

General Info

J.W. & Charlene Mitchell (Parents)
 11102 Mitchell Trail, Doswell, VA 23047
 Home: (804) 876-3665
 Cell: (804) 347-9972
 Email: Charlene.Mitchell@coldwellbanker.com

DOB: 8/20/1994
 Height: 5' 6"
 Weight: 130 lbs
 Positions: RH Pitcher, 2nd, Outfield
 Bats/Throws: Right / Right

**Pitches**

Fastball: 60 mph / 21.0 rps
 Off Speed: 55 mph
 Backhand Change-up: 43 mph / 21.3 rps
 Rollover Drop: 56 mph / 19.0 rps
 Drop Curve: 56 mph / 19.0 rps
 Rise: 55 mph / 24.2 rps
 Screw: 56 mph / 25.1 rps

Teams & Coaches

Travel Team: Glen Allen Blitz
www.eteamz.com/GlenAllenBlitz/
 Coach: Ken Hansen
 (804) 337-5202
kmhkth@aol.com

High School: Patrick Henry High School
 12449 Patrick Henry Road
 Ashland, VA 23005

Division: AAA
 Coach: Matt Crowder
 (804) 370-3481
mcrowder@hanover.k12.va.us

Pitching Coach: Rita Lynn Gilman
 (804) 382-6211

Hitting Coach: Kerri Cobb
 (804) 405-8494

Strength & Conditioning: Bob Blanton
 (804) 741-0318

Achievements, Strengths, & Goals

2009 Academics: * 4.36 GPA – Pre IB Program
 * National Beta Club
 * SOL Scores – Advanced, 96+% (Biology, World History II, & Geometry) - Perfect Score in Geometry

Pitching Strengths: * Strong work ethic
 * Very disciplined approach
 * Mentally tough on the mound
 * Control of variety of pitches
 * Ball movement

Goals: * Successful college pitcher
 * Successful attorney or engineer

2009 Stats – Travel Team

Pitching: * 26 Wins, 5 Losses
 * IP = 177.67
 * ERA = 0.98
 * SO = 281
 * Avg K/Game = 11.07

2009 Stats – High School Team

Pitching: * 8 Wins, 0 Losses
 * 4 No Hitters; 4 Shut-outs
 * Coaches Award, JV Team
 * Pulled up to Varsity in 2 regular season games & during Districts