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Contact: Timothy Farrell, Asst. Commissioner
tfarrell@empire8.com

EMPIRE 8 ANNOUNCES SOFTBALL ALL-CONFERENCE TEAM
Sydney Folk of Ithaca Named Player of the Year

ROCHESTER, NY – The Empire 8 announced its 2012 Softball All-Conference Team with sophomore first baseman Sydney Folk of conference champion Ithaca College being named Player of the Year. Sophomore pitcher Jillian Olmstead of the Bombers and junior Danielle Leone of St. John Fisher College shared the Pitcher of the Year honor.

Folk hit .500 in conference regular season play with 10 runs scored, four doubles, a triple, two home runs, and 17 runs batted in over 12 games. She posted a slugging percentage of .853.

Olmstead went undefeated in Empire 8 regular season play, posting a 6-0 record with a 0.56 earned run average, yielding three runs in 37.2 innings of work. Leone finished regular season conference play with a 4-2 mark and 1.43 earned run average, allowing seven earned runs in 44 innings.

Joining Folk and Olmstead on the all-conference first team for the Bombers was sophomore pitcher Sam Bender, who also went 6-0 in Empire 8 play and posted a 1.29 earned run average.

Three Cardinals joined Leone on the first team. Junior catcher Leanne Merchant batted .485 with 13 runs scored, six doubles, a home run, and 14 RBI in 12 games. Junior third baseman Kayla Goodberlet hit .415 with 10 runs scored, three doubles, and six RBI. First-year designated player Kaylee Tallman batted .444 with four home runs and 10 RBI.

Four players from Alfred University garnered first-team all-conference honors. Senior Angela Netta led all outfielders with a .500 batting average, 10 runs scored, four doubles, four home runs, and 11 RBI in Empire 8 regular season play. Junior second baseman Maressa Mistretta hit .375 with six runs scored and a 1.000 fielding percentage, and junior utility player Hana Gross batted .324 with five RBI. Sophomore outfielder Breeal Delgado batted .410 with seven runs scored, four doubles, a home run, and 11 RBI.

Sophomore shortstop Danielle DeFeo of Stevens Institute of Technology was named to the all-conference first team after hitting .488 with 11 runs scored in Empire 8 play.

Junior outfielder Meghan Matan of Utica College hit .457 with 15 runs scored to earn a spot on the all-conference first team.

Shortstops Katie Dore of Elmira College and Francessa Busa of Ithaca shared Empire 8 Rookie of the Year honors. Dore batted .447 with 12 runs scored, six doubles, two home runs, and seven RBI. Busa hit .395 with 13 runs scored, two doubles, a home run, and six RBI, while posting a .957 fielding percentage.

Deb Pallozzi was named Coach of the Year for the second consecutive time after leading Ithaca to Empire 8 title and the program's 25th trip to the NCAA Division III Softball Championship. The honor is her sixth.

One member of each team was named that institution's representative on the 2012 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.

2012 Empire 8 Softball Awards

Player of the Year: Sydney Folk, Ithaca College

Co-Pitcher of the Year: Danielle Leone, St. John Fisher College

Co-Pitcher of the Year: Jillian Olmstead, Ithaca College

Co-Rookie of the Year: Katie Dore, Elmira College

Co-Rookie of the Year: Francesca Busa, Ithaca College

Coach of the Year: Deb Pallozzi, Ithaca College

First Team All-Conference

Leanne Merchant	Jr.	St. John Fisher	C
Sydney Folk	So.	Ithaca	1B
Maressa Mistretta	Jr.	Alfred	2B
Danielle DeFeo	So.	Stevens	SS
Kayla Goodberlet	Jr.	St. John Fisher	3B
Angela Netta	Sr.	Alfred	OF
Breeal Delgado	So.	Alfred	OF
Meghan Matan	Jr.	Utica	OF
Kaylee Tallman	Fy.	St. John Fisher	DP
Hana Gross	Jr.	Alfred	UTIL
Sam Bender	So.	Ithaca	P
Danielle Leone	Jr.	St. John Fisher	P
Jillian Olmstead	So.	Ithaca	P

Second Team All-Conference

Lindsey Johnson	Jr.	Ithaca	C
Bridgette Plummer	Jr.	Utica	1B
Julianne Vincent	So.	Ithaca	2B
Katie Dore	Fy.	Elmira	SS
Molly O'Donnell	Jr.	Ithaca	3B
Carissa Carlson	Sr.	St. John Fisher	OF
Rachel Dell'Orto	So.	Ithaca	OF
Adrienne Walters	Jr.	Ithaca	OF
Courtney Fitzgerald	Fy.	Utica	DP
Mikayla Bean	So.	Elmira	UTIL
Kayla Berardi	So.	Stevens	P

Sportswoman of the Year

Name	Yr.	School
Danielle Mastropiero	So.	Alfred University
Lindsay Labiendo	So.	Elmira College
Nina Lindberg	Fy.	Ithaca College
Kailey Ritch	So.	Nazareth College
Shelby Marie	Jr.	St. John Fisher College
Brianna Sandone	Fy.	Stevens Institute of Technology
Allie Jennings	So.	Utica College

Honorable Mention All-Conference

Courtney Fitzgerald	C	Utica College
Sarah Fordyce	1B	St. John Fisher College
Alex Andrade	2B	Elmira College
Francesca Busa	SS	Ithaca College
Mallory Ingalls	3B	Utica College
Stephanie Arguello	DP	Alfred University
Jen Biondi	DP	Ithaca College

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