18U 2011-Present

JAXX Gold Coach: Rich Streilein (732) 740-5291
striguy@aol.com
Maggie Margadonna
Longwood University Graduate
732-546-8480