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

*Sheila Rhoades of Ithaca and Lindsey Buzard of Nazareth Take Top Honors*

**ROCHESTER, NY** – Junior Sheila Rhoades of conference champion Ithaca College was named Swimmer of the Meet and senior Lindsey Buzard of Nazareth College was selected as Diver of the Meet at the 2009 Empire 8 Women's Swimming and Diving Championship held in conjunction with the Upper New York State Collegiate Swimming Association meet.

Rhoades won the state meet and her third straight Empire 8 title in the 100-yard freestyle, meeting the NCAA Division III Women's and Swimming and Diving Championship standard with her winning time of 50.91 seconds. Rhoades won her first state title and second conference championship in the 200-yard freestyle, provisionally qualifying for the national meet with a time of 1:52.83. She swam on the Bombers' winning 400-yard medley relay team which provisionally qualified for the NCAA meet with a time of 3:52.13.

Buzard posted a personal-best score of 383.90 to win the state and conference titles on the one-meter board and also finished first in the three-meter event with a score of 430.85.

Carla Risucci was named Rookie of the Meet after sweeping state and conference championships in the 100- and 200-yard breaststroke, qualifying for the NCAA Division III Championship in both events. She broke her own school mark with her time of 1:04.74 in the 100 and broke the Association and Empire 8 Championship records in 2:18.32 in the 200.

Ithaca head coach Paula Miller was named Coach of the Year for leading the Bombers to their 11th consecutive Empire 8 crown and third consecutive state title.

One member of each team was named that institution's representative on the 2010 Women's Swimming and Diving 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 2010 Honors:****Swimmer of the Meet:** Sheila Rhoades, Ithaca College**Diver of the Meet:** Lindsey Buzard, Nazareth College**Rookie of the Meet:** Carissa Risucci, Nazareth College**Coach of the Year:** Paula Miller, Ithaca College**Empire 8 2010 Women's Swimming and Diving All-Conference**

# - denotes Empire 8 Championship meet record

**200 Freestyle Relay**1<sup>st</sup> Team – Stevens Institute of Technology 1:36.69

Hayley Hatfield, Gabrielle Czernik, Stephanie Miller, Laura Barito

2<sup>nd</sup> Team – Ithaca College 1:37.12

Carly Jones, Rebecca Blazak, Joanna Ferreri, Sheila Rhoades

**500 Freestyle**1<sup>st</sup> Team – Sian Pearson, Stevens 5:03.18#2<sup>nd</sup> Team – Victoria Baldwin, Stevens 5:10.11**200 Individual Medley**1<sup>st</sup> Team – Caitlyn Burr, RIT 2:05.53#2<sup>nd</sup> Team – Marissa Douglas, Stevens 2:06.59**50 Yard Freestyle**1<sup>st</sup> Team – Laura Barito, Stevens :23.48#2<sup>nd</sup> Team – Sheila Rhoades, Ithaca College :23.71**1 Meter Diving**1<sup>st</sup> Team – Lindsey Buzard, Nazareth College 383.902<sup>nd</sup> Team – Naomi Mark, Ithaca College 374.05**400 Medley Relay**1<sup>st</sup> Team – Ithaca College 3:52.13

Missy Keesler, Rebecca Blazak, Carly Jones, Sheila Rhoades

2<sup>nd</sup> Team – Stevens Institute of Technology 3:56.60

Gabrielle Czernik, Stephanie Miller, Marissa Douglas, Hayley Hatfield

**200 Medley Relay**1<sup>st</sup> Team – Stevens Institute of Technology 1:45.72

Gabrielle Czernik, Stephanie Miller, Marissa Douglas, Laura Barito

2<sup>nd</sup> Team – Ithaca College 1:46.67

Missy Keesler, Madi Sherry, Carly Jones, Sheila Rhoades

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**400 Individual Medley**

1 <sup>st</sup> Team – Marissa Douglas, Stevens	4:28.93
2 <sup>nd</sup> Team – Caitlyn Burr, RIT	4:30.39

**100 Yard Butterfly**

1 <sup>st</sup> Team – Lauren McKinney, Nazareth College	:57.75
2 <sup>nd</sup> Team – Laura Barito, Stevens	:58.08

**200 Yard Freestyle**

1 <sup>st</sup> Team – Sheila Rhoades, Ithaca College	1:52.83
2 <sup>nd</sup> Team – Sian Pearson, Stevens	1:53.07

**100 Yard Breaststroke**

1 <sup>st</sup> Team – Carissa Risucci, Nazareth College	1:04.74
2 <sup>nd</sup> Team – Madi Sherry, Ithaca College	1:05.29

**100 Yard Backstroke**

1 <sup>st</sup> Team – Missy Keesler, Ithaca College	:59.02
2 <sup>nd</sup> Team – Gabrielle Czernik, Stevens	:59.53

**800 Freestyle Relay**

1 <sup>st</sup> Team – Stevens Institute of Technology	7:42.77
Marissa Douglas, Laura Barito, Amanda Nauman, Sian Pearson	
2 <sup>nd</sup> Team – Nazareth College	7:52.76
Rachael Phipps, McKenna Murphy, Jaclyn Conklin, Lauren McKinney	

**1,650 Yard Freestyle**

1 <sup>st</sup> Team – Victoria Baldwin, Stevens	17:34.55
2 <sup>nd</sup> Team – Kelly Murphy, Ithaca College	17:48.18

**200 Yard Backstroke**

1 <sup>st</sup> Team – Missy Keesler, Ithaca College	2:04.68#
2 <sup>nd</sup> Team – Marissa Douglas, Stevens	2:06.91

**100 Yard Freestyle**

1 <sup>st</sup> Team – Sheila Rhoades, Ithaca College	:50.91
2 <sup>nd</sup> Team – Laura Barito, Stevens	:51.26

**200 Yard Breaststroke**

1 <sup>st</sup> Team – Carissa Risucci, Nazareth College	2:18.32#
2 <sup>nd</sup> Team – Carly Jones, Ithaca College	2:23.55

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**200 Yard Butterfly**

1 <sup>st</sup> Team – Sian Pearson, Stevens	2:05.59#
2 <sup>nd</sup> Team – Caitlyn Burr, RIT	2:06.29

**3 Meter Diving**

1 <sup>st</sup> Team – Lindsey Buzard, Nazareth College	430.85
2 <sup>nd</sup> Team – Jodi Costello, Ithaca College	429.95

**400 Freestyle Relay**

1 <sup>st</sup> Team – Stevens Institute of Technology	3:29.44
Hayley Hatfield, Marissa Douglas, Sian Pearson, Laura Barito	
2 <sup>nd</sup> Team – Ithaca College	3:33.69
Maddie Kennedy, Carly Jones, Joanna Ferreri, Sheila Rhoades	

**Sportswoman of the Year**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Sarah Blair	Jr.	Alfred University
Erin Fleming	Sr.	Hartwick College
Shannon Archer	Sr.	Ithaca College
Lara Spiegel	So.	Nazareth College
Catherine Jones	Sr.	Rochester Institute of Technology
Rachel Marcuson	Sr.	Stevens Institute of Technology
Kristine Wowelko	Sr.	Utica College

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