



Virtual Programming at Bartlett Park District

One on One Virtual Softball Personal Training

ID#: 57032-01 **Age:** ALL **Fee:** \$75 per one hour training

One on one training scheduled at your convenience. Once registered participants contact Katie to set up a day/time that work for both. Virtual trainings will be LIVE on ZOOM.

Instructor: Katie Lankford of McFadden Sports Performance

Katie graduated from Trinity High School (98) in River Forest, IL. While at Trinity she broke school records, named all-conference three of her four years in Girls Catholic Athletic Conference. She was named pitcher of the year in her senior year and pitcher of the week in the Chicago Sun Times. During her college career she was named All Conference and All Conference Tournament every year at Robert Morris University. While in college, she was invited to represent USA in Lyon, France to play in the European Cup. Her team finished third coming off the loss from Australia who took home the championship. At RMU she was a part of the first team to win for the University. She was well recognized in CCAC conference as a dominant pitcher within strike outs, innings pitched, and top three ERA for both years. In 2013 RMU entered Katie as the first ever softball player in Robert Morris Hall of Fame.

In summer ball, Katie became a member of the Lemont Rockers. The Rockers organization was one of the elite travel teams in Illinois. Each year the team traveled to Nationals in Illinois, Ohio, Texas, and Florida. Along with receiving several all-tourney notoriety, Katie was nominated for ASA All Conference and All Tourney. She also led her team to top 10 finishes. After 18u she joined Illinois women's major team, Elite Force from Palos Heights, IL. While with the Force, Katie led her team to 2003 Canadian Cup. This tournament had National teams from USA, Australia, Canada, and China. Elite Force was one of two non-national teams invited to compete.

Throughout her career Katie felt a passion to teach a sport she loved. She would give private lessons and camps to players looking to enhance their pitching career. Katie decided to coach younger athletes all the way to the collegiate level. She coached within many different Chicagoland schools such as: Trinity High School (2000-2002), Immaculate Heart of Mary (2002-2004), Lemont Rockers (2003-2004), LT Blazers (2007-2012), Robert Morris University (2017-2019) and Oakton Community College (2019-present). Katie has also coached her two sons in basketball and baseball within park district and travel programs.

Katie's knowledge and experience is a winning combination to enhance any player's ability through the game of softball. The biggest goal she has is to make any player become the best they can be. To become a pitcher you must practice and never give up. So when someone tells you "You throw like a girl!" Tell them, "Yes I do, I throw like an MSP girl!" (EE)