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**EMPIRE 8 ANNOUNCES WOMEN'S SOCCER ALL-CONFERENCE TEAM
Conference Champion Ithaca Sweeps All Individual Honors**

ROCHESTER, NY – The Empire 8 announced its 2009 Women's Soccer All-Conference team. Senior midfielder Amy Scheffer of conference champion Ithaca College repeated as Empire 8 Offensive Player of the Year and junior back Andrea Janda of the Bombers was named Empire 8 Defensive Player of the Year.

Scheffer, a two-time Most Valuable Player of the Empire 8 Women's Soccer Championship and a three-time first-team selection, scored 11 goals and totaled 24 points in conference play as Ithaca finished undefeated in regular season play and captured the postseason tournament.

Janda led the Ithaca defense that yielded only four goals in 10 conference games, including two shutouts in the postseason tournament. The Bombers enter NCAA play having outshot opponents 451-140.

Two Ithaca forwards were also named to the all-conference first team, including Empire 8 Rookie of the Year Rachael Palladino, who shared Most Valuable Player honors with Scheffer in the conference tournament. Palladino scored both goals in the Empire 8 championship game and enters the NCAA tournament with 10 goals and 27 points. Graduate student Lauren Koppel, the 2009 Empire 8 Women's Indoor Track and Field Championship Field Athlete of the Meet, also earned first-team all-conference honors.

Mindy Quigg was chosen as Empire 8 Coach of the Year for leading the Bombers to the top seed and their seventh conference title in eight years.

Junior goalkeeper Hillary Simon of runner-up Nazareth College repeated as a first-team all-conference selection. Simon posted a 0.57 goals against average in regular season conference play. Junior midfielder Erica Conte led the Golden Flyers with eight goals and 20 points to earn first-team honors.

Senior midfielder Mary Dougherty and junior forward Megan Gee of St. John Fisher College were selected to the all-conference first team. Gee led the Cardinals with nine goals and 19 points, and Dougherty finished second in scoring with six goals and 15 points.

Senior back Marissa Mackay of Hartwick College, a two-time honorable mention selection, earned first-team honors for the first time.

First-year forward Rachael Bromson of Elmira College was named to the all-conference first team. She led the Soaring Eagles with 25 points and tallied eight goals in Empire 8 play.

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Empire 8 2009 Women's Soccer All-Conference Awards

Offensive Player of the Year: Amy Scheffer, Ithaca College

Defensive Player of the Year: Andrea Janda, Ithaca College

Rookie of the Year: Rachael Palladino, Ithaca College

Coach of the Year: Mindy Quigg, Ithaca College

First Team

Name	Yr.	School
Backs		
Sarah Friscano	Jr.	Rochester Institute of Technology
Andrea Janda	Jr.	Ithaca College
Marissa Mackay	Sr.	Hartwick College
Midfielders		
Erica Conte	Jr.	Nazareth College
Mary Dougherty	Sr.	St. John Fisher College
Amy Scheffer	Sr.	Ithaca College
Forwards		
Rachael Bromson	Fr.	Elmira College
Megan Gee	Jr.	St. John Fisher College
Lauren Koppel	Gr.	Ithaca College
Rachael Palladino	Fr.	Ithaca College
Goalkeeper		
Hillary Simon	Jr.	Nazareth College

Second Team

Backs		
Paige Allen	Fr.	Stevens Institute of Technology
Kara Eaker	Jr.	Nazareth College
Liz Masucci	Sr.	Ithaca College
Deb Towle	So.	Nazareth College
Midfielders (Note: Two players tied for final spot)		
Mary Chew	Jr.	Stevens Institute of Technology
Kristen Denninger	Sr.	Rochester Institute of Technology
Emily Mogk	Sr.	Ithaca College
Megan Trager	So.	Ithaca College
Forwards		
Chelsea Kuss	Fr.	Nazareth College
Kathleen Schuckers	So.	Stevens Institute of Technology
Danielle Smith	Sr.	Utica College
Goalkeeper (Note: Two players tied)		
Ashley Martin	Sr.	St. John Fisher College
Ashley Valenti	So.	Rochester Institute of Technology

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Sportswoman of the Year

Name	Yr.	School
Carly Schrader	Sr.	Alfred University
Ellie Hamilton	Fr.	Elmira College
Lauren Ploof	Sr.	Hartwick College
Shannon McNichols	So.	Ithaca College
Polly Muelenkamp	Sr.	Nazareth College
Kristen Denninger	Sr.	Rochester Institute of Technology
Amanda Siebert	Jr.	St. John Fisher College
Hillary Paul	Sr.	Stevens Institute of Technology
Jaime Hillman	Fr.	Utica College

Honorable Mention

Backs: Cheyenne Chrzanowski (Utica), Mary Corey (Elmira), Ashley Florack (St. John Fisher), Shireen Irani (RIT), Alexandra Lyons (Stevens), Katie Mibaum (St. John Fisher), Andi Roach (Ithaca), Carly Schrader (Alfred)

Midfielders: Jill Benoit (Utica), Kate Bossy (Hartwick), Kendra Shelters (RIT), Katelynn Stewart (Stevens), Brenna Weidman (Utica)

Forwards: Allyson Pisher (RIT), Lauren Ploof (Hartwick)

Goalkeeper: Shanna Ewoldt (Alfred), Kaitlin McClymont (Stevens)

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