



Date: May 3, 2005

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EMPIRE 8 ANNOUNCES MEN'S LACROSSE ALL-CONFERENCE

Matt Casey of Ithaca College Named Player of the Year

ROCHESTER, NY – The Empire 8 announced its Men's Lacrosse All-Conference team with senior midfielder Matt Casey of Ithaca College being named the 2005 Empire 8 Men's Lacrosse Player of the Year. Freshman attackman Andrew Ruocco of RIT earned Rookie of the Year honors. Jeff Long of Ithaca was selected Coach of the Year.

Casey amassed 54 points on 27 goals and 27 assists and led the Bombers to an undefeated regular season in conference play. Ruocco scored 36 goals and added 13 assists for 49 points and was a unanimous selection by the coaches as the top rookie. Long guided the Bombers to the top seed in the Empire 8 tournament and seven wins in their last eight regular season contests.

2005 Empire 8 Men's Lacrosse Awards

Player of the Year: Matt Casey, Ithaca College

Rookie of the Year: Andrew Ruocco, RIT

Coach of the Year: Jeff Long, Ithaca College

First Team All-Conference

| | | | |
|---------------|-----|-----------------|-----------------------|
| Ryan Hotaling | So. | Nazareth | Attack |
| David Thering | Jr. | RIT | Attack |
| Brian Weil | Sr. | Ithaca | Attack |
| Bryan Adams | Jr. | Nazareth | Midfielder |
| Zach Bednarz | Jr. | RIT | Midfielder |
| Matt Casey | Sr. | Ithaca | Midfielder |
| Mike Debrossy | Jr. | Hartwick | Midfielder |
| Mike Maher | Sr. | Ithaca | Long-Stick Midfielder |
| P.J. Burns | Jr. | St. John Fisher | Defense |
| Adam Chagares | Sr. | Ithaca | Defense |
| Chris Cimini | Sr. | Nazareth | Defense |
| Dennis Butler | So. | Ithaca | Goalie |

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S P O R T S I N F O R M A T I O N D I R E C T O R

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Second Team All-Conference

| | | | |
|----------------|-----|----------|-----------------------|
| Bryan Coon | Sr. | Nazareth | Attack |
| Matt Donaldson | Sr. | Utica | Attack |
| Noah Hollander | Sr. | Hartwick | Attack |
| Nate Jobson | Sr. | Utica | Midfielder |
| Pat McCormack | So. | Hartwick | Midfielder |
| Ashton McLean | Jr. | Elmira | Midfielder |
| Devin Poole | Sr. | Hartwick | Midfielder |
| Francis Donald | So. | Nazareth | Long-Stick Midfielder |
| Kyle Devoe | Sr. | Hartwick | Defense |
| Gordon Quonce | Sr. | Nazareth | Defense |
| Ryan Shand | Sr. | RIT | Defense |
| Alex Civalier | Jr. | Nazareth | Goalie |

Honorable Mention All-Conference

| | | | |
|----------------|--|-----------------|-----------------------|
| Chris Balash | | Nazareth | Attack |
| Matt Hargather | | St. John Fisher | Attack |
| Brian Miller | | Hartwick | Attack |
| Brian Prescott | | Hartwick | Attack |
| Andrew Ruocco | | RIT | Attack |
| Chad Amidon | | Nazareth | Midfielder |
| Jacob Cannan | | RIT | Midfielder |
| Adam Frys | | Hartwick | Midfielder |
| Jeff Welch | | Ithaca | Midfielder |
| Mike Vasile | | Hartwick | Long-Stick Midfielder |
| Justin Becker | | Elmira | Defense |
| Tom Dachille | | Hartwick | Defense |
| Mike Field | | Nazareth | Defense |
| Rocky Locey | | RIT | Defense |
| Josh Parker | | Alfred | Defense |
| Jake Tuller | | RIT | Defense |
| Joe Alonge | | St. John Fisher | Goalie |
| John Foley | | RIT | Goalie |

-Empire 8-