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EMPIRE 8 ANNOUNCES WOMEN'S BASKETBALL ALL-CONFERENCE TEAM
Melissa Hartman of St. John Fisher Named Player of the Year

ROCHESTER, NY – Senior forward/center Melissa Hartman of conference champion St. John Fisher College was named the Empire 8 Women's Basketball Player of the Year. Whitney Frament of Utica College earned Rookie of the Year honors. Matt Donohue of Elmira College was named Coach of the Year for leading the Soaring Eagles to a second-place regular season finish and their first appearance in the Empire 8 title game.

Hartman led the Cardinals to a 25-2 mark entering the NCAA Division III Women's Basketball Championship tournament, averaging 19.7 points and 9.4 rebounds per game. She leads the conference in scoring, steals (3.6 spg), and free throw shooting (86.6 percent), and has scored 30 or more points four times this season. Hartman averaged 23.5 points and 12 rebounds per game in the Empire 8 tournament.

St. John Fisher senior guard Kathy Baum, a Jostens Trophy finalist, earned first-team all-conference honors for the second consecutive year. She averaged 17 points per game through the conference tournament and broke her own single-season school record for 3-pointers. Baum is ranked 16th all-time in Division III with 260 three-pointers.

Junior forward Ava Thomas of Utica College was a repeat first-team selection, averaging a double-double (11.9 points, 11.5 rebounds) entering the ECAC tournament. She leads the conference in rebounding and ranks second in blocked shots.

Junior guard Lindsay Wilson of Hartwick College was named to the first team for the second year in a row. She led the conference with 7.2 assists per game and ranks third in scoring (16.3 points per game) and second in steals (3.3 steals per game).

Senior forward Jill Post of Ithaca College earned first-team accolades. She led the Bombers in scoring, averaging 12.2 points per game, and was the top shooter on the team, hitting 47.4 percent from the field.

Frament garnered the top rookie honor after leading Utica in scoring (13.7), three-pointers made (66), and free throw percentage (88.2 percent) through the conference tournament.

2006 Empire 8 Women's Basketball Honors

Player of the Year: Melissa Hartman, St. John Fisher College

Rookie of the Year: Whitney Frament, Utica College

Coach of the Year: Matt Donohue, Elmira College

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Empire 8 Women's Basketball All-Conference

First Team

Name	School	Year	Position
Kathy Baum	St. John Fisher	Senior	Guard
Melissa Hartman	St. John Fisher	Senior	Forward/Center
Jill Post	Ithaca	Senior	Forward
Ava Thomas	Utica	Junior	Forward
Lindsay Wilson	Hartwick	Junior	Guard

Second Team

Name	School	Year	Position
Sarah Cote	Elmira	Senior	Guard
Ramata Diallo	RIT	Junior	Forward
Jenny Knight	Hartwick	Junior	Forward
Ali Sharpe	Nazareth	Sophomore	Center
Kourtney Troutman	Elmira	Sophomore	Guard

Sportswoman of the Year

Name	Yr.	School
Meg Coddington	Sr.	Alfred University
Marcia Coakley	Fr.	Elmira College
Jayne Donovan	Sr.	Hartwick College
Lauren Kusy	Jr.	Ithaca College
Sarah Homer	Jr.	Nazareth College
Ramata Diallo	Jr.	RIT
Jen Lardo	Sr.	St. John Fisher College
Corrina Rustmann	Sr.	Utica College

Honorable Mention

Bridget Catanese, Elmira; Meg Coddington, Alfred; Whitney Frament, Utica; Corrina Rustmann, Utica; Margot Sandy, RIT

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