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**EMPIRE 8 ANNOUNCES WOMEN'S SOCCER ALL-CONFERENCE TEAM
Amy Scheffer of Ithaca and Salme Cook of Stevens Earn Top Honors**

ROCHESTER, NY – The Empire 8 announced its 2008 Women's Soccer All-Conference team. Junior midfielder Amy Scheffer of conference champion Ithaca College was named Empire 8 Offensive Player of the Year. Senior back Salme Cook of Stevens Institute of Technology was named Empire 8 Defensive Player of the Year.

Scheffer, the Most Valuable Player of the Empire 8 Women's Soccer Championship and a repeat first-team selection, has scored 12 goals, including seven game-winners, and totaled 31 points entering NCAA play. She scored two goals and assisted on three others in two games in the conference tournament.

Cook, the only first-team player not from Ithaca or Nazareth College, also repeated as a first-team honoree. She leads the Ducks with 12 goals and 28 points playing primarily center back.

Mindy Quigg was chosen as Empire 8 Coach of the Year for leading the Bombers to the top seed and their sixth conference title in seven years.

Four other Ithaca players joined Scheffer on the first team, including four-time all-conference first-team forward Chelsey Feldman and repeat selections Nikki Rice and Winnie Adrien. Feldman, a two-time Empire 8 Offensive Player of the Year, is tied for the team lead with 15 goals and is second with 32 points.

Rice, last year's Empire 8 Defensive Player of the Year, and Adrien were named to the first team for the second straight season. Adrien leads the Bombers with 15 goals and 36 points.

Sophomore back Andrea Janda earned first-team recognition for the first time.

Five players from runner-up Nazareth were named to the all-conference first team, including three-time honoree Rachel Cushman, a senior forward who is second the team in scoring with six goals and 15 points. Senior forward Kelly Finn, a second-team choice last season, leads the NCAA-bound Golden Flyers with 10 goals and 23 points.

Senior back Carly Schurman repeated as a first-team selection for the Golden Flyers and senior midfielder Ashley Clinton was named to the first team for the second time after earning the honor as a back in her sophomore season. Sophomore goalkeeper Hillary Simon was named to the all-conference first team after posting a 7-1 record and 0.56 goals against average in Empire 8 regular season play.

Kaylee Benz of Nazareth was honored as the Empire 8 Rookie of the Year. The first-year midfielder has scored four goals and assisted on four scores for 12 points.

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Empire 8 2008 Women's Soccer All-Conference Awards**Offensive Player of the Year:** Amy Scheffer, Ithaca College**Defensive Player of the Year:** Salme Cook, Stevens Institute of Technology**Rookie of the Year:** Kaylee Benz, Nazareth College**Coach of the Year:** Mindy Quigg, Ithaca College**First Team**

Name	Yr.	School
Backs		
Salme Cook	Sr.	Stevens Institute of Technology
Andrea Janda	So.	Ithaca College
Nikki Rice	Sr.	Ithaca College
Carly Schurman	Sr.	Nazareth College
Midfielders		
Ashley Clinton	Sr.	Nazareth College
Rachel Cushman	Sr.	Nazareth College
Amy Scheffer	Jr.	Ithaca College
Forwards		
Winnie Adrien	Jr.	Ithaca College
Chelsey Feldman	Sr.	Ithaca College
Kelly Finn	Sr.	Nazareth College
Goalkeeper		
Hillary Simon	So.	Nazareth College

Second Team**Backs (Note: Two players tied for final spot)**

Jen Bordoni	Sr.	Ithaca College
Kiersten Drexler	Sr.	St. John Fisher College
Kathryn Greene	Jr.	Utica College
Danielle LaFrance	Sr.	Rochester Institute of Technology
Emily Zurschmit	Sr.	Nazareth College

Midfielders (Note: Two players tied for final spot)

Brittany Pine	Sr.	Hartwick College
Kelly Regan	Sr.	Utica College
Erica Risch	Jr.	Stevens Institute of Technology
Chelsea Stouffer	Sr.	Ithaca College

Forwards

Ashley Granger	Sr.	Utica College
Emily Traversi	Sr.	Rochester Institute of Technology
Kelly Zeppetella	Sr.	St. John Fisher College

Goalkeeper

Alyssa Sotomayor	So.	Ithaca College
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Sportswoman of the Year

Name	Yr.	School
Molly Finnerty	Fr.	Alfred University
Ashley Baker	Sr.	Elmira College
Gina Troy	Sr.	Hartwick College
Liz Masucci	Jr.	Ithaca College
Emily Zurschmit	Sr.	Nazareth College
Krystal Adriaansen	Sr.	Rochester Institute of Technology
Jenny Mauro	Jr.	St. John Fisher College
Eleanor Fulgencio	Sr.	Stevens Institute of Technology
Kelly Regan	Sr.	Utica College

Honorable Mention

Backs: Kathleen Appel (Elmira), Mary Chew (Stevens), Audra Clark (Stevens), Lindsay Curley (Utica), Kara Eaker (Nazareth), Sara Friscano (RIT), Marissa Mackay (Hartwick), Gina Troy (Hartwick)

Midfielders: Krystal Adriaansen (RIT), Kaylee Benz (Nazareth), Ashley Pezze (RIT)

Forwards: Leslie Kallberg (Stevens), Katria Misilo (Stevens), Danielle Smith (Utica)

Goalkeeper: Ashley Conti (RIT), Jennifer Pontier (Stevens), Stacy Krom (Elmira)

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