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**EMPIRE 8 ANNOUNCES WOMEN'S LACROSSE ALL-CONFERENCE**  
*Shelby Vakiener of RIT and Shelby Barbay of Utica Garner Top Honors*

ROCHESTER, NY – The Empire 8 announced its 2011 Women's Lacrosse All-Conference team with junior Shelby Barbay of Utica College repeating as Goalkeeper of the Year and sophomore midfielder Shelby Vakiener of Rochester Institute of Technology being named Player of the Year.

Barbay posted a .457 save percentage with 64 saves and an 11.94 goals against average in conference play. Overall, she registered 122 saves and a 10.85 goals against average.

Vakiener, the Empire 8 Rookie of the Year last season, led all scorers in Empire 8 play with 49 points on 33 goals and 16 assists. She added 27 ground balls, 31 draw controls, and 16 caused turnovers in eight games. Overall, she totaled 85 points on 57 goals and 28 assists, contributing 50 ground balls, 61 draw controls, and 24 caused turnovers.

Four players from Empire 8 champion Stevens Institute of Technology were named to the all-conference first team, including four-time honoree Christine Smith. The midfielder scored 25 goals and accumulated 31 points, 21 ground balls, 36 draw controls, and 13 caused turnovers in eight conference games in the regular season.

Senior defender Kate Cox of the Ducks was also named to the all-conference first team for the fourth consecutive year and was joined by junior defender Ashley Carey, the Most Valuable Player of the Empire 8 Women's Lacrosse Championship, and junior attack Michelle Buonacuore. Cox (17 ground balls and 13 caused turnovers) and Carey (15 draw controls and 16 caused turnovers) anchored the team's defense during conference play, while Buonacuore posted 20 goals and 20 assists for 40 points in conference play.

Junior attack Nicole Borisenok of tournament runner-up and NCAA at-large choice Ithaca College garnered first-team honors after scoring 29 goals and finishing with 39 points in Empire 8 action. Senior defender Abby Peterson of the Bombers was also selected to the first team, recording 14 ground balls and 12 caused turnovers in conference regular season games.

Senior attack Michelle Cook of Nazareth College repeated on the first team after tallying 33 points on 13 goals and 20 assists, adding 18 ground balls and 21 draw controls in the eight conference contests during the regular season. Sophomore midfielder Alyssa Johnston was a first-team selection this year after being named to the second team in her rookie campaign. She totaled 34 points (23 goals, 11 assists), 26 ground balls, 20 draw controls, and 20 caused turnovers in Empire 8 play. Senior defender Alyssa Mulheron was named to the first team after leading the Golden Flyers defense, contributing 14 ground balls and eight draw controls in league play.

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Sophomore midfielder Melissa Leonhard and first-year defender Logan Barnard of St. John Fisher College were named all-conference first-team selections. Leonhard scored 32 goals, adding 25 ground balls, 46 draw controls, and 13 caused turnovers in eight conference games. Barnard was a stalwart on defense, finishing with 19 ground balls and 11 draw controls.

Attack Taylor Hughes of the Cardinals was named Empire 8 Rookie of the Year. She finished with 22 points (18 goals, 4 assists), 16 ground balls, and 13 draw controls in Empire 8 action.

Celine Cunningham was named Empire 8 Coach of the Year for leading Stevens to an undefeated mark in conference play and the conference tournament title.

One member of each team was named that institution's representative on the 2011 Women's Lacrosse 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.

### **2011 Empire 8 Women's Lacrosse Awards**

**Player of the Year:** Shelby Vakiener, Rochester Institute of Technology

**Goalkeeper of the Year:** Shelby Barbay, Utica College

**Rookie of the Year:** Taylor Hughes, St. John Fisher College

**Coach of the Year:** Celine Cunningham, Stevens Institute of Technology

#### **First Team All-Conference**

Nicole Borisenok	Jr.	Ithaca	Attack
Michelle Buonacuore	Jr.	Stevens	Attack
Michelle Cook	Sr.	Nazareth	Attack
Alyssa Johnston	So.	Nazareth	Midfielder
Melissa Leonhard	So.	St. John Fisher	Midfielder
Christine Smith	Sr.	Stevens	Midfielder
Shelby Vakiener	So.	RIT	Midfielder
Logan Barnard	Fy.	St. John Fisher	Defense
Ashley Carey	Jr.	Stevens	Defense
Kate Cox	Sr.	Stevens	Defense
Alyssa Mulheron	Sr.	Nazareth	Defense
Abby Peterson	Sr.	Ithaca	Defense
Shelby Barbay	Jr.	Utica	Goalie

**Second Team All-Conference**

Courtney Clare	Sr.	St. John Fisher	Attack
Tammy Kohanski	Sr.	Utica	Attack
Tracy Rivas	So.	Ithaca	Attack
Kim Armbruster	So.	Ithaca	Midfielder
Katlyn Banker	Jr.	Utica	Midfielder
Meg Merriam	Sr.	St. John Fisher	Midfielder
Spencer Waybright	So.	Stevens	Midfielder
Kasey Lederle	Sr.	Utica	Defense
Rebecca Matturro	Fy.	Elmira	Defense
Siobhan Sullivan	Jr.	Ithaca	Defense
Jess Worthman	So.	Ithaca	Goalie

**Sportswoman of the Year**

<b>Name</b>	<b>Yr.</b>	<b>School</b>
Chelsea Gill	Jr.	Alfred University
Sallie Wright	Jr.	Elmira College
Hannah Kennedy	Jr.	Hartwick College
Emily Finn	Sr.	Ithaca College
Alyssa Mulheron	Sr.	Nazareth College
Carly Augustyn	So.	Rochester Institute of Technology
Shannon McDermott	Jr.	St. John Fisher College
Claire Eudy	Sr.	Stevens Institute of Technology
Julianne Schultheiss	Sr.	Utica College

**Honorable Mention All-Conference**

Elyse Caldwell	Alfred	Attack
Brittany McCabe	Hartwick	Attack
Lindsay Mitchell	Elmira	Attack
Rebecca Lampson	RIT	Attack
Chelsey Amidon	Nazareth	Midfielder
Brittany LaVaute	Hartwick	Midfielder
Ashley White	Alfred	Midfielder
Emily Zimmerman	Elmira	Midfielder
Morgan Galipeau	Hartwick	Defense
Sarah Friscano	RIT	Defense
Sarah McCaskill	Nazareth	Defense
Hannah Scott	Alfred	Defense
Katelyn Crane	RIT	Goalie
Tara Prosak	Nazareth	Goalie