

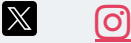
7 Ireland Thomas

B/T: R/R  
POSITION: RF, 3B, 2B  
GRAD YEAR: 2028  
HIGH SCHOOL: Gainesville High School  
TRAVEL TEAM: Shooting Stars Gold - Elias

HEIGHT: 5'5  
WEIGHT: 125  
STATE: Virginia  
COUNTRY: United States

UNCOMMITTED

AGL00101726



STATS

Batting:

PA	AB	R	H	2B	3B	HR	RBI	BB	SO	ROE	FC	HP	SAC	AVG	OBP	SLG	OPS
59	51	11	16	6	0	2	15	6	14	3	3	1	0	0.314	0.397	0.549	0.946

ADVANCED METRICS

OVERHAND THROWING VELOCITY	BAT SPEED	68	EXIT SPEED	75
<div></div>	<div></div>		<div></div>	
HAND SPEED	TIME TO IMPACT		GRIP STRENGTH	
<div></div>	<div></div>		<div></div>	
ALLISTER INDEX	5-10-5 SHUTTLE		10 YD DASH	
<div></div>	<div></div>		<div></div>	
20 YD DASH	40 YD DASH			
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## ABOUT IRELAND

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NCAA ID: 2402224287 My goal is to play softball as the highest level while having fun and playing with a group of girls committed to winning and to each other. I work very hard at becoming the best person I can be. I am coachable, hard-working, trust-worthy, and have good sportsmanship. I play for my teammates! Awards / Honors: • Select 30 National Training Camp, Viera, FL 2024 & 2025. • Named to the 2023 Mid-Atlantic All-State Games. • Named to the 2022 USSSA All-American Team. Training / Lessons: • Weekly private hitting lessons with Coach Russell Hill of OTAC's Divergent Performance in Warrenton, VA. • Strength/speed/agility training classes 4-5 days per week. Prospect Camps Attended: • University of Virginia Prospect Camp (Jan 2024 & Aug 2024) • Duke University Softball Prospect Camp (2022, 2023, 2024) • James Madison University (June 2023, Sept 2023, June 2024) • University of North Carolina Tarheels Elite Next Level (2022) Middle School Team: • 2023 - Named Team Captain as a 7th grader. • 2023 - Lead team in offense with a .674 AVG /.790 OBP. • 2022 - Co-Champions of our Middle School League in Prince William County, VA. • 2022 - 2nd on the team in hits with a .480 AVG and .585 OBP. • 2022 - Only 6th grader to start every game of the school season.

## ACADEMIC INFO

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GPA : **4.5**

SAT : **0**

ACT : **0**

### Awards & Accomplishments

2024 - Inducted into National Junior Honor Society

Honor Roll - 6th, 7th and 8th Grades

## CONTACT INFO

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ATHLETE PHONE: **7037893129**

ATHLETE EMAIL: **Irelandsoftball20208@gmail.com**

PARENT PHONE: **6109558301**

PARENT EMAIL: **thomas10102020@gmail.com**

TRAVEL COACH NAME: **Mike Elias**

TRAVEL COACH PHONE AND EMAIL: **5712335495** [mike.elias@ashburnshootingstars.com](mailto:mike.elias@ashburnshootingstars.com)

HIGH SCHOOL COACH NAME: **Kara Brathwaite**

HIGH SCHOOL COACH PHONE AND EMAIL: **5714719136** [brathwk1@pwcs.edu](mailto:brathwk1@pwcs.edu)