



Date: February 19, 2007

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**EMPIRE 8 ANNOUNCES WOMEN'S SWIMMING & DIVING
ALL-CONFERENCE TEAM**

Emily Leshar of Nazareth Earns Another Conference Honor

ROCHESTER, NY – Junior Emily Leshar of conference runner-up Nazareth College was named Swimmer of the Meet at the 2007 Empire 8 Women's Swimming and Diving Championship held in conjunction with the New York State Women's Collegiate Athletic Association meet.

Leshar was named Athlete of the Meet in last year's championship and became the first Swimmer of the Meet as the conference awarded separate swimming and diving awards for the first time. Senior Erin Collins of Alfred University was named Diver of the Meet.

Leshar broke her own NYSWCAA Association and Championship, and Empire 8 Association and Championship record by winning the 200-yard backstroke in 2:06.39. The time also provisionally qualified her for the NCAA Division III Women's Swimming and Diving Championship. She also won conference and state titles in the 200-yard individual medley (2:07.38) and the 400-yard IM (4:31.67). Leshar automatically qualified for the national meet in the 400-yard IM and provisionally qualified in the 200-yard IM.

Collins, who was also the Saxons' Sportswoman of the Year representative, won the Empire 8 title in the three-meter diving event (378.70) and finished second on the one-meter board (357.15).

Caitlyn Burr of Rochester Institute of Technology earned Rookie of the Meet accolades. She captured the state and conference titles in the 100-yard butterfly in 58.71 seconds. Burr also finished second in the Empire 8 in the 200-yard IM (2:10.17) and the 200-yard backstroke (2:11.15).

Nazareth head coach Martie Staser was named Coach of the Year. She led the Golden Flyers to their second consecutive undefeated dual meet season, a second-place conference championship finish, and third place in the state championship.

One member of each team was named that institution's representative on the 2006 Field Hockey Sportswoman of the Year Team. Empire 8 emphasizes that "Competing with Honor and Integrity" is an essential component of a student-athlete's experience in conjunction with an institution's educational mission. These honorees have distinguished themselves and consistently exhibit the critical traits as outstanding sportswomen.

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Empire 8 2007 Honors:

Swimmer of the Meet: Emily Leshar, Nazareth College

Diver of the Meet: Erin Collins, Alfred University

Rookie of the Meet: Caitlyn Burr, Rochester Institute of Technology

Coach of the Year: Martie Staser, Nazareth College

Empire 8 2007 Women's Swimming and Diving All-Conference

- denotes Empire 8 Championship meet record

200 Freestyle Relay

1st Team – Ithaca College 1:38.60

Jen Heberton, Nikki Gundersen, Jovanna Hart, Shannon Archer

2nd Team – Rochester Institute of Technology 1:40.75

Kristen Curtze, Caitlyn Burr, Teresa Burr, Stefanie Owczarczak

500 Freestyle

1st Team – Shannon Archer, Ithaca College 5:15.09

2nd Team – Nikki Gundersen, Ithaca College 5:17.07

200 Individual Medley

1st Team – Emily Leshar, Nazareth College 2:07.38

2nd Team – Caitlyn Burr, RIT 2:10.17

50 Yard Freestyle

1st Team – Jen Heberton, Ithaca College :24.76

2nd Team – Kristen Curtze, RIT :24.84

1 Meter Diving

1st Team – Ashley Brinkman, Hartwick College 366.35#

2nd Team – Erin Collins, Alfred College 357.15

400 Medley Relay

1st Team – Ithaca College 3:59.97

Kelly Turpin, Lauren Botterbusch, Jen Heberton, Nikki Gundersen

2nd Team – Nazareth College 4:03.97

Emily Leshar, Kate Kukan, Lauren McKinney, Meghan Okoniewski

200 Medley Relay

1st Team – Ithaca College 1:49.52#

Jill Donaldson, Lauren Botterbusch, Jen Heberton, Jovanna Hart

2nd Team – Nazareth College 1:51.24

Emily Leshar, Kate Kukan, Lauren McKinney, Meghan Okoniewski

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400 Individual Medley

1 st Team – Emily Leshar, Nazareth College	4:31.67
2 nd Team – Cathleen Barnes, Ithaca College	4:54.85

100 Yard Butterfly

1 st Team – Caitlyn Burr, RIT	:58.71
2 nd Team – Jillian Paige, Hartwick College	:59.22

200 Yard Freestyle

1 st Team – Nikki Gundersen, Ithaca College	1:56.15
2 nd Team – Kristen Curtze, RIT	1:57.66

100 Yard Breaststroke

1 st Team – Lauren Botterbusch, Ithaca College	1:06.32
2 nd Team – Kate Kukan, Nazareth College	1:09.35

100 Yard Backstroke

1 st Team – Kelly Turpin, Ithaca College	1:00.84
2 nd Team – Jen Heberton, Ithaca College	1:01.70

800 Freestyle Relay

1 st Team – Nazareth College	7:53.38
Lauren McKinney, Kaitlin Shearman, Amy Mehlretter, Emily Leshar	
2 nd Team – Ithaca College	7:56.25
Nikki Gundersen, Jovanna Hart, Kelly Turpin, Shannon Archer	

1,650 Yard Freestyle

1 st Team – Shannon Archer, Ithaca College	18:03.84
2 nd Team – Erin Gray, Hartwick College	18:09.21

200 Yard Backstroke

1 st Team – Emily Leshar, Nazareth College	2:06.39#
2 nd Team – Caitlyn Burr, RIT	2:11.15

100 Yard Freestyle

1 st Team – Kristen Curtze, RIT	:53.26
2 nd Team – Nikki Gundersen, Ithaca College	:53.93

200 Yard Breaststroke

1 st Team – Lauren Botterbusch, Ithaca College	2:25.34
2 nd Team – Kate Kukan, Nazareth College	2:29.50

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200 Yard Butterfly

1st Team – Lauren McKinney, Nazareth College 2:14.12
2nd Team – Jillian Paige, Hartwick College 2:16.57

3 Meter Diving

1st Team – Erin Collins, Alfred College 378.70
2nd Team – Ashley Brinkman, Hartwick College 373.70

400 Freestyle Relay

1st Team – Ithaca College 3:35.42
Nikki Gundersen, Lauren Botterbusch, Jovanna Hart, Jen Heberton
2nd Team – RIT 3:37.52
Kristen Curtze, Stefanie Owczarczak, Teresa Burr, Caitlyn Burr

Sportswoman of the Year

Name	Yr.	School
Erin Collins	Sr.	Alfred University
Erin Mosher	Jr.	Hartwick College
Nikki Gundersen	Sr.	Ithaca College
Morgan Flanagan	Jr.	Nazareth College
Kristen Curtze	So.	Rochester Institute of Technology
Nikki Glassmoyer	Jr.	Utica College

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