



Date: May 11, 2011

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EMPIRE 8 ANNOUNCES SOFTBALL ALL-CONFERENCE TEAM
Jennifer Vanek and Brittany Kemp Earn Top Awards

ROCHESTER, NY – The Empire 8 announced its 2011 Softball All-Conference Team with junior outfielder Jennifer Vanek of conference champion St. John Fisher College being named Player of the Year and sophomore pitcher Brittany Kemp of runner-up Rochester Institute of Technology chosen as Pitcher of the Year.

Vanek, a repeat first-team all-conference selection, hit .442 (23-for-52) with 10 runs scored in regular season conference play. Overall, she leads the Cardinals with a .417 batting average, 38 runs scored, 58 hits, five triples, and four stolen bases.

Kemp recorded a 5-2 mark with a 1.78 earned run average and two shutouts in regular season conference games. She allowed just 26 hits in 43.1 innings and struck out 58. Overall, she posted 10 wins and limited opponents to a .207 batting average.

Senior pitcher Carlissa Cole and sophomore shortstop Tori Nadow of RIT were also first-team selections. Cole went 6-1 with a 1.43 earned run average in Empire 8 regular season play and put together a 10-game winning streak late in the season to lead the Tigers to a spot in the conference tournament final. Nadow hit .364 in Empire 8 play and batted .348 in all games with a team-high 22 runs batted in.

Three players from regular season champion Ithaca College garnered first-team all-conference recognition. Senior pitcher Brit Lillie made her third consecutive appearance on the first team, posting a 5-0 record and 1.53 earned run average in Empire 8 regular season play and leads the team with nine victories overall. Senior designated player Kerry Barger repeated on the all-conference first team after hitting .548 in conference play with eight runs batted in. Sophomore outfielder Jennifer Biondi was selected to the first team, hitting .378 with nine runs scored, seven extra-base hits (two home runs), and 12 RBI in Empire 8 action.

Senior outfielder Kim Martin of Utica College was named to the all-conference first team for the fourth time in her career. She batted .391 in conference play with 15 runs scored and six RBI. Sophomore first baseman Bridgette Plummer of the Pioneers also made the first team after she hit .340 with nine runs scored, seven doubles, and 10 RBI in Empire 8 games.

Sophomore catcher Clair Strom became the first Stevens Institute of Technology player to receive first-team honors. She hit .404 with 11 runs scored, five home runs, and 17 RBI in Empire 8 play as the Ducks made the conference tournament in just their second varsity season.

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Junior third baseman Molly Shepherd and junior utility player Nicole Hedrick of Alfred University were named to the first team. Shepherd hit .435 with 11 runs scored and 13 RBI in Empire 8 play. Hedrick, the 2010 Empire 8 Player of the Year, batted .426 with 18 runs scored in conference action.

Senior second baseman Jackie Gibson of Elmira College was named to the all-conference first team after hitting .400 with six RBI in Empire 8 games.

Kristie Jones of Utica was named Empire 8 Rookie of the Year. She batted .341 with nine runs scored, two home runs, and 12 RBI in conference play.

Deb Pallozzi was named Coach of the Year for leading Ithaca to the top seed in the conference tournament and the program's 24th trip to the NCAA Division III Softball Championship. The honor is her fifth and first since 2007.

One member of each team was named that institution's representative on the 2011 Softball Sportswoman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportswomen.

2011 Empire 8 Softball Awards

Player of the Year: Jennifer Vanek, St. John Fisher College

Pitcher of the Year: Brittany Kemp, Rochester Institute of Technology

Rookie of the Year: Kristie Jones, Utica College

Coach of the Year: Deb Pallozzi, Ithaca College

First Team All-Conference

Clair Strom	So.	Stevens	C
Bridgette Plummer	So.	Utica	1B
Jackie Gibson	Sr.	Elmira	2B
Tori Nadow	So.	RIT	SS
Molly Shepherd	Jr.	Alfred	3B
Jennifer Biondi	So.	Ithaca	OF
Kim Martin	Sr.	Utica	OF
Jennifer Vanek	Jr.	St. John Fisher	OF
Kerry Barger	Sr.	Ithaca	DP
Nicole Hedrick	Jr.	Alfred	UTIL
Carlissa Cole	Sr.	RIT	P
Brittany Kemp	So.	RIT	P
Brit Lillie	Sr.	Ithaca	P

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Second Team All-Conference

Mallory Ingalls	So.	Utica	C
Michelle Tabisz	Jr.	RIT	1B
Allee Emmi	Jr.	RIT	2B
Naomi Sacks	Sr.	Stevens	SS
Kayla Goodberlet	So.	St. John Fisher	3B
Shannon McCormick	Jr.	RIT	OF
Angela Netta	Jr.	Alfred	OF
Taryn Rumsey	Fy.	Elmira	OF
Adrienne Walters	So.	Ithaca	OF
Kayla Berardi	Fy.	Stevens	DP
Leanne Merchant	So.	Stevens	DP
Carlissa Cole	Sr.	RIT	UTIL
Sarah Stefanon	So.	St. John Fisher	P

Sportswoman of the Year

Name	Yr.	School
Maressa Mistretta	So.	Alfred University
Meg Werner	Sr.	Elmira College
Adrienne Walters	So.	Ithaca College
Jess Mangicaro	Sr.	Nazareth College
Megan O'Connell	So.	Rochester Institute of Technology
Kristin McCoy	Sr.	St. John Fisher College
Krista Sticco	Jr.	Stevens Institute of Technology
Claire Gerlach	Sr.	Utica College

Honorable Mention All-Conference

Carissa Carlson	St. John Fisher	1B
Maressa Mistretta	Alfred	2B
Jessica Anson	Utica	SS
Victoria Webber	Stevens	3B
Shanna Ewoldt	Alfred	DP
Allison Greaney	Ithaca	UTIL