

Belles

MORRIS COUNTY

#99 SAM COSTIGAN

MORRIS COUNTY BELLES 18U
CLASS OF 2022
PLAYER POSITIONS C/3B



COACHES CONTACT INFORMATION

CLUB TEAM:

MORRIS COUNTY BELLES 18U GOLD
HEAD COACH: CASSANDRA CEFOLO
PHONE: (973) 477 - 0436
EMAIL: CMCBELLES19@GMAIL.COM
COLLEGE LIAISON: PEETE
PHONE: (201) 315 - 2717

HIGH SCHOOL:

VERONA HIGH SCHOOL; VERONA, NJ
HEAD COACH: PATRICIA HEMSLEY-CARTOTTO
EMAIL: PHEMSLEY-CARTOTTO
@VERONASCHOOLS.ORG

HITTING COACH:

CASSANDRA CEFOLO
PHONE: (973) 477 - 0436

STRENGTH & CONDITIONING:

NICK DECHINO
PSP PRECISION SPORTS PERFORMANCE
EAST HANOVER, NJ
PHONE: (973) 585 - 6008

BATS/THROWS: R/R
HEIGHT: 5'2 WEIGHT: 130

PARENTS: LUKE AND LEANNE COSTIGAN
EMAIL: SAM024C@GMAIL.COM
CITY/TOWN: VERONA, NJ 07044
PHONE: (973) 803 - 7277

ACADEMIC INFORMATION

MAJOR OF INTEREST: UNDECIDED
GPA: 4.1

ACHIEVEMENTS & ACTIVITIES

- HONOR ROLL STUDENT
- VOLUNTEERED AT ST. JOHN'S SOUP KITCHEN
- HELPED OUT WITH SECOND GRADERS CCD CLASS
- VOLUNTEERED AT SUMMER RECREATION CAMPS
- 2018 USSSA NJ SMASHING PUMPKINS MVP

TOP PROSPECTS FALL 2017 COMBINE
INVITATIONAL

- RUNNING HOME TO 1ST - 3.48 SECONDS
- OVERHAND THROW - 57MPH
- INVITED TO TOP PROSPECTS FALL 2018 COMBINE

2021 SUMMER SCHEDULE

JUNE 5TH - 6TH
BLUE CHIP SUPER 40 AND ELITE SHOWCASE
SHAMONG, NJ

JUNE 11TH - 13TH
INFERNO SHOWCASE - EDISON, NJ

JUNE 17TH - 20TH
PENNSBURY - TBD

JUNE 23RD - 26TH
TEAM NJ - TBD

JUNE 27TH - JULY 4TH
COLORADO SPARKLER - COLORADO

JULY 8TH - 11TH
ATLANTA LEGACY - ATLANTA, GA

JULY 15TH - 17TH
NE CHALLENGE - QUAKERTOWN, PA

JULY 30TH - AUG 1ST
NEW ENGLAND'S FINEST - MASSACHUSETTS