



EASTERN LEAGUE

OF PROFESSIONAL BASEBALL CLUBS, INC.

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NEWS RELEASE

FOR IMMEDIATE RELEASE
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EASTERN LEAGUE ANNOUNCES WEEKLY AWARD WINNERS

PORTLAND, ME – The Eastern League is pleased to announce the winners of the **Eastern League Player of the Week Award** and **Eastern League Pitcher of the Week Award** for the week ending August 29th:

Portland Sea Dogs catcher Ryan Lavarney has been named the **Eastern League Player of the Week** for the week ending **August 29th**. The 6'4", 225 lb. slugger batted .421 (8-for-19) with three doubles, four home runs, seven RBI, seven runs scored, nine walks and a 1.211 slugging percentage in seven games for the Sea Dogs last week. He reached based at least twice in each of the seven games he played in last week and also scored at least one run in six of those games, including going 1-for-2 with a three-run homer and two walks in a 5-1 win at New Hampshire on Friday night. Lavarney, who turned 23 earlier this month, led all Eastern League players in home runs (4), total bases (23), extra-base hits (7), on-base percentage (.621), slugging percentage (1.211) and OPS (1.831) last week. He also tied for first in walks (9), tied for third in doubles (3) and runs scored (7), ranked fourth in batting average (.421) and tied for fifth in RBI (7). Ryan, who was promoted to the Sea Dogs on July 15th after batting .289 with 14 homers, 66 runs scored and 63 RBI in 82 games with Class-A Salem, was selected by the **Boston Red Sox** in the sixth round of the 2008 draft after hitting .398 with 13 home runs and 42 RBI in 34 games during his junior season at Yale University.

Ryan Lavarney's Batting Line for the week ending August 29, 2010

G	AVG	AB	H	2B	3B	HR	RBI	R	SB	BB	SLG
7	.421	19	8	3	0	4	7	7	0	9	1.211

Ryan Lavarney's Batting Line for the 2010 Season

G	AVG	AB	H	2B	3B	HR	RBI	R	SB	BB	SLG
37	.284	134	38	9	0	7	30	22	0	23	.507

Michael Cisco, a right-handed starting pitcher for the **Reading Phillies**, is the **Eastern League Pitcher of the Week** for the week ending **August 29th**. The 23-year old started one game for the R-Phils last week and had a record of 1-0 with 10 strikeouts and a 0.00 ERA. Cisco, who is a native of Mount Pleasant, South Carolina, made his lone appearance of the week at FirstEnergy Stadium on Thursday night against the visiting Binghamton Mets and pitched a complete game shutout to lead the R-Phils to a 5-0 victory. He recorded a career-high 10 strikeouts while retiring the final 25 batters he faced. The only runners that reached base in the game came in the first inning on a double and a two-out walk. With the win the 5'11", 190 lb. hurler improved his record to 4-9 on the season and lowered his ERA from 5.12 to 4.54. Cisco also appeared in seven games for the Reading Phillies last season and compiled a record of 2-4 with a 4.58 ERA and 20 strikeouts in 39.1 innings of work. Michael, who is the grandson of former Major Leaguer and longtime pitching coach Galen Cisco, was selected by the **Philadelphia Phillies** in the 36th round of the 2008 draft after compiling a record of 19-10 with 242 strikeouts and a 4.17 ERA in his three seasons at the University of South Carolina.

Michael Cisco's Pitching Line for the week ending August 29, 2010

G	W	L	SV	IP	H	R	ER	K	BB	ERA
1	1	0	0	9.0	1	0	0	10	1	0.00

Michael Cisco's Pitching Line for the 2010 Season

G	W	L	SV	IP	H	R	ER	K	BB	ERA
14	4	9	0	79.1	82	43	40	51	19	4.54