



Date: May 7, 2013

Contact: Janelle Feuz, Associate Commissioner

EMPIRE 8 WOMEN'S LACROSSE ALL-CONFERENCE

Player of the Year: Tracy Rivas, Ithaca

Goalkeeper of the Year: Tara Prosak, Nazareth

Rookie of the Year: Allison Runyon, Ithaca

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

First Team All-Conference

Tracy Rivas	Sr.	Ithaca	Attack
Taylor Hughes	Jr.	St. John Fisher	Attack
Kara Rafferty	Jr.	Stevens	Attack
Erinn Wood	Sr.	Nazareth	Attack
Spencer Waybright	Sr.	Stevens	Midfield
Alyssa Johnston	Sr.	Nazareth	Midfield
Melissa Leonhard	Sr.	St. John Fisher	Midfield
Nikki Dahl	Sr.	Ithaca	Midfield
Amanda Ingersoll	So.	Stevens	Defense
Mackenzie Haley	So.	Nazareth	Defense
Jennifer Rogaski	Jr.	Utica	Defense
Tara Prosak	Jr.	Nazareth	Goalie

Second Team All-Conference

Morgan Dupont	So.	Utica	Attack
Ashton Hogan	So.	Elmira	Attack
Emily Jweid	So.	Hartwick	Attack
Michelle Avery	Sr.	Ithaca	Midfield
Megan Kane	So.	Utica	Midfield
Joey Galligan	Sr.	Stevens	Midfield
Megan Cregan	Sr.	Nazareth	Midfield
Rebecca Matturro	Jr.	Elmira	Defense
Jill Zerrillo	Jr.	St. John Fisher	Defense
Jenna Marchinetti	Jr.	Ithaca	Defense
Logan Barnard	Jr.	St. John Fisher	Defense
Marykate Edmunds	Jr.	St. John Fisher	Defense
Jess Worthman	Sr.	Ithaca	Goalie

Honorable Mention All-Conference

Ali Garcia	Sr.	Alfred	Midfield
Kim Armbruster	Sr.	Ithaca	Midfield
Marissa Mongillo	So.	Elmira	Midfield
Samantha Barton	So.	St. John Fisher	Midfield
Kate Purcell	Jr.	Hartwick	Midfield
Katie Long	Jr.	Ithaca	Defense
Caroline Stanford	So.	Hartwick	Defense
Stephanie Belanger	Sr.	Utica	Goalie
Meg Collins	Sr.	Stevens	Goalie

Sportswoman of the Year

Tracie McGinnity	Sr.	Alfred
Erin Duffy	Jr.	Elmira
Erin Doyle	Sr.	Hartwick
Amanda Zacchigna	Jr.	Houghton
Michelle Avery	Sr.	Ithaca
Leah Cronister	Sr.	Nazareth
Laura Lipari	Sr.	St. John Fisher
Angela Bauroth	Fr.	Stevens
Trish Kane	So.	Utica



