JESSICA LEMMON

 Jessica Lemmon was a four-year varsity starter for the Castro Valley High softball team and was Hayward Area Athletic League Player of the Year three years in a row. She was an all-state selection her senior season (2008) and was chosen as one of the top 100 high school athletes in Alameda and Contra Costa County by Comcast.

 Lemmon also played varsity basketball as a sophomore and junior at Castro Valley, but gave up the sport to concentrate on softball her senior year.

 When it came time for college, Jessica decided to stay close to home and accepted a softball scholarship at St. Mary’s. “I wanted my parents to be able to go to my games,” she explained.

It turned out to be the right decision. Lemmon was a two-time all-Pacific Coast Softball Conference selection for the Gaels and was named PCSC Coastal Division Pitcher of the Year in 2012. In her final home game, she pitched a two-hit shutout in an 8-0 St. Mary’s win over Santa Clara.

At St. Mary’s, Lemmon came under the tutelage of pitching coach Sammi Strinz (now the head softball coach at Loyola Marymount). Strinz added a “knuckle-change” to Jessica’s pitch repertoire, in addition to helping her improve her other pitches.

Now Jessica, who has a Masters degree in kinesiology from St. Mary’s, would like to pass some of her knowledge to others. She was the Gaels’ pitching coach and director of basketball operations for the women’s team for a year and this spring is assisting Marie Gray at CVHS while teaching full-time at Helms Middle School in San Pablo.

“Ultimately, I’d like to be a coach and athletic director at the high school level,” she said.