



## Washington Ladyhawks Miller Gold

**Coach:** Wayne Miller  
253-820-4234  
wayne.miller@ladyhawksfastpitch.org

**Recruiting Coach:** Wayne Miller  
253-820-4234  
recruit\_millergold@ladyhawksfastpitch.org

### #4 - Lauren Benson

### Positions: C / INF

### Graduation Year: 2020



**Bats/Throws:** R / R  
**GPA:** 3.8  
**Height:** 5' 8"  
**Home to First:** 2.83

**Clearinghouse:** Yes  
**Exp. Major:** Psychology  
**Overhand** 59 mph  
**Home to Home:** 12.3

LBenson@ladyhawksfastpitch.org

Video: <https://ladyhawksfastpitch.org/videos/LBenson.html>

#### ACADEMIC INFORMATION

**Commitment:** None  
**School:** Yale Secondary  
**School Coach:** Jen Schreyer

#### ACADEMIC ACHIEVEMENTS

- 2017: Honour Roll
- 2016: Honour Roll
- 2015: Honour Roll

#### COMMUNITY SERVICE

- White Rock Renegade softball camps

#### ATHLETIC ACHIEVEMENTS

- 2016: U14 BC Provincial Champion
- 2017: U16 Tournament MVP
- 2017: North Delta Tournament MVP
- 2017: U16 Canadian National Championship All-Star Team
- Catcher
- 2018: Softball BC Minor Team of the Year
- 2018: U16 Gold Provincial Champions
- 1st Place
- 2018: U16 Canada Cup
- 2nd Place
- 2018: U16 Canadian National Championships
- 1st Place
- 2018: U16 Canadian National Championship All-Star Team
- Catcher
- 2018/2019: Canadian Junior National Team Athlete Pool

#### CAMPS & CLINICS

- August 2017: OnDeck Softball Seattle Tryouts
- December 2017: Florida State University Camp
- January 2018: University of LasVegas Camp
- January 2018: Stanford University Camp
- June 2018: OnDeck Huntington Beach Jamboree
- July 2018: Florida State Prospect Camp
- July 2018: Canadian Junior National Combines
- January 2019: Canadian Junior National Final Selection Camp