Cortland’s Lara Stone and Stephanie Adamshick Earn Weekly SUNYAC Softball Honors; Stone Also Chosen as ECAC Upstate Player of the Week

SUNY Cortland senior shortstop Lara Stone (Windsor) has been named the State University of New York Athletic Conference (SUNYAC) softball Player of the Week and sophomore Stephanie Adamshick (Milton/Marlboro) was chosen as the league’s Pitcher of the Week. In addition, Stone was honored as the Eastern College Athletic Conference (ECAC) Division III Upstate New York softball Player of the Week.

Stone batted .800 (8-for-10) with a home run, four doubles, three walks and four RBI in a 3-1 week for the Red Dragons. She also scored six runs and handled 25 chances in the field (11 putouts, 14 assists) without an error. She was 2-for-2 with a homer, double and two walks in a 5-1 win at King’s College (Pa.) and was 3-for-3 with two doubles and two RBI in a 9-1 victory versus Rochester. For the season, Stone is hitting .452 with two homers, seven doubles and eight RBI in 14 games.

Adamshick won both of her decisions during the week. She allowed 10 hits and three runs, two earned, in 12 innings. She struck out eight and walked one. She gave up five hits in five innings in a 10-2 win over Rochester and allowed five hits and one unearned run in seven innings in a 5-1 win at King’s. Adamshick is 7-0 with a 0.60 ERA this spring. She has given up 34 hits and 13 walks and has struck out 37 in 47 innings.

The Red Dragons are 11-3 and are ranked seventh nationally in Division III (the new poll will be available by April 1).

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