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**EMPIRE 8 ANNOUNCES WOMEN'S SOCCER ALL-CONFERENCE TEAM
Ithaca and Nazareth Players Earn Top Offensive and Defensive Honor**

ROCHESTER, NY – The Empire 8 announced its 2010 Women's Soccer All-Conference team. Sophomore forward Rachael Palladino of Ithaca College was named Offensive Player of the Year and senior goalkeeper Hillary Simon of Nazareth College was chosen as Defensive Player of the Year. The Bombers and Golden Flyers shared the Empire 8 regular season title.

Palladino, a first-team choice and Empire 8 Rookie of the Year last season, leads the conference with 20 goals and 45 points overall, and 11 goals in seven regular season conference games. She has established single-season records at Ithaca for goals and assists, and already ranks in the top-seven in career scoring numbers in only her second season.

Simon earned first-team honors for the third consecutive year, allowing just one goal and recording a .978 save percentage in conference play. Overall, she has registered eight shutouts and posted a 0.63 goals against average.

Four Nazareth players were selected to the all-conference team in addition to Simon. Senior forward Erica Conte, who scored four times in conference play, repeated as a first-team choice. Senior back Kara Eaker and sophomore back Amanda Sudore garnered first-team recognition for leading the Golden Flyers' defense, which allowed three goals in eight Empire 8 contests. Junior midfielder Kelly Kuhn totaled five points in regular season conference play to earn first-team accolades.

Gail Mann was chosen as Empire 8 Coach of the Year for leading the Golden Flyers to an undefeated conference regular season and the top seed in the Empire 8 Women's Soccer Championship.

Two Ithaca players joined Rachael Palladino on the all-conference first team, including her twin sister Megan Palladino, who has anchored the Bombers' defense that allowed one goal in eight conference matches. Sophomore midfielder Julie Winn led all midfielders with 11 points in Empire 8 play (four goals, three assists).

Junior forward Kathleen Schuckers of Stevens Institute of Technology was named to the all-conference first team after being named to the second team last season. She leads the Ducks in scoring with 21 points, including nine points in conference action. Midfielder Bridgette Barden of Stevens was chosen as Empire 8 Rookie of the Year and made the all-conference first team as well. She scored three goals and added two assists in regular season conference play.

First-year midfielder Alexa Martinez of Rochester Institute of Technology was named to the all-conference first team. She has scored five goals with three of them coming in Empire 8 games.

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Empire 8 2010 Women's Soccer All-Conference Awards

Offensive Player of the Year: Rachael Palladino, Ithaca College

Defensive Player of the Year: Hillary Simon, Nazareth College

Rookie of the Year: Bridgette Barden, Stevens Institute of Technology

Coach of the Year: Gail Mann, Nazareth College

First Team

Name	Yr.	School
Backs		
Kara Eaker	Sr.	Nazareth College
Megan Palladino	So.	Ithaca College
Amanda Sudore	So.	Nazareth College

Midfielders

Bridgette Barden	Fy.	Stevens Institute of Technology
Kelly Kuhn	Jr.	Nazareth College
Alexa Martinez	Fy.	Rochester Institute of Technology
Julie Winn	So.	Ithaca College

Forwards

Erica Conte	Sr.	Nazareth College
Rachael Palladino	So.	Ithaca College
Kathleen Schuckers	Jr.	Stevens Institute of Technology

Goalkeeper

Hillary Simon	Sr.	Nazareth College
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Second Team

Backs (Note: Two players tied for final spot)

Paige Allen	So.	Stevens Institute of Technology
Sarah Frisicano	Sr.	Rochester Institute of Technology
Shireen Irani	Sr.	Rochester Institute of Technology
Carly Pine	So.	Hartwick College

Midfielders

Kate Bosy	Sr.	Hartwick College
Caroline Jastremski	So.	Ithaca College
Sarah Lehman	Jr.	Stevens Institute of Technology

Forwards

Mary Chew	Sr.	Stevens Institute of Technology
Sarah Eichelberger	So.	Nazareth College
Kelsey Kiel	So.	Elmira College
Jackie Rodabaugh	Fy.	Ithaca College

Goalkeeper

Shanna Ewoldt	Sr.	Alfred University
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Sportswoman of the Year

Name	Yr.	School
Erin Crandall	Sr.	Alfred University
Danielle Corjulo	Sr.	Elmira College
Erin McSherry	Sr.	Hartwick College
Liz Masucci	Gr.	Ithaca College
Meghan Finn	Sr.	Nazareth College
Monica Cook	Sr.	Rochester Institute of Technology
Amanda Siebert	Sr.	St. John Fisher College
Tara Callahan	So.	Stevens Institute of Technology
Danielle All	Fr.	Utica College

Honorable Mention

Backs: Katie Burgstrom (St. John Fisher), Sarah Cipperly (Nazareth), Kasey Dobrodziej (RIT), Andrea Janda (Ithaca), Liz Masucci (Ithaca)

Midfielders: Laura Burgstrom (St. John Fisher), Kerry Gannon (Nazareth), Megan Trager (Ithaca), Janine Swanson (Elmira)

Forward: Alexa Copozzi (St. John Fisher)

Goalkeepers: Kaitlin McClymont (Stevens), Jessica Platt (Ithaca)