



CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

April 22, 2009

Meaghan O’Gara, Lisa Bilski And Margie Knight Gain 2009 CAC Softball Post-Season Individual Honors

YORK, Pa. - Senior outfielder **Meaghan O’Gara** was named the 2009 Capital Athletic Conference Softball Player of the Year and one of seven members of the CAC champion Salisbury Sea Gulls to be named to the All-CAC team, selected by the conference coaches. It marks the 12th-straight year, and 13th-time in CAC history, that a Sea Gull standout was named the CAC Player of the Year.

Salisbury’s **Margie Knight** was named the CAC Coach of the Year for the second-straight season and eighth time in her career while Stevenson shortstop **Lisa Bilski** was selected as the 2009 CAC Rookie of the Year. Bilski is the second-straight Mustang to win the award, joining 2008 Rookie of the Year **Jessica Bandzwolek**.

Nearly the entire All-CAC infield is from Salisbury. Joining O’Gara, a two-time CAC all-star, on the 2009 all-star squad from the CAC champion Sea Gulls are senior pitcher **Stacy Davis**, sophomore pitcher **Kelsey Mills**, junior catcher **Lauren Brenneman**, junior 1B **Ali Ritter**, senior 2B **Stacey Malarkey** and junior SS **Kelly Waskewicz**.

Malarkey is making her fourth-straight appearance on the All-CAC team while Brenneman, Ritter, Waskewicz and Davis are all earning post-season recognition for the third-straight year. Waskewicz was the 2007 CAC Rookie of the Year and two-time CAC Player of the Year (2007 & 2008).

Mary Washington and York, which tied for second in the CAC regular season, combined for six berths on the 15-player post-season team.

UMW seniors **Kirsten Rowell** and **Cathy Hull** are repeat selections on the All-CAC team. Rowell is one of the top pitchers in the conference for the third-straight year while Hull is a two-time All-CAC outfielder.

York sophomore 3B **Kelly Smith** completes the All-CAC infield and joins teammates **Kristen Gray** (DP) and **Heather Bormann** (SS) in making their second-straight All-CAC team appearance. Spartan freshman pitcher **Brittany Therres** is a first-time all-conference honoree.

Hood junior **Jen Willison** and Gallaudet senior **Caitlin Mosholder** earned the final two positions on the 2009 All-CAC team. Willison, one of the top outfielders in the CAC, and Mosholder, who played several positions as needed for the Bison, are both first-time post-season honorees.

2009 All-CAC Softball Team

<i>First Team</i>	<i>Yr.</i>	<i>Pos.</i>	<i>Team</i>	<i>Hometown/High School</i>	<i>Previous Honors</i>
Kelsey Mills	So.	P	Salisbury	Frederick, Md./Frederick	
Kirsten Rowell	Sr.	P	Mary Washington	Alexandria, Va./Mount Vernon	1st in ‘08, 1st in ‘07
Lauren Brenneman	Jr.	C	Salisbury	York, Pa./Central York	1st in ‘08, 1st in ‘07
Ali Ritter	Jr.	1B	Salisbury	Belvidere, N.J./Belvidere	1st in ‘08, 1st in ‘07
Stacey Malarkey	Sr.	2B	Salisbury	Taneytown, Md./Fr. Scott Key	1st in ‘08, 1st in ‘07, 1st in ‘06
Kelly Waskewicz	Jr.	SS	Salisbury	Olney, Md./St. John’s College	1st in ‘08, PoY in ‘08, 1st in ‘07, PoY & RoY in ‘07
Kelly Smith	So.	3B	York	Riverdale, Md./St. Vincent Pallotti	1st in ‘08
Cathy Hull	Sr.	OF	Mary Washington	Alexandria, Va./Mount Vernon	1st in ‘08
Meaghan O’Gara	Sr.	OF	Salisbury	Northport, N.Y./Northport	1st in ‘06
Jen Willison	Jr.	OF	Hood	Hancock, Md./Hancock	
Kristen Gray	So.	DP	York	Mickleton, N.J./Kingsway Reg.	1st in ‘08
Caitlin Mosholder	Sr.	Util	Gallaudet	Somerset, Pa./Somerset	
Heather Bormann	Jr.	AL	York	Brick, N.J./Brick Memorial	1st in ‘08
Stacy Davis	Sr.	AL	Salisbury	Westminster, Md./Westminster	1st in ‘08, 1st in ‘07
Brittany Therres	Fr.	AL	York	Hughesville, Md./Thomas Stone	

2009 CAC Player of the Year: Meaghan O’Gara, Salisbury

2009 CAC Rookie of the Year: Lisa Bilski, Stevenson, Shortstop (Forest Hill, Md./Fallston)

2009 CAC Coach of the Year: Margie Knight, Salisbury (8th time, also in ‘97, ‘98, ‘00, ‘03, ‘04, ‘05 and ‘08)