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**EMPIRE 8 ANNOUNCES WOMEN'S LACROSSE ALL-CONFERENCE**  
*Betsy Carney of Nazareth College Named Player of the Year*

ROCHESTER, NY – The Empire 8 announced its Women's Lacrosse All-Conference team with senior defender Betsy Carney of conference champion Nazareth College chosen as the 2006 Empire 8 Women's Lacrosse Player of the Year. First-year attack Jen Springett of St. John Fisher College was a unanimous selection for Rookie of the Year. Sue Behme of Nazareth unanimously repeated as Coach of the Year for leading the Golden Flyers to an undefeated record entering the NCAA tournament.

Carney enters postseason play with 24 points on 22 goals and two assists, 31 ground balls, 16 draw controls, and 21 caused turnovers. She also led the Nazareth defense that limited opponents to 61 goals in 14 games, including just 30 goals in eight games versus conference opponents.

Springett led the Cardinals with 33 goals and 37 points. She added 24 ground balls and 13 draw controls and helped the Cardinals earn the second seed in the Empire 8 Women's Lacrosse Championship tournament.

**2006 Empire 8 Women's Lacrosse Awards**

**Player of the Year:** Betsy Carney, Nazareth College

**Rookie of the Year:** Jen Springett, St. John Fisher College

**Coach of the Year:** Sue Behme, Nazareth College

**First Team All-Conference**

Tia Morgia	Jr.	Nazareth	Attack
Katya Outwater	Jr.	Elmira	Attack
Liz Strodel	Sr.	Utica	Attack
Kelsey Campbell	So.	Hartwick	Midfielder
Amy O'Donnell	Sr.	Nazareth	Midfielder
Laurie Quackenbush	So.	St. John Fisher	Midfielder
Stephanie Walker	Jr.	Elmira	Midfielder
Betsy Carney	Sr.	Nazareth	Defense
Sarah Knauf	So.	Ithaca	Defense
Caitlin Navor	Jr.	St. John Fisher	Defense
Liz Wells	Jr.	Nazareth	Defense
Heather Chaapel	Jr.	Nazareth	Goalie

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**Second Team All-Conference**

Kim Medla	So.	Ithaca	Attack
Beth Quartier	Jr.	Nazareth	Attack
Pinckney Templeton	Sr.	RIT	Attack
Jamie Boulton	So.	Hartwick	Midfielder
Carla Jemison	So.	St. John Fisher	Midfielder
Laura Keating	So.	Utica	Midfielder
Kim Kreskow	Sr.	Nazareth	Midfielder
Hannah Brennan	Fr.	Nazareth	Defense
Sandy Tompkins	Sr.	Nazareth	Defense
Ramona Walters	Jr.	St. John Fisher	Defense
Jess Zegarelli	Jr.	Elmira	Defense
Kelsey Evans	Fr.	RIT	Goalie
Malorie Stockwell	So.	Elmira	Goalie

**Sportswoman of the Year**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Maggie Foster	Fr.	Elmira
Kate Simmons	So.	Hartwick
Lindsay Mayfield	Jr.	Ithaca
Ariane Ghovanloo	Sr.	Nazareth
Lisette Silver	Jr.	RIT
Jennifer Cardinal	So.	St. John Fisher
Jackie Vicencio	Fr.	Utica

**Honorable Mention All-Conference**

Alicia Ceppaglia	Elmira	Attack
Haley Koperski	St. John Fisher	Attack
Jen Springett	St. John Fisher	Attack
Sara DiDio	Elmira	Midfielder
Theresa Nobilski	St. John Fisher	Midfielder
Asti Kutzer	Ithaca	Midfielder
Jenev Schilling	Hartwick	Midfielder
Jennifer Cardinal	St. John Fisher	Defense
Ashley Howard	Hartwick	Defense
Emily Iannello	RIT	Defense
Rachel Johnson	Hartwick	Defense
Annie Thiel	Utica	Defense
Kerri Weber	Utica	Defense