



**Date:** October 28, 2011

**Contact:** Timothy Farrell, Asst. Commissioner  
[tfarrell@empire8.com](mailto:tfarrell@empire8.com)

**EMPIRE 8 ANNOUNCES VOLLEYBALL ALL-CONFERENCE TEAM**  
**Sasha Zavadska of Elmira Repeats as Player of the Year**

**ROCHESTER, NY** – The Empire 8 announced its 2011 Volleyball All-Conference team with junior outside hitter Sasha Zavadska of regular season champion Elmira College being named Empire 8 Player of the Year for the second consecutive year.

Savadska averaged 4.5 kills per set and hit .340 in conference play as the Soaring Eagles won six of seven conference matches. She led all players with 113 kills and added 55 digs in Empire 8 play. Overall, she is averaging 3.82 kills and 2.52 digs per set.

Senior middle hitter Brittany Raykoske of Elmira, a second-team selection last year, was named to the all-conference first team this season. She hit .363 in conference play, averaging 3.3 kills per set.

Junior outside hitter Maggie Kowalska of Stevens Institute of Technology was named to the all-conference first team for the third consecutive year. She averaged 3.0 kills and 2.8 digs per set as the Ducks finished tied for second place.

Senior middle hitter Becca Smith of St. John Fisher College averaged 2.7 kills and 3.2 digs per set, while hitting .263 in conference play.

Senior middle hitter Kate Thoene of Ithaca College repeated as a first-team selection, hitting .335 with 80 kills and 30 blocks, averaging 3.1 kills and 1.2 blocks per set in Empire 8 matches.

Senior middle blocker Courtney Desmond of Hartwick College was named to the all-conference first team for the first time after garnering honorable mention accolades twice in her career. She led all players with 2.0 blocks per set and averaged 1.7 kills in conference round robin matches.

Sophomore libero Kelsey Osborne of St. John Fisher was honored as the Libero/Defensive Specialist of the Year. She finished with 68 digs in conference play.

One member of each team was named that institution's representative on the 2011 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 2011 Volleyball All-Conference Awards

**Player of the Year:** Sasha Zavadska, Elmira College

**Libero/Defensive Specialist of the Year:** Kelsey Osborne, St. John Fisher College

**Rookie of the Year:** Maria Allocco, Nazareth College

### First Team

Name	Yr.	Position	School
Courtney Desmond	Sr.	MB	Hartwick College
Maggie Kowalska	Jr.	OH	Stevens Institute of Technology
Brittany Raykoske	Sr.	MH	Elmira College
Becca Smith	Sr.	OH	St. John Fisher College
Kate Thoene	Sr.	MH	Ithaca College
Sasha Zavadska	Jr.	OH	Elmira College

### Second Team

Name	Yr.	Position	School
Maria Allocco	Fy.	MB	Nazareth College
Aubrey Cooke	Jr.	S	Nazareth College
Jessica Hoeffner	Sr.	OH	Ithaca College
Molly Short	Jr.	S	Elmira College
Amy Street	Sr.	S	St. John Fisher College
Ashlee Travis	Sr.	MB	Nazareth College

### Sportswoman of the Year

Name	Yr.	School
Emily Crosby	Sr.	Alfred University
Francene Cicia	Jr.	Elmira College
ShannonMcGee	Jr.	Hartwick College
Karin Edsall	Sr.	Ithaca College
Ashley Gallagher	Sr.	Nazareth College
Melanie Springer	Fr.	Rochester Institute of Technology
Amanda Pinak	Sr.	St. John Fisher College
Michelle Cloutier	Fy.	Stevens Institute of Technology
Liz Sacco	So.	Utica College

### Honorable Mention

Chelsea Beecher (Nazareth), Chrissy Dickinson (Stevens), Chelsea Hall (Alfred), Rachael Kline (St. John Fisher), Mandi Mereness (St. John Fisher), Taryn Rumsey (Elmira)