



Date: May 3, 2012

Contact: Timothy Farrell, Asst. Commissioner
tfarrell@empire8.com

EMPIRE 8 ANNOUNCES WOMEN'S LACROSSE ALL-CONFERENCE
Tracy Rivas and Jess Worthman of Ithaca Receive Top Honors

ROCHESTER, NY – The Empire 8 announced its 2012 Women's Lacrosse All-Conference team with juniors Tracy Rivas and Jess Worthman of Ithaca College being named Empire 8 Player of the Year and Empire 8 Goalkeeper of the Year, respectively.

Rivas led all Empire 8 scorers, totaling 35 points (21 goals and 14 assists) from her attack position in seven conference games. She added 21 ground balls, 15 draw controls, and three caused turnovers in leading the Bombers to an undefeated regular season in conference action and the top seed in the Empire 8 Women's Lacrosse Championship.

Worthman posted conference-bests of a 3.43 goals against average and a 61.8 save percentage in Empire 8 regular season play. She made 39 saves.

Senior attacker Nicole Borisenok repeated as a first-team selection, finishing with 27 points on 17 goals and 10 assists in Empire 8 action. Senior defender Siobhan Sullivan of the Bombers also earned first-team all-conference recognition after recording 14 ground balls, four draw controls, and six caused turnovers in seven conference contests.

Three players from third-seeded Stevens Institute of Technology were named to the all-conference first team, including Empire 8 Rookie of the Year Amanda Ingersoll. The defender finished regular season conference play with 21 ground balls and 12 caused turnovers. Senior defender Ashley Carey repeated on the first team after totaling five points (three goals, two assists), 16 ground balls, 16 draw controls, and 10 caused turnovers. Junior midfielder Spencer Waybright garnered first-team honors, leading all midfielders with 29 points on 15 goals and 13 assists, adding 16 ground balls and 26 draw controls.

Junior Melissa Leonhard of second-seeded St. John Fisher College repeated as a first-team all-conference midfielder and 2011 Empire 8 Rookie of the Year Taylor Hughes was named to the first team for the first time. Leonhard led all Empire 8 scorers with 24 goals and contributed 23 ground balls, 32 draw controls, and 12 caused turnovers. Hughes was the Cardinals' top attacker with 16 goals, 13 assists, and 29 points in conference play.

Senior midfielder Katlyn Banker and first-year defender Megan Kane of Utica College were named to the all-conference first team. Banker paced the Pioneers with 26 points (16 goals, 10 assists), adding 20 ground balls and 12 caused turnovers. Kane scored eight goals and finished with 23 ground balls, 15 draw controls, and 12 caused turnovers in Empire 8 play.

Junior Alyssa Johnston of fourth-seeded Nazareth College repeated as a first-team selection. She totaled 22 points, 11 ground balls, and 24 draw controls in conference games.

Shannon McHale and her staff were named Empire 8 Coaching Staff of the Year for leading Ithaca to an undefeated mark in conference play in her first season at the helm of the Bombers. She also won the award in 2007 with St. John Fisher.

One member of each team was named that institution's representative on the 2012 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.

2012 Empire 8 Women's Lacrosse Awards

Player of the Year: Tracy Rivas, Ithaca College

Goalkeeper of the Year: Jess Worthman, Ithaca College

Rookie of the Year: Amanda Ingersoll, Stevens Institute of Technology

Coaching Staff of the Year: Shannon McHale and staff, Ithaca College

First Team All-Conference

Nicole Borisenok	Sr.	Ithaca	Attack
Taylor Hughes	So.	St. John Fisher	Attack
Tracy Rivas	Jr.	Ithaca	Attack
Katlyn Banker	Sr.	Utica	Midfielder
Alyssa Johnston	Jr.	Nazareth	Midfielder
Melissa Leonhard	Jr.	St. John Fisher	Midfielder
Spencer Waybright	Jr.	Stevens	Midfielder
Ashley Carey	Sr.	Stevens	Defense
Amanda Ingersoll	Fy.	Stevens	Defense
Megan Kane	Fy.	Utica	Defense
Siobhan Sullivan	Sr.	Ithaca	Defense
Jess Worthman	Jr.	Ithaca	Goalie

Second Team All-Conference

Michelle Buonacuore	Sr.	Stevens	Attack
Kara Rafferty	So.	Stevens	Attack
Erinn Wood	Jr.	Nazareth	Attack
Kim Armbruster	Jr.	Ithaca	Midfielder
Megan Cregan	Jr.	Nazareth	Midfielder
Nikki Dahl	Jr.	Ithaca	Midfielder
Brittany LaVaute	Sr.	Hartwick	Midfielder
Logan Barnard	So.	St. John Fisher	Defense
Marykate Edmunds	So.	St. John Fisher	Defense
MacKenzie Haley	Fy.	Nazareth	Defense
Erica Scicchitano	Jr.	Hartwick	Defense
Shelby Barbay	Sr.	Utica	Goalie

Sportswoman of the Year

Name	Yr.	School
Molly Finnerty	Sr.	Alfred University
Jordan Donegan	Sr.	Elmira College
Hannah Kennedy	Sr.	Hartwick College
Kim Armbruster	Jr.	Ithaca College
Brittany Buza	Sr.	Nazareth College
Shannon McDermott	Sr.	St. John Fisher College
Lindsay Daly	Sr.	Stevens Institute of Technology
Stephanie Belanger	Jr.	Utica College

Honorable Mention All-Conference

Kaitlyn Button	Alfred	Attack
Lindsay Mitchell	Elmira	Attack
Meghan Pass	Elmira	Attack
Maria Santucci	Utica	Attack
Jenna Scheibling	Stevens	Attack
Erin Ward	St. John Fisher	Attack
Joey Galligan	Stevens	Midfielder
Ali Garcia	Alfred	Midfielder
Marissa Mongillo	Elmira	Midfielder
Katie Long	Ithaca	Defense
Rebecca Matturo	Elmira	Defense
Meg Collins	Stevens	Goalie
Tara Proisak	Nazareth	Goalie



-Empire 8-