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EMPIRE 8 ANNOUNCES WOMEN'S BASKETBALL ALL-CONFERENCE TEAM
Stephanie Cleary of Ithaca Named Empire 8 Women's Basketball Player of the Year

ROCHESTER, NY – Senior guard Stephanie Cleary of conference champion Ithaca College was named the Empire 8 Women's Basketball Player of the Year. Kourtney Troutman of Elmira College earned Rookie of the Year honors. Dan Raymond of Ithaca was named Coach of the Year for leading the Bombers to the conference title.

Cleary, a repeat first team selection, averaged 22.9 points, 4.7 steals, 4.2 rebounds, and 2.7 assists per game this season through the Empire 8 tournament. She set the single-season scoring record at Ithaca and is the school's career leader in points and steals. Cleary tallied a career-high 36 points to lead the Bombers past St. John Fisher College in the conference championship game.

Senior center Sara Shipley of Nazareth College also earned first-team all-conference accolades for the second consecutive year. She averaged 15.3 points and 8.1 rebounds per game, shooting over 50 percent from the field for the season. Shipley also surpassed the 1,000-point mark in career scoring.

Sophomore guard Lindsay Wilson of Hartwick College was named to the first team after being named Rookie of the Year last season. She averaged 12.8 points, 4.5 rebounds, and 3.4 assists per game entering the ECAC Upstate tournament.

Junior guard Kathy Baum of St. John Fisher was named to the first team this year and set single-season and career school records for 3-point field goals. She averaged 13.4 points, 4.0 rebounds, and 3.6 assists per game while hitting 69 three-pointers. The Cardinals earned the top seed in the ECAC Upstate tournament.

Sophomore forward Ava Thomas of Utica College earned first-team honors and led the Pioneers to a third-place finish in the conference. She averaged 13.4 points and 7.0 rebounds entering the ECAC Upstate tournament.

Troutman, a guard, was a unanimous selection as Rookie of the Year after averaging 10.2 points, 4.4 rebounds, 2.8 steals, and 2.6 assists per game. She also garnered second-team all-conference honors.

Raymond led Ithaca to a 13-1 regular season conference record, the Empire 8 title, and a fifth straight appearance in the NCAA Division III Championship.

2005 Empire 8 Women's Basketball Honors

Player of the Year: Stephanie Cleary, Ithaca College

Rookie of the Year: Kourtney Troutman, Elmira College

Coach of the Year: Dan Raymond, Ithaca College

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Empire 8 Women's Basketball All-Conference

First Team

Name	School	Year	Position
Kathy Baum	St. John Fisher	Junior	Guard
Stephanie Cleary	Ithaca	Senior	Guard
Sara Shipley	Nazareth	Senior	Center
Ava Thomas	Utica	Sophomore	Forward
Lindsay Wilson	Hartwick	Sophomore	Guard

Second Team

Name	School	Year	Position
Ramata Diallo	RIT	Sophomore	Guard/Forward
Melissa Hartman	St. John Fisher	Junior	Forward
Jaimee McGivern	Nazareth	Senior	Guard
Missy O'Donnell	St. John Fisher	Senior	Center
Kourtney Troutman	Elmira	First Year	Guard

Honorable Mention

Meg Coddington, Alfred; Karli Couchman, RIT; Janine Hayes, Utica; Alex Ivansheck, Ithaca; Jill Post, Ithaca; Margot Sandy, RIT; Mara Tichy, Hartwick; Alicia Ventresca, Utica

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