

EST. 02

Make the Team

TRAINING CLUB



Alex Day

Instructor

HOMETOWN: Hillard, OH
COLLEGE: Ohio University

COACHING EXPERIENCE:

- Hillard High School Strength and Conditioning
- Camps and Clinics Ohio University
- Make the Team Instructor

PLAYING CAREER HIGHLIGHTS:

- Alex started in over 200 games for the bobcats,
- In 2018 & 2019 was named to First Team All-MAC,
- 2018 was named First Team All Region, 2019 Second Team All Region
- Career batting average of .322.
- Top 10 in Ohio University history in career homeruns
- Top 10 in Ohio University history in runs scored

2017

- Started in 60 games for Ohio, stepping to the plate 198 times...earned 43 runs, 63 hits and 26 RBI.
- Registered 12 doubles, one single and two home runs with 16 walks and four stolen bases
- putout 53 runners and ended with a .318 batting average and .379 OBP
- maintained a 18-game hitting streak (March 4- April 1); earned 11 RBI through the streak
- named Academic All-MAC
- named Distinguished Scholar Athlete
- named MAC East Player of the Week (3/21)
- named All-MAC Second Team
- never went more than two games without a hit
- scored the most runs on the season for Ohio, also recorded the most hits.
- She was named to the All-MAC 2nd team, NFCAA All-American scholar athlete (2017,2018)

2018

- Played and started all 57 games for Ohio at third base this season
- Hit .333 with 65 hits, eight doubles, three triples and a team-leading 12 homeruns
- Scored 42 runs, recorded 44 RBI and had a .590 slugging percentage
- Drew 16 walks, had a .397 on base percentage and a .915 fielding percentage
- Hit .378 during MAC play, registering 31 hits, four doubles, seven homeruns, 30 RBI and 21 runs scored to go along with her .707 slugging percentage
- Drew five walks to record a .411 on base percentage
- Led Ohio at the MAC Tournament, hitting .364 with four hits, one triple and one RBI for a .545 slugging percentage
- Registered two hits at the NCAA Knoxville Regional
- Best offensive week came the week of April 11. On April 11 at Kent State in the second game of the doubleheader, Day was a force, going 5-for-5 with five runs scored, eight RBI and two home runs in Ohio's historic 22-7 victory over the Flashes. Day's eight RBI in the game is was the second most in MAC history in a single game

After finishing up her softball career, she is now working for The University Hospitals at Ohio State as a Nurses Aide and plans to move on to Physician's Assistant school in the future.