



Date: November 7, 2005

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**EMPIRE 8 ANNOUNCES FIELD HOCKEY ALL-CONFERENCE TEAM
Tasha Snowden of Ithaca Named Empire 8 Field Hockey Player of the Year**

ROCHESTER, NY – The Empire 8 announced its 2005 Field Hockey All-Conference team. Ithaca College senior forward Tasha Snowden was named 2005 Field Hockey Player of the Year while earning first-team all-conference recognition. Snowden, who scored seven goals and added three assists for 17 points, was also the Bombers' representative on the Sportswoman of the Year Team.

Katie Kutas of Utica College earned Rookie of the Year honors. Kutas, who also earned first-team all-conference honors, scored 11 goals. Megan McGuin was named Coach of the Year for leading Utica to a 12-4 regular season mark and its first NCAA appearance in school history.

One member of each team was named that institution's representative on the 2005 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.

Empire 8 2005 Field Hockey All-Conference Awards

Player of the Year: Tasha Snowden, Ithaca College

Rookie of the Year: Katie Kutas, Utica College

Coach of the Year: Megan McGuin, Utica College

First Team

Name	Yr.	School
Backs		
Meghan Hughes	So.	Hartwick College
Jen King	Jr.	Utica College
Melanie McKaney	Jr.	Ithaca College

Midfielders

Carla Behe	Jr.	Utica College
Bryce Meck	Jr.	Ithaca College
Kelly Palmer	Sr.	Ithaca College
Caroline Uhran	So.	Hartwick College

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PAGE TWO – EMPIRE 8 FIELD HOCKEY ALL-CONFERENCE...

Forwards

Sarah Dake	Sr.	Elmira College
Katie Kutas	Fr.	Utica College
Shannon Rohacek	Sr.	Utica College
Tasha Snowden	Sr.	Ithaca College

Goalkeeper

Ashley King	Jr.	Hartwick College
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Second Team

Name Yr. School

Backs

Amanda Iannello	Jr.	Utica College
Kelley Lindroth	Fr.	Hartwick College
Jill Wittenberg	Sr.	Nazareth College

Midfielders (Note: Two players tied for final spot on first team)

Jenny Knight	Jr.	Hartwick College
Meghan Zaklukiewicz	So.	Utica College

Forwards

Ashley Decker	Sr.	Nazareth College
Elyse Green	Fr.	Ithaca College
Molly Joyce	Jr.	Hartwick College
Jenev Schilling	Jr.	Hartwick College

Goalkeeper

Ann Phillips	Jr.	Elmira College
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Sportswoman of the Year

Name	Yr.	School
Maggie Foster	Fr.	Elmira College
Jessie Malone	Jr.	Hartwick College
Tasha Snowden	Sr.	Ithaca College
Ashley Holden	Sr.	Nazareth College
Jen King	Jr.	Utica College

Honorable Mention All-Conference

Backs: Shannon Desgrosiellier (Elmira), Leslie Robinson (Ithaca)

Midfielders: Stacey Brown (Ithaca), Colleen Mazzye (Elmira), Amy Vandergrift (Nazareth)

Forwards: Kayla Blank (Elmira), Danielle Gregory (Nazareth)

Goalkeeper: Jeneen Yarmosh (Utica)

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