



Erika Osherow
Mental Performance Coach - USA Elite Training

We are excited to announce that Erika Osherow has joined our USA Elite Training team.

Erika was a personal client of Coach Hapanowicz in both pitching and hitting for many years. Erika played softball at Darien High School from 2011-2015, where she was a pitcher and shortstop, earning varsity letters all 4 years, 2x team MVP, Captain, All FCIAC and All State Honors. She went on to pitch, hit, and play outfield at the University of Virginia. She earned ACC Pitcher of the Week in 2017, 4x ACC Honor Roll, was a 2X ACC All Academic Team, 5x Dean's List, and a 3x recipient of the Lisa-Frances Palmer Endowed Scholarship. Upon graduation with her BS in Kinesiology and Psychology with Honors, she received the ACC Postgraduate Scholarship and Life Skills Award Scholarship. She pursued her MEd at the University of Virginia in Exercise Physiology and earned the Curry School of Education David F. Cook Award for Graduate Excellence. She is certified as a Strength & Conditioning Specialist (CSCS) as well. Erika's additional experience includes working as a performance psychology intern at the Center for Enhanced Performance at the United States Military Academy at West Point. She also has worked as a virtual health coach for Noom, Inc. Erika is currently pursuing her M.A in Sport & Performance Psychology from the University of Denver. Erika will be working with our students with the new online Sports Mental Training classes and as an on-line coach for USA Elite Training.