



## Minnesota Vortex/A's Director: Mike Carter

minnesotavortex@gmail.com

www.minnesotavortex.org

A 501c3 organization

*The Minnesota Vortex/A's Vision is "to be the most admired girls fastpitch club in the upper Midwest."*



## Winter Training

The Vortex/A's have a dedicated training facility in Plymouth as well as the use of training facilities in Long Lake and Minnetonka. An illustrative training schedule is shown below. The training schedule for the upcoming year is not yet available but will be similar to the information below. We utilize Blast Motion for our hitting, Diamond Kinetics for our pitching and a personal trainer.

Players have the flexibility to sign up for training which meets their busy schedule. Additional team practices will also be scheduled in the winter with dome ball games on Saturdays or Sundays

### Illustrative Example:

#### Monday Evenings

Hitting & Catching – Minnetonka  
Pitching & Hitting – Plymouth

#### Tuesday Evenings

Performance training – Plymouth  
Defense & Hitting – Plymouth

#### Wednesday Evenings

Pitching – Plymouth  
Hitting & Defense – Long Lake

#### Thursday Evenings

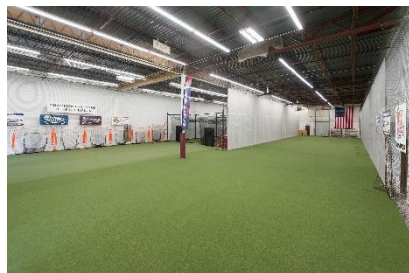
Hitting & Pitching – Plymouth

#### Saturday Mornings

Pitching & Catching – Plymouth

#### Sunday

Team Practices or Dome ball games



**Our Own Indoor Facility in Plymouth:  
TCOS Training Center**

## Who We Are

The Minnesota Vortex & Minnesota A's are a premier fastpitch softball club that is based in the Minneapolis West Metro.

The primary objective of the Vortex/A's program is to provide the best possible fastpitch softball experience.

We provide a high level of play and instruction, as well as a consistently challenging and FUN experience for our players. We are committed to providing excellent coaching and player development in a fun environment.

The Vortex/A's provides the opportunity for year-round development and training, while recognizing the importance of creating well rounded, confident athletes and citizens.

During the summer softball season our Vortex/A's players make softball their priority sport. Our off-season work consists of individual instruction, clinics, dome ball and team practices, but also takes into consideration multiple sport athletes and other community and school-based commitments.

We also believe in giving back to the community. In December, the Vortex/A's organization came together to pack 24,000 meals at Feed My Starving Children.



# Home Fields



The Minnesota Vortex & A's program partnered with the City of Loretto in 2021 on a 10-year agreement to make Loretto Athletic Complex our home fields! We also rent fields in Plymouth & Bloomington

# Coaching Staff

TBA in July on website

Becky Smith – Player Development  
Troy Trimble – Certified Personal Trainer



Senior A's players sharing their college recruitment experience with younger Vortex players and their parents at the annual college recruitment information night. We utilize SportsRecruits to help our players navigate their college recruiting activities.



# Fees

Fundraising opportunities are available to reduce the cost for our families.

2022/23 cost is \$3,000 with \$650 down in August and 10 payments of \$235 from September through June. Uniforms, helmet and backpack must also be purchased.

*"We will achieve our Organizational Vision by an uncompromising commitment to developing players on and off the field and knowing that the quality of our coaches and the satisfaction of our teams, families, and partners is paramount."*

*Mike Carter - Director MN Vortex/A's*

# Tournaments

The Vortex/A's play in the most competitive tournaments. The coaches make tournament and travel decisions in the best interest of their players. Typically, the younger teams stay regional and the older teams will travel across regions. Vortex/A's Teams attend top tournaments typically in Iowa, Indiana, Florida, Kansas, Wisconsin, Colorado, and Illinois.

Fall: 3-4 tournaments with 1 out of town  
Summer: 6-7 tournaments with 1-2 out of town



All 4 Vortex 14U teams at Fall scrimmages/BBQ/Yard Games Event in Loretto



Former MN Vortex/A's players Natalie DenHartog & Katelyn Kemmetmueller named to the All-Big Ten First & Second Teams. Natalie & Katelyn are MN Vortex/A's coaches.

This fall, 7 freshman from the MN A's will play college softball which brings our total to 79 college players since 2016. We take great pride in preparing our players with the skills to play at the next level.

Several Vortex/A's players were also nominated and/or were finalists for both the Gatorade and Ms. Minnesota Softball Awards, making the Vortex/A's program well represented for the highest honors in the State!



Former Vortex/A's players shown above share memories with Coach & Director Mike Carter