

# UVA WISE

## SOFTBALL

### NEWBERRY AT UVA WISE

#### THE MATCHUP



14-9, 2-2 SAC

.383	SLUGGING %	.388
.378	OBP%	.383
11	HOMERUNS	8
132	RBI	46
200	HITS	54



2-14, 0-6 SAC

WATCH LIVE: FLOSPORTS LIVE STATS: [WWW.UVAWISELIVE.COM](http://WWW.UVAWISELIVE.COM)

#### FIRST PITCH TIDBITS

*UVA Wise are looking to thwart an eight-game losing streak on their home turf against Newberry on Wednesday.*

\* As of March 7, UVA Wise sits in a tie with Tusculum with a winless showing in conference (0-6)

\* From the field, UVA Wise ranks fourth in the conference in errors with only 15 on the year

\* as a squad, the Cavaliers hit a .266

\* Kara Long is still hot on offense for the Cavaliers.. Long ranks second in the conference in batting average with a .509

\* In her last outing, Long went 2-3 against No. 19-ranked Wingate, swinging a homer and a double.

*The Newberry squad is sitting on a two-game win streak after taking down non-conference Alderson Broaddus doubleheader on Sunday, March 5.*

\* Their most recent outing was highlighted by a 19-5 mercy rule win in game one followed by a 14-10 triumph in game two

\* In game two, the Wolves used a 10-run fifth inning led by Sierra Brogdon who collected a game-high 4four hits

\* As a team, Newberry ranks sixth in the conference in batting average (.316) and has racked up a total 200 hits on the year

\* On the other hand, Newberry ranks second in the conference in total strikeouts on the year (67)

### UVA WISE SCHEDULE

Date	Time	Opponent	Result
Feb 3	2:00 PM	@Southern Wesleyan	L, 2-3
FEB 3	4:00 PM	@Southern Wesleyan	L, 4-10
FEB 4	12:00 PM	@D'Youville College	W, 5-0
FEB 4	2:15 PM	@Converse University	L, 4-5
FEB 10	2:00 PM	North Greenville	L, 9-11
FEB 10	4:00 PM	North Greenville	L, 3-15 (5 inn.)
FEB 22	12:00 PM	@Concord University	L, 0-2
FEB 22	2:00 PM	@Concord University	W, 12-4 (5 inn.)
FEB 24	10:00 AM	@Anderson University	L, 2-3
FEB 24	12:00 PM	@Anderson University	L, 1-3
FEB 25	1:00 PM	@Emmanuel College	L, 5-13
FEB 25	3:00 PM	@Emmanuel College	L, 1-2
MARCH 4	1:00 PM	@Lincoln Memorial	L, 2-4
MARCH 4	3:00 PM	@Lincoln Memorial	L, 2-3
MARCH 5	2:00 PM	Wingate University	L, 1-6
MARCH 5	4:00 PM	Wingate University	L, 1-14
MARCH 8	1:00 PM	Newberry College	
MARCH 8	3:00 PM	Newberry College	
MARCH 11	1:00 PM	@Coker University	
MARCH 11	3:00 PM	@Coker University	
MARCH 14	1:00 PM	Carson-Newman	
MARCH 14	3:00 PM	Carson-Newman	
MARCH 18	1:00 PM	@Emory & Henry College	
MARCH 18	3:00 PM	@Emory & Henry College	
MARCH 25	12:00 PM	Limestone University	
MARCH 25	2:00 PM	Limestone University	
MARCH 25	4:00 PM	King University (Tenn.)	
MARCH 25	6:00 PM	King University (Tenn.)	
MARCH 25	3:00 PM	Bluefield State	
MARCH 25	5:00 PM	Bluefield State	
APRIL 1	2:00 PM	@Lenoir-Rhyne	
APRIL 1	4:00 PM	@Lenoir-Rhyne	
APRIL 5	3:00 PM	Lees-McRae	
APRIL 5	5:00 PM	Lees-McRae	
APRIL 7	1:00 PM	@Tusculum	
APRIL 7	3:00 PM	@Tusculum	
APRIL 15	2:00 PM	Catawba College	
APRIL 15	4:00 PM	Catawba College	
APRIL 22	1:00 PM	@Mars Hill	
APRIL 22	3:00 PM	@Mars Hill	

### CAVALIER WATCHLIST



**Kara Long** is second in the SAC in batting average (.509)



**Sarah Barrett** has snagged 18 hits this year and leads the team with three home runs.



@UVAWISEATHLETICS



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#GOCAVSGO



## BATTING ORDER

vs. Newberry Wolves

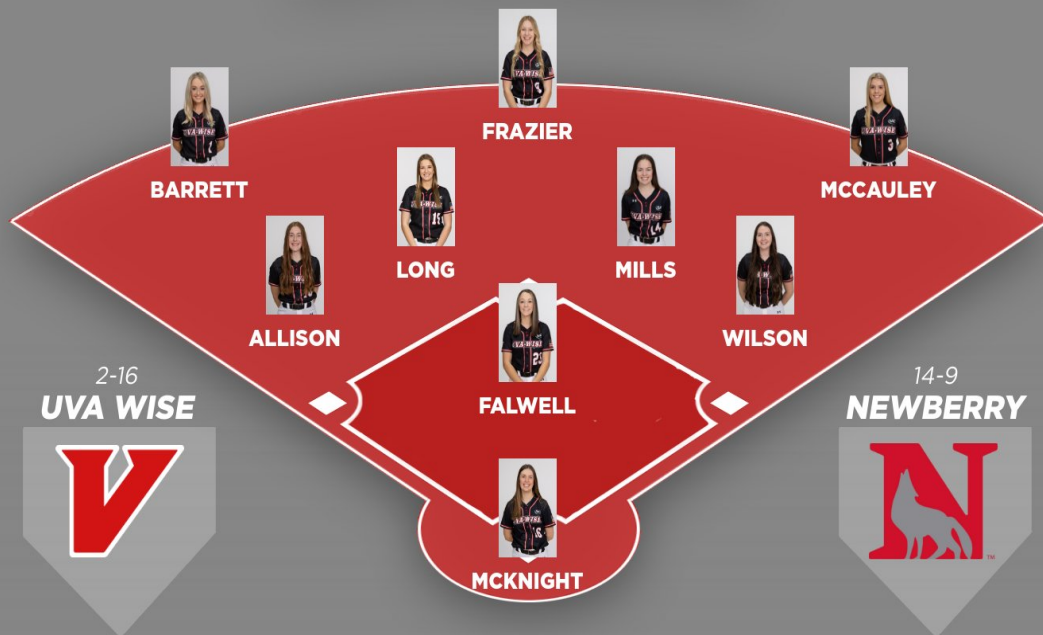
1. **KARA LONG** ss
2. **SARAH BARRETT** lf
3. **MCKENNA FALWELL** p
4. **MALLORY MCKNIGHT** c
5. **HANNAH RICHARDSON** dp
6. **BRIE FRAZIER** cf
7. **EMMA MCCAULEY** rf
8. **MEGAN WILSON** 1b
9. **BAYLEIGH ALLISON** 3b

LISTEN AND WATCH ON:



# STARTING LINEUP

MARCH 8 | 1/3 PM | CAVALIER FIELD



## 2023 UVA WISE NUMERICAL ROSTER

#	FULL NAME	POS.	B/T	HT.	YR.	HOMETOWN/PREV.SCHOOL
1	Sarah Barrett	INF	R/R	5-5	So.	Maysville, Ga./Gainesville HS
3	Emma McCauley	C/OF	R/R	5-6	Fr.	Catharpin, Va./Battlefield HS
5	Alivia Nolley	RHP	R/R	5-7	So.	Cedar Bluff, Va./Lebanon HS
6	Kyrsten Haley	3B	R/R	5-3	Fr.	Suffolk, Va./Nansemond River HS
7	Megan Wilson	C	R/R	5-6	Sr.	Suffolk, Va./ Nansemond River HS
9	Brie Frazier	OF	R/R	5-6	Jr.	Magnolia, Texas/MSU Billings
10	Bayleigh Allison	P/UTL	R/R	5-10	Fr.	Wise, Va./Wise Central HS
12	Hayley Duckett	2B	R/R	5-5	Sr.	Suffolk, Va./Nansemond River HS
14	Abigail Mills	OF	R/R	5-1	So.	South Riding, Va./ Freedom HS
15	Kara Long	SS	R/R	5-5	Sr.	Lebanon, Va./Lebanon H.S.
16	Mallory McKnight	C	R/R	5-10	So.	Leesburg, Va./ Loudoun County HS
22	Hannah Richardson	P	R/R	5-3	Fr.	Manchester, Tenn./Coffee County HS
23	McKenna Falwell	RHP	R/R	5-7	Sr.	Blackstone, Va./Nottoway HS
25	Mady Buchanan	3B	R/R	5-6	Jr.	Lynch Station, Va./Staunton River HS
30	Kaylee Lovingood	RHP	R/R	5-8	So.	Louisville, Tenn./Alcoa HS
31	Sydney Cameron	1B	R/R	5-8	So.	Newport, Tenn./Cocke County HS

**GO  
CAVS  
GO**

### UVA WISE SOFTBALL FACTS

#### 2023 COACHING STAFF

Co-Head Coach.....Karen Bitter  
Co-Head Coach.....Nick Bitter  
Assistant Coach.....Ally Repko  
Assistant Coach.....Lamar Steele

### PRONUNCIATION GUIDE

#5: Alivia NAW-lee  
#6: Kir-sten Haley  
#9: Bree Frazier  
#10: Bay-lee Allison

### ATHLETIC COMMUNICATIONS

Softball Contact.....Chloe Burdette  
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Phone.....740-504-1478





# KAREN BITTER

**HEAD COACH: TWELFTH SEASON AT UVA WISE**

**@UVAWISESB**

Now in her 12th season at the helm of the UVA Wise softball program, Karen Bitter has tallied over 250 victories to date, including back-to-back 30-win campaigns in 2013 and 2014. During the 2014 season, UVA-Wise won 37 games for the second-most in a single season in program history and claimed the inaugural Mountain East Conference Tournament title. That followed a 2013 season in which Bitter led the Cavaliers to a 31-21 record.

This past campaign, Bitter guided her team to a 22-27 overall mark and a 16-16 conference record in the team's final season in the Mountain East Conference as the team made it to the conference tournament for the fourth consecutive season. UVA-Wise also gained two wins over nationally-ranked programs in Lenoir-Rhyne University and Shepherd University during the regular season. As well, Bitter notched her 200th career win before claiming her 203rd career victory to break the program's all-time win record.

During the 2018 campaign, the UVA-Wise softball team posted a 29-23 overall record and was 16-16 in conference play as the team advanced to the second round of the MEC tournament gaining a pair of shutout wins over Notre Dame College and Shepherd University.

The 2017 campaign was a monumental one for the UVA-Wise softball team as Co-Head Coach Bitter guided the program to a No. 4 seed and host of the 2017 NCAA Division II Atlantic Regional, marking the first time UVA-Wise has hosted a NCAA postseason event. UVA-Wise later closed out their campaign in the 2017 NCAA Division II Softball Championship Atlantic 1 Regional after earning the first at-large bid into a NCAA postseason event in UVA-Wise

## Coach Bitter: INSIDE THE NUMBERS

### COACHING TIMELINE

Season	School	Overall	Conference	Role	Postseason
2012	UVA Wise	23-32	15-10	Head Coach	
2013	UVA Wise	31-21	14-13	Head Coach	
2014	UVA Wise	37-14	12-12	Head Coach	MEC Tournament Champions
2015	UVA Wise	10-24	14-10	Co-Head Coach	
2016	UVA Wise	28-30	17-10	Co-Head Coach	
2017	UVA Wise	36-19	20-4	Co-Head Coach	NCAA Regional Appearance
2018	UVA Wise	29-23	9-15	Co-Head Coach	
2019	UVA Wise	22-27	11-13	Co-Head Coach	
2020	UVA Wise	10-14	1-3	Co-Head Coach	
2021	UVA Wise	17-19-1	12-12	Co-Head Coach	
2022	UVA Wise	18-18	10-14	Co-Head Coach	

athletics history.

In that same season, Bitter oversaw a spectacular junior year in standout pitcher Taylor Brandts. A four-year letter winner, Brandts is one of the most decorated players in UVA-Wise softball history, becoming the winningest pitcher in program history after she notched her 61st career victory with the Cavaliers win over Chowan University in the Atlantic Regional. Brandts became just the second Cavalier to earn All-American status after receiving All-American honorable mention accolades from both the Division II Conference Commissioner's Association (D2CCA) and Fastpitch News.

During the 2016 season, Co-Head Coach Bitter guided the Cavs back to the MEC tournament for the first time since 2014 as UVA-Wise earned a No. 4 MEC South seed. The Cavs went on a tournament run and advanced to the consolation bracket finals, finishing third in the league championship while eliminating both Wheeling Jesuit University and Concord University.

Co-Head Coach Bitter came to UVA-Wise following a successful stint at fellow NCAA Division II institution Chowan University where she served as pitching coach for

three seasons. A Virginia native, Bitter was a member of one of the most successful coaching staffs at the Division II level. The Chowan softball team piled up 30-win seasons in her final two years as the pitching coach and captured consecutive CIAA divisional championships.

Bitter is no stranger to success, whether it is in the dugout or in the circle. The former pitcher began her career at Tabb High School in Yorktown, Virginia, where she caught the eye of coaches at Shepherd University. After enrolling, Bitter became the most accomplished pitcher in the history of the program and is still the holder of several single-season and career school records. After completing her playing career, she joined the coaching staff at Washington College in Maryland, serving as a graduate assistant. After her stop at Washington College, Bitter joined the Chowan staff before the 2009 season as pitching coach where she remained until accepting the UVA-Wise job.

The coach and her husband, Nick (fellow co-head coach), reside in Big Stone Gap along with their two children.

# NICK BITTER

HEAD COACH: EIGHTH SEASON AT UVA WISE



@UvaWiseSB

## Coach Bitter: INSIDE THE NUMBERS

Nick Bitter enters his ninth season as Co-Head Softball Coach at UVA Wise for the 2023 campaign. Bitter collected his first career head coaching victory on April 12, 2015, when UVA-Wise picked up a home sweep of Glenville State. During the 2018 season, Bitter earned his 100th victory as co-head coach in a game one sweep of Glenville State at Cavalier Field.

The co-head coach works with the Cavaliers in hitting and fielding, and played an integral part in UVA-Wise's success during the 2016 and 2017 seasons. Guiding the Cavs back to the MEC tournament for the first time since 2014, Bitter led UVA-Wise to a No. 4 MEC South seed in 2016. The Cavs went on a tournament run and advanced to the consolation bracket finals, finishing third in the league championship while eliminating both Wheeling Jesuit University and Concord University.

With the help of Co-Head Coach Bitter, the Cavaliers mounted on their 2016 campaign success to go on a historical run during the 2017 season. Reaching the 30-win mark for the third time in

Season	School	Overall	Conference	Role	Postseason
2015	UVA Wise	10-24	14-10	Co-Head Coach	
2016	UVA Wise	28-30	17-10	Co-Head Coach	
2017	UVA Wise	36-19	20-4	Co-Head Coach	NCAA Regional Appearance
2018	UVA Wise	29-23	9-15	Co-Head Coach	
2019	UVA Wise	22-27	11-13	Co-Head Coach	
2020	UVA Wise	9-11	1-1	Co-Head Coach	
2021	UVA Wise	9-11	1-1	Co-Head Coach	
2022	UVA Wise	18-18	10-14	Co-Head Coach	

the past six years, UVA-Wise concluded that season with an impressive 36-19 overall record. UVA-Wise reached the Mountain East Conference Tournament title game after defeating then-seventh ranked West Virginia Wesleyan in the first game of the championship round. They would extend their season as the team became the first UVA-Wise athletics program to earn an at-large bid into an NCAA postseason event and claimed the school's first ever NCAA postseason win.

Prior to becoming co-head coach, Bitter served as an assistant for three and a half seasons, including being a member of the coaching staff that led UVA-Wise to the inaugural Mountain East Conference Tournament Title in 2014. That season, the Cavs went 37-14 for the second-most victories in a single season in program history. As an assistant

coach in 2014, Co-Head Coach Bitter helped six different Cavs earn MEC All-Conference honors, including Taylor Brandts, who was named MEC Pitcher of the Year.

As a pitcher at Delaware State, Bitter was named Outstanding Athlete of the Year in 2006 while also being a First-Team Black College Baseball selection for his work out of the bullpen.

Before coming to UVA-Wise, Bitter served as associate head baseball coach at Washington College. In his role, he created and developed strength and conditioning regimens for both in-season and off-season workouts, while serving as the team's pitching coach.

## SOUTH ATLANTIC CONFERENCE STANDINGS (WEEK OF MARCH 6, 2023)

	CONFERENCE	OVERALL
Wingate	6-0	22-5
Lincoln Memorial	3-1	17-10
Carson-Newman	4-2	17-5
Anderson	4-2	18-6
Emory & Henry	4-2	7-8
Limestone	5-3	12-12
Lenoir-Rhyne	2-2	17-3
Catawba	1-1	13-7
Newberry	2-2	14-9
Mars Hill	2-4	10-11
Coker	1-5	13-11
Tusculum	0-4	11-12
UVA Wise	0-8	2-14

### 2021-22 SAC PLAYERS OF THE WEEK

Date	Player	School
Feb. 7	Kayson Boatner	Anderson
Feb. 14	McKenzie Henry	Lincoln Memorial
Feb. 21	Savanna Balderston	Catawba
Feb. 28	Chloe Freischmidt,	usculum

### 2021-22 SAC PITCHERS OF THE WEEK

Date	Player	School
Feb. 7	Lauren Rakes	Lenoir-Rhyne
Feb. 14	Syerra Rogers	Carson-Newman
Feb. 21	Jenae Fedewa	Coker
Feb. 28	Raechel Cutcher	Wingate

## SAC SCHEDULE

### WEDNESDAY, MARCH 8

Catawba vs. Mars Hill: 1/3 PM  
 UVA Wise vs. Newberry 1/3 PM  
 LMU vs. Tusculum 1/3 PM  
 Francis Marion vs. LR 3/5 PM

### THURSDAY, MARCH 9

Bluefield vs. E&H: 1/3 PM  
 CN vs. NGU: 2/4 PM

### SATURDAY, MARCH 11

Belmont Abbey vs Limestone: 12/2 PM  
 Tusculum vs. MHU 1/3 PM  
 Catawba vs CN 1/3 PM  
 LR vs. Anderson 2/4 PM  
 LMU vs Newberry 1/3 PM  
 UVA Wise vs. Coker 1/3 PM  
 Wingate vs. E&H 1/3 PM

### NFCA COACHES TOP 25

(AS OF MARCH 8, 2023)

RANK	TEAM	RECORD
1	ROGERS STATE (16)	18-1
2	NORTH GEORGIA	20-1
3	TAMPA	11-0
4	UT TYLER	19-3
5	CAL STATE SAN MARCOS	13-4
6	CENTRAL OKLAHOMA	14-3
7	GRAND VALLEY STATE	6-1
8	INDIANAPOLIS	16-2
9	UAH	16-4
10	LUBBOCK CHRISTIAN	16-7
11	VALDOSTA STATE	14-3
12	CONCORDIA	20-6
13	HARDING	18-3
14	SOUTHERN ARKANSAS	15-5
15	ADELPHI	8-3
16	CAL STATE DOMINGUEZ HILLS	11-6
17	COLORADO CHRISTIAN	22-2
18	WASHBURN	21-3
<b>19</b>	<b>WINGATE</b>	<b>20-5</b>
20	SONOMA STATE	15-3
<b>21</b>	<b>CARSON-NEWMAN</b>	<b>17-3</b>
22	SAINT LEO	18-3
23	WEST TEXAS A&M	15-3
<b>24</b>	<b>ANDERSON (S.C.)</b>	<b>18-6</b>
25	OKLAHOMA CHRISTIAN	14-4

**\*SAC SCHOOLS IN BOLD**



# 2023 The University of Virginia's College at Wise Softball Overall Statistics (as of Mar 5, 2023)

Overall Record: 2-14 Conf: 0-6 Home: 0-4 Away: 1-10 Neutral: 1-0

## All games Sorted by Batting Avg

#	Player	AVG	GP-GS	AB	R	H	2B	3B	HR	RBI	TB	SLG%	BB	HBP	SO	GDP	OB%	SF	SH	SB-ATT	PO	A	E	FLD%
15	Long, Kara	.509	16-16	53	10	27	7	0	3	8	43	.811	7	1	2	1	.574	0	0	1-1	18	52	2	.972
1	Barrett, Sarah	.353	16-16	51	11	18	3	0	3	6	30	.588	7	2	7	0	.450	0	1	0-0	15	3	1	.947
23	Falwell, McKenna	.306	12-10	36	3	11	5	0	0	7	16	.444	2	1	8	0	.359	0	0	0-0	4	12	0	1.000
9	Frazier, Brie	.295	16-16	44	10	13	4	1	1	5	22	.500	6	1	5	1	.392	0	0	0-0	23	2	0	1.000
3	McCauley, Emma	.209	16-16	43	7	9	1	0	0	2	10	.233	6	1	7	0	.314	1	0	2-2	21	4	0	1.000
16	McKnight, Mallory	.184	15-14	38	2	7	0	0	0	5	7	.184	10	1	8	0	.367	0	1	0-0	57	3	1	.984
25	Buchanan, Mady	.158	15-15	38	2	6	2	1	0	4	10	.263	1	1	9	1	.200	0	0	0-0	11	21	4	.889
14	Mills, Abigail	.118	13-13	34	1	4	1	0	0	2	5	.147	4	0	12	0	.211	0	0	0-0	20	29	3	.942
7	Wilson, Megan	.059	15-15	34	5	2	0	0	1	2	5	.147	7	0	13	0	.220	0	0	0-0	122	1	2	.984
22	Richardson, Hannah	.318	7-7	22	1	7	1	0	0	2	8	.364	0	0	6	0	.318	0	0	0-0	0	0	0	.000
12	Duckett, Hayley	.313	9-6	16	0	5	0	0	0	2	5	.313	1	0	4	0	.353	0	2	0-0	3	1	1	.800
10	Allison, Bayleigh	.286	9-5	14	2	4	0	0	0	1	4	.286	2	1	4	0	.412	0	0	0-0	2	5	1	.875
6	Haley, Kyrsten	.000	2-0	2	0	0	0	0	0	0	0	.000	0	0	1	0	.000	0	0	0-0	0	0	0	.000
31	Cameron, Sydney	.000	1-0	1	0	0	0	0	0	0	0	.000	0	0	0	0	.000	0	0	0-0	0	0	0	.000
Totals		.265	16-16	426	54	113	24	2	8	46	165	.387	53	9	86	3	.358	1	4	3-3	296	146	16	.965
Opponents		.315	16-16	428	98	135	15	2	18	83	208	.486	44	7	59	1	.388	1	6	23-25	320	100	15	.966

LOB: Team (120), Opp (86) DPs Turned: Team (3), Opp (6) IBB: Team (0), Opp (0)

## All games Sorted by Earned Run Avg

#	Player	ERA	W-L	APP	GS	CG	SHO	SV	IP	H	R	ER	BB	SO	2B	3B	HR	B/AVG	WP	HP	BK	SFA	SHA
23	Falwell, McKenna	4.41	1-6	8	8	5	1-0	0	47.2	48	33	30	21	44	3	1	8	.255	9	2	0	1	6
5	Nolley, Alivia	6.95	1-8	9	8	6	0-0	0	43.1	73	51	43	19	12	8	0	8	.363	6	5	0	0	0
22	Richardson, Hannah	9.00	0-0	3	0	0	0-0	0	4.2	7	6	6	2	2	3	0	1	.304	0	0	0	0	0
10	Allison, Bayleigh	18.67	0-0	1	0	0	0-0	0	3.0	7	8	8	2	1	1	1	1	.438	1	0	0	0	0
Totals		6.17	2-14	21	16	11	1	0	98.2	135	98	87	44	59	15	2	18	.315	16	7	0	1	6
Opponents		3.37	14-2	30	16	7	1	1	106.0	113	54	51	53	86	24	2	8	.267	7	9	0	1	4

PB: Team (3), Totals (3), McKnight (2), McCauley (1), Opp (6) Pickoffs: Team (0), Totals , Opp (0) SBA/ATT: Totals (46-50), McCauley (13-13), Nolley (11-13), McKnight (10-12), Falwell (8-8), Allison (2-2), Richardson (2-2)

**2023 The University of Virginia's College at Wise Softball  
Overall Statistics (as of Mar 5, 2023)**

**All games Sorted by Fielding Pct**

#	Player	C	PO	A	E	FLD%	DP	SBA	CSB	SBA%	PB	CI
3	McCauley, Emma	25	21	4	0	1.000	0	13	0	1.000	1	0
9	Frazier, Brie	25	23	2	0	1.000	1	0	0	—	0	0
23	Falwell, McKenna	16	4	12	0	1.000	0	8	0	1.000	0	0
7	Wilson, Megan	125	122	1	2	.984	2	0	0	—	0	0
16	McKnight, Mallory	61	57	3	1	.984	0	10	2	.833	2	0
15	Long, Kara	72	18	52	2	.972	2	0	0	—	0	0
1	Barrett, Sarah	19	15	3	1	.947	0	0	0	—	0	0
14	Mills, Abigail	52	20	29	3	.942	2	0	0	—	0	0
5	Nolley, Alivia	14	0	13	1	.929	0	11	2	.846	0	0
25	Buchanan, Mady	36	11	21	4	.889	0	0	0	—	0	0
10	Allison, Bayleigh	8	2	5	1	.875	0	2	0	1.000	0	0
12	Duckett, Hayley	5	3	1	1	.800	0	0	0	—	0	0
22	Richardson, Hannah	0	0	0	0	.000	0	2	0	1.000	0	0
6	Haley, Kyrsten	0	0	0	0	.000	0	0	0	—	0	0
31	Cameron, Sydney	0	0	0	0	.000	0	0	0	—	0	0
<b>Totals</b>		<b>458</b>	<b>296</b>	<b>146</b>	<b>16</b>	<b>.965</b>	<b>7</b>	<b>23</b>	<b>2</b>	<b>.920</b>	<b>3</b>	<b>0</b>
<b>Opponents</b>		<b>435</b>	<b>320</b>	<b>100</b>	<b>15</b>	<b>.966</b>	<b>13</b>	<b>3</b>	<b>0</b>	<b>1.000</b>	<b>6</b>	<b>0</b>

Hitting minimums - 75% of games played, 2 AB/G