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GLVC NAMES 2009 ALL-GLVC SOFTBALL TEAM

PEORIA, ILL. – University of Indianapolis' Megan Russell (Indianapolis, Ind.) and University of Missouri-St. Louis' Allyson DeFosset (O'Fallon, Ill.) have been named the 2009 Great Lakes Valley Conference Softball Player of the Year and Pitcher of the Year, respectively. The pair headlines the 13-member 2009 All-GLVC Softball First Team.

Russell, a senior designated player for the Greyhounds, paced UIndy to a 28-16 overall record during the regular season and to a third-place finish in the GLVC standings with a 17-7 league mark.

She is batting .346 this season with 42 RBIs, 27 runs scored, 14 home runs, eight doubles and a .743 slugging percentage. Russell leads the league in RBIs, on-base percentage (.419), home runs and total bases (101). In addition, she has also posted a 13-7 record in the circle with a 1.16 ERA. Russell made 22 appearances and recorded 110 strikeouts in over 120 innings pitched.

In league play, Russell hit .315 with 27 RBIs, 18 runs, 10 home runs, four doubles and a .808 slugging percentage.

DeFosset, a senior pitcher for Missouri-St. Louis, led the Tritons to the top of the GLVC regular season standings. She was named GLVC Pitcher of the Week on three different occasions and posted a 20-4 overall record with six saves.

DeFosset currently leads the GLVC with a 0.56 ERA and has struck out 257 batters in 34 appearances. She has limited opposing hitters to a .132 batting average and recorded 16 complete games and nine shutouts.

She became the Missouri-St. Louis career strikeout leader in just two seasons and is sixth all-time in school history in career wins. In league action in 2009, DeFosset posted a 12-1 record with a 0.53 ERA and four saves. She picked up five shutouts against conference foes and had 135 strikeouts in 17 appearances.

Joining Russell and DeFosset on the 13-member All-GLVC Softball First Team are Indianapolis' Jamie Keltz, Kentucky Wesleyan's Haleigh Ashworth and Gabrielle Simmons, Missouri S&T's Emily Tucker, Missouri-St. Louis' Kelly Essner, Northern Kentucky's Cara Parker, Quincy's Erin Gregory and Torie Bunzell and Saint Joseph's Brittnie Boerema, Rachel Weaver and Sara Somogyi.

Northern Kentucky's Jessica Farris has been named the 2009 GLVC Freshman of the Year. The Norse shortstop is batting .343 with 28 runs, 27 RBIs, 12 doubles, four home runs and six stolen bases. She helped guide the Norse to the GLVC Tournament by hitting .377 in league play with 19 RBIs, 16 runs and eight doubles. Northern Kentucky finished the regular season with a 27-21 record and 13-11 record in conference action.

GLVC Coach of the Year honors have been awarded to Missouri-St. Louis' Chuck Sosnowski. The fourth-year coach of the Tritons guided his club to a 34-15 overall record and to the top of the GLVC standings with an 18-4 record. The Tritons' 34 wins are the second most in school history and Sosnowski's club set a new school-mark for conference victories with 18. Sosnowski is a 95-103 at UMSL and has recorded 82 wins in the last three seasons. The Tritons will be the top seed for the 2009 GLVC Softball Tournament.

The GLVC has also announced a 13-member All-GLVC Second Team and 13-member All-GLVC Third Team. The complete list of award recipients follows.

FIRST TEAM

C – Brittne Boerema, Saint Joseph's
1B – Rachel Weaver, Saint Joseph's
2B – Jamie Keltz, Indianapolis
3B – Cara Parker, Northern Kentucky
SS – Kelly Essner, Missouri-St. Louis
DP – Megan Russell, Indianapolis
UT – Haleigh Ashworth, Kentucky Wesleyan
OF – Gabrielle Simmons, Kentucky Wesleyan
OF – Erin Gregory, Quincy
OF – Emily Tucker, Missouri S&T
P – Torie Bunzell, Quincy
P - Allyson DeFosset, Missouri-St. Louis
P – Sara Somogyi, Saint Joseph's

SECOND TEAM

C – Jasmyn Wentland, Quincy
1B – Lisa Casey, UW-Parkside
2B – Amanda Brendel, Southern Indiana
3B – Emily O'Bryan, Bellarmine
SS – Jessica Farris, Northern Kentucky
DP – Sam DeVecchio, Northern Kentucky
UT – Ashley Wallingford, Missouri S&T
OF – Maggie Swanson, Indianapolis
OF – Shatona Campbell, Northern Kentucky
OF – Christine Holthus, UW-Parkside
P – Courtney Lyons, Lewis
P - Amanda Wendlinger, Indianapolis
P – Emily Dye, Rockhurst

THIRD TEAM

C – Jordan Basham, Bellarmine
1B – Kim Locke, Bellarmine
2B – Kara Harmatys, Lewis
3B – Jenny Swanson, Indianapolis
SS – Carmen Martinez, Indianapolis
DP – Kassi Deibert, Missouri S&T
UT – Kayla Thomas, Rockhurst
OF – Kate Wolsiefer, Bellarmine
OF – Amanda Miller, UW-Parkside
OF – Lindsey Gustine, Indianapolis
P – Jen O'Hara, Missouri S&T
P - Casey Willard, Bellarmine
P – Heather Robertson, Rockhurst

Player of the Year – Megan Russell, Indianapolis

Pitcher of the Year – Allyson DeFosset, Missouri-St. Louis

Freshman of the Year – Jessica Farris, Northern Kentucky

Coach of the Year – Chuck Sosnowski, Missouri-St. Louis

For more information about the GLVC and each conference member, please visit www.glvcsports.org.