



Date: February 26, 2007

Contact: Timothy Farrell, SID
tfarrell@empire8.com

**EMPIRE 8 ANNOUNCES MEN'S SWIMMING & DIVING
ALL-CONFERENCE TEAM**

Matt Baker of Alfred, Quinn Donahoe of RIT Earn Top Honors

ROCHESTER, NY – Sophomore Matt Baker of Alfred University was named Swimmer of the Meet and junior Quinn Donahoe of Rochester Institute of Technology earned Diver of the Meet honors at the 2007 Empire 8 Men's Swimming and Diving Championship held in conjunction with the Upper New York State Collegiate Swimming Association Championship.

Baker won three Empire 8 titles, finishing first in the 100-yard backstroke (52.89 seconds), 200-yard backstroke (1:55.26), and the 500-yard freestyle (4:46.91). He helped lead the Saxons to their third conference championship in the past five years and to the state championship.

Donahoe won the Empire 8 and UNYSCSA titles in the one-meter and three-meter diving events, breaking his own conference championship record on the three-meter board. He captured the one-meter board with 470.30 points, and won the three-meter board with 510.25 points, breaking his own mark of 479.20 points.

Andrew Brisson of Alfred was named Rookie of the Meet after winning Empire 8 and state championships in the 100-yard freestyle (47.08 seconds) and the 200-yard freestyle (1:43.30). His time in the 200 provisionally qualified him for the NCAA Division III Men's Swimming and Diving Championship.

Brian Striker was named Coach of the Year for leading Alfred to the conference and state titles.

One member of each team was named that institution's representative on the 2007 Men's Swimming and Diving Sportsman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportsmen.

Empire 8 2007 Honors:

Swimmer of the Meet: Matt Baker, Alfred University

Diver of the Meet: Quinn Donahoe, Rochester Institute of Technology

Rookie of the Meet: Andrew Brisson, Alfred University

Coach of the Year: Brian Striker, Alfred University

-more-

PAGE TWO – EMPIRE 8 ALL-CONFERENCE...

Empire 8 2007 Men's Swimming and Diving All-Conference

- denotes Empire 8 Championship meet record

200 Freestyle Relay

1 st Team – Alfred University	1:25.25
Mark Baker, Matt Baker, Andrew Brisson, Page Beecher	
2 nd Team – RIT	1:26.98
Scott Hesterberg, Pete Kaemmerlen, Phil Baudoin, Casey Schneider	

500 Freestyle

1 st Team – Matt Baker, Alfred University	4:46.91
2 nd Team – Steve Rois, RIT	4:47.50

200 Individual Medley

1 st Team – Page Beecher, Alfred University	1:55.34
2 nd Team – Brian Agro, Alfred University	1:58.60

50 Yard Freestyle

1 st Team – Mark Baker, Alfred University	:21.52
2 nd Team – Steve VanDuzer, Hartwick College	:21.91

1 Meter Diving

1 st Team – Quinn Donahoe, RIT	470.30
2 nd Team – Matt Joseph, RIT	412.60

400 Medley Relay

1 st Team – Alfred University	3:29.25
Matt Baker, Brian Agro, Brandon Striker, Mark Baker	
2 nd Team – Hartwick College	3:34.27
Kurt Cedo, Gregg Ducey, Paul Layton, Craig Leanness	

200 Medley Relay

1 st Team – Alfred University	1:34.60
Matt Baker, Brian Agro, Brandon Striker, Mark Baker	
2 nd Team – Hartwick College	1:36.67
Brett Mann, Gregg Ducey, Paul Layton, Steve VanDuzer	

400 Individual Medley

1 st Team – Kevin Milkovich, Hartwick College	4:09.18
2 nd Team – Page Beecher, Alfred University	4:11.16

-more-

PAGE THREE – EMPIRE 8 ALL-CONFERENCE...

100 Yard Butterfly

1 st Team – Brandon Striker, Alfred University	:51.41
2 nd Team – Matthew Jenkins, RIT	:52.37

200 Yard Freestyle

1 st Team – Andrew Brisson, Alfred University	1:43.30
2 nd Team – Mark Baker, Alfred University	1:44.50

100 Yard Breaststroke

1 st Team – Mark Tedeschi, Ithaca College	:58.89
2 nd Team – Brian Agro, Alfred University	:59.62

100 Yard Backstroke

1 st Team – Matt Baker, Alfred University	:52.89
2 nd Team – Tomie Schoening, Hartwick College	:53.86

800 Freestyle Relay

1 st Team – Alfred University	6:59.92
Brandon Striker, Matt Baker, Andrew Brisson, Page Beecher	
2 nd Team – RIT	7:08.31
Phil Baudoin, Pete Kaemmerlen, Steve Rois, Casey Schneider	

1,650 Yard Freestyle

1 st Team – Kevin Milkovich, Hartwick College	16:39.61
2 nd Team – Page Beecher, Alfred University	16:43.06

200 Yard Backstroke

1 st Team – Matt Baker, Alfred University	1:55.26
2 nd Team – Kurt Cedo, Hartwick College	1:55.31

100 Yard Freestyle

1 st Team – Andrew Brisson, Alfred University	:47.08
2 nd Team – Mark Baker, Alfred University	:47.16

200 Yard Breaststroke

1 st Team – Mark Tedeschi, Ithaca College	2:09.74
2 nd Team – Brian Agro, Alfred University	2:11.36

200 Yard Butterfly

1 st Team – Adam Luptak, RIT	1:54.93
2 nd Team – Matthew Jenkins, RIT	1:57.09

-more-

PAGE FOUR – EMPIRE 8 ALL-CONFERENCE...

3 Meter Diving

1st Team – Quinn Donahoe, RIT 510.25#
2nd Team – Matt Joseph, RIT 459.90

400 Freestyle Relay

1st Team – Alfred University 3:08.21
Mark Baker, Andrew Brisson, Brandon Striker, Page Beecher
2nd Team – Hartwick College 3:11.26
Steve VanDuzer, Brett Mann, Kurt Cedo, Craig Leanness

Sportsman of the Year

Name	Yr.	School
Brandon Striker	Sr.	Alfred University
Ian Kimball	Jr.	Hartwick College
Mark Tedeschi	Sr.	Ithaca College
Mark Hutchinson	So.	Nazareth College
Matt Jenkins	Sr.	Rochester Institute of Technology
Mike Mottola	Jr.	Utica College

