

2023 Pre-Season Prospectus

As the 2023 season quickly approaches, the Pope Fastpitch team looks to compete at their top level and build momentum from the record setting 2022 season. While PFP graduated a legendary senior class in **Jadyn Laneaux** (LSU), **Natalie Klingler**, and **Emily Ricci** (Flagler College), the 2023 squad is ready to emerge with new legends to leave their mark in the program. Pope remains in Region 7-AAAAAA, battling East Cobb neighbors Lassiter and Sprayberry, as well as Roswell, Blessed Trinity, Johns Creek, and Alpharetta. The 2023 team is returning 11 of the state championship team, with 5 newcomers looking to contribute in a variety of ways. In all, your 2023 varsity team will be comprised of 6 seniors, 8 juniors, and 2 freshman. While building on the legacy of competitive greatness, the 2023 Greyhounds will operate with detail-driven aggression in full pursuit to a trip to Columbus and a run at the 2023 State Championship.



Battery

Kendall Frost



Leading the charge from the battery is the 2022 6A State Pitcher of the Year, **Kendall Frost**, in her senior year campaign. The East Carolina commit holds a career record of 62-5 and has pitched on the biggest of stages during all three prior seasons. Junior **Ellie Paley** (career record 24-0) returns to the team as well, and will likely work both in the circle and locking down the 1st base position. Junior **Payten DeMeester** joins the varsity squad and will add depth to the pitching rotation.

After graduating 2nd Team All-State catcher Emily Ricci as well as senior catcher Natalie Klingler, the Greyhounds will look to utilize multiple individuals in the role. Returning junior **Abby Lawson** will work behind the plate and add power to the Greyhounds offensive attack. Junior **Maggie Moss** and freshman **Abby Zeigler** will both add to the depth of the catching position.

Abby Lawson



Payten DeMeester



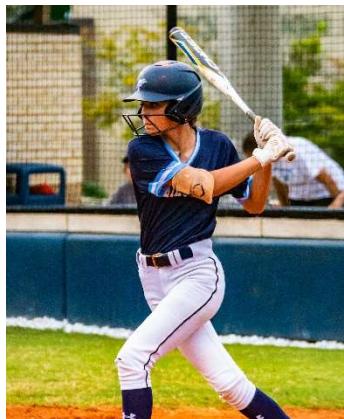
Maggie Moss



Ellie Paley



Outfield



Addy Garris

Speed in the outfield will look to be a strong point for the 2023 Hounds. Returning senior Addy Garris will look to provide strength in the outfield while building on her offensive breakout season in 2022. The Reinhardt commit hit .378 in 2022, with some of the key hits down the playoff stretch. Joining Addy in the outfield will be junior Lizzie Metzinger, who also provides speed and a versatile bat to the line-up. Junior LK Cariaco will look to make an impact in her 2nd varsity season with both her strength, speed, and outfield range. Senior Jessie Goldstein will look to contribute in the outfield, as well as utility player Ava Rocco.

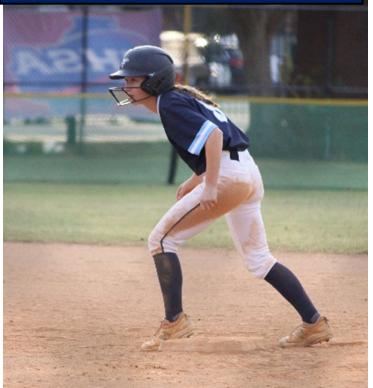


LK Cariaco



Jessie Goldstein

Lizzie Metzinger

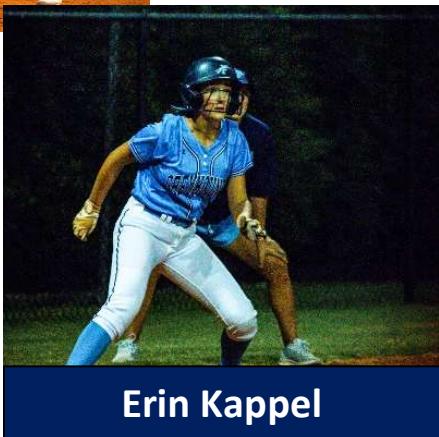


Infield

The 2023 squad returns a full infield, which plans to be a strong anchor for the defensive attack. Senior Kailey Martin returns at the hot corners and brings with her one of the hottest bats in PFP history. Junior Addi Trotter, who had a defensive breakout season in 2022, will return and take charge at the shortstop position. Senior Sam Tener will look to build on her 2022 offensive breakout season and provide steady defense for the infield. When not catching, Abby Lawson plans to add lockdown defense at the hot corner, and when not pitching, Ellie Paley plans to add lockdown defense at first base. Senior utility player Ava Rocco adds depth at first base, and junior Erin Kappel adds depth in the middle infield. Junior Maggie Moss adds some depth at third base, and freshman newcomer Marie Zeigler adds depth within the infield looking to contribute to Pope's successful defense.



Sam Tener



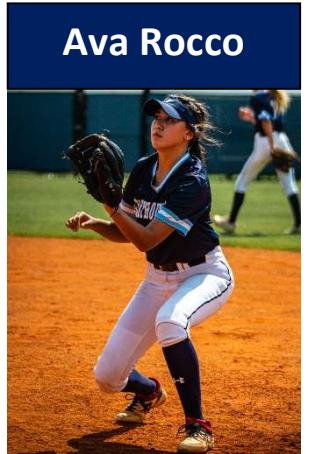
Erin Kappel



Addi Trotter



Kailey Martin



Ava Rocco

Leadership

The 2023 season looks to build on the leadership legacy of previous years to develop their own leadership legacy. The leadership council, comprised of seniors Kendall Frost, Addy Garris, Kailey Martin, Ava Rocco, Sam Tener, and juniors Erin Kappel, Abby Lawson, Lizzie Metzinger, and Ellie Paley. The leadership council worked diligently over the off season to prepare to lead the 2023 season. The 2023 leadership philosophy: "To optimize performance, Glue, Unconditional Leadership, No Job Too Small."

The Future

Freshmen and sophomores comprise the JV team and look to build on a successful 2022 season. The PFP middle school programs include two "gold" teams and one "silver" team who will do battle with other cobb county teams through the Cobb County Metro League.

Up Next

The varsity team kicks off the season with a home scrimmage on Wednesday, August 2nd, vs. North Cobb. The first regular season game will be at home on August 8th vs. Harrison, Varsity at 5 pm, JV at 7 pm. This will also be our "Alumni Game" and class of 2022 "1st Pitch" ceremony. We look forward to seeing everyone at the Racetrack to support your Pope Fastpitch Teams!



#PursuitToColumbus