



Pennsylvania Explosion Softball

Player Testimonials

With Jen, I definitely learned about having respect and getting along with my team. I always felt like the outsider. Now I don't feel like this. I feel like them. -JC

This really helped my confidence at the plate. Now when I go up to bat, I think to myself "I have hit the ball before, I have done this before", and it really helps not to get down on myself. -KH

This really helped improve my game. I used to get really frustrated and mad at myself while pitching or hitting. This helped me relax, take deep breaths and remember it's just a game. I no longer worry about the past, I just think about what I can improve on and help me for next time. I have more fun on the field while getting what I have to do done. Thank you very much. -MG

I have learned to "live in the present moment." I am able to use this on and off the field. -AB

This experience has showed me how to improve my attitude for the all around game. It's showed me all the responsibilities, to grow stronger as a softball player. I've learned that being a team player is important, and how much it helps when the team chemistry is strong (on and off the field), for my team/self's ability to shine through when playing softball. -MK

I know it helped me with my presence on the mound and the way to carry myself on and off the field. I learned not to let the small stuff get to my head. -EW

My hitting has been more consistent and I am starting to make smarter plays on the field. These sessions have helped me become more aggressive and a better player altogether. -KT

One thing I will take with me is that being positive and being a team friend to everyone will help the team succeed. -AC

One thing I'll take away from this is that always being positive as a team and it taught me to never be down on myself. I even told my school team and how to be mentally strong as a person not just a team. I also worked on my attitude. -AO

One thing that I will definitely take away with me is the batting routine. If I'm having a bad day, I will always look back at that and remember what I have learned. Also, I will remember having a short memory when you make an error, there is still a whole game ahead of you. -JD

I learned that teams can be affected by one person and by staying positive my whole team can stay positive. -JA

I learned that you should have confidence in every at-bat you have no matter what happened the previous time. You should have a short term memory. -EB

These sessions have helped my batting. I've learned to be more confident and take the game pitch by pitch. -KK

Something I will take from this experience is the game is played one pitch at a time and there is only so much you can control. Confidence is from being prepared and not to have any doubt. This has helped me a whole lot with my game and also my life. -KS

Be here now, if you make an error, just move on. To always be confident and trust yourself. -JM