
BALLS & STRIKES

LOCK HAVEN SOFTBALL PUBLICATION



Fall Recap	1
Rookie Profiles	2, 3
Day in the Life of a Lock Haven Softball Player	4
Alumnae Corner	5



Paving Excellence -Madison Hardy #7

Lock Haven Softball's efforts and successes in the 2025 fall season set the stage for a promising 2026 regular season. This year, our roster consists of 23 student-athletes, 14 returners, 3 transfers, and 6 freshmen, who will all provide tremendous talent, knowledge, and depth. At the beginning of our fall season, we were all asked to "buy in," buy in for your teammates, buy in for your coaches, buy in for yourself. Essentially, this phrase meant to simply show up and give it your all, and that is exactly what we did. Every practice, every lift, every run, every game, we all showed up sharing the same mindset- buy in. We stuck to our traditions and trusted each other throughout every inning we played, which leads to our next phrase, "paving excellence". The phrase is a reminder that here at Lock Haven, you always have a support system that wants what is best for you. The phrase emphasizes our strong alumni foundation that has contributed to the success of our current players, while we continue to build a path for future players to achieve success.

Our 2025 Fall season kicked off at home vs a future PSAC East team, Lackawanna. The bats were hot and the gloves were clean for the Bald Eagles, resulting in a hefty win. A short week later, we packed our bags and headed down the road to play 2 games at Bucknell, a D1 program based out of Lewisburg. We approached the game with determination and an open mind. Although we narrowly fell short, we left stronger than we came and returned to the drawing board to prepare for our home doubleheader the following week. To start the final doubleheader of the season, we were matched with a quality D3 program, Juniata College. The Bald Eagles played smoothly and focused, which resulted in the first win of the day. Finally, in the last game of the season against a PSAC West team, IUP, we knew we had to stay focused and trust that our hard work in practice would pay off on the field. We reminded ourselves to play loose and never take an inning off. After a tense, nail-biting battle, the Bald Eagles persevered and secured a well-deserved victory.

Not only did the Bald Eagles crush it on the field, they did just as well in the classroom. The team maintains an impressive combined GPA of 3.5. Lock Haven Softball prioritizes academics, encouraging players to be their best not only on the field but also in the classroom. This core value prepares our student-athletes to be properly prepared for success in their post-college life.

As we head into our winter module, the team is focused on one goal: winning a PSAC championship. Every day, we will work to improve, getting closer and closer to that ultimate achievement. Lock Haven Softball is determined to turn some heads this upcoming season and prove where we belong.

MEET THE ROOKIES

Name: Kaleigh (KK) Brodzina

Hometown: Tyrone, PA

Position: Utility

Favorite Food: Steak

Favorite Softball Memory to Date: Getting to play summer ball with my sister one last time on our home field.

Why I chose Lock Haven: I chose Lock Haven after a lot of prayer and consideration. I've always loved it here visiting my sister and when I had a change of heart with my major choice, I felt led by the Lord to go to Lock Haven.



Name: Tristan Canavan

Hometown: Dunmore, PA

Position: Catcher

Favorite Food: Tacos

Favorite Softball Memory to Date: Filling in for a travel team where I didn't know anyone and hitting a grand slam and winning MVP.

Why I chose Lock Haven: Lock Haven has a great group of girls with a good program.



Name: Gianna Goodman

Hometown: South Williamsport, PA

Position: Middle Infield

Favorite Food: Seafood

Favorite Softball Memory to Date: Playing in back-to-back state championships.

Why I chose Lock Haven: I chose Lock Haven because of the family-like atmosphere the team has and the schools strong Health Science program.



Name: McKenzie Hannon

Hometown: Tunkhannock, PA

Position: Pitcher

Favorite Food: Pizza

Favorite Softball Memory to Date: Playing with all my friends' senior year in the district championship.

Why I chose Lock Haven: I chose Lock Haven because of the overall atmosphere and amazing programs.



MEET THE ROOKIES

Name: Marissa Horn
Hometown: Springville, PA
Position: Pitcher
Favorite Food: Mashed potatoes
Favorite Softball Memory to Date: Winning districts 3x in a row.
Why I chose Lock Haven: I chose Lock Haven because it felt like home immediately and I knew that's where I belonged.



Name: Olivia LaMeau
Hometown: St. Cloud, FL
Position: 1st/OF
Favorite Food: Chicken Street tacos
Favorite Softball Memory to Date: Conference Tournament at Santa Fe College.
Why I chose Lock Haven: Getting to play softball in the town my grandparents live in!



Name: Taylor Shannon
Hometown: Muncy, PA
Position: Catcher
Favorite Food: Chicken Parm
Favorite Softball Memory to Date: Hitting my record breaking home run in high school against a rival team to the opposite field
Why I chose Lock Haven: I loved the scenery around Lock Haven and when I toured, it felt like home immediately.



Name: Amelia Trout
Hometown: Lancaster, PA
Position: Outfield
Favorite Food: Sushi or Pickles
Favorite Softball Memory to Date: Hitting a line drive homer to win the game.
Why I chose Lock Haven: All the girls were amazing, and the campus felt the most welcoming out of the other school I toured.



Name: Erin Van Ness
Hometown: Tunkhannock, PA
Position: Utility
Favorite Food: Steak
Favorite Softball Memory to Date: Playing in the State Championship.
Why I chose Lock Haven: I chose lock haven for the small-town atmosphere and the Education Program.



Day in the Life as a Lock Haven Softball Player #22 Abby Robertson



On a sunny and beautiful Sunday morning, I woke up to my alarm around 8:00 am to prepare myself for our game day. I sat up in my bed and prayed thanking God for waking me up this morning. I pick out my practice sweatshirt and my Lock Haven sweatpants and start to do my hair which is simply just a slick back ponytail that is braided! I then fill out my book and what I am grateful for and head out to fill my water bottle up with ice. As I walk out to my car, I realize what a sunny fall morning it was and smiled. I drive my roommate, Maci, and I to Dunkin' for our mobile order that we do before our game days. We play some Christian music to get us ready for our games ahead. We soon get up to Jack Stadium to park and walk down to the locker room where we get hyped up with our other teammates. As we walk in, there is music bumping and the girls are laughing with one another, and it is just an amazing environment to experience. We walk into the locker room and put our codes into our locks and pull out our grey uniforms with crimson socks. We all tied pink ribbon in our hair for a cute touch, looked in the mirror to see if we looked good, and before we knew it, it was time to head down to Lawrence field.

As we walk in two's, there is a song playing as we walk down the hill to let everyone know we are coming down. As we take the hill down to the field, we pass by the opposing team's dugout and set our bags in our dugout. We place our belongings in our cubby and go out to put our gloves on the third base line in a row. We then proceed to go out to left field by the batting cages to run and stretch our bodies out. We split into groups for our hitting stations and get our reps in. After we hit, we return to the field and start our throwing progressions to get our arms loose and do some log throws. Then, our coaches come out and hit us ground and fly balls. As we take our reps, we come in and fist bump our teammates and both infield and outfield stand in a little huddle with a ball in the center. We then run down the left field line and smack our gloves together as we run and hype ourselves up. We then run back out to the batting cages and kneel into our specific spots and allow the coaches to say their pregame chat to us. After they are finished, we break it down and tell each other to play with confidence and go out and get two wins. We hustle in and "sit and split" where we trust and balance on each other's legs as we crouch. After that we get loud and excited and then some of us pray. Now it's game time.

Our first game is against Juniata. As the game starts, we had a runner on in the first inning and scored her. And as the game went on, we tagged on more runs as we were playing for and with each other. Our defense was looking great, and our offense was coming together as well. We won against Juniata and now had a game off to do our free youth clinic for young girls! It is an amazing community service opportunity to get to teach and chat with younger softball players around the area! My group was fly balls with my other teammates, Riley Best and Hailey Irwin. There were girls with ages ranging from 9-12 and they were all shy but eventually started to warm up to us. As the groups of girls rotated, I got to meet new faces and greet new people. After an hour or so, the clinic wrapped up and we got a big picture with everyone smiling so bright in it!

When the clinic was over, our parents graciously provided food for us to have before we had to go warm up for our second game. They provided multiple choices of fruits and Subway wraps to keep us fueled. So thankful! We finished up our lunch and headed back out to the cages to stretch and get a few more reps in hitting. We made it back to our dugout and started the second game against IUP. We battled throughout this entire game, not giving up once. We were determined to win and wanted it, so we fought for it. Our cheers were loud and our intensity in the dugout was on fire. It got down to the last few innings where we were down 6-2. But we knew we weren't done and battled back in the last inning to secure the win 7-6. It felt so good to get two wins on the day and to do it with the best group of girls.

After we shook hands, we went to left field for the coaches' chat and started to clean up the field. Eventually, after everything was cleaned up and tidy, I headed up to meet my family and my boyfriend who came to watch the games. I hugged them and thanked them for coming and went to change out of my uniform.

As I drove back to my apartment, I got a shower because I was full of sweat and dirt. After I was all clean, we went out to eat at Fox's Market House here in Lock Haven and fueled my body back up again. I came back to my apartment and watched a tv show and fell asleep peacefully thinking about how blessed I am with the opportunities I have here at Lock Haven and to be a part of such an amazing team.

Alumnae Corner

Name: Kristin Erb

Graduation year: 2009

Current Occupation: Head Softball Coach at California (PA)

Favorite Softball Memory at LHU: Winning two National Championships

Advice to Current Team: Practice & play like it's going to be your last time playing the game. You never know when that could be! Have fun, make friends, and don't sweat the small stuff!



Name: Erica De'Oleo

Graduation year: 2009

Current Occupation: RCM Revenue Integrity Data Analyst for US Digestive Health

Favorite Softball Memory at LHU: 2009 National Championship

Advice to Current Team: You don't need to be the boldest, loudest or have the most talent to be a leader for your team. Lead by example, your work ethic doesn't go unnoticed and can bring out the best in your teammates.



Alumnae Game Fall 2025

On Saturday, October 18th we held our annual Alumnae Slow Pitch game against the current team. It was a great day back at the Haven!



Save the Date!

On May 29, 2026 we will host our first ever Lock Haven Softball golf outing!

Keep your eye out for more details to follow!!!



LOCK HAVEN SOFTBALL