



Mid-State Athletic Conference 2009 Women's Basketball

Notebook #7
February 23, 2009

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Final Conference Standings

		<u>Overall</u>	<u>MSAC</u>			
		<u>W-L</u>	<u>W-L</u>	<u>Pct.</u>	<u>Home</u>	<u>Road</u>
1.	Onondaga	25-5	11-1	.917	6-0	5-1
2.	Finger Lakes	23-5	9-3	.750	5-1	4-2
3.	Cayuga	20-9	8-4	.667	5-1	3-3
4.	Broome	16-7	7-5	.583	4-2	3-3
5.	Jefferson	8-15	4-8	.333	3-3	1-5
6.	Tompkins Cortland	12-12	3-9	.333	2-4	1-5
7.	Corning	6-22	0-12	.000	0-6	0-6

2009 Mid-State Athletic Conference Champion

Finger Lakes Community College

2009 Conference Championship Most Valuable Player

Brittany Williams, Finger Lakes

2009 Player of the Year

Brittany Williams, Finger Lakes

2009 Coach of the Year

Mike Wheeler, Onondaga

2009 Players of the Week

1/12 Caitlyn Dillard, Cayuga
 1/20 Brittany Williams, Finger Lakes
 1/26 Jenna Rossi, Onondaga
 2/2 Caitlyn Dillard, Cayuga
 2/9 Brittany Williams, Finger Lakes
 2/18 Alyssa Polosky, Broome, & Brittany Williams, Finger Lakes

All-Conference Team

Brittany Williams, Finger Lakes
 Alyssa Polosky, Broome
 Kristen Diglio, Onondaga
 Caitlyn Dillard, Cayuga
 Corissa Quattrini, Cayuga
 Jenna Rossi, Onondaga
 Becky Dittler, Corning
 Kelsey Schloop, Jefferson
 Brittany Finkle, Broome
 Aimee Kellicutt, Broome

Others Receiving Votes

Molly Byrne, Onondaga
 Michelle Tuetken, Tompkins Cortland
 Shakeema Green, Cayuga
 Caryn Crary, Onondaga
 Jackie Vincent, Finger Lakes

News and notes:

Congratulations to Finger Lakes on winning the 2009 Mid-State Athletic Conference Championship.

Onondaga (#2), Finger Lakes (#3), Broome (#4), Cayuga (#5), and Tompkins Cortland (#8) have qualified for the NJCAA Region III Tournament. Best of luck to those teams in regional play.

2009 MSAC Women's Basketball Composite

home team in bold

Tuesday, January 6

Tompkins Cortland 77, Corning 31

Thursday, January 8

Jefferson 69, **Corning 48**

Cayuga 81, Tompkins Cortland 66

Saturday, January 10

Broome 59, Jefferson 43

Cayuga 78, Onondaga 74

Finger Lakes 86, Tompkins Cortland 55

Tuesday, January 13

Finger Lakes 48, Broome 47

Cayuga 74, **Corning 60**

Jefferson 64, Tompkins Cortland 54

Thursday, January 15

Broome 65, **Tompkins Cortland 61**

Onondaga 93, Corning 38

Finger Lakes 66, **Jefferson 58**

Saturday, January 17

Onondaga 72, **Broome 63**

Wednesday, January 21

Broome 69, Cayuga 54

Finger Lakes 64, **Corning 49**

Onondaga 64, Jefferson 52

Saturday, January 24

Jefferson 73, Corning 58

Cayuga 67, Finger Lakes 66

Onondaga 86, Tompkins Cortland 57

Monday, January 26

Cayuga 87, Jefferson 73

Thursday, January 29

Cayuga 87, **Tompkins Cortland 59**

Onondaga 92, **Finger Lakes 51**

Saturday, January 31

Jefferson 55, Broome 54

Onondaga 85, Cayuga 74

Finger Lakes 83, **Tompkins Cortland 73**

Wednesday, February 4

Cayuga 67, Corning 46

Finger Lakes 66, **Broome 60**

Tompkins Cortland 86, Jefferson 63

Saturday, February 7

Finger Lakes 74, Jefferson 62

Onondaga 89, **Corning 47**

Broome 79, Tompkins Cortland 58

Tuesday, February 10

Onondaga 73, Broome 68

Wednesday, February 11

Cayuga 71, **Jefferson 64**

Tompkins Cortland 75, **Corning 57**

Thursday, February 12

Broome 56, **Corning 52**

Onondaga 87, Finger Lakes 77

Saturday, February 14

Broome 68, **Cayuga 58**

Finger Lakes 76, Corning 48

Sunday, February 15

Onondaga 71, **Jefferson 57**

Tuesday, February 17

Finger Lakes 76, Cayuga 50

Broome 75, Corning 59

Onondaga 86, **Tompkins Cortland 63**

Saturday, February 21 @ Onondaga

#2 Finger Lakes 82, #3 Cayuga 45

#1 Onondaga 70, #4 Broome 60

Sunday, February 22 @ Onondaga

#2 Finger Lakes 84, #1 Onondaga 78

2009 MSAC Team Leaders

(regular season games only)

Scoring Average

81.0, Onondaga
70.7, Cayuga
69.4, Finger Lakes
65.3, Tompkins Cortland
63.6, Broome
61.1, Jefferson
49.4, Corning

Defensive Averages

58.3, Broome
60.4, Onondaga
62.3, Finger Lakes
66.0, Jefferson
67.2, Cayuga
72.3, Tompkins Cortland
74.0, Corning

Top Five Scoring Games

93, Onondaga (1/15)
92, Onondaga (1/29)
89, Onondaga (2/7)
87, Onondaga (2/12)
87, Cayuga (1/29)
87, Cayuga (1/26)

Top Five Defensive Games

31, Tompkins Cortland (1/6)
38, Onondaga (1/15)
43, Broome (1/10)
46, Cayuga (2/4)
47, Onondaga (2/7)
47, Finger Lakes (1/13)

2009 Individual Stat Leaders

(regular season only - minimum 8 conference games played)

Scoring

	<u>GP</u>	<u>Pts</u>	<u>PPG</u>	<u>Assists</u>	<u>GP</u>	<u>Ast</u>	<u>APG</u>
1. Caitlyn Dillard, Cayuga	11	284	25.8	1. Kristen Diglio, Onondaga	12	69	5.7
2. Brittany Williams, Finger Lakes	12	259	21.6	2. Nicole Perry, Jefferson	12	61	5.1
3. Becky Dittler, Corning	12	217	18.1	3. Brittany Williams, Finger Lakes	12	59	4.9
4. Alyssa Polosky, Broome	12	210	17.5	4. Elly Disbrow, Finger Lakes	12	57	4.8
5. Jenna Rossi, Onondaga	12	202	16.8	5. Caitlyn Dillard, Cayuga	11	42	4.4
6. Corissa Quattrini, Cayuga	12	187	15.6	6. Jenna Rossi, Onondaga	12	51	4.3
7. Molly Byrne, Onondaga	12	156	13.0	7. Michelle Tuetken, Tompkins Cortland	12	49	4.1
8. Michelle Tuetken, Tompkins Cortland	12	154	12.8	8. Molly Byrne, Onondaga	12	48	4.0
9. Brittany Finkle, Broome	12	151	12.6	9. Shakeema Green, Cayuga	12	45	3.8
10. Kelsey Schloop, Jefferson	12	148	12.3	10. Aimee Kellicutt, Broome	12	30	3.4

Rebounds

	<u>GP</u>	<u>Reb</u>	<u>RPG</u>	<u>Steals</u>	<u>GP</u>	<u>Stl</u>	<u>SPG</u>
1. Brittany Williams, Finger Lakes	12	192	16.0	1. Brittany Finkle, Broome	12	56	4.7
2. Becky Dittler, Corning	12	126	10.5	2. Jenna Rossi, Onondaga	12	51	4.2
3. Alyssa Polosky	12	124	10.3	3. Caitlyn Dillard, Cayuga	11	46	4.2
4. Corissa Quattrini, Cayuga	12	118	9.8	4. Kristen Diglio, Onondaga	12	49	4.0
5. Caryn Crary, Onondaga	12	113	9.4	5. Caryn Crary, Onondaga	12	40	3.3
6. Megan Mayvumber, Onondaga	12	109	9.1	6. Shakeema Green, Cayuga	12	38	3.2
7. Mackenzie Stilwell, Tompkins Cort.	12	80	6.7	7. Chasity Ramos, Corning	10	31	3.1
8. Shakeema Green, Cayuga	12	78	6.5	8. Alyssa Georgiade, Tompkins Cortland	12	35	2.9
9. Amber White, Corning	12	75	6.3	9. 3 players			2.5
10. Jackie Vincent, Finger Lakes	12	73	6.1				

Blocked Shots

	<u>GP</u>	<u>Blk</u>	<u>BPG</u>	<u>Free Throw Pct.</u>	<u>FTM</u>	<u>FTA</u>	<u>Pct</u>
1. Becky Dittler, Corning	12	55	4.6	1. Chasity Ramos, Corning	17	19	89.4
2. Alyssa Polosky, Broome	12	37	3.1	2. Molly Byrne, Onondaga	41	46	89.3
3. Megan Maycumber, Onondaga	12	32	2.6	3. Jackie Vincent, Finger Lakes	47	60	78.3
4. Brittany Williams, Finger Lakes	12	19	1.6	4. Mackenzie Stilwell, Tompkins Cort.	34	44	77.3
5. Katie Currier, Tompkins Cortland	12	16	1.3	5. Alyssa Polosky, Broome	62	82	75.6
6. Shakeema Green, Cayuga	12	11	0.9	6. Corissa Quattrini, Cayuga	39	53	73.6
7. Ashley Phillips, Jefferson	12	8	0.7	7. Aimee Kellicutt, Broome	16	22	72.7
8. Sarah Countryman, Jefferson	12	5	0.4	8. Michelle Tuetken, Tompkins Cortland	54	77	70.1
9. Kelsey Schloop, Jefferson	12	4	0.3	9. Caryn Crary, Onondaga	26	38	68.3
10. Corissa Quattrini, Cayuga	12	3	0.3	10. Brittany Williams, Finger Lakes	52	77	67.5

Field Goal Percentage

	<u>FGM</u>	<u>FGA</u>	<u>Pct</u>	<u>3 Pt. Field Goal Percentage</u>	<u>3FGM</u>	<u>3FGA</u>	<u>Pct</u>
1. Megan Maycumber, Onondaga	59	95	62.1	1. Jenna Rossi, Onondaga	23	43	53.5
2. Brittany Williams, Finger Lakes	99	164	60.4	2. Kristen Diglio, Onondaga	31	67	46.3
3. Alyssa Polosky, Broome	72	128	56.3	3. Corissa Quattrini, Cayuga	22	58	37.9
4. Brittany Finkle, Broome	49	88	55.7	4. Kelsey Schloop, Jefferson	39	115	33.9
5. Alicia Bradberry, Jefferson	20	38	52.6	5. Jennifer Iler, Tompkins Cortland	25	74	33.8
6. Caitlyn Dillard, Cayuga	114	221	51.6	6. Nicole Perry, Jefferson	18	55	32.7
7. Dana Stenhouse, Jefferson	32	63	50.8	7. Shakeema Green, Cayuga	22	75	29.3
8. Molly Byrne, Onondaga	53	104	50.2	8. Ashlee Langley, Finger Lakes	15	52	28.8
9. Sam Gable, Finger Lakes	27	54	50.0	9. Ashley Chartrand, Jefferson	12	68	17.6
10. Jenna Rossi, Onondaga	59	127	46.5	10.			

2008-09 Stat Leaders – All Games

(from official NJCAA National Statistics as of 2/22/09 – National Rankings included)

<u>Scoring</u>				<u>Assists</u>			
	<u>GP</u>	<u>Pts</u>	<u>PPG</u>		<u>GP</u>	<u>Ast</u>	<u>APG</u>
1. Caitlyn Dillard, Cayuga	24	619	25.8	3. Kristin Diglio, Onondaga	27	165	6.1
5. Brittany Williams, Finger Lakes	25	566	21.8	9. Brittany Williams, Finger Lakes	26	139	5.3
11. Rebecca Dittler, Corning	24	453	18.9	13. Nicole Perry, Jefferson	21	105	5.0
28. Corissa Quattrini, Cayuga	24	409	17.0	26. Caitlyn Dillard, Cayuga	24	108	4.5
29. Kristen Diglio, Onondaga	27	460	17.0	28. Molly Byrne, Onondaga	27	118	4.4
38. Jenna Rossi, Onondaga	27	433	16.0	39. Jenna Rossi, Onondaga	27	109	4.0
40. Alyssa Polosky, Broome	23	364	15.4	43. Shakeema Green, Cayuga	26	99	3.8
50. Molly Byrne, Onondaga	27	392	14.5	50. Michelle Tuetken, Tompkins Cortland	25	92	3.7

<u>Rebounds</u>				<u>Steals</u>			
	<u>GP</u>	<u>Reb</u>	<u>RPG</u>		<u>GP</u>	<u>Stl</u>	<u>SPG</u>
2. Brittany Williams, Finger Lakes	26	428	16.5	5. Caitlyn Dillard, Cayuga	24	120	3.5
15. Corissa Quattrini, Cayuga	24	270	11.3	10. Kristen Diglio, Onondaga	27	112	4.1
23. Alyssa Polosky, Broome	23	233	10.1	12. Jenna Rossi, Onondaga	27	107	4.0
24. Rebecca Dittler, Corning	24	239	10.0	15. Shakeema Green, Cayuga	26	96	3.7
27. Caryn Crary, Onondaga	27	259	9.6	20. Caryn Crary, Onondaga	27	95	3.5
46. Megan Maycumber, Onondaga	27	221	8.2	23. Brittany Finkle, Broome	23	79	3.4
				30. Molly Byrne, Onondaga	27	87	3.2
				34. Brittany Williams, Onondaga	26	81	3.1
				44. Nicole Perry, Jefferson	21	59	2.8
				47. Chasity Ramos, Corning	24	66	2.8

<u>Blocked Shots</u>				<u>Free Throw Pct.</u>			
	<u>GP</u>	<u>Blk</u>	<u>BPG</u>		<u>FTM</u>	<u>FTA</u>	<u>Pct</u>
5. Rebecca Dittler, Corning	24	82	3.4	1. Molly Byrne, Onondaga	96	108	88.9
10. Alyssa Polosky, Broome	23	64	2.8	12. Corissa Quattrini, Cayuga	87	111	78.4
25. Megan Maycumber, Onondaga	27	38	1.4	15. Alyssa Polosky, Broome	106	141	75.2
32. Brittany Williams, Finger Lakes	26	30	1.2	29. Jackie Vincent, Finger Lakes	71	98	72.5
35. Katie Currier, Tompkins Cortland	24	26	1.1	31. Mackenzie Stilwell, Tompkins Cortland	61	85	71.8
				39. Caryn Crary, Onondaga	58	84	69.1

<u>Field Goal Percentage</u>				<u>3 Pt. Field Goal Percentage</u>			
	<u>FGM</u>	<u>FGA</u>	<u>Pct</u>		<u>3FGM</u>	<u>3FGA</u>	<u>Pct</u>
2. Kristen Diglio, Onondaga	177	266	66.5	5. Jenna Rossi, Onondaga	47	91	51.7
5. Megan Maycumber, Onondaga	117	192	60.9	7. Kristen Diglio, Onondaga	78	161	48.5
17. Caryn Crary, Onondaga	103	187	55.1	16. Nicole Dwyer, Onondaga	40	100	40.0
20. Molly Byrne, Onondaga	133	245	54.3	22. Corissa Quattrini, Cayuga	38	103	36.9
21. Brittany Williams, Finger Lakes	214	396	54.0	26. Kelsey Schloop	64	176	36.4
22. Alyssa Polosky, Broome	126	234	53.9	31. Shakeema Green, Cayuga	49	138	35.5
31. Caitlyn Dillard, Cayuga	251	495	50.7	43. Jennifer Iler, Tompkins Cortland	49	168	29.2
34. Jenna Rossi, Onondaga	152	302	50.3				
46. Brittany Finkle, Broome	96	203	47.3				

<u>Team Defensive Average</u>				<u>Team Offensive Average</u>			
	<u>GP</u>	<u>Pts</u>	<u>PPG</u>		<u>GP</u>	<u>Pts</u>	<u>PPG</u>
6. Broome	23	1218	53.0	5. Tompkins Cortland	25	2064	82.6
20. Finger Lakes	26	1534	59.0	7. Onondaga	27	2190	81.1
32. Corning	27	1709	63.3	18. Finger Lakes	26	1802	69.3
38. Tompkins Cortland	25	1661	66.4	29. Broome	23	1439	62.6
39. Onondaga	27	1813	67.1	44. Corning	27	1394	51.6

<u>Team Field Goal Percentage</u>				<u>Team 3 Pt. Field Goal Percentage</u>			
	<u>FGM</u>	<u>FGA</u>	<u>Pct</u>		<u>3FGM</u>	<u>3FGA</u>	<u>Pct</u>
5. Onondaga	793	1649	48.1	2. Onondaga	208	450	46.2
10. Tompkins Cortland	820	1815	45.2	14. Jefferson	134	435	30.8
21. Finger Lakes	680	1686	40.3				
22. Broome	527	1310	40.2				
40. Jefferson	451	1355	33.3				
41. Corning	518	1577	32.9				

<u>Team Free Throw Pct.</u>			
	<u>FTM</u>	<u>FTA</u>	<u>Pct</u>
3. Onondaga	396	542	56.5
10. Broome	306	479	63.9
21. Tompkins Cortland	341	556	61.3
26. Finger Lakes	356	594	59.9
33. Corning	295	512	57.6
40. Jefferson	218	400	54.5