



Date: May 2, 2006

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EMPIRE 8 ANNOUNCES MEN'S LACROSSE ALL-CONFERENCE
David Thering of Conference Champion RIT Named Player of the Year

ROCHESTER, NY – The Empire 8 announced its Men's Lacrosse All-Conference team with senior attackman David Thering of Rochester Institute of Technology being named the 2006 Empire 8 Men's Lacrosse Player of the Year. Freshman attackman Mike Cintineo of Ithaca College earned Rookie of the Year honors. Jeff Long of Ithaca repeated as Coach of the Year after leading Ithaca to its second consecutive undefeated regular season conference record. Long guided the Bombers to six consecutive wins late in the season and a runner-up finish in the Empire 8 tournament.

Thering, the unanimous Player of the Year selection, has totaled 90 points on 32 goals and 58 assists in 17 games for the Tigers, who captured their first Empire 8 title and return to the NCAA Division III Men's Lacrosse Championship for the first time since 2000. Thering, a two-time Athlete of the Week selection, scored 14 goals and added 18 assists in seven regular season conference games, and then scored four times with six assists in two Empire 8 tournament victories. He is the school's all-time leading scorer.

Cintineo was also a unanimous selection for Rookie of the Year honors with his 34 goals and 40 points. Cintineo, who tallied three points in the Bombers' semifinal win in the Empire 8 tournament, was honored once this season as conference Athlete of the Week.

2006 Empire 8 Men's Lacrosse Awards

Player of the Year: David Thering, Rochester Institute of Technology

Rookie of the Year: Mike Cintineo, Ithaca College

Coach of the Year: Jeff Long, Ithaca College

First Team All-Conference

Ryan Hotaling	Jr.	Nazareth	Attack
Matt Nelligan	So.	Ithaca	Attack
David Thering	Sr.	RIT	Attack
Bryan Adams	Sr.	Nazareth	Midfielder
Zach Bednarz	Sr.	RIT	Midfielder
Mike Debrossy	Sr.	Hartwick	Midfielder
Andrew Ruocco	So.	RIT	Midfielder
Jeff Mangini	Sr.	Nazareth	Long-Stick Midfielder
Francis Donald	Jr.	Nazareth	Defense
Jacob Tuller	So.	RIT	Defense
Andy Zysk	Sr.	Ithaca	Defense
Dennis Butler	Jr.	Ithaca	Goalie

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Second Team All-Conference

Mike Cintineo	Fr.	Ithaca	Attack
Greg Kanellils	Sr.	Nazareth	Attack
Eric Pritchard	Jr.	RIT	Attack
Chad Amidon	Jr.	Nazareth	Midfielder
Brandon Geluso	Sr.	Ithaca	Midfielder
Pat McCormack	Jr.	Hartwick	Midfielder
Colin Jesien	Sr.	RIT	Midfielder
Phil Davenport	So.	RIT	Long-Stick Midfielder
Chris Buluwa	So.	RIT	Defense
P.J. Burns	Sr.	St. John Fisher	Defense
Ryan Conley	Jr.	Nazareth	Defense
John Foley	Jr.	RIT	Goalie

Sportsman of the Year

Name	Yr.	School
Drew Foster	Jr.	Alfred
Ashton McLean	Sr.	Elmira
Jason Fautas	Jr.	Hartwick
Reid Palmieri	Sr.	Ithaca
Bryan Adams	Sr.	Nazareth
Jacob Cannan	Sr.	RIT
John Dell Donne	Sr.	St. John Fisher
Blake Bernard	Sr.	Utica

Honorable Mention All-Conference

Chris Balash	Nazareth	Attack
Scott Farress	RIT	Attack
Matt Hargather	St. John Fisher	Attack
Brian Miller	Hartwick	Attack
Blake Bernard	Utica	Midfielder
Doug Lumb	Ithaca	Midfielder
Ryan McGowan	Utica	Midfielder
Michael-Paul Solaman	St. John Fisher	Midfielder
Chris Griffin	Elmira	Long-Stick Midfielder
Rob Meyer	Utica	Defense
Ryan Welch	Hartwick	Defense
Neth Wiedemann	Ithaca	Defense
Pat Mullin	Nazareth	Goalie