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EMPIRE 8 ANNOUNCES SOFTBALL ALL-CONFERENCE TEAM
Hannah Shalett, Nicole Cade of Ithaca Receive Top Awards

ROCHESTER, NY – Senior catcher Hannah Shalett of conference champion Ithaca College was named Player of the Year and junior teammate Nicole Cade was honored as Pitcher of the Year as the Empire 8 announced its Softball All-Conference Team.

Shalett enters NCAA play hitting .421 (51-for-121) with 12 doubles, 26 runs scored, and 29 runs batted in. In 12 regular season conference games, she batted .541 (20-of-37) with 11 runs scored and 11 RBI. She earned first-team all-conference honors four times.

Cade, the unanimous selection as the conference's top pitcher, brings an 18-3 record and a 1.04 earned run average into postseason play. She posted a 5-0 record with a 0.54 earned run average and 40 strikeouts in 26 innings of regular season conference play. In the Empire 8 tournament, Cade won both of her decisions, yielding only five hits and no runs, while striking out 20 in three appearances.

Five other players from Ithaca made the all-conference first team, including juniors Jessica Stangarone and Carly Myers, who each received the honor for the third consecutive year. Stangarone, a second baseman, is hitting .381 with seven triples and 23 runs scored, while Myers has recorded an 11-4 mark on the mound with a 0.93 E.R.A.

Junior shortstop Erica Cutspec of the Bombers repeated as a first-team selection and enters the postseason second on the team with a .393 batting average and a team-leading 42 runs scored. Senior outfielder Jenn Marro (.464 average, 10 runs scored, 15 RBI in conference regular season play) and rookie Cait Ryan (.387, 10 runs scored) were also named to the first team for the Bombers, who captured their sixth straight Empire 8 title.

Three players from conference runner-up St. John Fisher College were named to the all-conference first team, including outfielder Sarah Gates, who was also chosen as the Rookie of the Year. She leads the ECAC-bound Cardinals with a .431 average, 38 runs scored, 50 hits and 35 RBI. Junior Nicole Middleton hit .471 with five home runs and 16 RBI in conference regular season play, and junior outfielder Nicole Watkins batted .485 with five triples, 14 runs scored, and 10 RBI in regular season conference action.

Sophomore Andrea Curley of Utica College repeated as a first-team all-conference choice after hitting .394 in conference regular season games with 11 runs scored. Junior teammate Brittany Johnson was named to the first team after hitting .500 with 11 RBI in 10 regular season conference games.

Ithaca Head Coach Deb Pallozzi, who reached the 500-win mark at the school this season, was named Empire 8 Coach of the Year for the fifth time in eight years.

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2007 Empire 8 Softball Awards

Player of the Year: Hannah Shalett, Ithaca College

Pitcher of the Year: Nicole Cade, Ithaca College

Rookie of the Year: Sarah Gates, St. John Fisher College

Coach of the Year: Deb Pallozzi, Ithaca College

First Team All-Conference

Hannah Shalett	Sr.	Ithaca	C
Cait Ryan	Fr.	Ithaca	1B
Jessica Stangarone	Jr.	Ithaca	2B
Erica Cutspec	Jr.	Ithaca	SS
Nicole Middleton	Jr.	St. John Fisher	3B
Sarah Gates	Fr.	St. John Fisher	OF
Jenn Marro	Sr.	Ithaca	OF
Nicole Watkins	Jr.	St. John Fisher	OF
Brittany Johnson	Jr.	Utica	DP
Andrea Curley	So.	Utica	UTIL
Nicole Cade	Jr.	Ithaca	P
Carly Myers	Jr.	Ithaca	P

Second Team All-Conference

Meghan Graves	Fr.	St. John Fisher	C
Lizzie Barlow	So.	Nazareth	1B
Sara Dresser	Jr.	St. John Fisher	2B
Katie Botkins	Sr.	St. John Fisher	SS
Stacy Pelesz	Jr.	Ithaca	3B
Mel Chinigo	Sr.	Ithaca	OF
Abby Drew	So.	Utica	OF
Jessica Figallo	Fr.	Alfred	OF
Nicole Taylor	Sr.	RIT	OF
Holly Seideward	Fr.	Alfred	UTIL
Mary Keegan	Sr.	RIT	P
Ilana Price	Fr.	Alfred	P
Amanda Shevchuk	So.	St. John Fisher	P

Sportswoman of the Year

Name	Yr.	School
Caitlin Bangs	Fr.	Alfred University
Danielle Rash	Sr.	Elmira College
Jessica Stangarone	Jr.	Ithaca College
Christa Harris	So.	Nazareth College
Nicole Taylor	Sr.	Rochester Institute of Technology
Laura Paul	Sr.	St. John Fisher College
Kallie Mathis	So.	Utica College

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Honorable Mention All-Conference

Stephanie Nailos	RIT	C
Jenna Kilroy	RIT	1B
Jordan Siefer	Alfred	2B
Breana Sniezek	RIT	SS
Josa Hanzlik	RIT	3B
Ashley Kaufman	Utica	OF
Kate Maurer	St. John Fisher	OF
Kristi Bradley	St. John Fisher	UTIL

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