HADLEY, Mass. – Amherst sophomore guard Caroline Stedman (Walpole, Mass.) has been selected by the conference coaches as the 2010 NESCAC Player of the Year. Stedman has helped her Lord Jeff squad assemble an unbeaten 27-0 record en route to their second NESCAC Women's Basketball title in the last three years this past weekend. She is the first player from Amherst to receive the league’s top honor.

In addition to being named NESCAC Player of the Year, Stedman also earned All-Conference First Team recognition for the first time. A year ago, Stedman appeared in all 28 games for the Jeffs, averaging 2.2 points and 1.0 rebounds per game. This season, Stedman has started every contest and has highlighted a talented Amherst squad with a team-leading 12.6 points per game, a figure that ranks seventh overall in the NESCAC heading into this weekend’s NCAA Tournament. She has also contributed an average 4.1 rebounds, 2.0 assists and 2.1 steals as part of the conference’s top offense and defense. While Stedman’s numbers have been good, she saved her best performances for NESCAC contests, scoring a career-high 26 with a 9-of-17 showing from the floor (.529) and a 4-for-5 performance from beyond the arc at Colby on Jan. 30.

Representing Tufts on the All-NESCAC First Team were the tandem of junior guard Colleen Hart (Needham, Mass.) and senior forward Julia Baily (Farmington, Conn.), as both players are in the midst of career years. Hart currently paces the conference in scoring with 16.6 points per contest, scoring a career-high 26 with a 9-of-17 showing from the floor (.529) and a 4-for-5 performance from beyond the arc at Colby on Jan. 30. Baily follows Hart closely in scoring, holding second in the league with an average of 15.6 points. Baily has produced a conference-best 12 double-doubles so far this season, her most recent coming in a NESCAC quarterfinal setback to Bowdoin on Feb. 20, where she set a tournament record for boards with a 17-point, 17-rebound effort. An All-Conference Second Team member last year, Baily averages 9.1 rebounds per contest, good enough for second in the NESCAC.

Bates senior Lauren Yanofsky (Belmont, Mass.) capped her best season with the Bobcats by receiving All-Conference First Team honors for the first time. Yanofsky led Bates in points (15.1) and rebounds (6.4), as she was the top scorer for the Bobcats in 15 of their 26 games this year. In the semifinals of the NESCAC tournament against Amherst last Saturday, Yanofsky scored 11 points and became the 17th player in school history to eclipse 1,000 career points, the second junior in program history to accomplish the feat.

Rounding out the 2010 NESCAC All-Conference First Team was senior guard/forward Alison Cappelloni (Sudbury, Maine) of Colby, the first player from the Mules to earn a spot on the squad since Sarah Walsh in 2003. Cappelloni heads up the Mules’ offense for the second-straight year with 12.3 points, 4.4 rebounds and 2.1 assists per game on 41.5 percent shooting. She netted a season-high 23 points and 13 rebounds at Bowdoin on Jan. 5 before finishing her career with 1,007 points. Cappelloni also added a career-high 17 points against Middlebury during the regular season, the highest total since 2000.

Defensive Player of the Year honors were bestowed upon a member of Tufts for the third consecutive year, going to junior Vanessa Miller (Cincinnati, Ohio). A catalyst on defense for the Jumbos, the extremely quick 5-foot, 2-inch guard is the first Tufts player to receive a NESCAC Player of the Year award as a junior. Miller averaged 8.2 points and 7.3 rebounds per contest, leading Tufts in steals with 3.24 per game and making 45.3 percent of her attempts from long range. The 2008 NESCAC Rookie of the Year opened 2009-10 with a career-high 31 points in a loss at SUNY New Paltz on Nov. 20 and later on in the season reached 1,000 career points, the second junior in program history to accomplish the feat.

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Baily follows Hart closely in scoring, holding second in the league with an average of 15.6 points. Baily has produced a conference-best 12 double-doubles so far this season, her most recent coming in a NESCAC quarterfinal setback to Bowdoin on Feb. 20, where she set a tournament record for boards with a 17-point, 17-rebound effort. An All-Conference Second Team member last year, Baily averages 9.1 rebounds per contest, good enough for second in the NESCAC.

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