

Capital District



Sports Women of the Year



2023

Capital District Sports Women of the Year Awards Gala

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*The 2023 Capital District Sports Women of the Year Awards Program was edited by Eric McDowell. Feature stories written by members of the sports staff of The Daily Gazette of Schenectady, NY. Printing services provided by Miller Printing of Amsterdam, NY. Cover design by Alex Jarvis of Goldilocks Promos of Latham, NY. Photographs provided by family members of the honorees and Lauren Hull Photography. Special thanks to our generous sponsors, advertisers, and donors for their support of CDSWOY.*

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12 Avis Drive, Suite 1, Latham, NY 12110

Good evening and welcome to the 2023 Capital District Sports Women of the Year Awards Gala at the GE Theatre at Proctors. We are so pleased to have you join us for what has become a tradition here at this historic hall. For the fourth straight year, we will honor remarkable young women in the Capital District who have excelled in the classroom, in the community, and in the playing arena.

With the addition of the members of the CDSWOY Class of 2023, we now will have 51 individuals on the team that never loses...never ties...always wins. Make sure to explore [cdswoy.com](http://cdswoy.com), and under the "Honorees" section you will see their stories. These young women are role models to us all. Their academics honors and achievements are exemplary. Their statistics and records and honors in athletics both individually and for their team successes, provide so much pride to their institutions. And through all this, they find the time to volunteer and serve their beloved communities.

Only 10 high school and three college student-athletes are selected for these awards each year. There are over 100 scholastic institutions in Section 2 and 15 colleges in our region. Each Athletic Director can only nominate one individual from their institution. Then, the nominees are discussed and voted upon at a private media luncheon. From there, the calls are made. The *creme de la creme* is here this evening.

CDSWOY would not be possible without the support of our sponsors. I also thank and appreciate Michael Kelley, the Director of Content of The Daily Gazette in Schenectady, and Sports Editor Ken Schott for the sports staff providing us with exclusive features in tonight's Awards Gala Magazine. Thank you to New York State Senator James Tedisco for providing us with recognition for

each of our recipients. And thank you to the CDSWOY Executive Board, Alissa Collins, Morgan Faman, Clare Howard, Jennifer McDowell, and Brendon Phillips.

For the second straight year, our stage is graced with members of the Empire State Youth Orchestra. Like our award winners tonight, these ladies are exceptional and talented individuals who have very bright futures, in their case, in the music industry.

So, tonight, to our 13 recipients, congratulations on your accomplishments. You make your teammates, your coaches, your school administrators and most of all, your family members, so very proud. And we are honored to have you join our team.

To our recipients, all we ask is that, for just a few hours, you do something you are not used to doing. Sit back. Relax. Chill. You deserve it. This night is for you.

Sincerely,



Eric McDowell  
President  
Capital District Sports Women of the Year, Inc.



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**Kara,**

We are all so proud of you!

You are always the hardest worker  
in the room.

A true leader, who leads by example.

Can't wait to see what your future holds.

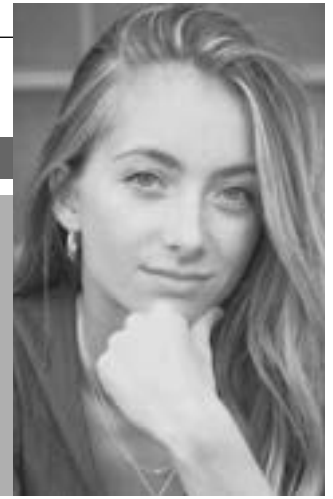
Love,

Mom, Dad, Kailey and Cody



**Kara Bacon**  
**Warrensburg High School**

by Jim Schiltz  
*THE DAILY GAZETTE*



Warrensburg senior Kara Bacon recorded a rare and impressive triple this past school year when she was named an Adirondack League first-team all-star in three sports while maintaining her academic standing as one of the high school's top students.

"My parents when I was very young said good grades are the way to go," said the 18-year-old. "As I got older, it became part of me. I can be described in so many ways, but above all I want to be described as intelligent. There's more to me than athletics."

Bacon will be attending Le Moyne College to play softball while studying in its six-year physician assistant program. The four-time NYSPHSAA Scholar-Athlete Award winner will head that way after graduating third in her class with a 97.5 average, and with a resume that includes George Eastman Young Leader and Innovation and Creativity scholarships.

"Kara embodies all of the characteristics necessary for being a student-athlete," said Warrensburg athletic director Scott Smith. "She is motivated, dependable, focused, and goal oriented."

Bacon is a big hit on the softball field, as well, twice earning first-team league all-star status for her superb hitting, base running and work as a catcher. Her twin sister, Warrensburg valedictorian West Point-bound Kailey, handled the pitching duties.

"Kara's knowledge of the game of softball is astounding," Warrensburg varsity softball coach Teresa Colvin said of the Section 2 Class C all-star. "Her affinity for game strategy has earned her the respect of her coaches and our softball league. Kara called every pitch of every game that she caught on varsity with much success, and the ability to call the game placed her firmly among the top catchers in the area."

Bacon is a versatile performer and plays both catcher and outfield with her Glens Falls Titans travel team. She will be a member of Le Moyne's first Division I team in 2024 after its move up from the Division II level.

"We all had a good idea that they would be going Division I sometime in the next four years. It happened to be this year, and I'm thrilled about that," said Bacon. "Warrensburg is a pretty small school and the last Division I softball player was a pitcher when my mom was in school."

Bacon was a member of Warrensburg's varsity soccer, softball and basketball teams for five, four and three years, respectively. In soccer she was three-times selected a league first-team all-star and twice made the Section 2 Class C all-star team including in 2022 when she was additionally named the Offensive Player of the Year.

"Statistically, it will be very difficult to replace Kara next year," said Smith, Warrensburg's varsity soccer and basketball coach and an assistant with its softball team. "She fills up the stat sheet in every sport she plays. What will be even more difficult to replace will be her leadership skills and her ability to make those around her better. She not only leads by example, but she is also a vocal leader with her teammates."

Bacon served as a team captain in all three of her sports, and is a volunteer official for youngsters who play them.

"If I wasn't going into the medical field, I would go into coaching," Bacon said. "I have a passion for sports, and I love to share my knowledge."

Bacon was a member of Warrensburg's French and Varsity clubs and has volunteered for Red Cross blood drives and the Honor Society Book Fair. She has been a student ambassador for the Wounded Warrior Project and the Community Halloween Trail.

"I don't like to sit at home," said Bacon, who was a 2021 HOBY Leadership recipient and 2020-21 President's Award winner. "My big thing is if someone asks for help, I'm going to give it. This community has given me so much, and I want to give back."

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# Congratulations Amanda



on such an amazing award!! We have watched you grow into a beautiful, caring, passionate and loving woman. From your first day playing soccer at 5 years old when you were picking dandelions instead of playing the game, to being asked to run for track and field after you finished your first long distance run at the **Freihofers Run for Women**, which you ran a great race under 20 minutes.

You have excelled academically both in high school and college where you now are completing your masters degree. You have persevered through many challenges through your running career. A surgery which took over a year to identify, the tragic loss of your beloved uncle, grandfather and grandmother, and being very strong for your family during the recent personal challenges.

We are so very proud of you. Your passion for running is undeniable. You work hard which is evident by how committed you are to your teammates at UAlbany and being a leader for new teammates. I cry every time I see you run as I can see how much you love the sport and want everyone to be proud of what you have accomplished.

You run with your heart and know that we are always with you, cheering you on!!!

*With all our love  
Mom, Dad and Jacob*



## **Amanda Chambers** **University at Albany**

by Ken Schott  
THE DAILY GAZETTE



The best word to describe Amanda Chambers, a member of the UAlbany cross country and track & field teams, is perseverance.

Between injuries, illness and the COVID-19 pandemic, Chambers' college career has been stop and go. But this past season was the first time Chambers felt healthy.

There were times when Chambers, a 2017 Colonie High School graduate, felt frustrated by all of the off-course issues. But Chambers kept working hard to get back on track, and she persevered.

That is one of the reasons Chambers, a graduate student, is one of three collegiate recipients of the Capital District Sports Women of the Year Award.

"I would say perseverance is probably a pretty good word to use," Chambers said. "I mean, I always knew what I was capable of. I was inspired by other athletes that you know, because I've been in the athletic community a while.

"Some previous teammates of mine, I've watched endure some hardships, and it inspired me when I was going through those hard times to not give up and I persevered through learning what they went through."

Chambers' injury woes began during her senior year at Colonie. She lost her track season that year with an injury that took a while to figure out what it was. She ended up having ankle surgery to reattach a tendon. That was an 18-month recovery.

"We didn't know what it was," Chambers said. "I went through several months of being misdiagnosed, and not being able to be diagnosed by doctors. I ended up getting diagnosed with my peroneal tendon on my right ankle was torn off the bone, and that was from me rolling my ankle so much during cross country because of the uneven grounds."

She started competing for UAlbany in the 2019 cross country season. And then in March 2020, the COVID-19 pandemic hit, and it canceled the spring track season and moved the cross country season from the fall of 2020 to the spring of 2021.

Things didn't get much better in 2022 for Chambers. She was diagnosed with a severe iron deficiency. She was treated with infusions for four weeks.

It was a frustrating time for Chambers.

"I was so close to being done," Chambers said. "I was like, I'm getting no reward on this and I put so much work in. But something inside of me kept telling me to not give up. And I'm glad I didn't."

Chambers set personal bests in track this past season. She was the UAlbany Women's Breakthrough Athlete Award winner. Chambers earned America East Outdoor All-Conference in the 5,000 meters.

Off the track, Chambers is a four-year member of UAlbany's Student-Athlete Advisory Committee [SAAC], a volunteer for Mental Health Games for the athletic community, the event coordinator for Friends of Jaclyn, a volunteer with Hudson-Mohawk Road Runners Club, was a food bank volunteer in high school, had an internship with special education students and was part of the holiday card program at St. Peter's Nursing Home during COVID.

"[Community service] very important," Chambers said. "My main source has been SAAC. I really love it because they really focus on a lot of the mental health aspects that I think are really important, especially in the athletic community."

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**Congratulations Emma Crahan!**

– From Your Fonda-Fultonville  
Athletic Community

## **Emma Crahan** **Fonda-Fultonville High School**

by Jim Schiltz  
THE DAILY GAZETTE



Five was a significant number during Emma Crahan's stay at Fonda-Fultonville, marking the number of varsity sports she played and the musical ensembles in which she performed.

Four was a big number, too, marking her place in the Braves' senior class with a 98.8 career grade-point average "Emma is an extremely committed and hard-working young woman," Fonda-Fultonville athletic director Eric Wilson wrote in his nomination letter. "Her willingness and enthusiasm to progress as a student, as well as a person and athlete, truly sets Emma apart. She consistently shows great time management skills, balancing her heavy class load with her numerous extracurricular activities."

Crahan's to-do list got even bigger during her junior year when she joined the indoor and outdoor track and field teams, after joining the school's varsity soccer and softball teams as an eighth grader, and the school's varsity basketball team the next year. As a weights specialist in 11th grade, she was named the Braves Best Newcomer for indoor track and field and Best in Field Events for the outdoor season.

"Throughout my relationship with Emma, I have experienced an individual who successfully manages being an exceptionally successful varsity athlete on top of completing a full school load," Fonda-Fultonville track and field coach and phys ed teacher Ashleigh Rajkowski wrote in her nomination letter.

"I just think about my schedule and try to fit it all in," the 18-year-old Crahan said. "I didn't have a lunch period my whole high school career."

Crahan made the Principals' List in every quarter of her high school career, graduated with an Advanced Regents diploma and was inducted into the National Honor Society. She earned a Trustee Scholarship as well as the LeMoyne College Heights Award, Community Service Award, Music Award and First Gen Award, and was additionally recognized for her outstanding work in Algebra and Calculus.

She was a member of the Student Government, Yearbook Club, Spanish Club, Key Club and Yellow Roses, and musically, a singer and saxophone player in the school's Wind Ensemble, Jazz Ensemble II, Concert Band, Select Chorus and Mixed Chorus.

"Outside of school, Emma even finds time to work at McDonald's and Axis Strength Training," Wilson said of the weightlifting enthusiast. "Her tremendous work ethic and dedication have made Emma well respected by both her peers as well as the faculty in our school."

"Long days," said Crahan. "Long days, and a lot more than sports."

Crahan studied Criminal Justice at HFM BOCES as a junior and senior and will study Forensic Psychology at The College of Saint Rose while competing with its softball and track and field teams.

"I can't wait to go to college where I can build myself and prepare for my future career," Crahan said.

During her softball career at Fonda-Fultonville, Crahan was three times named her team MVP and earned a spot on the Section 2 all-star team. Among her highlights, the power-hitting third baseman belted a grand slam this past season in a Senior Night win over Mayfield.

"She sets an example with her dedication to her craft, her hard-working attitude and true sportsmanship," Fonda-Fultonville varsity softball coach Chris LeFever said. "It takes a special person to be as well rounded as Emma yet possess all the qualities of a genuinely caring person. It has been a pleasure and privilege watching Emma complete her journey as a high school student athlete as she has positively impacted so many around her."

Crahan started in goal in every game from the time she joined the soccer team as an eighth grader and was twice named her team MVP along with other accolades. She scored a goal in her last home game against Fort Plain.

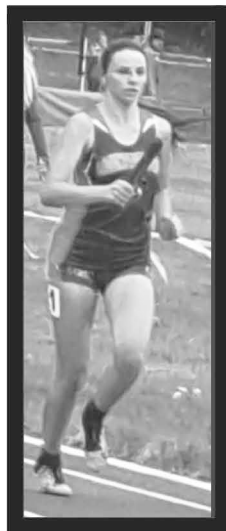
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Contact Jim Schiltz at [jims@dailygazette.com](mailto:jims@dailygazette.com)  
or @Jim Schiltz on Twitter.

# Rylee Dunbar

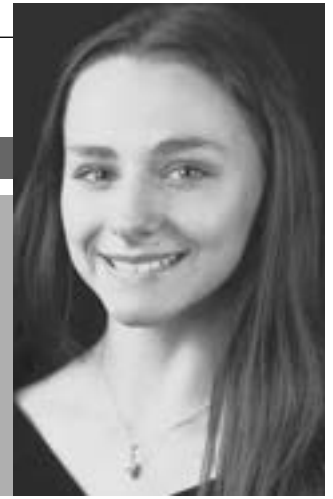


Congratulations Rylee! We are so very proud of all that you have accomplished! We look forward to seeing all of the great things you will do in the future.  
We love you!!



**Rylee Dunbar**  
**Corinth High School**

by Kyle Adams  
THE DAILY GAZETTE



Rylee Dunbar made the most of her time at Corinth High School.

On top of being a four-sport athlete, between varsity cross country, soccer, basketball and track and field, Dunbar managed to be ranked eighth in her class academically. She's one of 10 Capital District Sports Women of the Year scholastic honorees for 2023.

"I think it is commendable that CDSWOY recognizes the hard work and dedication of female athletes in the Capital District," said Dunbar. "I am extremely grateful and excited to be selected as one of the top female athletes of the year for 2023."

"Rylee is an exemplary individual in every aspect," Corinth athletic director Hilary Haskell wrote in her recommendation letter. "She is responsible, dedicated and an asset to any program she participates in."

In addition to many academic and athletic accolades, the recent Corinth graduate has been extremely involved in her community.

During the COVID-19 pandemic, she formed the "Kindness Krew" as part of an honor society project, which delivered essential items to veterans who were quarantined. She also was known for delivering ice cream, flowers and cookies to veterans and the elderly, as well as helping coach and officiate youth soccer games.

"Rylee is very responsive to the needs of others and is definitely a positive role model for the young adolescents she works with," Haskell wrote. "As a four-sport athlete she is self-motivated, responds well to criticism and strives continuously to better herself."

"She is very kind, patient, and treats others with respect," Corinth girls' basketball coach Kelly Hoertkorn wrote in her letter. "Rylee is the definition of a coachable athlete. She is the type of player who you need to tell something to once, and you watch her perform exactly what you have asked of her, and at a high level because she wants to learn and improve."

To put it simply, Dunbar has been pretty busy the past several years.

"The importance of community service is something that has always been instilled in me by my family," Rylee said. "Corinth is a small but very tight knit community where everyone supports each other. I feel it's important to give back, especially to the veterans and senior members of my community."

"Rylee is not afraid to challenge herself and set high goals that are not always the easy path to success," Hoertkorn said. "Her hard work and intelligence set her apart from others, but she never settles for anything but her best."

Dunbar plans on continuing her academic and athletic career at SUNY Adirondack.

"Rylee has worked diligently towards her goal of attending [SUNY Adirondack] in the fall and continuing her athletic career playing soccer," Haskell wrote.

Kevin Bruno, who coached Dunbar on the Corinth girls' soccer team, also wrote a recommendation letter on her behalf to the CDSWOY organization.

"This year she was also a major contributor to the basketball team even though she hadn't played before," Bruno wrote. "Rylee Dunbar loves to hear criticism in order to do better for herself and responds well to it. She is reliable, a leader by example, and one of the hardest workers I have had the privilege to work with."

"I appreciate all that I have learned from both my teachers and coaches throughout my years at Corinth Central School," said Dunbar. "Their dedication and encouragement were a big part of my success in both the classroom and athletics."

---

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or [@kasportsnews](https://twitter.com/kasportsnews) on Twitter.



***Bella*** we are all so proud of you and everything you've accomplished so far. We are looking forward to seeing what the future has in store for you !!!

*Love Dad, Mom, Nick and Nate*

## **Isabella Franchi** **Colonie High School**

by Kyle Adams  
THE DAILY GAZETTE



When you find something you love doing, it's easy to want to share that with others.

Not only did Isabella Franchi's love of basketball lead to her commitment to play at Saint Michael's College next season, but to her involvement with Unified Basketball, as well as a youth basketball coach.

"I had no idea I was being considered for this," Franchi, a recent graduate of Colonie High School, said of being named one of this year's Capital District Sports Women of the Year scholastic honorees. "I was called into the office and on a Zoom were my parents, which was a little scary, and the founder [Eric McDowell]. He told me a little about it and that I was nominated for it.

"Hearing all the support and all the work that went into entering me for this, it just means so much," added Franchi, who also played varsity soccer. "During her career at Colonie, Isabella proved time and again to be one of the hardest workers on the basketball team," Colonie girls' basketball coach Heather DiBiase wrote in her recommendation letter. "Her relentless work ethic and determination are two of the reasons why her teammates and coaches selected her to represent them as captain her senior year."

While Franchi's success on the court, and her involvement in the basketball community when she wasn't playing herself, is what stood out, she never expected to be given an award for it.

"I coach for the same basketball program that I played in, when I fell in love with the game," she said. "Those were some of the best basketball moments I've ever had. Being able to be a part of that, seeing the kids have fun, learn those life lessons and be there for them, it's great to be able to help show them the way."

Being part of the Unified Basketball program offered a similar experience for Franchi.

"One of the years I did it, during COVID, just seeing how happy the kids were with what we could give them — which wasn't much — it was amazing," Franchi said. "Over the years, seeing the kids keep that same energy, knowing you're giving them as much as you can, it's a great feeling."

Giving back as a youth coach paid off for Franchi, as she gained some additional supporters at Colonie's varsity games.

"As you get older, sometimes people forget the fun part of it," Franchi said. "Getting to joke around with the kids, seeing them come to my games and cheer me on, it's just a really fun program to be a part of."

Franchi's athletic success and community involvement, while still maintaining a high academic standing left DiBiase in awe.

"She was a coach for the Capital District Girls Basketball League for four years," DiBiase wrote of Franchi. "She organized a student/staff charity basketball game at Colonie High School. She is an ICare member and Treasurer and a member of the Youth Advisory Board. Her amazing ability to balance her schoolwork and extracurricular activities is outstanding."

"She is the epitome of what any coach would want their players to be," added girls' soccer coach Ryan Edson. "Not only has she been a source of inspiration for her teammates, but also the coaches in the program as well."

At the end of the day, the one goal has always remained the same - just to be able to continue playing.

"Ever since I was little," Franchi said, "I've loved playing basketball and eventually I realized what the main goal was, which is to just keep playing."

---

Contact Kyle Adams at [kadams@dailygazette.net](mailto:kadams@dailygazette.net) or [@kasportsnews](https://twitter.com/kasportsnews) on Twitter.



# CONGRATULATIONS RACHAEL!

*The Maple Hill Booster Club  
is proud of you and your  
accomplishments.*

WHAT IF I FALL?  
OH, BUT MY DARLING, WHAT IF YOU FLY?  
Erin Hanson



# Olivia

This 15 Year Journey you made and graciously brought us on along the way has seen you reach goals and accomplishments I don't think any of us imagined when it began.

But above all the records you set and championships you won is how you did it all along the way.

The class, compassion and strength you showed is what we are most proud of.

Nanny, Poppy, Gramma and Grandpa are smiling down on you today at the wonderful woman you have become!

We love you so much and are so very, very proud.

*Love Mom, Dad and Antonio.*



## Lauren Hull Photography

lauren@hullsite.com • 518-307-6867





**Rachael Frazier**  
**Maple Hill High School**

by Kyle Adams  
THE DAILY GAZETTE



Rachael Frazier first learned about the Capital District Sports Women of the Year organization last year when her cousin, Rebecca Hall, was selected as a nominee.

She never imagined that a year later, she'd be granted the same honor as well.

"It kind of took me by surprise," Frazier said of being nominated and selected. "I was like, 'me, of all people.' It was really cool, just to be shown that all my hard work has paid off."

Frazier, who played three years of varsity basketball and soccer, along with two years of varsity track and field, is a recent graduate of Maple Hill High School.

"What truly sets Rachael apart is her natural ability to lead by example," Maple Hill girls' soccer and track coach Sheila Golden wrote in her recommendation letter for Frazier.

"She upholds the values of fair play, respect and teamwork, consistently setting a positive example for her teammates and peers," Golden continued. "Her ability to motivate and inspire those around her has been a significant factor in the team's success and cohesiveness."

"I have the same soccer and track coach," Frazier said of Golden, "and she's really pushed me to be better. She really brought me out of my shell."

Frazier will attend SUNY Adirondack next fall, where she will major in childhood education and continue to play soccer.

Her choice of childhood education stems from experience working at summer camps and volunteering.

"I've been able to work at summer camps and the kids are just a lot of fun to be around," Frazier said. "I've always loved working with kids."

On top of a GPA over 95%, Frazier volunteers for Quilts for Kids, which she's done since she was six years old. She has also volunteered with the Maple Hill Booster Club, helping out with the concession stands and with events since she entered sixth grade.

"Rachael displayed exceptional leadership and positivity throughout both basketball seasons she was with me," Maple Hills girls' basketball coach Michael Oliver wrote in his recommendation letter for Frazier. "As a team captain, Rachael took on the role of communicating important information, allowing her teammates ranging from grades 7-12 to receive the best experience."

Frazier, who has won numerous athletic awards as well, attributed her competitiveness to growing up with a twin brother, Colby, who will play baseball in college.

"As a three-sport athlete, Rachael has consistently gone above and beyond in her efforts, both in practice and during competitive events," Golden wrote. "She is always the first to arrive and the last to leave, and her determination to improve and excel is truly inspiring."

She also gave a lot of credit to her mom.

"My mom has been my top inspiration in life," Frazier said. "She has always been my biggest supporter and fan through sports and school. I wouldn't be who I am today without her."

"When they explained it," Frazier said of the CDSWOY honor, "they said that there's 99 schools that can nominate and only 10 girls get picked. Especially being from a small school, I didn't even know that many people knew who I was. To get picked for this, it's amazing."

---

Contact Kyle Adams at [kadams@dailygazette.net](mailto:kadams@dailygazette.net) or [@kasportsnews](https://twitter.com/kasportsnews) on Twitter.



*Emily,*

We are beyond proud of all that you've achieved.  
We know that you have great things to come!

Love  
*Mom and Dad*

*Congratulations* to the  
Capital District Sports Women of the Year  
*Class of 2023*



A Special Shout Out to  
*Emily Frost*

We are so proud of all your accomplishments!  
We look forward to cheering you on at Iowa!



The Tamarac Booster Club &  
The Tamarac Friends of Wrestling

## HS - Wrestling

2023

# Emily Frost Tamarac High School

by Kyle Adams  
THE DAILY GAZETTE



Emily Frost, who began wrestling at Tamarac in seventh grade, has heard many stereotypes over the years, saying wrestling is ‘for boys.’

While she competed mostly against male opponents during the school season, she’s always maintained the same mentality on those negative voices — none of it mattered. One voice, who Frost — one of 10 Capital District Sports Women of the Year scholastic honorees for 2023 — could always rely on for support, was that of Kevin Retell, a coach at Tamarac and father of teammate Ragan Retell.

“When I first started, my first day on the team, my main supporter was Coach Retell,” Frost said. “He always told me I could do anything and could be as good as those boys. They learned that whatever they said, it didn’t mean anything. I could accomplish whatever I wanted to.”

The recent Tamarac graduate will head to the University of Iowa next fall.

“Her hard work, determination and perseverance have earned her a full Division 1 women’s wrestling scholarship,” Tamarac athletic director Thomas Murley wrote in a recommendation letter nominating Frost as a CDSWOY honoree. “[Emily’s] the first female wrestler from New York ever to do so.”

“It just means a lot to me,” Frost said of being a CDSWOY recipient, “that the things I’m doing are being recognized in such a prestigious way.”

The journey to that scholarship provided some experiences Frost wouldn’t trade for anything. Shortly after joining the team at Tamarac, Frost was introduced to Curby Training Center, a wrestling club in Troy. It’s a good bet that if Frost isn’t at home or at school, she’s probably at Curby.

Curby has not only provided Frost an environment where she’s surrounded by many other female wrestlers - including fellow 2023 CDSWOY honoree Zoey Lints - but also the opportunity to grow as a leader. Frost’s passion has grown from competing herself to wanting help create a path for other girls, like her.

“When I started, there really weren’t that many girls in the area who wrestled,” said Frost, who helps lead Curby’s youth program. “Especially in the last year, a lot of younger girls have started. When parents come up to me and say their daughter started wrestling because they saw me doing it, that’s honestly crazy to me. I just hope they can get out of wrestling what I’ve been able to get out of it.”

Curby’s owner, Joe Uccellini, has said he’s envisioned Frost taking over his club one day.

“I’ve always wanted to have my own club,” Frost said. “I can’t see myself having another club that isn’t Curby.”

During her senior season, Frost passed up the opportunity to compete at the first-ever NYSPHSAA girls’ wrestling championships, instead staying with the boys’ team at the Ken Baker Classic.

“It was extremely hard for me because since I started wrestling I’ve dreamed of competing at either girls’ states or just states in general,” Frost said. “Honestly, it was more important to me to help my team, wherever they needed me.”

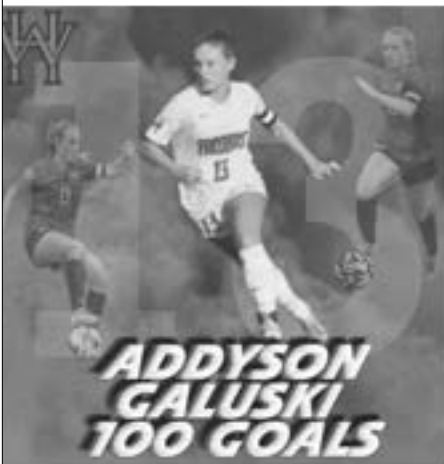
Frost developed a few reputations over her four-year varsity career, including being nearly impossible to pin — something that hasn’t happened since her freshman year. She is the first one cheering on her teammates, including modified and junior varsity wrestlers. She’s even someone teammates turn to for help with homework.

Frost concluded her high school career at the Section 2 Division 2 state qualifiers, after finishing fourth in the Class C tournament. She went 26-6 against boys, with 18 pins. Those around her see no limit to what she can accomplish.

“Emily’s work ethic and relentless pursuit of her goals are unmatched,” wrote Tamarac wrestling coach Erick Roadcap. “Emily has set her sights on becoming an Olympic champion, and her commitment to this goal is unwavering.”

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Contact Kyle Adams at [kadams@dailygazette.net](mailto:kadams@dailygazette.net) or [@kasportsnews](https://twitter.com/kasportsnews) on Twitter.



Congratulations to our beautiful Addyson. We are so proud of you and all you have accomplished. We can't wait to see what your future brings.

We love you ~ Papa and Grandma Linda



Congratulations Addyson, I am so proud of you. You are the ultimate team player, never thinking of yourself, so kind and humble. You work so hard off & on the field, always giving it your all. I can't wait to see what the future holds for you. Love you forever my beautiful girl.

Love Grandma Joanne

## **Addyson Galuski** **Waterford-Halfmoon High School**

by Adam Shinder  
THE DAILY GAZETTE



Addyson Galuski's resume is already impressively full: State champion, all-state athlete, leading scorer in Waterford-Halfmoon girls' soccer history.

And she's still got another year to go.

"I have a feeling it's going to be a good year," Galuski said. "No matter what."

Galuski has added another honor, as she's been selected as one of the 10 Capital District Sports Women of the Year scholastic honorees for 2023. It's a testament, Waterford-Halfmoon girls' soccer coach Meghan Reynolds said, to Galuski's tireless work ethic and passionate leadership.

"She arrives early, stays late, and is the person that goes the extra mile to become better," Reynolds wrote in her nomination letter. "She is a phenomenal teammate, leading by example and [encouraging] others to try their best. She was named one of our team captains for the 2021 season, and will continue to hold that title until she graduates."

Waterford-Halfmoon athletic director Mike Robbins concurs.

"Her competitiveness, work ethic and passion for sports have allowed her to not only be a successful athlete, but to also be seen as a leader in the eyes of her teammates," Robbins wrote. "Addyson is a dedicated student-athlete who values the team over herself and displays confidence and self-control in times of both adversity and triumph."

Galuski's greatest accomplishments have come on the soccer field. A second-team all-state selection in 2021, in 2022 she was named first-team all-state after scoring 46 goals and 17 assists to help lead the Fordians — alongside her younger sister Payton — to the New York State Public High School Athletic Association Class C championship.

"The whole team, everyone just worked," she said. "No matter what, we set out a goal and accomplished every single one. When [the state championship] happened, it was the most rewarding thing. You train from the beginning of August, and when your hard work pays off in that last little bit of the game, it's a big relief. You know you did everything you could and were finally able to get a reward for what you've done as a team."

Also, during her junior season, she became Waterford-Halfmoon's all-time girls' soccer scoring leader, breaking a record that had stood for 44 years.

"Addyson is dedicated, determined and loves the game of soccer," Reynolds wrote. "Her greatest strengths on the field include her ball mastery and ability to finish. Addyson's control and manipulation of the ball with both feet, legs, chest and head are very impressive, which coupled with her exceptional decision-making ability allow her to be the offensive threat that she is."

Galuski's far more than just a soccer standout.

In the classroom, she ranks sixth in Waterford-Halfmoon's Class of 2024 heading into her senior year, and is a member of the National Honor Society.

"I have some late nights sometimes, but I have to make a schedule," Galuski said. "When I go to practice, I know I either have to have my homework done or get right to homework as soon as I get back. Study halls in school are really important to me. You've got to set your priorities."

She volunteers for Ronald McDonald House and in numerous capacities for Waterford Youth Soccer, serving as a referee for youth games and taking part in many different clinics to pass her skills and knowledge along to younger players.

"Addyson works diligently to perform well in the classroom," Robbins wrote, "and anything she does is consistently done well. Addyson is a kind-hearted young woman who I believe will always do the right thing, even when no one is watching. She is dependable, trustworthy, and displays a high degree of integrity in everything she does."

Contact Adam Shinder at [ashinder@dailygazette.net](mailto:ashinder@dailygazette.net) or @Adam Shinder on Twitter.



Congratulations Addyson, we are so proud of the hard work and dedication that you put forth in your academic and athletic success! You have exemplified what it means to be a team player, kind, role model and most of all a strong confident young lady, ready for what the future holds.

Keep following your dreams as we are and will always be your biggest fans!

Love Always ~ Mom, Dad, Payton and Alexis



## Congratulations, Kayla!

We are so proud of all you have accomplished both athletic and academic! Keep pushing yourself. Enjoy the next adventure.

Love,

Mom, Dad, Daniel, and Avery



**Kayla Grant**  
**Lake George High School**

by Adam Shinder  
THE DAILY GAZETTE



Whether it's changing sports amid a global pandemic or throwing herself into a laundry list of extracurricular activities, Kayla Grant is all about having an adventurous spirit and an open mind.

It's something that started at a young age, when a 9-year-old Grant found one of her biggest passions: Nordic skiing.

"I came home from school and begged my dad to buy me a pair of Nordic skis, because I'd done it in gym class," Grant said. "He went and bought them at a [second hand] winter store — I can picture the store still — and I'd just ski around my yard."

Grant went on to become a five-year varsity member of the Lake George High School Nordic team and a two-year team captain. She also competed in three years of varsity cross country and four years of track and field, in addition to excelling in the classroom, serving as a leader in multiple school organizations, and volunteering in the Lake George community.

Grant's "can-do" attitude embodies why she's been recognized as one of the Capital District Sports Women of the Year scholastic honorees for 2023.

"While she is surely talented, it is her determination, her work ethic and her passion for these sports that is unusual in this day and age," Lake George cross country coach Garrett Smith wrote in his nomination letter. "If you add her humility, friendliness and sense of humor, you have the fabulous kid she is."

Grant came to cross country running later in her athletic development. Growing up, her fall sport was soccer, but during the 2020-21 school year, she said she reached the point where, "for my mental health as an athlete, that it was getting very hard to stay on [the soccer team] and be happy."

She switched to cross country, and "ended up falling in love with it from day one."

Among Grant's fondest memories was being part of Lake George's Adirondack League championship team in the fall of 2021.

"That sense of community it gave me and realizing how far we could take it as a group, that was really cool," she said.

Grant's love of cross country running also led to a change in her event lineup for track and field, moving from hurdles to distance events and the steeplechase.

She competed in three sports while maintaining a 3.83 grade-point average and winning numerous academic awards. She also excelled musically, playing clarinet in the jazz band and senior band, and as part of the New York State School Music Association. She was selected to participate in both the Lake Placid and Castleton music festivals.

A leader on the Lake George campus, Grant was a class officer in 2021-22 and class vice president this past year, vice president of the National Honor Society and president of the school's Anti-Bullying Committee — something she's been a part of since 2019. Grant — also a dedicated volunteer for the Lake George Youth Commission, assisting with the Trick or Treat Trail since 2017 — never hesitated to try anything new. Already a member of the Art Honor Society, Art Club and Spanish Club, this past school year she joined the Fishing Club on a whim.

"A lot of it was finding something new and just getting out there," she said. "With Fishing Club, I hadn't really fished. I was just like, 'Seems fun,' and then I tried it."

In his nomination letter, Lake George Nordic ski coach Phillip Gengel was effusive with praise for Grant.

"Kayla is goal-oriented and is always willing to help with the workload, possessing a maturity beyond her years," Gengel wrote. "She is intrinsically motivated to achieve and improve, and is always willing to go above and beyond without regard for credit or compensation."

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***Congratulations on all of  
your achievements, Zoey!  
Best of luck to you in all  
of your future endeavors!***

***Best wishes,  
Schoharie Central Schools***



**UALBANY**

**CONGRATS**

*CAPITAL DISTRICT SPORTS WOMEN OF THE YEAR RECIPIENT*

*Amanda*  
**CHAMBERS**





## HS - Wrestling

2023

# Zoey Lints

## Schoharie High School

by Mike MacAdam  
THE DAILY GAZETTE



Zoey Lints is an astute technical wrestler who sees a series of steps ahead of a scoring shot, instead of merely reacting to the circumstances of a match.

She sees female participation in her sport gradually increasing, and one of the steps toward that end is to get young girls interested in being more than just spectators. With that in mind, the Schoharie High School graduate has complemented her success on the wrestling mats — Lints won the 138-pound weight class at the inaugural New York girls' state championships in 2023 for the combined Duanesburg/Schoharie program — with youth coaching that focuses on getting more girls competing in wrestling.

"Usually there's way more males than females in a room, and especially for the younger girls that may confuse them and make them feel like they don't belong," she said. "But if I'm there, I feel like I can help them with that."

One thing that helps that effort is the fact that Lints' wrestling resume commands respect.

She has been ranked as high as No. 13 in the country at 138 by USA Wrestling, and won championships on the girls' circuit at the Niskayuna Girls Invitational and Shaker's Queen Bison Invitational.

At the state championships in Syracuse, Lints got through the first three rounds on pins totaling just 1:25 of mat time before winning the final, 7-3.

"I've been trying to work to go to boys' states, and when I found out there was an opportunity to go to girls' states, it was so exciting," she said.

"When I got there I felt like I had way more experience than most of the other girls, because I had been training with boys all my life.

"Before my finals match, I'm really into manifesting and thinking about what you want, so I just kept saying to myself I was going to win. I was telling everyone. Then when I got out there, I knew that I could win. Every point I scored, I held on to. Every point I gave up, I made sure I didn't give up another point."

Lints began wrestling when she was in second grade, following in the footsteps of two older brothers.

She first competed for the Duanesburg/Schoharie boys' varsity as an eighth-grader and compiled a 12-5 record against boys during the 2022-23 season, with nine pins.

At the 2023 Eastern States Classic, Lints finished second to 2022 Fargo 16U bronze medalist Maddie Westerberg, ranked No. 7 in the U.S. at 144, and was the only opponent Westerberg did not pin.

"Zoey is a student-athlete who is the epitome of the phrase, 'actions speak louder than words,'" Schoharie athletic director David Russell said. "Zoey is a dedicated athlete and dedicated team member. I recall multiple times where Zoey would be moving up or down a weight class to benefit her team and give them the best chance for success."

As a girl competing in a male-dominated sport, Lints, who will attend Elmira College in the fall, has faced prejudice and dismissive attitudes.

She said English was her favorite class at Schoharie, and someday she'd like to write a book compiling poems expressing her various feelings. In the meantime, she tries to serve as an inspiration to young girls through her actions.

"There's a few girls in my club that are the managers, and they're all younger than me and they always try to hang out with me and ask me about wrestling and stuff," Lints said. "Most of them are going to wrestle this year, and I tell them I'm going to come back and watch them."

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CONGRATULATES

**OLIVIA LOMASCOLO '23**

2023

CAPITAL DISTRICT SPORTS WOMEN OF THE YEAR  
RECIPIENT

**College - Cross Country | Track & Field**

2023

**Olivia Lomascolo**  
**Siena College**

by Mike MacAdam  
THE DAILY GAZETTE



Olivia Lomascolo knows all about endorphins, both as an athlete and in her profession.

As a cross country and track star for five years at Siena College, she has experienced the so-called “runner’s high,” the feeling of euphoria brought on by the intensity of distance training and competition.

She gets that at work, too, as a registered nurse in Albany Medical Center’s post-anesthesia care unit (PACU), where patients are treated and managed immediately following surgery.

Based on results from Lomascolo’s fifth year at Siena, the Shenendehowa High School graduate finished her college running career in a state of euphoria, becoming the first-ever Saint to win the Metro Atlantic Athletic Conference women’s cross country championship in the fall, and finishing third in the 10,000 meters at Penn Relays in April, among many other highlights.

“This year, winning cross country MAACs was just one of the most special things in my career,” she said. “When I was a freshman, coach John [Kenworthy] basically sat me down and said this is something at some point that you can accomplish. So that had been my goal throughout my career, winning a cross country MAAC title.

“To do it on our home course made it all the more special. My parents come to every meet. I had family members that didn’t get to travel and were able to come to this one. I knew the course like the back of my hand, so that made it that much more special for me. And to be the first one to do it for Siena was awesome.

Lomascolo had such an outstanding fifth-year senior season that she was named 2022-23 Siena Female Student Athlete of the Year.

She’s the school record holder in women’s cross country at four distances, and also was part of school-record performances in the 3,200 relay and distance medley relay. She won the 3,000 meters at the MAAC indoor championship meet and the 5,000 at the outdoor championship meet.

After running 34:10.12 at Penn Relays, she became the first Siena woman to qualify for the NCAA Outdoor East Regionals.

“I can honestly say that she has left no stone unturned and there is not a day that goes by where I doubt that she has gotten the most out of herself,” Kenworthy said. “I’m proud to be a part of her team and I believe that in many ways she is the best representation of what we aspire to as a collegiate cross country and track program.”

Lomascolo was certified as a registered nurse in 2022, before she graduated with a nursing bachelor’s degree in 2023 and has been working for the Albany Med PACU for over a year.

She was able to carve out a stellar career as a distance runner while working part-time at Albany Med and became a full-time nurse there in June of 2023.

Lomascolo has also found time for community service, with the Regional Food Bank, Christmas gifts through Siena Giving Tree and clothing donations to the Schenectady City Mission.

“There are hard days, and you see some hard things,” she said of her profession. “People are sick, so that’s not always the place they want to be. But there’s also really good days where you have awesome patients who don’t stop thanking you for what you do.

“It’s like with running, there’s such a high you get from it, with the natural endorphins. Taking care of people makes you feel so good. It can be hard, and you can get tired, but I just love it.”

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*Congratulations, Grace!  
You continue to fill our hearts with pride. Your future is bright  
and we can't wait to see where it takes you!*

*All our love,  
Dad, Mom, and Jacob*



**Congratulations  
Grace!**

We are proud of you!

"Grace was a 4-year starter on the Galway Varsity volleyball team, and she never missed a game or a start in her career. She played every position (except libero) and was a tremendous leader on and off the court. This season, Grace helped our team get back to the State Final Four and was named NYS First Team All-State, WAC Mohawk Division MVP, WAC Overall MVP, WAC First Team All-League, NYS Final Four All-Tournament Team, and Exceptional Senior Team. She finished the season with 214 kills and 434 assists, bringing her career totals to 556 kills and 915 assists."  
~ Mike Glenn, Galway Girls Varsity Basketball Coach



HOME OF THE  
**GOLDEN EAGLES**

**Grace O'Brien**  
**Galway High School**

by Ken Schott  
THE DAILY GAZETTE



Grace O'Brien felt sad and helpless as she watched the events unfold as Russia invaded Ukraine. O'Brien wanted to do something to help the children in Ukraine.

O'Brien, who played volleyball, basketball, and track for Galway High School, had a great idea. She organized a donation to UNICEF for children in Ukraine by making bracelets that said, "We stand with Ukraine." All the proceeds went to UNICEF.

O'Brien, who is a Capital District Sports Women of the Year Award scholastic recipient, is proud of what she has done to help the children in Ukraine.

"It's so hard to wrap my head around it because we live here, and it's just, it's just easy to live here," O'Brien said. "We don't have to deal with any bombings or threats of war on us. So I can't even imagine what kids are going through over there."

Starting it was part of her National Honor Society project. O'Brien said it raised nearly \$200.

"I feel like it was the easiest thing to help out," O'Brien said. "I felt accomplished."

O'Brien's efforts have not gone unnoticed.

"Grace has truly gone beyond anything anyone could imagine this year in volleyball," Galway girls' volleyball coach Michael Glenn wrote in his nomination letter. "In all my years, I have known other students with talents equivalent to Grace's."

"However," continued Glenn, "most of them lacked her good nature and humility, and even fewer demonstrated the genuine intellectual curiosity that Grace has exhibited over and over; a curiosity that is often accompanied by her excitement or enthusiasm for an idea, an experiment, or the lead role in a challenging operatic performance."

Some of O'Brien's other community service activities include a two-time clean up at Great Camp Santanoni in Newcomb, going to the camp late in the spring to help clean the debris from the winter. She also volunteered at the Galway girls' modified and junior varsity basketball games, keeping score.

Athletically, O'Brien earned numerous awards. She was a First Team Western Athletic Conference girls' volleyball All-Star in 2021 and 2022, and an All-State Class C in 2022 and the WAC MVP in 2022. She was a WAC Top Scholar Athlete in 2022, as well as a WAC First Team All-Star in basketball and the team's most valuable player in the 2022-23 season.

Asked which sport she likes, O'Brien said it depends on the season. "If I'm in volleyball season, I like volleyball more," O'Brien said. "But then once I'm in basketball season, I like basketball more. Volleyball, there's a net separating both teams. But basketball is a lot more physical. Basketball is a team sport, but I feel like it is more individual, as well."

O'Brien participated in track and field for the first time this past spring.

"She is a very versatile athlete and can perform in a wide variety of events," Galway track and field coach Geoffrey Maliszewski wrote in his nomination letter. "How we ended up utilizing her was in our relays. She is a key member of the 4x100, 4x800 and 4x400 relays. She is a natural runner with a beautiful stride. She works hard in practice and has never been absent from a meet or a practice. She has been a model of consistency in her efforts."

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# HANNAH

*Hannah,*

*We admire and respect the determined leader  
and kind person you have become.*

*Keep "lifting up" and reaching for the stars.*

*We love you!*

*Your Family*



Congratulations to Kara Bacon on an amazing high school career, both academically and athletically. We are so proud of you and all that you have accomplished.

Best of luck at LeMoyné!!!



## College - Ice Hockey

2023

# Hannah Price

## Rensselaer Polytechnic Institute

by Ken Schott  
THE DAILY GAZETTE



When RPI athletics canceled its sports seasons for the 2020-21 season because of the coronavirus pandemic, women's hockey sophomore defenseman Hannah Price needed something to do besides taking classes virtually.

"I figured, if I can't put my energy into hockey, I've got to find another outlet," Price said.

Price, a Pittsburgh native, did that and more.

Her community service work could fill an entire page in the Capital District Sports Women of the Year program, and that is why she is one of three collegiate recipients of the CDSWOY Award.

Here are some of the projects Price has helped create: Fresh Check Mental Health Days, Troy School 2 Reading Program and Special Olympics Basketball. She is also the RPI Food Recovery Network President, helping to save thousands of pounds of food from RPI's dining halls for donation to a local food pantry for redistribution to the needy. And Price is her team's Team Community Service Coordinator.

"I just incrementally started joining local organizations," Price said. "Something that's really special about the Troy community is that I feel like people really try to help one another out. There are quite a few community groups that really do such impactful work on a regular basis, which is kind of the most important part.

"Consistency is key, and so I kind of gradually started joining these organizations and meeting these fantastic people and I've been able to kind of continue that since COVID as a leader for RPI's student-athletes and kind of just help student-athletes find entry points into the community, which has been really invaluable."

Her efforts off the ice got her recognition nationally. She was a Hockey Humanitarian Award finalist last year and this year.

"It meant a tremendous amount to me," Price said. "I feel like it reflects really, really well on RPI's community, on the Troy community [and] on the organizations that I've been a part of. And honestly, it's just been so great seeing the amazing work happening around the country from hockey players all over the place. To be considered kind of hand in hand with what those individuals do really means a lot."

Price played in 34 games this past season, collecting five goals and two assists. In 100 career games, she collected seven goals and eight assists.

Off the ice, Price graduated in May with a 3.77 grade-point average, earning degrees in economics and sustainability studies.

"Hannah Price epitomizes the qualities of an outstanding individual who has made significant contributions on and off the ice," RPI women's hockey head coach Bryan Vines wrote in his nomination letter. "Her exceptional character, leadership skills, remarkable academic achievements, and commitment to athletic excellence make her an exemplary candidate for the Capital District [Sports] Women of the Year."

Price plans to go to law school, but that can wait. She will continue her hockey career with the Sabres, a team in the European Women's Hockey League. She is elated with the chance to continue to play hockey.

"I'm not ready to be done with my hockey journey," Price said. "I'm ready to travel and gain some new perspective. It should be a good gap year before I start law school."

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Contact Ken Schott at [schott@dailygazette.com](mailto:schott@dailygazette.com) or [@slapschotts](https://twitter.com/slapschotts) on Twitter.

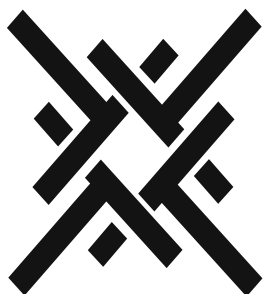


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We are proud to be joined by talented young ladies from the Empire State Youth Orchestra to entertain our recipients and our audience during tonight's CDSWOY Awards Gala. Thank you to Dr. David Bebe, the Director of Education for ESYO, for his assistance.

Empire State Youth Orchestra engages more than 600 youth from across New York's Capital Region and Western New England in the joyful pursuit of musical excellence. Guided by outstanding teaching artists, coaches and conductors, members explore their potential alongside like-minded peers in an environment that is musically daring and seriously fun!

Let's meet our guest performers.



### JULIA SPRETTY

Julia Spretty has been a clarinetist for nine years and is a graduate of Waterford-Halfmoon High School. Studying with Julie Taylor, she has been Principal Clarinet in ESYO's Symphony Orchestra for the past three years. She earned a position in the NYSSMA All-State Winter Conference Symphony Orchestra, as well as the Symphonic Band on Eb clarinet. Julia also enjoys singing, playing flute, piccolo, and the alto saxophone. She played in the pit orchestra for her school's musical on clarinet, flute, and alto sax. She also composed her very own band piece for her High School's band to perform at their fall concert.

Julia has also conducted her High School Band and has attended the Juilliard Summer Winds Program, NYSSSA (NYS Summer School of the Arts), Ithaca College Summer Music Academy, and virtual programs through the Crane School of Music. Her final season of ESYO concluded with an exceptional

performance by the Symphony Orchestra at Carnegie Hall. This past April, Julia was the WMHT Radio Station's Classical Student of the month. In the fall, she will be attending Boston Conservatory at Berklee to pursue a degree in clarinet performance.

Julia will be playing Concertino in Eb Major Op. 26 by Weber. Her accompanist will be Brian Axford.

### PEYTON ROACH

Peyton Roach is a classical violist and a visual artist from Bethlehem, New York. She recently graduated from Bethlehem Central High school with an advanced regent's diploma. She has been in the Empire State Youth Orchestra ensembles since the sixth grade, and has been the assistant principal violist for the Empire State Symphony Orchestra for the past two years.

Peyton has been playing viola for 10 years, studying under her mother, Monica Roach, for the first three years of her musical education, and then with Elizabeth Moll for the remaining seven. Her biggest musical inspiration is her mother, and she hopes to teach others about the wonders of music. Her plans are earning a bachelor's in Fine Arts and studying animation at music at Bennington College.



## The Eric Idea Agency



### EVENTS

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The Capital District Sports Women of the Year Executive Board: (Photos by Lauren Hull Photography).



Alissa Collins



Morgan Farnan



Clare Howard



Eric McDowell



Jennifer McDowell



Brendon Phillips



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Jessica Mendoza, an Olympic Gold medalist and ESPN broadcaster, is tonight's virtual guest speaker at the 2023 Capital District Sports Women of the Year Awards Gala.

Jessica joined ESPN in 2007 and in 2015, became the first woman to serve as an analyst for nationally-televised Major League Baseball games. She has since become one of the leading voices in ESPN's Major League Baseball coverage.

She appears regularly on ESPN studio shows including Baseball Tonight, SportsCenter, Get Up and First Take. In 2020, Jessica became the first woman to serve as a World Series game analyst on national radio as she joined the MLB on ESPN Radio team for the World Series.

She has continuously made history as a Major League Baseball analyst, becoming the first female ESPN MLB game analyst on television during the August 24, 2015 edition of Monday Night Baseball. A few months later, Jessica became the first female analyst for a nationally televised MLB Postseason game, calling the American League Wild Card Game on ESPN. That year, she also became the first female analyst for a Men's College World Series telecast.

Jessica appeared on several Sunday Night Baseball telecasts during the stretch run of the 2015 season and in 2016, ESPN officially named her to the Sunday Night Baseball team. She is the second-longest tenured Sunday Night Baseball analyst in the history of ESPN's marquee MLB telecast. In the 2020 MLB season, she became the first woman to serve as a solo analyst for a national package of MLB game telecasts including weeknight games and holiday baseball. She also served as an analyst in ESPN's exclusive English-language KBO League coverage for the 2020 regular season.

One of the most notable softball players of the 2000's, Jessica's on-field experience seamlessly translated to television. Her ESPN career began in 2007 with her serving as a softball analyst and college football sideline reporter. In addition to her current MLB contributions, Jessica has also provided analysis on ESPN and ABC Little League World Series coverage since 2016. She has served as an analyst and reporter for the Men's College World Series and since 2007 has been the lead analyst for ESPN's coverage of the Women's College World Series. Jessica also contributes content to espnW. Prior to her work with ESPN, Jessica was a field reporter for Yahoo! Sports at the 2010 Winter Olympic Games and also served as the lead college softball analyst on FOX Sports.

Jessica is a two-time Olympian and was a member of the U.S. Women's National team from 2001-10. Her team took home the Gold Medal in Athens, Greece (2004) and the Silver Medal in Beijing, China (2008). She is both a three-time World Champion (2002, 2006, 2010) and World Cup Champion (2006, 2007, 2010), in addition to being a two-time Pan American Gold Medalist (2003, 2007). In 2006, she was named the USA Softball Athlete of the Year and was also recognized in 2008 as the Women's Sports Foundation Sportswoman of the Year. In 2019, Mendoza was inducted into the National Softball Hall of Fame.

Jessica was a four-time first team All-American while playing outfield at Stanford University. She led the team to their first ever Women's College World Series appearance and finished her college career with school records that are still held today in: batting average (.416), hits (327), runs scored (230) and career home runs (50). She was a three-time Stanford Female Athlete of the Year and a First Team Academic All-American in 2002.

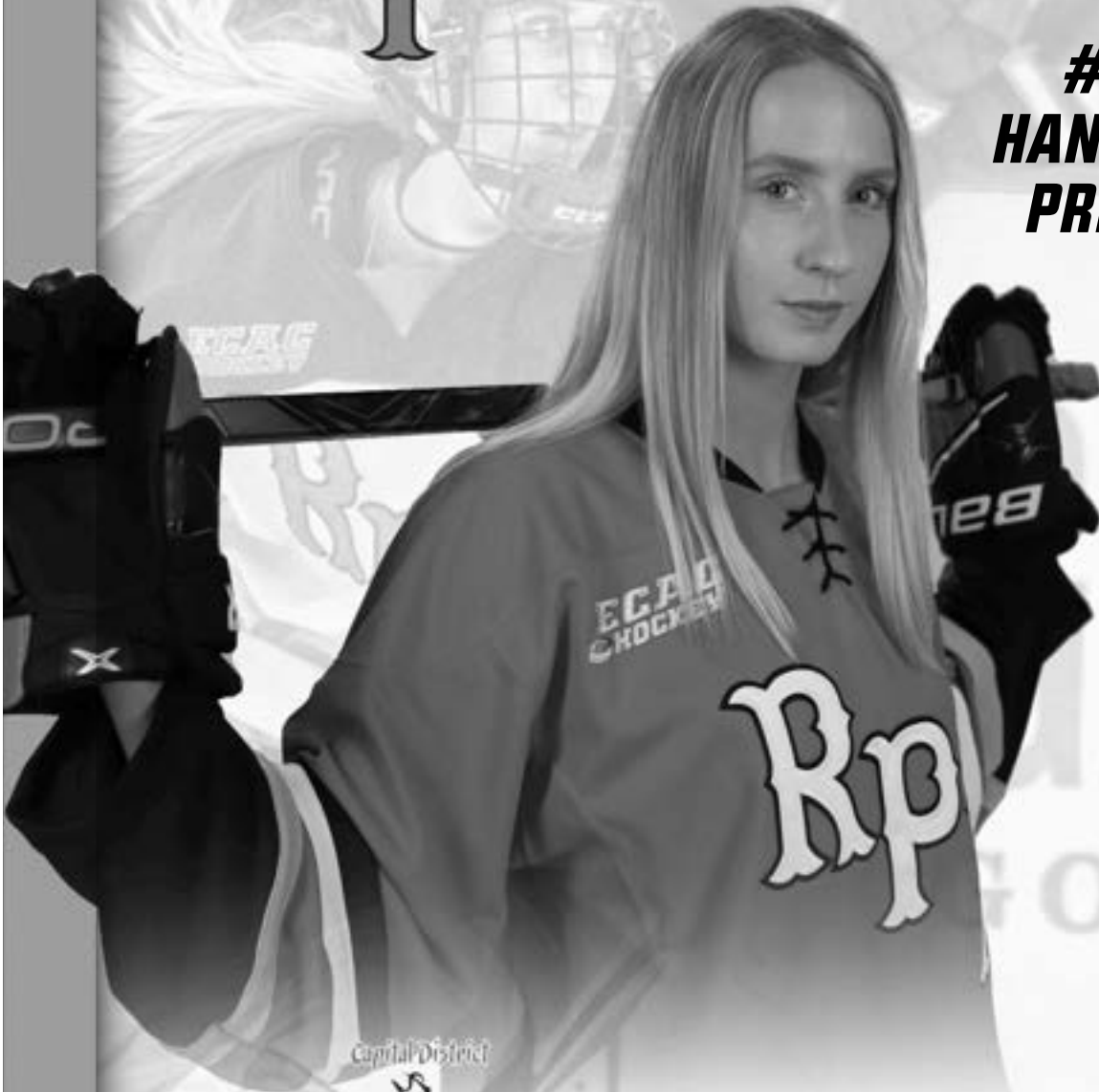
Jessica graduated with a Bachelor of Arts degree in American Studies in 2002 and a Masters in Social Sciences in Education in 2003. She is originally from Camarillo, Calif.



RPI

# *Celebrates*

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Capital District



**2023 CLASS**

**CONGRATS HANNAH!**



**2020 Grand Recipients:** Lydia Ware of Averill Park High School and Morgan Burchhardt of The College of Saint Rose



**2022 Grand Recipients:** Colleen Quaglia, The College of Saint Rose and Michelina Lombardi, Averill Park HS

**2020 GRAND COLLEGIATE WOMAN OF THE YEAR:**  
Morgan Burchhardt, The College of Saint Rose

**2020 GRAND SCHOLASTIC WOMAN OF THE YEAR:**  
Lydia Ware, Averill Park High School

The other members of the CDSWOY Class of 2020:

Liz Brady, Rensselaer Polytechnic Institute  
MacKenzie Brown, Rensselaer HS  
Amelia Canetto, Taconic Hills HS  
Morgan Fish, Fort Edward HS  
Megan Flynn, The Sage Colleges  
Rachel Hunsicker, Lake George HS  
Brytney Moore, Northville HS  
Brooke Pickett, Stillwater HS  
Makenzie Terrell, Middleburgh HS  
Lauren Willis, South Glens Falls HS  
Rachel Wnuk, Galway HS

**2022 GRAND COLLEGIATE WOMAN OF THE YEAR:**  
Colleen Quaglia, The College of Saint Rose

**2022 GRAND SCHOLASTIC WOMAN OF THE YEAR:**  
Michelina Lombardi, Averill Park HS

The other members of the CDSWOY Class of 2022:

Brigid Duffy, Queensbury HS  
Katie Falotico, University at Albany  
Rebecca Hall, Maple Hill HS  
Grace Heiting, Union College  
Kelsey Meca, Mayfield HS  
Zionna Perez-Tucker, Mohonasen HS  
Carlie Rzeszotarski, Burnt Hills-Ballston Lake HS  
Heather Schmidt, Niskayuna HS  
Cameryn Shultes, Middleburgh HS  
Ayaka Suesada, Hawthorne Valley Waldorf School  
Sadie Tavares, Schuylerville HS



**2021 Grand Recipients:** Clare Howard of Taconic Hills High School and Hallie Klosterman of Russell Sage College

**2021 GRAND COLLEGIATE WOMAN OF THE YEAR:**  
Hallie Klosterman, Russell Sage College

**2021 GRAND SCHOLASTIC WOMAN OF THE YEAR:**  
Clare Howard, Taconic Hills High School

The other members of the CDSWOY Class of 2021:

Naseyah Dix, Bryant & Stratton College  
Phoebe Fox, Glens Falls HS  
Riley Gibbons, Germantown HS  
Jenna Hoffman, Maple Hill HS  
Beth Irwin, Guilderland HS  
Anna Jankovic, Averill Park HS  
Sara Langworthy, Warrensburg HS  
Isabella Mancini, Galway HS  
Madison Relyea, Mayfield HS  
Kate Sherman, Mohonasen HS

# 2022 CDSWOY Awards Photo Gallery

Photos by Lauren Hull Photography



The CDSWOY Class of 2022: (Back row): Colleen Quaglia, Heather Schmidt, Cameryn Shultes, Ayaka Suesada, Sadie Tavares. (Front row): Katie Falotico, Rebecca Hall, Grace Heiting, Michelina Lombardi, Kelsey Meca, Zionna Perez-Tucker. Not pictured: Brigid Duffy, Carly Rzeszotarski.



Performers from the Empire State Youth Orchestra: Madilyn Connor, Georgia Burr, Faith Borkowski.



Heather Schmidt of Niskayuna HS during her acceptance speech.



Ashley Miller of WNYT-TV News Channel 13 served as the M.C.



Sadie Tavares of Schuylerville HS with her family.



Ayaka Suesada of Hawthorne Valley Waldorf School celebrates.



Grand Collegiate recipient Colleen Quaglia and Grand Scholastic recipient Michelina Lombardi.



Brigid Duffy received her award prior to her heading off to West Point to begin her collegiate soccer career. Photo provided by Gretchen Duffy.



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