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**EMPIRE 8 ANNOUNCES VOLLEYBALL ALL-CONFERENCE TEAM
Christina Anabel of RIT Named Player of the Year**

ROCHESTER, NY – The Empire 8 announced its 2005 Volleyball All-Conference teams with senior outside hitter Christina Anabel of RIT being named 2005 Empire 8 Player of the Year and earning first-team all-conference honors. She was also the RIT representative on the Sportswoman of the Year Team.

Anabel hit .341 in conference play with 95 kills and 22 errors in 214 attacks. She added 11 service aces and 70 digs in leading the Tigers to a second-place finish in the regular season and in the Empire 8 tournament. Overall, Anabel averaged 3.6 kills per game, 3.7 digs per game, and 0.4 service aces per game.

First-year middle blocker Alyssa Ziobrowski of St. John Fisher College was named Rookie of the Year. She totaled 64 kills, 40 digs, and 13 blocks in seven conference matches. Jim Chan was selected as Coach of the Year after leading St. John Fisher to a third-place finish in the regular season and a spot in the Empire 8 tournament semifinals.

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

Empire 8 2005 Volleyball All-Conference Awards

Player of the Year: Christina Anabel, RIT

Rookie of the Year: Alyssa Ziobrowski, St. John Fisher College

Coach of the Year: Jim Chan, St. John Fisher College

First Team

Name	Yr.	Position	School
Christina Anabel	Sr.	OH	RIT
Andrea Blitz	Sr.	MH	Ithaca College
Jen Cramer	Sr.	MH	Ithaca College
Amanda Hubbard	So.	OH	Ithaca College
Jess Mezei	Jr.	OH	Elmira College
Katie Werner	Sr.	S	RIT

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Second Team

Name	Yr.	Position	School
Jackie Clark	Jr.	OH	Elmira College
Hannah Cordes	So.	S	St. John Fisher College
Emily Engle	Sr.	OPP	St. John Fisher College
Bonnie Harriman	Sr.	OH	RIT
Lauren Oman	Sr.	RS	Ithaca College
Elizabeth Tregan	So.	RS	Nazareth College

Sportswoman of the Year

Name	Yr.	School
Catherine Rieck	Sr.	Alfred University
Katie Schildwaster	So.	Elmira College
Melissa Small	So.	Hartwick College
Kaye Haverstock	Sr.	Ithaca College
Jenna Grattan	Sr.	Nazareth College
Christina Anabel	Sr.	RIT
Kristi Pallotta	Jr.	St. John Fisher College
Christine Mylott	Jr.	Utica College

Honorable Mention

Sarah Berry (Alfred), Casey Buss (Ithaca), Abby Cummings (Hartwick), Shea Haney (RIT), Kaye Haverstock (Ithaca), Elyse Monje (Nazareth), Kristi Pallotta (St. John Fisher), Beth Sanger (Alfred), Alyssa Ziobrowski (St. John Fisher)

-Empire 8-