



Empire 8 2014 Women's Soccer All-Conference Awards

Offensive Player of the Year: Stephany Ellison, Houghton College

Defensive Player of the Year: Tyler Carr, Nazareth College

Rookie of the Year: Jackie Romano, St. John Fisher College

Coaching Staff of the Year: Nazareth College

FIRST TEAM

Forward

Stephany Ellison

Kelsey King

Raba Nassif

Briana Vibbard

Yr.

Sr.

Jr.

So.

Jr.

School

Houghton College

Ithaca College

Stevens Institute of Technology

Nazareth College

Midfielder

Christine Belding

Michaela Soules

Sarah Gabriele

Yr.

Gr.

So.

Jr.

School

Nazareth College

Nazareth College

Houghton College

Defender

Tyler Carr

Aimee Chimera

Kaitlyn Sowyrda

Yr.

Sr.

So.

Sr.

School

Nazareth College

Ithaca College

Nazareth College

Goalkeeper

Beth Coppolecchia

Yr.

Jr.

School

Ithaca College

SECOND TEAM

Forward

Ann Heine

Sarah Woychick

Holly Niemiec

Yr.

Sr.

Jr.

So.

School

Stevens Institute of Technology

Ithaca College

Ithaca College

Midfielder

Taryn Guinta

Kylie Thayer

Mariah Cleveland

Yr.

So.

Sr.

Sr.

School

St. John Fisher College

Hartwick College

Stevens Institute of Technology

Defender

Kristen Goncalves

Alexis Lamb

Melanie English

Yr.

Jr.

Fr.

Sr.

School

Stevens Institute of Technology

Houghton College

Elmira College

Lindsey Parkins So. Ithaca College

Goalkeeper **Yr. School**
Allison Dobles So. Nazareth College

HONORABLE MENTION

Forward **Yr. School**
Sierra Bentley Fr. Hartwick College
Molly Beaton Jr. St. John Fisher College
Cami Cleaveland So. Hartwick College
Mollie Hamilton Sr. Elmira College

Midfielder **Yr. School**
Jess Demczar So. Ithaca College
Taylor Baranowsky So. Ithaca College
Carly Bean Jr. Stevens Institute of Technology
Mackenzie Donohue Sr. Elmira College
Carly Finn So. St. John Fisher College

Defender **Yr. School**
Krystine Alvear Jr. Utica College
Bella Romano Sr. Stevens Institute of Technology
Aimee Caluwe Sr. St. John Fisher College
Kendall Cirella Fr. Ithaca College
Kelly Pantason Sr. Ithaca College

Goalkeeper **Yr. School**
Lindsey Mahnken Fr. Stevens Institute of Technology
Sammy Jo Shanahan Fr. Alfred University

SPORTSWOMAN OF THE YEAR

Name **Yr. School**
Sammy Jo Shanahan Fr. Alfred University
Alexa Barber Sr. Elmira College
Annie Millar Sr. Hartwick College
Mary Strand Sr. Houghton College
Kelsey King Jr. Ithaca College
Ashtin Argentieri Sr. Nazareth College
Allison Mooney Sr. St. John Fisher College
Delaney West So. Stevens Institute of Technology
Kelly Heimerle Jr. Utica College