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Empire 8 Assistant Commissioner

**EMPIRE 8 ANNOUNCES FIELD HOCKEY ALL-CONFERENCE TEAM
Kelly Miranda of Nazareth Named Empire 8 Field Hockey Player of the Year**

ROCHESTER, NY – The Empire 8 announced its 2007 Field Hockey All-Conference team. Senior forward Kelly Miranda of conference champion Nazareth College was named Player of the Year while earning first-team all-conference recognition. Miranda, the Most Valuable Player of the Empire 8 Field Hockey Championship, enters ECAC play with 30 points on 11 goals and eight assists.

First-year forward Lauren Griggs of Stevens Institute of Technology, who has scored 12 goals, was named Empire 8 Rookie of the Year.

The only repeat selection on the all-conference first team was junior midfielder Hillary Paul of Stevens, who has totaled five goals and 15 points. Junior goalkeeper Stephanie Smith and sophomore forward Kara Borzillo of the Ducks were chosen to the first team after being named to the second team a year ago. Smith leads the conference with a 0.85 goals against average, while Borzillo leads all conference players with 38 points.

Senior forwards Amanda Howard and Beth Kelley of Washington & Jefferson College received first-team all-conference recognition. Kelley enters ECAC play second in the conference in goals (16) and points (37). Howard, a second-team selection a year ago, as scored nine times and assisted on nine other goals.

Senior back Megan Grimmer of Nazareth joined Miranda on the first-team unit. Senior midfielder Shannon Desgrosiellier of Elmira was chosen to the first-team this year after earning second-team honors a year ago.

Junior midfielder Marisa Frank of Ithaca College and junior forward Annie Yager of Hartwick College received first-team recognition for the first time. Yager scored four goals and added three assists for 11 points.

Senior forward Laurie Calvasina of Utica College garnered first-team honors after pacing the Pioneers with 14 goals and 29 points.

Jomara Coghlan of Washington & Jefferson was selected as Coach of the Year for leading the Presidents' to the top seed in the Empire 8 tournament.

One member of each team was named that institution's representative on the 2007 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.

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Empire 8 2007 Field Hockey All-Conference Awards

Player of the Year: Kelly Miranda, Nazareth College

Rookie of the Year: Lauren Griggs, Stevens Institute of Technology

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

First Team

Name	Yr.	School
Field Players		
Kara Borzillo	So.	Stevens Institute of Technology
Laurie Calvasina	Sr.	Utica College
Shannon Desgrosiellier	Sr.	Elmira College
Marisa Frank	Jr.	Ithaca College
Megan Grimmer	Sr.	Nazareth College
Amanda Howard	Sr.	Washington & Jefferson College
Beth Kelley	Sr.	Washington & Jefferson College
Kelly Miranda	Sr.	Nazareth College
Hillary Paul	Jr.	Stevens Institute of Technology
Annie Yager	Jr.	Hartwick College

Goalkeeper

Stephanie Smith	Jr.	Stevens Institute of Technology
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Second Team

Name	Yr.	School
Field Players		
Tiffany Bichrest	Fr.	Utica College
Krista Fieselmann	So.	Ithaca College
Kelly Flanagan	So.	Nazareth College
Samantha Galm	So.	Hartwick College
Danielle Greene	Jr.	Hartwick College
Chelsea Jipner	So.	Elmira College
Julie Paska	Jr.	Nazareth College
Laura Peery	Jr.	Washington & Jefferson College
Casey Scherck	Jr.	Stevens Institute of Technology
Allison Shields	Jr.	Stevens Institute of Technology

Goalkeeper

Amanda McDonnell	Jr.	Utica College
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Sportswoman of the Year

Name	Yr.	School
Shannon Desgrosiellier	Sr.	Elmira College
Meri Antin	Sr.	Hartwick College
Marisa Frank	Jr.	Ithaca College
Keri Ross	Sr.	Nazareth College
Jessica Ablonczy	So.	Stevens Institute of Technology
Jessica Benedict	Sr.	Utica College
Erika Ruddy	Sr.	Washington & Jefferson College

Honorable Mention All-Conference

Field Players: Amanda Barton (Hartwick), Elyse Green (Ithaca), Elizabeth Knudsen (Utica), Leslie Robinson (Ithaca), Casey Ross (Elmira), Julie Zackey (Washington & Jefferson)

