



**#18 Ava Henke**  
**3B, C**

**Class of**  
**2025**

**River City Venom – 16U Troutman**

PERSONAL INFORMATION



**Player E-mail:** adh0625@icloud.com

**City/State/Zip:** Oakdale, PA 15071

**Player Cell:** (412) 525-0769

**Mother:** Becky Henke

**Father:** Tim Henke

**Home Phone:** (412) 414 - 7552

**Home E-mail:** [tbhenke167@yahoo.com](mailto:tbhenke167@yahoo.com)

**Throws:** R

R

**Bats:**

**Height:** 5'7"

**Weight:** 130 lbs

**Current GPA:** 4.4

**SAT:** N/A

**ACT:** N/A

**High School:** West Allegheny HS

**City/State:** Imperial, PA

ACADEMIC INTERESTS & HONORS

2021-22 Outstanding ECIHSA Achievement Award  
Member of WTAE CommUNITY Champion  
West Allegheny, Stand Together Club  
Interests: Pre-Med

ATHLETIC ACHIEVEMENTS

Beaver County Time's top 20 all-stars 2022 – 9<sup>th</sup> grade  
WPIAL All-Section Softball Honorable Mention – 9<sup>th</sup> grade  
2022 WPIAL Softball Statistical Leaders (RBI,BA,HR) – 9<sup>th</sup> grade  
Varsity Letter Basketball – 9<sup>th</sup> grade  
Varsity Letter Softball – 9<sup>th</sup> grade

CAMPS/CLINICS

University of Pittsburgh Elite – June 2021, June 2022  
James Madison Elite – August 2021  
Ohio State Softball Camp – July 2022  
WPA College Showcase Camp – July 2022  
Towson University Elite – September 2022  
Ohio University Elite – October 2022  
Youngstown State Individual Showcase – November 2022  
St Francis Softball Camp – January 2023

ATHLETIC PROFILE & STATS

- 10 yard dash – 1.55 • 20 yard dash – 2.88
- 40 yard dash – 5.35 Pro Agility Shuttle – 5.05
- Bat Speed – 60.1 Hand Speed – 15.5
- Time to Impact – 0.18
- Ball Exit Speed – 61
- Throwing – 59
- 2021 – 2022 Freshman Year Batting average - .490, HR – 4, Runs scored-20, RBI's - 26

- Grip Right – 91.9
  - Grip Left – 90.2
  - Allister Index – 78.85
- \* Metrics Measured by ODM (March 2021)

2022/2023 TOURNAMENTS/SHOWCASES

COACHES CONTACT INFO.

**Coach**  
**Mindi McFate**

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[mmcfate@westasd.org](mailto:mmcfate@westasd.org)

**Phone**  
**412-309-2292**