



**Date:** October 29, 2010

**Contact:** Timothy Farrell, Asst. Commissioner  
[tfarrell@empire8.com](mailto:tfarrell@empire8.com)

**EMPIRE 8 ANNOUNCES VOLLEYBALL ALL-CONFERENCE TEAM**  
**Sasha Zavadska of Elmira College Named Player of the Year**

**ROCHESTER, NY** – The Empire 8 announced its 2010 Volleyball All-Conference team with sophomore outside hitter Sasha Zavadska of Elmira College being the unanimous choice as Empire 8 Player of the Year.

Zavadska, a second-team all-conference selection in 2009, led the Soaring Eagles to a 6-2 conference record and the third seed in the Empire 8 Volleyball Championship, their first tournament bid since 2005. She averaged 4.5 kills and 3.4 digs per set in conference play, posting a hitting percentage of .304. Overall, she is averaging 4.3 kills per set.

First-year outside hitter Taryn Rumsey of Elmira was selected as Empire 8 Rookie of the Year. She averaged 2.3 kills and 2.9 digs per set in conference round robin play. Overall, she is averaging 2.4 kills, 2.2 digs, and a team-leading 0.5 service aces per set.

Junior outside hitter Jessica Hoeffner and junior middle blocker Kate Thoene of top-seeded Ithaca College were named to the all-conference first team. Hoeffner hit .313 and averaged 3.5 kills per set in round robin play. She was named Empire 8 Player of the Week for leading the Bombers to a 4-0 mark in the second conference weekend. Thoene averaged 2.4 kills and 1.4 blocks in conference play.

Senior outsider hitter Jessica Schaffer of Rochester Institute of Technology, who earned first-team all-conference honors when she last played in the 2007 season, was named to first team. She averaged 3.5 kills and 2.7 digs per set in leading the Tigers to a berth in the Empire 8 tournament.

Junior middle blocker Ashlee Travis of second-seeded Nazareth College was named to the all-conference first team. She averaged 2.1 kills and 1.0 blocks per set in Empire 8 play, and recorded a .348 hitting percentage.

Sophomore right-side hitter Maggie Kowalska of Stevens Institute of Technology repeated as an all-conference first-team selection. She hit .316 in round robin play, averaging 2.9 kills and 1.1 blocks per set. Senior libero Julia Reilly of the Ducks was chosen as the Libero/Defensive Specialist of the Year after averaging 3.8 digs per set in Empire 8 regular season play.

One member of each team was named that institution's representative on the 2010 Volleyball 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.

- more -

## Empire 8 2010 Volleyball All-Conference Awards

**Player of the Year:** Sasha Zavadska, Elmira College

**Libero/Defensive Specialist of the Year:** Julia Reilly, Stevens Institute of Technology

**Rookie of the Year:** Taryn Rumsey, Elmira College

### First Team

Name	Yr.	Position	School
Jessica Hoeffner	Jr.	OH	Ithaca College
Maggie Kowalska	So.	RS	Stevens Institute of Technology
Jessica Schaffer	Sr.	OH	Rochester Institute of Technology
Kate Thoene	Jr.	MB	Ithaca College
Ashlee Travis	Jr.	MB	Nazareth College
Sasha Zavadska	So.	OH	Elmira College

### Second Team

Name	Yr.	Position	School
Tesia Kaczynski	Sr.	S	Elmira College
Sydney Kandefer	Sr.	MB	St. John Fisher College
Brittany Raykoskie	Jr.	MH	Elmira College
Taryn Rumsey	Fr.	OPP	Elmira College
Becca Smith	Jr.	OH	St. John Fisher College
Christina Worth	So.	S	Rochester Institute of Technology

### Sportswoman of the Year

Name	Yr.	School
Erika Huyck	Sr.	Alfred University
Andrea Masiello	Sr.	Elmira College
Kelly Sprengel	Fr.	Hartwick College
Tina Orlandini	Sr.	Ithaca College
Mindy Niebuhr	So.	Nazareth College
Christina Worth	So.	Rochester Institute of Technology
Liz Patrone	Sr.	St. John Fisher College
Amethyst Holder	Jr.	Stevens Institute of Technology
Heather Jackson	Sr.	Utica College

### Honorable Mention

Brittany Crocetti (Nazareth), Kristi Custer (Nazareth), Chrissy Dickinson (Stevens), Karin Edsall (Ithaca), Taylor Horton (Ithaca), Maggie Majcher (Stevens), Rebecca Moore (RIT), Julia Reilly (Stevens), Carra Vanderstynne (Nazareth)