



Softball Trainers

Mackenzie Altenthal - Level 1

Mackenzie is continuing her softball career at East Central College in Union, Missouri in fall 2018. She has been pitching since she was 12 and played softball since she was five. Mackenzie has been a four year starter for Woodland High School and received all-district, all-conference, and academic all-state honors. She is known for her screwball, but she can teach many other pitches such as a drop, rise, curve, change, and knuckle screw. Mackenzie likes to be hands on with the girls she trains and constantly give feedback. She wants to give back to younger girls that have the same dreams as she did when she was growing up. Mackenzie wants to give back to the girls so they can grow up with the passion and drive she has. Mackenzie will start with drills that will help the girls recognize and feel what they are doing. She has learned many fundamental softball skills but specializes in pitching.



Rodney Dock - Level 2

Rodney is a goal-oriented, high energy softball coach with over 36 years of experience as a player, coach, instructor or clinician. He has served as a clinician at softball player skills camps. Rodney has organized and conducted hitting, fielding, throwing, catching and pitching camps for local youth. He has assisted with hitting and pitching for a local high school, which produced numerous All State players during the past 15 years. Rodney has served as the head coach, assistant coach and hitting instructor for numerous high performing travel fast-pitch softball teams. He also served in the U.S. Air Force and played for the U.S. Air Force Fast-pitch Softball team. Rodney believes in motivating and encouraging young softball players to work extensively during training sessions to improve their softball skills to get them to the next level. Rodney can teach all aspects of the game including pitching.



Cindy Henry - Level 2

Cindy Henry has a Bachelors Degree in physical education, health, and journalism from Arkansas State University. Cindy also holds a Masters Degree in Sports Science from The United States Sports Academy. Henry is from Jonesboro, Arkansas. She was named head coach of the softball and volleyball program of Crowley's Ridge College 2006 – 2015. During her time at CRC she was two time ACCA Volleyball coach of the year, and National Volleyball runner up. Cindy lead the softball team to one NCCAA DI regional runner up, as well as Academic All American team. Cindy is a former Arkansas All-State and All-Star standout from Westside High School in volleyball, basketball, softball, and track. Henry's athletic accomplishments include being named twice to the National Christian College Athletic Association All-American volleyball team, All-State honors as a member of the softball team, and discus state champion. Henry is a former member of the Memphis Belles/Dynasty football team of the Women's Football Association. During her football career, she was awarded Lineman of the Year 2009 and helped her team win championships in 2013. Cindy currently, is a certified personal trainer for St Francis Medical Center, and certified USA Olympic Lifting coach. Henry is in the process of receiving her National Sports Performance Association coaching certification. "I have such a great passion to help people reach their goals in life. I believe you can accomplish great things when you don't give up. Don't be afraid of failure, and remember the world doesn't owe you anything, but deserves your very best."



Nikki Peters - Level 1

Nikki transferred home to attend Southeast Missouri State University after completing two years at Jefferson College, where she was a member of the softball team. She pitched both years for the Vikings and helped lead her team to become Regional Champions. Before attending Jefferson College, Nikki was a four year starter at Notre Dame Regional High School, where she received All-District, All-Region, and All-State honors. Nikki was also a SemoBall Awards finalist and a member of the All Southeast Missourian team her junior year. Throughout her 15 years of playing softball, Nikki learned many fundamental softball skills, but specialized in pitching. She is known for her curveball, but can also teach a variety of pitches including rise ball, drop ball, and changeup. Although her playing career is over, Nikki is not ready to give up her love for softball. She wants to use her knowledge to help younger athletes develop a passion for the sport. Nikki's goal is to help the young girls develop the fundamentals needed to grow into players that will excel at the next level.



Chelsea Pullen - Level 1

Chelsea is a native of Pendleton, IN. She attended Southern Illinois University in Carbondale on a softball scholarship. While in high school, Chelsea led PHHS to state runner-up and third place in the state two years later. She was named 2007 Louisville Slugger/NFCA 1st team All-American as an outfielder. Chelsea also earned all-state, all-county and Indy Star honors in high school. She also holds several PHHS and state hitting records. She played travel softball with the Indy Edge and led her U18 team to a second place finish at the ASA A Nationals in 2006. In 2007, Chelsea played at the high level of travel softball with the Southern Force U18 Gold and led them to a 7th place finish at ASA Gold Nationals. She will teach the fundamentals of hitting, outfield play and proper motor skills to help young softball players to improve their game. Chelsea believes in hard work, focus, consistency and fun. She wants to see the training pay off for the play on the field, whether it be on the recreational, high school, travel or collegiate level.



Haley Thogmartin - Level 1

Haley is currently a senior student-athlete at Southeast Missouri State University, majoring in Human Environmental Studies/Child Development. This will be her fourth season pitching for the Redhawks softball team. She is originally from Neosho, Missouri but graduated from Kirkwood High School in St. Louis. Haley has been playing softball for over 12 years and has spent the past 5 years giving pitching lessons in her free time. Although pitching is her specialty, she can teach all aspects of softball.



Abby Tillotson - Level 1

Abby is currently attending SEMO, finishing up her Bachelors Degree in Physical Education, striving for a minor in Special Education, while also coaching softball. She currently coaches a select 14u team back home in St. Louis called the Tribe. Abby is an O'Fallon, MO. native who graduated from Fort Zumwalt North High School where she earned 1st team All-State and Player of the Year. After high school she attended Three Rivers Community College, where she broke the single season home run record with 13 and earned 1st team All-Conference. Abby just finished out her last season of softball at Southeast Missouri State University, where she caught and hit for power, playing in 51 of 53 games. She doesn't limit herself to just catching, as she also saw innings her freshman and sophomore as a pitcher and 3rd baseman. The biggest accomplishment in her career at SEMO was receiving the OVC 2nd Team All-Conference Award in her last season as a Redhawk. She believes hard work truly does pay off. Abby is very passionate when it comes to effort and hard work, whether it is on or off the field and being the best version of oneself. She will push you to be your best while having fun. Abby is super excited to join the Sportsplex as a softball trainer to pass on her knowledge and love for the game!"

