



Sadie Armstrong

College: Longwood University

Hometown: Portland, ME

"Softball players strive to be exceptional people and, by virtue of that effort alone, we are exceptional. And I really believe this: There is every reason to be exceptional in all areas of our lives—as students, musicians, friends, leaders and volunteers."

Sadie **Armstrong**

Sadie *the Athlete*

ATHLETE PROFILE

Sport: Softball
Hometown: Portland, Maine
College: Longwood University
High School: Portland High School
Position/Title: Pitcher, First base, Designated Player
Height: 6'0"
Weight: 175 lbs.

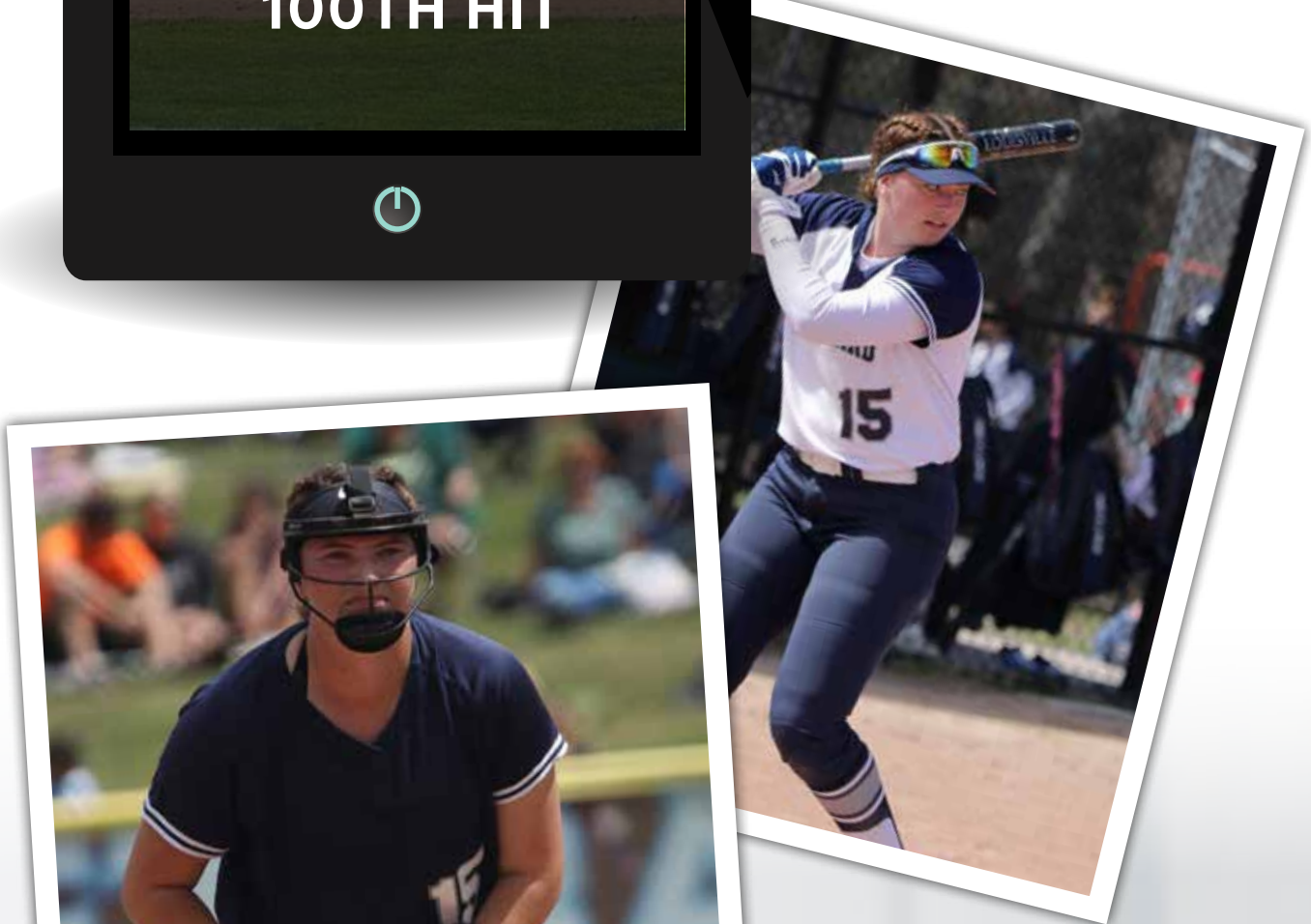
- Holds the school record for most home runs in a career, and hit better than .400 in each of her four seasons. During her first season at Portland High School, she set the school record for home runs in a season.
- All-State and All-Conference first team selection; three-time team MVP while serving as a team captain.
- Sadie has broken so many softball bats with her powerful swing that the Easton bat company invited her to their production facility to study her swing for prototypes for the Ghost softball bat.
- As a pitcher, she consistently throws 65 mph.
- She also played on Rachel Coleman's Stars National 18U Team, ranked among the top 25 teams in the country.
- In 2019, right before her freshman year, she suffered a serious foot injury that kept her away from the sport for nearly an entire year.



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Sadie Armstrong

Sadie *the* Person

PERSONAL PROFILE

- Hobbies and interests: Volunteering, teaching youth sports, umpiring, working out and playing the violin,
- Family: Sadie is the daughter of Julie and Kirk Armstrong. She has five siblings, Emmalyn, Jack, Henry, Penelope and Charlie.
- Her mom and dad were both athletes. Her mom was a softball pitcher at the University of Southern Maine and her dad is a former golf pro at Riverside Golf Course in Portland, Maine.
- Sadie’s great, great grandfather was a distant cousin to Babe Ruth.
- At Portland High School, Armstrong ranked in the top 20 percent in her class with nearly a 4.0 grade point average and was a member of the National Honor Society.
- Her career goal is to run her own vet clinic or help people and others recover from injuries by studying kinesiology.
- Since her 18th birthday, Sadie has raised more than \$2,000 funds to create the Diamond in The Rough Scholarship Program which provides funds and resources for young athletes who want to play college softball.
- Sadie is well known for inspiring the next generation by teaching area youth how to play sports. She is also a certified Little League umpire, which she says helps her see the game differently have a deeper understanding of the rules of baseball and softball.
- Sadie has played violin since she was age 4. Since 2021, she has been selected for District 2 Orchestra past 3 years.
- Due to her passion to get involved in her community, she was awarded the Girl Scout Bronze Award, one of the highest awards in Girl Scouting.
- She is a regular contributor to www.extrainningsoftball.com with 13 published articles to date.
- Sadie has been a driving force in pushing for Title IX compliance and working with Portland High School with the City of Portland to meet Title IX requirements for their softball facility.



Leaving a Legacy

Sadie became the first high school softball player in the country to create her own non-profit, the Diamond in the Rough Scholarship Program. [READ MORE](#)

Diamond in the Rough Scholarship Program

\$0.00 of \$15,000.00 goal

0 Donations

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Diamond in The Rough started this campaign

The Diamond in the Rough is a nonprofit that supports softball players in Maine with educational, instructional, and personal development opportunities. The mission of the Diamond in the Rough Scholarship Program is to provide financial resources to softball families and players in need.

Founded by Sadie Armstrong, a Maine high school softball player, on her 18th birthday, she became the youngest athlete in the country to start her own nonprofit.

Sadie is grateful for the opportunities she has experienced and wants to provide more Maine softball players the



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