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**EMPIRE 8 ANNOUNCES WOMEN'S SOCCER ALL-CONFERENCE TEAM
Ithaca Players Sweep Top Offensive and Defensive Honors**

ROCHESTER, NY – The Empire 8 announced its 2011 Women's Soccer All-Conference team. Junior forward Rachael Palladino of Ithaca College repeated as Offensive Player of the Year and sophomore teammate Anna Gray was chosen as Defensive Player of the Year.

Palladino, who was named to the all-conference first team for the third time, leads the conference with 12 goals and seven assists for 31 points. She recorded conference-bests of seven goals and 17 points in Empire 8 play. Gray anchored the Bombers' defense, earning first-team recognition. Junior midfielder Julie Winn of the Bombers repeated as a first-team choice and enters postseason play with eight goals and eight assists for 24 points.

Three players from regular season champion Stevens Institute of Technology were named to the all-conference first team. Senior forward Kathleen Shuckers and sophomore midfielder Bridgette Barden repeated as first-team selections, while junior Paige Allen was named to the first team after back-to-back second-team honors.

Shuckers enters the conference tournament with 22 points on six goals and 10 assists, and Barden has contributed five goals and two assists. Allen paced the Ducks' defense that allowed only 12 goals in the regular season and three in Empire 8 games.

First-year forward Ann Heine of Stevens was selected as Empire 8 Rookie of the Year and was named to the all-conference second team. She enters the postseason with eight goals and 18 points.

Three players from regular season runner-up Nazareth College were selected to the all-conference first team. Senior Erica Conte was named to the first team for the third time, scoring four goals and totaling nine points. Junior back Amanda Sudore keyed the Golden Flyers' defense that yielded one goal in conference play in seven games. Sophomore goalkeeper Abbie Carey garnered first-team honors, posting a 0.15 goals against average in Empire 8 play and 0.55 overall.

Sophomore back Katie Burgstrom and sophomore midfielder Alexandra Rohloff of St. John Fisher College were named to the all-conference first team. Rohloff scored seven goals in regular season play.

Jeff Parker and his staff at Stevens were unanimously selected as Empire 8 Coaching Staff of the Year for leading the Ducks to their first regular season title and the right to host the Empire 8 Women's Soccer Championship.

Empire 8 2011 Women's Soccer All-Conference Awards

Offensive Player of the Year: Rachael Palladino, Ithaca College

Defensive Player of the Year: Anna Gray, Ithaca College

Rookie of the Year: Ann Heine, Stevens Institute of Technology

Coaching Staff of the Year: Head Coach Jeff Parker and staff, Stevens Institute of Technology

First Team

Name	Yr.	School
Backs		
Paige Allen	Jr.	Stevens Institute of Technology
Katie Burgstrom	So.	St. John Fisher College
Anna Gray	So.	Ithaca College
Amanda Sudore	Jr.	Nazareth College

Midfielders

Bridgette Barden	So.	Stevens Institute of Technology
Alexandria Rohloff	So.	St. John Fisher College
Julie Winn	Jr.	Ithaca College

Forwards

Erica Conte	Sr.	Nazareth College
Rachael Palladino	Jr.	Ithaca College
Kathleen Schuckers	Sr.	Stevens Institute of Technology

Goalkeeper

Abbie Carey	So.	Nazareth College
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Second Team

Backs

Sarah Lehman	Sr.	Stevens Institute of Technology
Marla Schilling	Sr.	Ithaca College
Deb Towle	Sr.	Nazareth College

Midfielders

Christine Belding	Jr.	Nazareth College
Amanda Callanan	So.	Ithaca College
Sarah Eichelberger	Jr.	Nazareth College
Sarah Southwell	So.	Utica College

Forwards

Ellyn Grant-Keane	So.	Ithaca College
Ann Heine	Fy.	Stevens Institute of Technology
Chelsea Oberkresier	So.	St. John Fisher College
Samantha Spohler	Jr.	Utica College

Goalkeeper

Kaitlin McClymont	Sr.	Stevens Institute of Technology
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Sportswoman of the Year

Name	Yr.	School
Annmarie Vantura	Sr.	Alfred University
Mikayla Bean	So.	Elmira College
Jessica Bentley	So.	Hartwick College
Amanda Callanan	So.	Ithaca College
Kaylee Benz	Sr.	Nazareth College
Heather Konieczny	Jr.	St. John Fisher College
Lauren Hammerle	So.	Stevens Institute of Technology
Alyssa Upson	Sr.	Utica College

Honorable Mention

Backs: Laura Bartus (Elmira), Meredith Jones (Ithaca), Martha McGrath (Alfred)

Midfielders: Laura Burgstrom (St. John Fisher), Caitlyn Criscuolo (Elmira), Kerry Gannon (Nazareth), Katie Schild (Hartwick)

Forward: Mollie Hamilton (Elmira), Val Hanson (St. John Fisher), Kelsey Kiel (Elmira), Rachel Williams (Alfred)

Goalkeepers: Karissa Wilson (Elmira)

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