



Date: May 9, 2007

Contact: Timothy Farrell, Empire 8 SID
tfarrell@empire8.com

EMPIRE 8 ANNOUNCES WOMEN'S LACROSSE ALL-CONFERENCE
Laurie Quackenbush of Fisher and Kelsey Evans of RIT Receive Top Individual Awards

ROCHESTER, NY – The Empire 8 announced its 2007 Women's Lacrosse All-Conference team with St. John Fisher College junior midfielder Laurie Quackenbush chosen as the Player of the Year, and sophomore Kelsey Evans of Rochester Institute of Technology being named Goalkeeper of the Year.

Lauren Glavin of the conference champion Cardinals was selected Rookie of the Year, while St. John Fisher Head Coach Shannon McHale earned Coach of the Year honors for leading the team to its first conference title and trip to the NCAA Division III Women's Lacrosse Championship.

Quackenbush enters NCAA play with a team-leading 59 points, 74 ground balls, and 32 draw controls. She has scored 40 goals, including three game-winners. Quackenbush was named to the first team for the third consecutive year.

Three seniors from St. John Fisher were named to the all-conference first team. Defenders Ramona Walters (42 ground balls, 15 draw controls) and Caitlin Navor (54 ground balls) earned the honor for the second time in their careers. Attack Haley Koperski enters the postseason with 37 goals, 54 points and 40 draw controls. Lauren Glavin earned top rookie honors after scoring 41 goals heading into NCAA play.

Evans became the first player to be honored as conference Goalkeeper of the Year. She made 211 saves in 17 games and recorded a .570 save percentage. Her play helped lead the Tigers to their first conference tournament berth. Senior teammate Amanda Shortslef was also named to the all-conference first team. The defender finished the season with 11 goals and 43 ground balls.

Senior attack Beth Quartier of NCAA tournament-bound Nazareth College was named to the first team for the third year in a row, and classmate Beth Quartier received the honor for the second time. Morgia leads the team with 34 goals and 50 points, while Quartier has contributed 25 goals, 36 draw controls, and 17 caused turnovers.

Senior midfielder Asti Kutzer and junior attack Kim Medla of third-place Ithaca College were named all-conference first-team players for the first time. Medla led the team with 46 goals and 62 points, while Kutzer finished with 31 goals and 49 draw controls.

Senior midfielder Stephanie Walker of Elmira College was named to the first team for the second consecutive year, finishing with 47 goals, 66 ground balls, and 72 draw controls.

Senior defender Kerri Weber (38 ground balls, 27 caused turnovers) of Utica College was named to the first team as was junior midfielder Kelsey Campbell of Hartwick College. Campbell paced the Hawks with 55 goals, 60 points, and 54 draw controls.

- more -

PAGE TWO – EMPIRE 8 ANNOUNCES WOMEN’S LACROSSE...

2007 Empire 8 Women’s Lacrosse Awards

Player of the Year: Laurie Quackenbush, St. John Fisher College

Goalkeeper of the Year: Kelsey Evans, Rochester Institute of Technology

Rookie of the Year: Lauren Glavin, St. John Fisher College

Coach of the Year: Shannon McHale, St. John Fisher College

First Team All-Conference (Note: Two players tied for final attack position)

Haley Koperski	Sr.	St. John Fisher	Attack
Kim Medla	Jr.	Ithaca	Attack
Tia Morgia	Sr.	Nazareth	Attack
Beth Quartier	Sr.	Nazareth	Attack
Kelsey Campbell	Jr.	Hartwick	Midfielder
Asti Kutzer	Sr.	Ithaca	Midfielder
Laurie Quackenbush	Jr.	St. John Fisher	Midfielder
Stephanie Walker	Sr.	Elmira	Midfielder
Caitlin Navor	Sr.	St. John Fisher	Defense
Amanda Shortslef	Sr.	RIT	Defense
Ramona Walters	Sr.	St. John Fisher	Defense
Kerri Weber	Sr.	Utica	Defense
Kelsey Evans	So.	RIT	Goalie

Second Team All-Conference

Lauren Glavin	Fr.	St. John Fisher	Attack
Perry Markell	Fr.	Elmira	Attack
Casey Pelletier	Jr.	Utica	Attack
Sarah Knauf	Jr.	Ithaca	Midfielder
Theresa Nobilski	Sr.	St. John Fisher	Midfielder
Katya Outwater	Sr.	Elmira	Midfielder
Caitlin Zimmer	Sr.	Nazareth	Midfielder
Hannah Brennan	So.	Nazareth	Defense
Sarah Mack	Sr.	Nazareth	Defense
Emily Munn	Sr.	Ithaca	Defense
Liz Wells	Sr.	Nazareth	Defense
Maria Fusco	So.	Nazareth	Goalie

Sportswoman of the Year

Name	Yr.	School
Lisa Button	Fr.	Alfred University
Lauren Mokes	So.	Elmira College
Martha Flower	Sr.	Hartwick College
Lindsay Mayfield	Sr.	Ithaca College
Sarah Mack	Sr.	Nazareth College
Jamie Chase	Fr.	Rochester Institute of Technology
Danielle Murphy	So.	St. John Fisher College
Kelly Regan	So.	Utica College

- more -

PAGE THREE – EMPIRE 8 ANNOUNCES WOMEN’S LACROSSE...

Honorable Mention All-Conference

Amanda Crozier	RIT	Attack
Megan Howell	Ithaca	Attack
Laura Keating	Utica	Attack
Lisette Silver	RIT	Attack
Jamie Boulton	Hartwick	Midfielder
Eileen Hennigan	RIT	Midfielder
Caity Richardson	Nazareth	Midfielder
Jackie Vicencio	Utica	Midfielder
Lisa Button	Alfred	Defense
Lauren Fitzgerald	Ithaca	Defense
Katy Kryger	Hartwick	Defense
Suzy Lull	Ithaca	Defense
Jess Zegarelli	Elmira	Defense
Lindsay Mayfield	Ithaca	Goalie

