

PHOTOS | WADE BARILLARO

Infielder Iris Rooney, a sophomore, steps up to the plate.

Softball sweeps Queens College

By Draven Dabrowski
Sports Writer

The Owls capped off a doubleheader sweep over Queens College with a 6–2 win.

After struggling with timely hitting for much of the season, the university delivered when it mattered most.

"It was a great team win," Head Coach Kate Bowen said. "Coming up again with a couple timely hits was really exciting to see."

The university carried momentum into the second game after taking the opener earlier in the day.

The Owls started the bottom of the inning with infielder Izzy Ingersoll, a sophomore, working through nine pitches for a walk before moving to second on a sacrifice bunt from infielder Gianna Iaquinto, a graduate.

After a lineout, catcher Karley Austin, a junior, came through with a single to right field, bringing Ingersoll home for the game's first run.

Ingersoll, who made an immediate impact last season, continues to be recognized by teammates for her play.

"She is one of the best hitters I've ever seen," second baseman Nadia Cestari, a graduate, said. "She is awesome."

The Owls did not stop there, as they continued to apply pressure in the second inning.

Outfielder Jordan Chamberlain, a senior, and Cestari opened the frame with back-to-back hits before infielder Samantha LaFemina, a senior, drew a walk to get the bases loaded.

A four-pitch walk forced in a run and extended the university's lead to 2–0.

Queens responded with a run in the top of the third, but the Owls answered right back with their biggest inning of the afternoon.

A bunt by outfielder Cheyenne LaTouche, a sophomore, gave Austin the chance to once again advance into scoring position.

Chamberlain followed with an RBI single to bring her home.

Moments later, pitcher Olivia Young, a junior, moved into scoring position on a throwing error, allowing Chamberlain to run to third.

Cestari delivered one of the biggest swings of the game, driving a double to left field that plated two runs and pushed the lead to 5–1.

After a wild pitch moved her to third, Ingersoll added to the rally with an RBI double, stretching the advantage to 6–1.

Cestari, a senior captain this season, showed exactly how she earned her role. She delivered in key moments, drawing praise from her teammates.

"Nadia is one of the positive girls on the team," Ingersoll said. "I look up to her as a role model because she always brings good energy, and she just has been making good connection all season, and it has finally paid off."

The two doubles from Cestari and Ingersoll sealed the game for the Owls.

Austin finished a perfect 3–for–3 at the plate with an RBI, a run scored and three stolen bases, creating constant opportunities for the offense.

Cestari went 2–for–3 with the double, two RBI and two runs scored. Ingersoll at bat went 3–1, one RBI and one run scored.

At the mound, pitcher Giselle DeLutri, a sophomore, earned the win and improved to 2–2 on the season.

DeLutri allowed just one run on five hits over four innings while striking out six.

Pitcher Kate Nickerson, a sophmore, followed with three innings of relief to pick up the save, allowing one run and limiting any chance of a late comeback for Queens.

The team's ability to stay patient at the plate, capitalize on scoring opportunities and get those timely hits made all the difference.

The university split a double header against Saint Anselm College at home on Friday, March 27 at Pelz Field after weather issues forced the game to be moved from New Hampshire.

"This was a great two wins to get us going into the second conference weekend," Bowen said.



Pitcher Moira Collins, a junior, winds up to pitch.

Welder is key to lacrosse team's success

By Julian Markese
Sports Editor

The lacrosse team has the talent it needs to succeed in the NE10, and they are finally proving it. Head Coach Kevin Siedlecki has built the roster required to compete.

Midfielder Allie Welder, a junior, is one of the players vital to the vision set out by Siedlecki. Welder is from Chanhassen, Minnesota. She is part of the first crop of out-of-state players that are making an impact on the team.

"From the second she got here, she was one of our main players. Even as a freshman, she was on one of our main lines," midfielder Anna Meserve, a junior, said.

Welder scored over 100 goals in high school. The Chanhassen High School team, of which she was captain, is one of the most successful teams in Minnesota. But lacrosse on the east coast is different.

"I knew it would be a big change. This is the lacrosse area. Minnesota is a way different level of play compared to here. I knew it would be a big adjustment no matter what," Welder said.

Welder has adjusted well. She has been a steady contributor athletically since she stepped on campus in 2024. She is also a stellar student, earning five distinctions from the NE10 for academics.

"Lacrosse helps me balance my time more. I know when I finish practice, I have to study. I don't have time to dilly dally around. Sometimes, I can't just sit on the couch. I have to lock myself in my room to study," Welder said. "It's about balance."

As a nursing student, it can be hard enough to juggle the workload without the added responsibility of being an athlete. Welder takes on both challenges well. She does so with an enduring positive attitude.

"She's so steady. She's so positive and strong in her play and mentality. People can't help but follow that and be drawn to that," Siedlecki said.

Welder is not always a verbal leader, Siedlecki said.

She leads by example. Her attitude on and off the field are massive contributors to the camaraderie of the team. Her teammates take notice, and they follow suit.

"She's always smiling. If the team's feeling down, you can count on Allie to walk into the locker room and brighten up the entire room with a funny joke or the big smile she always has," Meserve said.

On the field, Welder is a do-it-all midfielder. She is a willing defender. She is good for a goal or two per game. She tallied 11 goals in only nine games her freshman year. She scored 24 last season, also dishing out six assists. She has already accounted for 11 goals this year.

Most importantly, Welder is willing to do the dirty work required to be successful in lacrosse. Last season, she scooped up 27 ground balls, the second most on the team. Welder is a bloodhound when it comes to balls on the turf.

"When the ball is close to her, you know she's got it," Siedlecki said. "For a smaller kid, she's very tough. She's very strong. She's very physical. She is not afraid to get in there."

Her presence is invaluable for a team still building their identity. Players like Welder make everyone around them better.

Welder has proved she has the skill to play at a high level on the east coast. She has given her team and her coach a blueprint for the type of player necessary to achieve greater goals. She keeps improving with a smile on her face 1,000 miles away from home.

"She has developed well. When she came here during the summer of her junior year of high school, she was good. What she does now is just another level," Siedlecki said.

Meserve said there are not too many differences between Welder and her east coast teammates.

She said they tease each other about the way they pronounce words like bagel, the correct terminology for a sneaker, and about what constitutes a mountain.

"I love the city life. There are so many cool restaurants and coffee shops. It's so pretty," Welder said. "There's so many mountains-- I call them mountains-- but apparently, they're not mountains, they're hills. I think they're so beatiful."

She is not sure if she will stay on the east coast. She said she misses her dog and her family. But she will be, as long as she is here, an asset to the team and university.

"She's very focused. That's true in academia and on the field. She wants to do well. She wants to improve. She sees the value in that for its own sake. She's not worried about All Conference or anything," Siedlecki said. "She's looking at the ball saying: 'I want that.'"

The team's 8–1 start is their best ever. They will begin the latter half of their season this week, taking on the rest of the NE10.

When games are tight, and they will be, the team will look at Welder to win them a couple of extra possessions.

"The ball's on the ground? You gotta go get it," Welder said. "See ball, go get ball."

The Owls' next home game is against American International College on April 8.



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Midfielder Allie Welder, a junior, poses for a photo.