

# #7 Eden Frederick SS/2B/UT 2025



## PERSONAL INFORMATION

Bats/Throws: Left/Right  
Birthdate: June 28, 2007  
Height: 5'5" Weight: 105 Age: 14  
Parents: Michelle & Rich Frederick

## TRAVEL SOFTBALL ACHIEVEMENTS

2021 Newtown Rock 16u Premier

Fall

- 16U USA Gold National Qualifier Lions Lake Park, NJ
- Rock 32+ Showcase Newtown, PA
- Frightfest at the Diamond Evesham, NJ
- Pennsbury Spooktacular II Yardley, PA
- Jersey Shore Fall Showcase Howell, NJ

2021 EC Bullets 14u National Coleman

Summer

- Beat The Best to Be the Best Flemington, NJ
- East Coast Summer Showcase Pennsville, NJ
- Ohio Outlaws Invitational Aurora, OH
- Team NJ Summer Showcase Edison, NJ
- NEFL Birth Championship USA Voorhees, NJ
- Atlanta Legacy Showcase Atlanta, GA
- 14u National Championships Destin, FL

## COACHES CONTACT INFORMATION

Travel Team:

16U Gold Coast Hurricanes  
Severn, MD  
Head Coach: Matt Elzey  
Email: [melzey@chesapeake.edu](mailto:melzey@chesapeake.edu)  
Cell #: 443.496.2362

High School:

Cape Henlopen High School  
Head Coach: Shannon Timmons  
Email : [shannon.timmons@cape.k12.de.us](mailto:shannon.timmons@cape.k12.de.us)  
Cell # : 302.670.5515

Hitting/fielding/throwing Instructors:

Jimmy Mullis  
Email: [jmullis07@gmail.com](mailto:jmullis07@gmail.com)

Erica Cipolloni

Email: [Erica.cipolloni.26@gmail.com](mailto:Erica.cipolloni.26@gmail.com)

Austin Wasserman

Email: [Austin@wassermanstrength.com](mailto:Austin@wassermanstrength.com)

## ACADEMIC INFORMATION

Major of Interest:  
Undecided

Graduates: 2025  
GPA: N/A  
SAT: N/A  
Future Test Date: TBD  
NCAA ID#: N/A

## FRESHMAN YEAR ACHIEVEMENTS

- Honor Roll
- Cape Henlopen Varsity Softball-Starter (2022)

## OTHER ACHIEVEMENTS, ACTIVITIES, CAMPS

- Athlete Development Center Triple Threat Slapping Camp 2022
- Wasserman High Level Throwing 2021-2022
- Wasserman High Level Throwing Clinic 2021
- EMG Elite Training (Parisi Certified) 2021-2022
- OutTrain Performance 2021
- ADC Triple Threat Slapping College Clinic 2021
- Jimmy Mullis Hitting 2021-2022 GA
- EC Bullets Coleman taxi Team 2021
- Coach E Softball (fielding) 2021-2022
- Crossfit Newtown, PA 2021
- Rock Hitting Clinics 2021
- Rock Fielding Clinics 2021
- CSP Athlete (speed/agility/strength) 2019-2020