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EMPIRE 8 ANNOUNCES MEN'S LACROSSE ALL-CONFERENCE
Matt Keating and Dave Decker of Stevens Receive Top Honors

ROCHESTER, NY – The Empire 8 announced its Men's Lacrosse All-Conference team with sophomore Dave Decker of Stevens Institute of Technology being named Empire 8 Goalkeeper of the Year for the second consecutive time and senior attack Matt Keating of the Ducks selected as Empire 8 Player of the Year.

Decker, a first-team all-conference selection in each of his two seasons, recorded an 8.49 goals against average in Empire 8 play with a .610 save percentage. Overall, he has posted a 9-6 record, 8.41 goals against average and .580 save percentage and ranked in the top-40 in Division III entering conference championship week.

Keating, a second-team all-conference choice last year, led all scorers in Empire 8 play with 37 points on 22 goals and 15 assists in eight games. He leads the Ducks overall with 36 goals, 27 assists, and 63 points to rank nationally in assists and points per game.

Freshman attack C.J. Estes of Nazareth College, who totaled 21 points (13 goals and eight assists) and 24 ground balls in conference play was selected as Empire 8 Rookie of the Year. He finished with two goals, an assist, and five ground balls in the Golden Flyers' 9-4 win over St. John Fisher College in the title game of the Empire 8 Men's Lacrosse Championship.

Three Nazareth players were chosen on the all-conference first team. Junior attack Marc DeCirce led all scorers with 23 goals in Empire 8 play and scored the winning goal in overtime in the Golden Flyers' 13-12 upset of Ithaca College in the conference tournament semifinals. Junior long-stick midfielder Kyle Brown was named to the first team this season after garnering second-team honors a year ago. Sophomore midfielder Scott Castle enters NCAA play with 19 goals and 30 points.

Rob Randall of Nazareth was chosen as Coach of the Year for leading the fourth-seeded Golden Flyers to the Empire 8 title and a trip to the NCAA Division III Men's Lacrosse Championship.

Four players from regular season champion Ithaca were named to the all-conference first team. Senior defenseman Neth Wiedemann joined Dave Decker as the only repeat first-team selection and led all defensemen with 39 ground balls in Empire 8 play. Senior midfielder Kevin Bush and senior defenseman Mike Serron were named to the first team after earning second-team honors a year ago. Junior midfielder Nic Heckman tallied 14 goals and picked up 14 ground balls in conference play to earn first-team accolades.

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Senior midfielder Alex Heckman of Stevens joined his younger brother Nic from Ithaca on the all-conference first team. He finished Empire 8 play with seven goals, seven assists, and 11 ground balls. Senior attack J.R. Oreskovich of the Ducks totaled 29 points in conference play with 14 goals and 15 assists to receive first-team honors.

Senior short-stick midfielder Dave Wood was the only member of conference runner-up St. John Fisher College to receive first-team all-conference recognition. He entered conference tournament play with 184 face-offs won in 250 attempts for a .736 winning percentage, second in Division III.

Junior defenseman Dan MacRae and sophomore long-stick midfielder MJ Keikebelt of Rochester Institute of Technology were named to the all-conference first team. MacRae totaled 36 ground balls in Empire 8 play and Keikebelt led all long-stick midfielders with 40 ground balls in conference play.

One member of each team was named that institution's representative on the 2009 Men's Lacrosse 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.

2009 Empire 8 Men's Lacrosse Awards

Player of the Year: Matt Keating, Stevens Institute of Technology

Goalkeeper of the Year: Dave Decker, Stevens Institute of Technology

Rookie of the Year: C.J. Estes, Nazareth College

Coach of the Year: Rob Randall, Nazareth College

First Team All-Conference

Marc DeCirce	Jr.	Nazareth	Attack
Matt Keating	Sr.	Stevens	Attack
J.R. Oreskovich	Sr.	Stevens	Attack
Kevin Bush	Sr.	Ithaca	Midfielder
Scott Castle	So.	Nazareth	Midfielder
Alex Heckman	Sr.	Stevens	Midfielder
Nic Heckman	Jr.	Ithaca	Midfielder
Kyle Brown	Jr.	Nazareth	Long-Stick Midfielder
MJ Keikebelt	So.	RIT	Long-Stick Midfielder
Dave Wood	Sr.	St. John Fisher	Short-Stick Specialist
Dan MacRae	Jr.	RIT	Defense
Mike Serron	Sr.	Ithaca	Defense
Neth Wiedemann	Sr.	Ithaca	Defense
Dave Decker	So.	Stevens	Goalie

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Second Team All-Conference

Eric Bressler	So.	RIT	Attack
Mike Bulger	Jr.	Utica	Attack
Alec Siefert	Sr.	Ithaca	Attack
Adam Lehmann	Jr.	RIT	Midfielder
Erinn O'Hara	Jr.	Nazareth	Midfielder
Jeff Price	Jr.	St. John Fisher	Midfielder
Ryan Schmidt	So.	St. John Fisher	Midfielder
Alex Cole	Sr.	Nazareth	Short-Stick Specialist
Mike Hennessy	So.	Ithaca	Short-Stick Specialist
Mitchel Frey	So.	Nazareth	Defense
Zach McHugh	So.	Stevens	Defense
Kevin Miller	Jr.	Hartwick	Defense
David Gal	So.	Ithaca	Goalie
John Meade	Sr.	Hartwick	Goalie

Sportsman of the Year

Name	Yr.	School
Marc Zoyhofski	So.	Alfred
Dave Beriau	Sr.	Elmira
John Meade	Sr.	Hartwick
Matt Cutter	Sr.	Ithaca
Nick Lucarelli	Sr.	Nazareth
Billy Walton	Sr.	RIT
Jason Cirulli	Sr.	St. John Fisher
Burke Reynolds	Sr.	Stevens
Aaron Benoit	Sr.	Utica

Honorable Mention All-Conference

Joe Jacobs-Ferderbar	Nazareth	Attack
Dave Malone	St. John Fisher	Attack
Chris Schmidt	St. John Fisher	Attack
Dave Aitchison	Hartwick	Midfielder
Chris Cherami	RIT	Midfielder
Alex Couture	Stevens	Midfielder
Kyle Denhoff	St. John Fisher	Midfielder
Dave O'Connell	Utica	Midfielder
Jake Messimer	Stevens	Long-Stick Midfielder
Ted Pfeifer	Stevens	Defense