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EMPIRE 8 ANNOUNCES VOLLEYBALL ALL-CONFERENCE TEAM
Sarah Byrne of Stevens Institute of Technology Named Top Player

ROCHESTER, NY – The Empire 8 announced its 2009 Volleyball All-Conference team with junior outside hitter Sarah Byrne of Stevens Institute of Technology being named Empire 8 Player of the Year. She is the third different Stevens player to earn the top individual honor in the Ducks' three years in the conference.

Byrne, one of five repeat first-team all-conference selections, led the Ducks to their third consecutive undefeated conference regular season and top seed in the Empire 8 Volleyball Championship. Byrne averaged 3.4 kills and 3.1 digs per set, while recording a .234 hitting percentage in Empire 8 round robin play.

Joining Byrne on the first team from Stevens was first-year outside hitter Maggie Kowalska, who was also chosen as the Empire 8 Rookie of the Year. She averaged 3.4 kills per set and hit .318 in conference regular season play.

Senior setter Kate Zwickl of Nazareth College garnered first-team recognition for the third consecutive year and was joined on the first team for the second consecutive time by senior middle blocker Katelynn Reed. Zwickl averaged 8.4 assists and 3.0 digs per set, while Reed hit .305 and averaged 2.0 kills and 0.9 blocks per set in round robin play.

Senior middle hitter Victoria Petko of Rochester Institute of Technology repeated as a first-team selection, averaging 3.3 kills and 0.8 blocks per set in Empire 8 play.

Senior setter Corinna Doctor of Ithaca College and junior middle blocker Sydney Kandefer of St. John Fisher College were each named to the first team after earning second-team honors last season. Doctor averaged 9.1 assists and 3.3 digs per set in Empire 8 play. Kandefer averaged 1.9 kills and 1.3 blocks per set in conference round robin action.

Senior libero Mallorie Clary of Nazareth repeated as the Libero/Defensive Specialist of the Year after averaging 4.6 digs per set in Empire 8 regular season play.

One member of each team was named that institution's representative on the 2009 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.

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Empire 8 2009 Volleyball All-Conference Awards

Player of the Year: Sarah Byrne, Stevens Institute of Technology

Libero/Defensive Specialist of the Year: Mallorie Clary, Nazareth College

Rookie of the Year: Maggie Kowalska, Stevens Institute of Technology

First Team

Name	Yr.	Position	School
Sarah Byrne	Jr.	OH	Stevens Institute of Technology
Corinna Doctor	Sr.	S	Ithaca College
Sydney Kandefer	Jr.	MB	St. John Fisher College
Maggie Kowalska	Fr.	OH	Stevens Institute of Technology
Victoria Petko	Sr.	MH	Rochester Institute of Technology
Katelynn Reed	Sr.	MB	Nazareth College
Kate Zwickl	Sr.	S	Nazareth College

Second Team (Note: A tie for the final position on the first team left five players for the second team)

Name	Yr.	Position	School
Elaina Braun	Sr.	S	St. John Fisher College
Rachel Busch	Sr.	OH	Ithaca College
Mallorie Clary	Sr.	L	Nazareth College
Jenna Waldron	Sr.	L	St. John Fisher College
Sasha Zavadaska	Fr.	OH	Elmira College

Sportswoman of the Year

Name	Yr.	School
Emily Steen	Sr.	Alfred University
Andrea Masiello	Jr.	Elmira College
Lauren Mausert	So.	Hartwick College
Karin Edsall	So.	Ithaca College
Ashlee Travis	So.	Nazareth College
Melanie Springer	Fr.	Rochester Institute of Technology
Amy Street	So.	St. John Fisher College
Amethyst Holder	So.	Stevens Institute of Technology
Alyssa Sadallah	Sr.	Utica College

Honorable Mention

Sara Budar (Stevens), Courtney Desmond (Hartwick), Janice Embury (Elmira), Brittany Fuller (Stevens), Tesia Kaczynski (Elmira), Rebecca Moore (RIT), Brittany Raykoske (Elmira), Kate Theone (Ithaca).