



# Mid-State Athletic Conference 2010 Women's Basketball

Pre-Season Notebook  
January 5, 2009

Contact: Dave Pasiak  
(315) 498-2510  
pasiakd@sunyocc.edu

## 2008-2009 Final Conference Standings

	2009-10	2008-09			
	Overall	MSAC		Home	Road
	<u>W-L</u>	<u>W-L</u>	<u>Pct.</u>		
1. <b>Onondaga</b>	13-0	11-1	.917	6-0	5-1
2. <b>Finger Lakes</b>	11-1	9-3	.750	5-1	4-2
3. <b>Cayuga</b>	7-6	8-4	.667	5-1	3-3
4. <b>Broome</b>	12-1	7-5	.583	4-2	3-3
5. <b>Jefferson</b>	5-7	4-8	.333	3-3	1-5
6. <b>Tompkins Cortland</b>	5-5	3-9	.333	2-4	1-5
7. <b>Corning</b>	4-8	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:

Returning players listed in this report are in **BOLD**.

# 2010 MSAC Women's Basketball Composite

home team in bold

*Tuesday, January 5*

Tompkins Cortland @ **Corning**

*Thursday, January 7*

Onondaga @ **Finger Lakes**

Corning @ **Jefferson**

Cayuga @ **Tompkins Cortland**

*Saturday, January 9*

Broome @ **Jefferson**

Cayuga @ **Onondaga**

Tompkins Cortland @ **Finger Lakes**

*Tuesday, January 12*

Finger Lakes @ **Broome**

Corning @ **Cayuga**

Jefferson @ **Tompkins Cortland**

*Thursday, January 14*

Tompkins Cortland @ **Broome**

Onondaga @ **Corning**

Finger Lakes @ **Jefferson**

*Saturday, January 16*

Cayuga @ **Jefferson**

Broome @ **Onondaga**

*Wednesday, January 20*

Broome @ **Cayuga**

Corning @ **Finger Lakes**

Onondaga @ **Jefferson**

*Saturday, January 23*

Jefferson @ **Corning**

Cayuga @ **Finger Lakes**

Onondaga @ **Tompkins Cortland**

*Wednesday, January 27*

Corning @ **Broome**

Tompkins Cortland @ **Cayuga**

Finger Lakes @ **Onondaga**

*Saturday, January 30*

Jefferson @ **Broome**

Onondaga @ **Cayuga**

Finger Lakes @ **Tompkins Cortland**

*Wednesday, February 3*

Cayuga @ **Corning**

Broome @ **Finger Lakes**

Tompkins Cortland @ **Jefferson**

*Saturday, February 6*

Jefferson @ **Finger Lakes**

Corning @ **Onondaga**

Broome @ **Tompkins Cortland**

*Wednesday, February 10*

Onondaga @ **Broome**

Jefferson @ **Cayuga**

Corning @ **Tompkins Cortland**

*Saturday, February 13*

Cayuga @ **Broome**

Finger Lakes @ **Corning**

Jefferson @ **Onondaga**

*Tuesday, February 16*

Finger Lakes @ **Cayuga**

Broome @ **Corning**

Tompkins Cortland @ **Onondaga**

*Saturday, February 20*

Conference Semi-Finals

*Sunday, February 21*

Conference Championship Game

(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

(returnees in **BOLD**)

Scoring

	<u>GP</u>	<u>Pts</u>	<u>PPG</u>
1. <b>Caitlyn Dillard, Cayuga</b>	<b>11</b>	<b>284</b>	<b>25.8</b>
2. Brittany Williams, Finger Lakes	12	259	21.6
3. Becky Dittler, Corning	12	217	18.1
4. Alyssa Polosky, Broome	12	210	17.5
5. <b>Jenna Rossi, Onondaga</b>	<b>12</b>	<b>202</b>	<b>16.8</b>
6. Corissa Quattrini, Cayuga	12	187	15.6
7. <b>Molly Byrne, Onondaga</b>	<b>12</b>	<b>156</b>	<b>13.0</b>
8. <b>Michelle Tuetken, Tompkins Cort</b>	<b>12</b>	<b>154</b>	<b>12.8</b>
9. Brittany Finkle, Broome	12	151	12.6
10. Kelsey Schloop, Jefferson	12	148	12.3

Assists

	<u>GP</u>	<u>Ast</u>	<u>APG</u>
1. Kristen Diglio, Onondaga	12	69	5.7
2. <b>Nicole Perry, Jefferson</b>	<b>12</b>	<b>61</b>	<b>5.1</b>
3. Brittany Williams, Finger Lakes	12	59	4.9
4. Elly Disbrow, Finger Lakes	12	57	4.8
5. <b>Caitlyn Dillard, Cayuga</b>	<b>11</b>	<b>42</b>	<b>4.4</b>
6. <b>Jenna Rossi, Onondaga</b>	<b>12</b>	<b>51</b>	<b>4.3</b>
7. <b>Michelle Tuetken, Tompkins Cort</b>	<b>12</b>	<b>49</b>	<b>4.1</b>
8. <b>Molly Byrne, Onondaga</b>	<b>12</b>	<b>48</b>	<b>4.0</b>
9. <b>Shakeema Green, Cayuga</b>	<b>12</b>	<b>45</b>	<b>3.8</b>
10. Aimee Kellicutt, Broome	12	30	3.4

Rebounds

	<u>GP</u>	<u>Reb</u>	<u>RPG</u>
1. Brittany Williams, Finger Lakes	12	192	16.0
2. Becky Dittler, Corning	12	126	10.5
3. Alyssa Polosky, Broome	12	124	10.3
4. Corissa Quattrini, Cayuga	12	118	9.8
5. <b>Caryn Crary, Onondaga</b>	<b>12</b>	<b>113</b>	<b>9.4</b>
6. <b>Megan Mayvumber, Onondaga</b>	<b>12</b>	<b>109</b>	<b>9.1</b>
7. <b>Mackenzie Stilwell, Tompkins Cort.</b>	<b>12</b>	<b>80</b>	<b>6.7</b>
8. <b>Shakeema Green, Cayuga</b>	<b>12</b>	<b>78</b>	<b>6.5</b>
9. Amber White, Corning	12	75	6.3
10. Jackie Vincent, Finger Lakes	12	73	6.1

Steals

	<u>GP</u>	<u>Stl</u>	<u>SPG</u>
1. Brittany Finkle, Broome	12	56	4.7
2. <b>Jenna Rossi, Onondaga</b>	<b>12</b>	<b>51</b>	<b>4.2</b>
3. <b>Caitlyn Dillard, Cayuga</b>	<b>11</b>	<b>46</b>	<b>4.2</b>
4. Kristen Diglio, Onondaga	12	49	4.0
5. <b>Caryn Crary, Onondaga</b>	<b>12</b>	<b>40</b>	<b>3.3</b>
6. <b>Shakeema Green, Cayuga</b>	<b>12</b>	<b>38</b>	<b>3.2</b>
7. Chasity Ramos, Corning	10	31	3.1
8. <b>Alyssa Georgiade, Tompkins Cort</b>	<b>12</b>	<b>35</b>	<b>2.9</b>
9. 3 players			2.5

Blocked Shots

	<u>GP</u>	<u>Blk</u>	<u>BPG</u>
1. Becky Dittler, Corning	12	55	4.6
2. Alyssa Polosky, Broome	12	37	3.1
3. <b>Megan Maycumber, Onondaga</b>	<b>12</b>	<b>32</b>	<b>2.6</b>
4. Brittany Williams, Finger Lakes	12	19	1.6
5. <b>Katie Currier, Tompkins Cortland</b>	<b>12</b>	<b>16</b>	<b>1.3</b>
6. <b>Shakeema Green, Cayuga</b>	<b>12</b>	<b>11</b>	<b>0.9</b>
7. Ashley Phillips, Jefferson	12	8	0.7
8. Sarah Countryman, Jefferson	12	5	0.4
9. Kelsey Schloop, Jefferson	12	4	0.3
10. Corissa Quattrini, Cayuga	12	3	0.3

Free Throw Pct.

	<u>FTM</u>	<u>FTA</u>	<u>Pct</u>
1. Chasity Ramos, Corning	17	19	89.4
2. <b>Molly Byrne, Onondaga</b>	<b>41</b>	<b>46</b>	<b>89.3</b>
3. Jackie Vincent, Finger Lakes	47	60	78.3
4. <b>Mackenzie Stilwell, Tompkins Cort.</b>	<b>34</b>	<b>44</b>	<b>77.3</b>
5. Alyssa Polosky, Broome	62	82	75.6
6. Corissa Quattrini, Cayuga	39	53	73.6
7. Aimee Kellicutt, Broome	16	22	72.7
8. <b>Michelle Tuetken, Tompkins Cort</b>	<b>54</b>	<b>77</b>	<b>70.1</b>
9. <b>Caryn Crary, Onondaga</b>	<b>26</b>	<b>38</b>	<b>68.3</b>
10. Brittany Williams, Finger Lakes	52	77	67.5

Field Goal Percentage

	<u>FGM</u>	<u>FGA</u>	<u>Pct</u>
1. <b>Megan Maycumber, Onondaga</b>	<b>59</b>	<b>95</b>	<b>62.1</b>
2. Brittany Williams, Finger Lakes	99	164	60.4
3. Alyssa Polosky, Broome	72	128	56.3
4. Brittany Finkle, Broome	49	88	55.7
5. <b>Alicia Bradberry, Jefferson</b>	<b>20</b>	<b>38</b>	<b>52.6</b>
6. <b>Caitlyn Dillard, Cayuga</b>	<b>114</b>	<b>221</b>	<b>51.6</b>
7. <b>Dana Stenhouse, Jefferson</b>	<b>32</b>	<b>63</b>	<b>50.8</b>
8. <b>Molly Byrne, Onondaga</b>	<b>53</b>	<b>104</b>	<b>50.2</b>
9. Sam Gable, Finger Lakes	27	54	50.0
10. <b>Jenna Rossi, Onondaga</b>	<b>59</b>	<b>127</b>	<b>46.5</b>

3 Pt. Field Goal Percentage

	<u>3FGM</u>	<u>3FGA</u>	<u>Pct</u>
1. <b>Jenna Rossi, Onondaga</b>	<b>23</b>	<b>43</b>	<b>53.5</b>
2. Kristen Diglio, Onondaga	31	67	46.3
3. Corissa Quattrini, Cayuga	22	58	37.9
4. Kelsey Schloop, Jefferson	39	115	33.9
5. Jennifer Iler, Tompkins Cortland	25	74	33.8
6. <b>Nicole Perry, Jefferson</b>	<b>18</b>	<b>55</b>	<b>32.7</b>
7. <b>Shakeema Green, Cayuga</b>	<b>22</b>	<b>75</b>	<b>29.3</b>
8. <b>Ashlee Langley, Finger Lakes</b>	<b>15</b>	<b>52</b>	<b>28.8</b>
9. Ashley Chartrand, Jefferson	12	68	17.6
10.			