

# Emma Prykanowski #7 IF/OF

# Tri-State Thunder NOVA Cutchall-Green Class of 2025

**Parents:** Thomas and Michelle Prykanowski  
**Phone:** 571-839-9438  
**Parent Email:** michelle.prykanowski@gmail.com  
**Player Email:** emprykanowski@gmail.com



**Age:** 16      **Height:** 5'10"  
**BATS/THROWS:** R/R  
**High School:** Bishop O'Connell  
**Hitting Instructor:** Megan Baby (TwoBags Training)  
**Speed & Agility:** Epic Athletic Center-Annie Hromada  
**Video Link:** [Emma Prykanowski | SportsRecruits](#)  
**Social Media:** Eprykanowski25 (Twitter)



## Fall 2023 Team Schedule

Dates	Event	Location
Sept 9-10	First Responders Cup	Arlington, VA
Oct 14-15	Starz Gold Fall Showcase	Richmond, VA
Oct 21-22	East Coast Fall Showcase	Pennsville, NJ
Oct 28-29	ACFL Fall Championship	Richmond, VA
Nov 10-12	Myrtle Beach Fall Showcase	Myrtle Beach, SC

## HS Athletics

2021, 2023 Softball (Varsity)  
 2023 Field Hockey

## Travel Tournaments/Camp Experience

### 2022-2023

- GMU Prospect Camp
- Junior Day Softball Camp
- Starz Gold Summer Exposure Camp
- George Mason Winter Prospect Camp
- George Washington Prospect Camp
- Duke University Winter Camp
- Ashley Chastain Elite Prospect Camp
- Glory SOC College Coaches Camp
- Starz Gold Fall Exposure Camp
- Legendary Softball Mid-Atlantic Players Clinic
- Atlanta Legacy Showcase Camp
- NC State Prospect II Camp
- University of Delaware Winter Camp
- Softball College Exposure Camp with Colangelo
- North Carolina The Complete Hitter

### 2020-2021

- JMU Elite Summer Camp
- Glory SOC College Coaches Camp

## Academics

**GPA:** 3.7    **SAT:** TBD    **ACT:** TBD    **NCAA #:** 2308993657

### Honors:

9th Grade – English, History  
 10th Grade – English, History  
 11<sup>th</sup> Grade -English, History, Math

## Community Service / Clubs / Awards

- The Cup The Netherlands-Team VA
- Best Buddies
- Teams Against Cancer Club
- Baking for a Cause Club
- Peer Mentoring Expand Service Help
- O'Connell Volunteer at Softball Winter Clinic
- Church Retreats with O'Connell 2021-2023

## Travel Softball History

<b>Present</b>	Tri-State Thunder NOVA	Anna Green	tristatethundernova@gmail.com
<b>2020-2023</b>	Glory Long	Cameron Long	Long01@allegheny.edu
<b>2018-2020</b>	Stingrays	Tom Trimble	Thomastrimble77@gmail.com
<b>2017</b>	Vienna Stars	Sean Staats	