

Bomb Squad

CANAS
30

P / 1B / 3B / OF

Class of 2010

LAUREN CANAS

SPORTZGIRL@HOTMAIL.COM

Parents: Felicia Henley
Email: fhenley@dusd.net
Birth Date: June 15, 1992
High School: **Downey High School**
11040 Brookshire Avenue
Downey CA 90241
HS Coach: Micah Karzen
(310) 916-6802



ACHIEVEMENTS AND AWARDS

2004 - 3rd place all city shot-put
2006 – Captain's Award – Track, Captain's Award – Soccer, President Academic Silver Award
2007 – Varsity Pitcher, Gahr High Tournament MVP, Lakewood High MVP
2008 – Varsity Pitcher
2009 – Injured During H.S. Season
Girl Scout – 10 years
Girl Scout Silver Award
Volunteer Beach Cleanup Crew

ACADEMIC

GPA: 3.0
NCAA Clearinghouse: Yes
SAT: N/A
ACT: N/A

ATHLETIC INFO

Bats/Throws: **Right / Right**
Fastball Speed: 58 mph
Home to First: 3.10
Height: **5' 6"**

Pitching Coach:

Sarah Kearns (562) 929-4451

Career Goals: I would like to major Sociology as it relates to Criminal Justice

TRAVEL SOFTBALL HISTORY

2004 Artesia Punishers 12U – TCS World Series 9th Place
2005 Artesia Punishers 12U – USSSA Elite 1st Place
2006 Artesia Punishers 14U – So Cal ASA State Tournament 2nd Place
2007 American Pastime 14U – So Cal ASA State Tournament 2nd Place, ASA Nationals
2008 American Pastime 16U – ASA Hall of Fame Tournament
2008/2009 Bomb Squad 18 Gold – Current Team
Head Coach: Jeff Blanco (714) 348-9760 bombsquadsoftball@sbcglobal.net