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**EMPIRE 8 ANNOUNCES MEN'S SOCCER ALL-CONFERENCE TEAM
Nolan Sandberg of Stevens Institute of Technology Named Player of the Year**

ROCHESTER, NY – The Empire 8 announced its 2009 Men's Soccer All-Conference team with junior midfielder Nolan Sandberg of Stevens Institute of Technology being selected as Player of the Year.

Sandberg leads all Empire 8 midfielders with nine goals and 20 points, including four goals and eight points in conference play, where the two-time defending champion Ducks posted a 5-1-1 regular season record and earned the second seed in the Empire 8 Men's Soccer Championship.

Senior forward Terrence Johnson and senior back Chris Faustino of Stevens repeated as first-team all-conference players. Johnson has totaled seven goals and 18 points, while Faustino anchors the Ducks' defense that has limited opponents to six goals in 17 games (two in Empire 8 play).

Junior goalkeeper Zach Carr gave Stevens four first-team all-conference players. Carr, who earned second-team honors in each of his first two seasons, has posted a 0.35 goals against average and recorded 12 shutouts in 17 games.

Freshman forward Alex Manchev, who scored the game-winning goal that sealed the top seed for Nazareth College, was named Empire 8 Rookie of the Year and earned a spot on the all-conference first team. He has scored seven goals heading into the postseason. Senior back Mohammed Ahamed of Nazareth made the all-conference first team for the third time in his career. He paces the Golden Flyers' defense, which yielded one goal in seven Empire 8 contests.

A pair of Rochester Institute of Technology midfielders garnered first-team all-conference recognition. Senior Jeff Diaz, a two-time second-team selection, has recorded seven points. Junior Dominic Colaprete has tallied seven goals and 15 points.

Senior forward Luke Lennox of St. John Fisher College, the 2007 Empire 8 Player of the Year, was named to the all-conference first team for the third time in his three-year career with the Cardinals. He has scored six times and assisted on six goals.

Senior back Michael Jordhamo of Ithaca College repeated as a first-team all-conference selection.

Senior Brian Haschke of Elmira College, the 2006 Rookie of the Year, was named to the all-conference first team after leading all conference scorers with 10 goals and 27 points.

Jeremiah Kneeland of Elmira was named the Doug May Memorial Coach for keeping the Soaring Eagles in the playoff hunt and handing Stevens only its second conference loss in three seasons. The coaching award is named after May, who coached RIT from 1980 to 1996 and Nazareth from 1997 to 2003 before passing away in April 2004.

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Empire 8 2009 Men's Soccer All-Conference Awards

Player of the Year: Nolan Sandberg, Stevens Institute of Technology

Rookie of the Year: Alex Manchev, Nazareth College

Doug May Memorial Coach of the Year: Jeremiah Kneeland, Elmira College

First Team

Name	Yr.	School
Backs		
Mohammed Ahamed	Sr.	Nazareth College
Chris Faustino	Sr.	Stevens Institute of Technology
Michael Jordhamo	Sr.	Ithaca College

Midfielders

Dominic Colaprete	Jr.	Rochester Institute of Technology
Jeff Diaz	Sr.	Rochester Institute of Technology
Nolan Sandberg	Jr.	Stevens Institute of Technology

Forwards

Brian Haschke	Sr.	Elmira College
Terrence Johnson	Sr.	Stevens Institute of Technology
Luke Lennox	Sr.	St. John Fisher College
Alex Manchev	Fr.	Nazareth College

Goalkeeper

Zach Carr	Jr.	Stevens Institute of Technology
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Second Team

Name	Yr.	School
Backs		
Bryan De Faria	Jr.	Stevens Institute of Technology
Andrew McIntosh	Jr.	St. John Fisher College
Chris Somers	Sr.	Rochester Institute of Technology

Midfielders

Rikesh Kotak	Jr.	Nazareth College
Erik Lee	Fr.	Elmira College
Chris Lofgren	Sr.	Nazareth College
Mark Van Thof	Jr.	Nazareth College

Forwards

Zach Adler	Fr.	Stevens Institute of Technology
Jeff Geyer	Sr.	Ithaca College
Francesco Mannino	Fr.	Alfred University

Goalkeeper

Ryan Platt	So.	Nazareth College
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Sportsman of the Year

Name	Yr.	School
Mike Buisman	Sr.	Alfred University
Kevin McKearney	Sr.	Elmira College
Mike Jordhamo	Sr.	Ithaca College
Liam Connolly	So.	Nazareth College
Jeff Diaz	Sr.	Rochester Institute of Technology
Alex Salter	Jr.	St. John Fisher College
Pete Bednarsky	So.	Stevens Institute of Technology
Jonathan Wood	So.	Utica College

Honorable Mention

Backs: Nathan Broedel (Utica), Bret Dietz (RIT), Chris Mitchell (Nazareth)

Midfielders: Matt Baluzy (Ithaca), Dave Garabedian (St. John Fisher), Sean Fishel (St. John Fisher), John Radvany (Stevens), Jonathan Wood (Utica)

Forwards: Fernando Casanova (Ithaca), Oluwaseun Ilebani (Utica)

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