Volleyball All-NESCAC Teams Unveiled

HADLEY, Mass. – Bowdoin junior Caroline Flaharty is the NESCAC Player of the Year and earned a spot on the All-NESCAC First Team for the second year in a row. Flaharty is the third Polar Bear to collect the honor, joining Kristin Hanczor in 2011 and Christy Jewett in 2015. Flaharty was the NESCAC Rookie of the Year in 2016 and an All-NESCAC Second Team selection the same season. She ranks fourth in the NESCAC in kills, averaging 3.35 per set. She is hitting .275 for the NCAA-bound Polar Bears, while averaging 3.01 digs per set.

- Fellow Polar Bear Lisa Sheldon was named the NESCAC Defensive Player of the Year and earned a spot on the All-NESCAC First Team for the first time after garnering a spot on the All-NESCAC Second Team last year. Sheldon, a senior, is the third Polar Bear to be named Defensive Player of the Year, joining Taylor Vail (2013) and Katie Doherty (2014, 2015, 2016). Sheldon ranks second in the NESCAC in digs per set (5.68) and helped the Polar Bears claim the NESCAC title.

- This season marks the first time since 2015 that players from the same team have earned the Player of the Year and Defensive Player of the Year honors. Bowdoin’s Christy Jewett and Katie Doherty are the last teammates to achieve the feat.

- Sophomore Kate Kiser, the NESCAC Rookie of the Year and an All-NESCAC Second Team selection last year, is the third Bowdoin player on the First Team in 2018. She ranks second in the league in assists per set (10.16) and is tied for the team lead in service aces (29).

- Wesleyan sophomore Phia Bellizzi earns her second All-NESCAC accolade in as many years moving from the Second Team last year to the First Team this season. She leads the NESCAC in digs per set (5.94). The Cardinals are headed to the NCAA Tournament for the second year in a row.

- Amherst junior Emily Kolsky earns her first All-NESCAC honor. She helped the Mammoths advance to the NESCAC Championship match for the first time in a decade after six straight semifinal appearances. Kolsky registered a .292 hitting percentage and averaged 3.58 kills and 2.11 digs per set this season.

- The Middlebury duo of Isabel Sessions and Sarah Staver round out the All-NESCAC First Team. Both players earn their second All-NESCAC accolades. Sessions was on the Second Team last season, while Staver was a Second Team selection in 2016. Sessions ranked second in the NESCAC in kills per set (3.76), while hitting .243 and averaging 2.76 digs per set. Staver led the league in hitting percentage (.396), averaged 3.11 kills per set, and totaled 71 blocks for the Panthers.

- Cate Desler of Tufts was named the NESCAC Rookie of the Year and earned a spot on the All-NESCAC Second Team. An outside hitter, Desler led the Jumbos in kills per set (2.68) and averaged 2.27 digs per set this season. She posted a .247 hitting percentage and ranked second in the league in service aces (41). She is the third Jumbo to earn the honor, joining Kay Lutostanski (2004) and Isabel Kuhel (2011).

- Bowdoin head coach Erin Cady was selected by her peers as the NESCAC Coach of the Year. Cady led the Polar Bears to their second NESCAC title since her arrival in 2015 and third overall. Cady earns the honor for the first time in her career and is the second Bowdoin head coach to garner the award, joining Karen Corey (2011). Bowdoin is headed to the NCAA Tournament for the fifth time in program history and the second time in four years under Cady. The Polar Bears enter the tournament with a record of 27-1.