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**EMPIRE 8 ANNOUNCES FIELD HOCKEY ALL-CONFERENCE TEAM  
Washington & Jefferson Sweeps Individual Honors**

**ROCHESTER, NY** – The Empire 8 announced its 2010 Field Hockey All-Conference team with sophomore Jennifer Marabella of conference runner-up Washington & Jefferson College being named Empire 8 Player of the Year. Alex Kania of the Presidents was selected as Empire 8 Rookie of the Year.

Marabella, a second-team all-conference choice in her rookie season, leads the conference with 22 goals and 51 points. Her 22 goals are more than two teams have scored all season and within three goals of three more conference teams. Kania has scored five goals and totaled 19 points.

Joining Marabella on the all-conference first team from Washington & Jefferson are seniors Julianne Zackey and Kolbey Seidel. Zackey ranks third in the conference with 25 points on 10 goals and five assists. Seidel shares the conference lead in assists with seven.

Senior Lauren Griggs and junior Mallory Swanson of conference champion Stevens Institute of Technology each garnered first-team all-conference honors for the first time. Griggs directs the Ducks on the field and is the team's only four-year starter, moving from forward to left midfield this season with a more defensive role. Swanson leads the Ducks with six goals and 13 points.

Senior Erin Murphy and junior Avion Ashton of third-place Utica College received first-team recognition. Ashton repeated as a first-team choice and is the team's quarterback at the center back position. She and Murphy each scored two goals and finished with eight points.

Senior goalkeeper Kelsey Evans and senior center back/sweeper Emily Conway of Nazareth College were first-team selections. Evans posted a 1.24 goals against average, leading the conference with 188 saves, and ranking second with 11.06 saves per game. Conway was the team's leader, tallying two goals and two assists.

Senior center midfielder Amanda Barton of Hartwick College made the all-conference first-team for the third consecutive year. She recorded two goals and nine assists and will graduate as one of the most skilled players in the program's history.

Senior forward/midfielder Katie Brown of Ithaca College repeated as a first-team all-conference choice. She scored twice and finished with eight points.

Washington & Jefferson Head Coach Jomara Coghlan was chosen as Empire 8 Field Hockey Coach of the Year for leading the Presidents to a 5-1 conference record, a 15-4 overall mark, and spot in the Empire 8 Field Hockey Championship final.

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## Empire 8 2010 Field Hockey All-Conference Awards

**Player of the Year:** Jennifer Marabella, Washington & Jefferson College

**Rookie of the Year:** Alex Kania, Washington & Jefferson College

**Coach of the Year:** Jomara Coghlan, Washington & Jefferson College

### First Team

Name	Yr.	School
<b>Field Players</b>		
Avion Ashton	Jr.	Utica College
Amanda Barton	Sr.	Hartwick College
Katie Brown	Sr.	Ithaca College
Emily Conway	Sr.	Nazareth College
Lauren Griggs	Sr.	Stevens Institute of Technology
Jennifer Marabella	So.	Washington & Jefferson College
Erin Murphy	Sr.	Utica College
Kolbey Seidel	Sr.	Washington & Jefferson College
Mallory Swanson	Jr.	Stevens Institute of Technology
Julianne Zackey	Sr.	Washington & Jefferson College

### Goalkeeper

Kelsey Evans	Sr.	Nazareth College
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### Second Team

Name	Yr.	School
<b>Field Players</b>		
Erin Barno	So.	Washington & Jefferson College
Julie Davis	Sr.	Nazareth College
Angela Eberly	Sr.	Hartwick College
Lindsey Jester	Sr.	Utica College
Kelsey Kimble	So.	Hartwick College
McKenna Light	Fy.	Elmira College
Mia Muzio	Sr.	Ithaca College
Mary Nikish	So.	Stevens Institute of Technology
Kailee O'Hara	So.	Nazareth College
Jillian Price	Jr.	Stevens Institute of Technology

### Goalkeeper

Ellyn Griggs	Sr.	Stevens Institute of Technology
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**Sportswoman of the Year**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Ashley Leja	Jr.	Elmira College
Megan Campbell	So.	Hartwick College
Katie Brown	Sr.	Ithaca College
Sara Heron	Sr.	Nazareth College
Melanie Richards	Sr.	Stevens Institute of Technology
Mallory Mariano	Jr.	Utica College
Amanda Pflumm	So.	Washington & Jefferson College

**Honorable Mention All-Conference**

**Field Players:** Jessica Ahearn (Utica), Karen Federico (Stevens), Key Fox (Ithaca), Kim Marcius (W&J)

**Goalkeeper:** Mackenzie Chapman (Hartwick)

- Empire 8 -

